The purpose of this handbook is to provide Eastern University athletes with an overview of goals and expectations of the department. Student-athletes are expected to know and understand the guidelines set forth in this handbook. Student-athletes who are unclear on various sections of the handbook should seek clarification from a head coach and/or administrator.

**Eastern Athletics Mission Statement**
Eastern University Athletics will prepare student-athletes for productive lives of Christian faith and service as they pursue excellence in skill, teamwork, leadership and humility.

**Eastern Athletics Philosophy**
Eastern University Athletic Department seeks to produce teams and athletes who:
- Seek to honor God in the way that they play, train, and treat each other.
- Display the highest levels of sportsmanship.
- Compete with honor and integrity.
- Demonstrate skill, training, and commitment to team.
- Strive to achieve excellence in athletics and in the classroom through hard work.
- Demonstrate respect and consideration for opponents, officials, and fans.
- Contribute to the University mission through service and a commitment to excellence.
- Are humble in victory, and gracious in defeat.

We will provide quality teaching and coaching as we strive to compete at the highest levels in the conference, region and nation. Our programs will stress teamwork, community, and commitment. The department will strive to promote high levels of academic achievement, competitively successful programs, social integration of athletes, a strict adherence to NCAA, MAC, and University policies, the highest quality professional staff, and fiscal soundness.

It is the expectation of the athletic administration, coaches and staff that all student-athletes are aware of, and adhere to, both the Student-Athlete Handbook and the University handbook policies for CAS.
ACADEMIC ELIGIBILITY POLICY

Student-athletes must recognize that they are a student first and foremost and maximizing academic success should be their first priority. In order to maintain eligibility to participate in intercollegiate athletics at Eastern University, student-athletes must maintain satisfactory progress towards their degree in terms of both grades and credit hours. The following section identifies how Eastern University defines satisfactory progress.

**All eligibility decisions are made by the Assistant AD for Compliance.** The following guidelines are designed to aid student-athletes as they pursue both academic and athletic success.

1. Student-athletes must carry 12 or more credit hours per semester. **Dropping below 12 credits will result in immediate athletic ineligibility** and may impact the student-athlete's financial aid award and campus housing arrangement.

2. All student-athletes must satisfactorily complete (earn) 24 credits within a given academic calendar year. Summer courses may be used to regain satisfactory progress but must be pre-approved through the Registrar’s Office.

3. First year student-athletes must maintain an overall (cumulative) GPA of 1.750 by the end of their first semester.

4. Acceptable academic progress thereafter is defined by number of credits earned and a corresponding required overall GPA:
   - 1-24 credit hours earned = 1.750 overall GPA
   - 25-42 credit hours earned = 1.850 overall GPA
   - 43-55 credit hours earned = 1.950 overall GPA
   - 55+ credit hours earned = 2.000 overall GPA

5. Student-athletes’ academic progress will be monitored by the Assistant Athletic Director for Compliance during the mid-term review and at the end of each semester.

6. Mid-term warnings will be sent to each respective coach and corrective action as deemed necessary will be taken by the coach to help ensure good academic standing.

7. Student-athletes who fail to achieve the required GPA for their classification and/or who do not earn the required number of credits within a given academic calendar year are placed on academic probation and become ineligible for athletic competition.

Like all students, student-athletes on academic probation are potentially subject to further consequences from the University. Refer to the University Catalog for further information on academic dismissal and the appeal process.

CLASS ATTENDANCE EXPECTATIONS

It is the expectation of the athletic department that all student-athletes attend classes regularly, and submit assignments on time. It is the responsibility of the student-athlete to notify their professors, well in advance, of any class time that will be missed due to an athletic contest. By both NCAA rules and University policy, **practice time is not an excuse to miss class.**

The University does not currently hold a campus-wide approved absence policy for student-athletes. However, our faculty have been accommodating when an athlete needs to miss class under the following circumstances:

- Student-athlete communicates absences in a timely fashion. This should be done at the beginning of the semester with a reminder the week of the conflict.
- Student-athlete is making necessary progress toward success in the class.
- Student-athlete does not miss class any time other than for games.
- Student-athlete turns in all assignments, and takes tests on time.
- Student-athletes are not allowed to miss class to practice or play in a non-traditional season contest. This is an NCAA regulation.

If a student-athlete’s grade is in question because of absences due to participation in athletics, the student-athlete should notify the Faculty Athletic Representative (FAR) immediately. Dr. Tom Franek can be reached by email at tfranek@eastern.edu or by phone at 610-225-5670.
Alcohol, Tobacco, and Drug Policy

Overview of Policy

The Eastern University Athletic Department, its Coaches, Athletic Trainer(s), Administrators and Health Care Personnel believe that the illicit use of drugs, and the use/abuse of alcohol or tobacco is detrimental to the physical and mental well-being of student-athletes, no matter when such use should occur during the year.

We also seek to encourage one another to live a life that is consistent with biblical teachings. The Bible says “do not get drunk with wine, for it is debauchery; but be filled with the Spirit” (Eph. 5:18). Second Timothy 3:16 tells us that all scripture is “God-breathed” and teaches, corrects and trains us in righteousness so that we may be equipped for good works. James 1:22 tells us “Do not merely listen to the word, and so deceive [ourselves]. Do what it says.” The Lord instructs us to “train [ourselves] in godliness, for while physical training is of some value, godliness is valuable in every way, holding promise of both the present life and the life to come: (I Tim 4:7-8). The message is clear. We take seriously the words of the Bible, our guide and inspiration for living, and we need to abide by its teachings.

Furthermore, since the use of drugs, tobacco, and misuse/abuse of alcohol can impair athletic performance, this use is not consistent with our goal of maximizing the full potential of each student-athlete.

The Athletic Department recognizes that problems with alcohol, tobacco and other drugs are not confined to student-athletes but are of special concern because of the high visibility and social pressures student-athletes often face as representatives of our institution.

Goals of the Policy

1. To promote informed, intelligent decision making on the part of our student-athletes with regard to use of alcohol, tobacco and other drugs.
2. To promote a culture of accountability, personal discipline and excellence that does not include illicit drug use and alcohol and tobacco misuse/abuse by Eastern University student-athletes.
3. To encourage one another to live a life consistent with Biblical teachings regarding the consumption of alcohol as well as the use/abuse of tobacco and other drugs.
4. To encourage an atmosphere of open discussion to any questions student-athletes may have regarding the use/abuse of alcohol, tobacco, and other drugs.

Expectations for Student-Athletes Concerning Alcohol, Tobacco, & Drugs

Student-athletes must obey state and federal laws, as well as NCAA and Eastern University regulations concerning alcohol, tobacco and other drugs. Violations of these laws will be punishable in accordance with the Eastern University policy as well as local, state, and federal law consequences.

Possession, intent to sell and/or use of illegal drugs is not permitted.

The providing and/or consumption/use of alcohol, tobacco and other drugs is prohibited during any and all activities related to the recruitment or hosting of prospective student-athletes, their parents/legal guardians, sibling(s) or friends at all times during the calendar year. Policy violations will be handled by the Athletic Administration in accordance with the Head Coach.

Commuter student-athletes are responsible for what occurs in their off campus housing. This includes parties in which under-aged drinking and/or other drugs are present. If this occurs, it will be dealt with by the Athletic Administration and coach, and the University’s Dean of Students.

If a student-athlete is found to be in the presence of illegal alcohol and/or other drug use by others and does not remove himself/herself immediately from the situation, he/she may face sanctions from the Athletic Department.
Traditional Season Policy:
1. The possession and/or consumption of alcohol by student-athletes (regardless of age) is prohibited during their traditional season, which starts on the first day of preseason and finishes on the last day of regular or post-season play.
2. The use of tobacco and NCAA banned drugs is prohibited at all times.

Non-Traditional Season Policy:
1. As per University policy, student-athletes over the age of 21 may consume alcohol in moderation during their non-traditional season. However, alcohol use on campus or returning to campus under the influence or excessive use and/or abuse is prohibited and will be cause for appropriate disciplinary action. The possession and/or consumption of alcohol for minors is prohibited at all times. Policy violations will be handled by the athletic administration in accordance with the Head Coach and Dean of Students.
2. Student-athletes over the age of 21 must abstain from any alcohol consumption 48 hours prior to game day during their non-traditional season (game day begins at 12:01am)
3. The use of tobacco and NCAA banned drugs is prohibited at all times.
4. Discipline for violations during the non-traditional season may be administered during the regular season.
5. Within programs, coaches can opt to apply traditional season policy to the non-traditional season.

Violations of the Alcohol, Tobacco and other Drug Use Policy can be reported to the Athletic Director and Coaches from, but not limited to, the following sources:

- Campus Security
- Other Students
- Residence Life Staff
- Other University Staff
- Local, State and/or Federal law agencies
- Any other source, including social media

Sanctions and Consequences for Violations
Each situation will be handled on a case by case basis. All violations will be adjudicated by the coach, in conjunction with the Athletic Director. Precedent cases may be considered, however, they will not dictate actions.

Possible consequences will include, but not be limited to:

- Community Service (on or off campus)
- Reflective paper
- Game suspension(s)
- Counseling (on or off campus)
- Expulsion from the team and/or department

Appeal Process:
1. The student-athlete will have one (1) week to appeal a disciplinary decision.
2. The appeal must be in writing and addressed to the Director of Athletics, with a copy given to the Head Coach.
3. The appeal must be based on perceived irregularities in the application of the policies and procedures outlined heretofore, which had the effect of rendering the disciplinary decision arbitrary or capricious, or based on new information which was not available at the time of the hearing (as stated in the EU Student Handbook).
4. If the appeal is denied, the student-athlete may appeal to the Vice President for Student Development, who is the final appeal authority.
5. Positive NCAA drug test results will follow the appeal guidelines as set forth by the NCAA Drug Testing Protocol.
**Drug Testing Program**

1. Random drug testing will be conducted in accordance with the NCAA Drug Testing Protocol as described in the educational materials provided to each student-athlete in the annual NCAA Compliance Meeting prior to their participation in athletics and will include all banned drugs, street drugs, performance enhancing substances, and nutritional supplements as defined by the NCAA in Bylaw 31.2.3.4.

2. Missing a scheduled drug test is the same as the penalty for testing positive for the use of a banned drug. You will remain ineligible until you retest negative and the NCAA Student-Athlete Reinstatement Committee and the EU Athletics Administration have restored your eligibility.

3. A positive drug test will result in the immediate suspension of your athletics eligibility for one calendar year (e.g., 365 days) from the date of your positive drug test and you will be charged with all relative NCAA sanctions and EU policy discipline procedures as well as local, state, and federal law consequences.

4. All nutritional/dietary supplements carry some risk of containing an NCAA banned substance because they are not well regulated and may be contaminated. Failure to check out any supplement with the Sports Medicine Staff prior to use may result in a failed appeal to a positive drug test. Student-athletes are responsible for anything they ingest.

5. The list of NCAA banned drug classes is subject to change and student-athletes are held accountable for all banned drug classes on the current list. The list is located on the NCAA website (www.ncaa.org) under the Health and Safety Services section.

**Disciplinary Action For other Campus Violations**

By signing the Athletic Agreement Statement, the student-athlete gives his/her permission for open dialogue between the Residence Life Staff and Athletic Administration concerning disciplinary actions they might receive from the Office of Student Development.

Additionally, each student-athlete who receives disciplinary action(s) shall be dealt with at the discretion of the Coach and/or Director of Athletics.

Any student-athlete who goes before the Office of the Dean of Students or the Judiciary Board and has disciplinary action taken against them, will have a copy of the outcome letter placed in their athletic file.

*In accordance with the NCAA and MAC regulations, any student-athlete who is ejected from a contest by the officials shall sit out the next contest.*

**Commuter Student Responsibility**

Commuters represent Eastern University in the community and neighborhood where they live. Eastern students who commute agree to uphold the local and community ordinances, laws of the state and country and be good neighbors to those living around them. Eastern expects all students to respect the property and sensibilities of their neighbors at all times.

*Commuter student-athletes are responsible for what occurs in their off-campus housing.*

This includes parties in which alcohol and/or other drugs are present. If this occurs, it will be dealt with by the athletic administration and coach, as well as the University’s Dean of Students.

**Eastern Athletics Social Media Policy**

Playing and competing for Eastern University is a privilege. Eastern University student-athletes are held in high regard and are seen as role models in the community. As leaders you have the responsibility to portray your team, your University and yourselves in a positive manner at all times. Sometimes this means doing things that are an inconvenience to you, but benefit the whole team. Facebook, Twitter and other social media sites have increased in popularity globally, and are used by the majority of student-athletes here at Eastern in one form or another. The following page includes a policy for student-athletes to sign.
Social Media Contract

Student-athletes should be aware that third parties -- Eastern University Officials, media, faculty, future employers and NCAA officials -- could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the student-athlete, the athletic department and the University and can also be detrimental to a student-athlete’s future employment options.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco e.g., no holding cups, cans, shot glasses etc.
- Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Pictures, videos, comments or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.
- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another institution; taunting comments aimed at a student-athlete, coach or team at another institution and derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use).
- Content online that would constitute a violation of Eastern University, the Middle Atlantic Conference or NCAA rules (examples: commenting publicly about a prospective student-athlete, providing information related to sports wagering activities; soliciting impermissible extra benefits).
- Information that is sensitive or personal in nature or is proprietary to the Eastern University Athletic Department or the university, which is not public information (examples: tentative or future team schedules, student-athlete injuries and eligibility status, travel plans/itineraries or information).

If a student-athlete’s profile and its contents are found to be inappropriate, he/she will be subject to the following penalties:

1. A meeting with the Director of Athletics and Head Coach
2. Penalties as determined by the athletic department, which may include, but is not limited to possible suspension from his/her athletic team.

For your own safety, please keep the following recommendations in mind as you participate in social media websites:

- Set your security settings so that only your friends can view your profile.
- You should not post your email, home address, local address, phone number(s), or other personal information as it could lead to unwanted attention, stalking, identity theft, etc.
- Be aware of who you add as a friend to your site – many people are looking to take advantage of student-athletes or to seek connection with student-athletes.
- Consider how the above behaviors can be reflected in all Facebook applications.

If you are ever in doubt of the appropriateness of your online public material, consider whether it positively reflects your own values and ethics as well as the ethics and standards of Eastern University and the Eastern University Athletic Department.

Remember, always present a positive image and don’t do anything to embarrass yourself, the team, your family or the University.

Eastern University student-athletes will be required to sign an affirmation statement of understanding and agreement of this policy.

By signing below you affirm that you understand the Eastern University Athletic Department Social Media Policy and Guidelines for Student-Athletes and the requirements that you must adhere to as an Eastern student-athlete.

Also, you affirm that failure to adhere to this policy and guidelines may result in consequences that include suspension from your athletic team, and you may be subject to additional penalties imposed by the NCAA, Middle Atlantic Conference or Eastern University.

Printed Name ___________________________ Signature __________________________________ Date__________________
THE MAC

Founded on December 11, 1912, the MAC has evolved into the only intercollegiate sports umbrella organization in the country that includes the Middle Atlantic, Freedom, and Commonwealth Conferences. It is the oldest athletic conference in the NCAA. In 1999, spurred by changes in the NCAA championship structure, the Corporation formed as an umbrella for three conferences – Middle Atlantic, Freedom, and Commonwealth. Eastern University joined the MAC in July, 2008.

Current Freedom members are Alvernia College, Delaware Valley College, DeSales University, Eastern University, Fairleigh Dickinson-Florham University, Kings College, Manhattanville College, Misericordia University and Wilkes University.

Current Commonwealth members are Albright College, Arcadia University, Hood College, Lebanon Valley College, Lycoming College, Messiah College, Stevenson University and Widener University.

Eastern competes in the Middle Atlantic Conference for Cross Country and Women’s Golf.

THE MAC CODE OF CONDUCT

Participation in this Middle Atlantic Conference (MAC) athletic event is a privilege that is accompanied by the responsibility to behave with dignity, honesty, fairness, civility, and respect. As hosts, we are responsible for providing the visitors with an environment that would meet our expectations if the roles were reversed. This is our home; please treat it as you would your own.

Sportsmanlike conduct is required of all officials, spectators, student-athletes, coaches, and any other individual associated with this competition. We expect conduct before, during, and after competition that exemplifies the best traditions of intercollegiate athletics.

Coaches and student-athletes abide by the spirit and letter of the sport playing rules and are gracious in both victory and defeat.

Competition is conducted in a nondiscriminatory manner that encourages enthusiastic, positive support of the participants and teams by all spectators. Profanity; sexist, ethnic, or racial comments; or, other intimidating actions will not be tolerated and are grounds for removal from the site of competition.

Consumption or possession of alcoholic beverages and the use of artificial noisemakers is prohibited.

Although the host is charged with enforcing this code of conduct, sportsmanship is everyone’s responsibility – do your part to keep the MAC a leader in the development and display of character.

STUDENT-ATHLETE ADVISORY COMMITTEE

The student-athlete advisory committee (SAAC) is a committee made up of student-athletes assembled to provide insight on the student-athlete experience. The SAAC also offers input on the rules, regulations and polices that affect student-athletes’ lives on NCAA member institution campuses.

Presently, there are separate national SAACs for NCAA Divisions I, II and III. NCAA legislation mandates that all member institutions have SAACs on their respective campuses. Further, NCAA legislation requires that all member conferences have SAACs.

In the NCAA Division III Manual

Section 6.1.4 Student-Athlete Advisory Committee. Each institution shall establish a student-athlete advisory committee for its student-athletes. The composition and duties of the committee shall be determined by the institution. (Adopted 1/10/95 effective 8/1/95). The National SAAC committee offers input on the rules, regulations and policies that affect student-athletes’ lives on NCAA member institution campuses. Each of the three divisions is represented equally to help create a liaison between student-athletes at all divisions and the NCAA.
Mid Atlantic Conference SAAC

The MAC SAAC is a committee that consists of two student-athletes from each of the member institutions. Eastern Athletics expects that our two representatives will take an active role in representing the interest of their peers to the conference.

This SAAC was formed to provide student-athletes the opportunity to take an active role in the governance and legislation of athletics at their respective schools and the administration of the conference. The committee meets at least twice during the academic year and serves as an outlet to educate each other through thoughts and viewpoints on the activities of the conference and the NCAA as well as the active roles committee members take on individual campuses.

The SAAC at Eastern University is a committee made up of at least two representatives from each athletic team. The SAAC is used as a liaison between the athletes, coaches and administration. Committee members have opportunities to travel to NCAA sanctioned events, participate in service projects, gain valuable leadership skills and evoke change within the Eastern University Athletic Department, the MAC and the NCAA.

Functions of campus SAACs:

• Promote communication between athletic administrations and student-athletes.
• Disseminate information.
• Provide feedback and insight into athletic department issues.
• Generate a student-athlete voice within the campus athletics department relative to the formulation of policies that impact student-athletes.
• Build a sense of community within the athletics program involving all athletics teams.
• Solicit student-athlete responses to proposed conference and NCAA legislation.
• Organize community service efforts.
• Create a vehicle for student-athlete representation on campus-wide committees (e.g. student government).
• Promote a positive student-athlete image on campus.

Travel Policy

While on trips, all Eastern University rules and regulations apply, just as if the student-athlete were on campus. The student-athlete is expected to know and adhere to the behavioral guidelines as stated in this handbook, as well as the University student handbook.

Drinking and illegal drug use is not allowed while on trips, including Spring Break, regardless of age or culture.

No student-athlete, regardless of age, is to leave the site of an away game with anyone other than a parent/legal guardian unless the Coach has received the completed Travel Release Form from said parent/guardian. If student-athlete is leaving the site with a parent/legal guardian, written permission must be given.

Travel Release Forms are available online.

Only Eastern students and staff are allowed to travel with the team. Special permission may be granted by the Athletic Director.

Van drivers must be licensed by the University and obey all traffic regulations.

At least one coach must return to campus with their team.

Meal money is to be used for food only.
ATHLETIC TRAINING ROOM POLICY

To protect all student-athletes and to ensure the highest quality of care is given, student-athletes must adhere to Athletic Training Room policies.

1. No cleats inside the facility.
2. No athletic equipment inside the facility.
3. No other personal items inside the facility (backpacks, etc).
4. No cell phone usage unless approved by the AT staff.
5. Shoes must be kept off the tables.
6. Athletes must shower before treatment or evaluation unless an emergency.
7. No rough housing or profanity.
8. No food, drink, or tobacco allowed.
9. Athletes are not to use the facility as a meeting place. If you are going to get taped or treated, come by yourself and not with a group of waiting friends.
10. Athletes may only take tape for equipment or themselves from the scrap box.
11. Athletes must keep all appointments. Failure to keep a scheduled appointment or follow established policies will result in the following:
   • 1st offense: verbal warning and meeting with Head ATC.
   • 2nd offense: formal meeting with Head ATC and Head Coach.
   • 3rd offense: loss of AT room privileges for the remainder of the season.
12. Athletes will observe all posted AT room hours of operation.
13. Athletes agree to follow all other EU Athletic Training Services Policy and Procedures. Examples include but are not limited to Sickle Cell Trait policy, MRSA procedures, Concussion Management protocol, Cold Weather policy, Lightning policy, Hydration, Heat Illness, etc.

ANNUAL ATHLETIC MEDICAL FORMS

1. Prospective student-athletes must complete, in their entirety, all of the required athletic medical forms prior to participation in any sport. Forms are available on the EU athletic website (www.goeastern.com) or from the EU AT staff. These forms, along with instructions for proper completion, are sent to all prospective student-athletes in the end of May/early June for the following academic year.
2. An annual physical is required for all student-athletes. The physical may not be any earlier than 6 months prior to the start of your season as per NCAA rules.
3. In accordance with the NCAA Sports Medicine Handbook, the final decision regarding the physical qualification or rejection of a student-athlete is the responsibility of the EU Team Physician and Head AT.