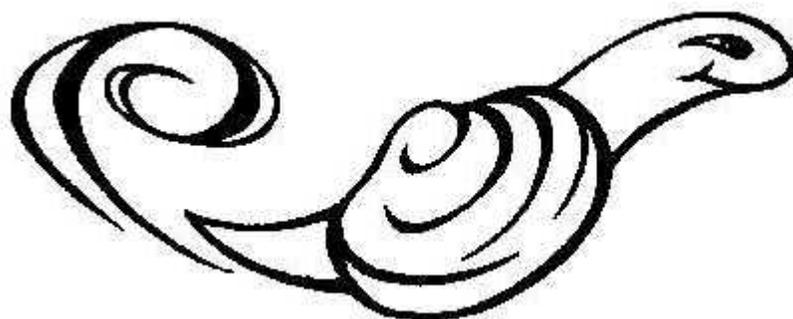


EVERGREEN

Athletic Handbook



About This Publication

The Evergreen State College Handbook for Student Athletes is published by the Division of Athletics and Recreation.

obtained and kept together for future reference.

Nondiscrimination Policy

Evergreen does not discriminate in any of its programs or practices against any person on the basis of age, citizenship, handicap, national origin, political affiliation, race, religion, sex, sexual orientation, or status as a disabled veteran or veteran of the Vietnam era. The college operates equal opportunity and affirmative action programs for faculty, staff, and students. Evergreen is an Equal Opportunity/Affirmative Action Employer.

Disclaimer

The provisions of this resource guide are not to be regarded as an irrevocable contract between the student and the college. The college reserves the right to change any provision or requirement at any time within the student's term or residence.

Notice to Student-Athletes

All students have several excellent resource guides available to them during their tenure at the college. These guides should be consulted for information as they relate to policies and procedures of Evergreen.

- **The “Rights and Responsibilities – Yours and Ours” booklet.**
- **The Evergreen State College current Undergraduate Catalog.**

You should obtain a copy of Team Rules, Covenants or Policies respective to your team sport from your Head Coach.

If you do not have these handbooks and a copy of the team rules, we suggest they be

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Welcome from the Director

Isolated success is not unusual. Consistent excellence is a much more difficult benchmark to achieve.

As the 2002-2003 academic year gets underway, that is the goal for Evergreen teams.

The 2001-2002 year was a breakthrough for us. Three teams qualified for the NAIA National Championships and men's basketball reached an all-time high water mark for Geoduck sports with a #6 national ranking. Women's soccer returned to the post-season for the second consecutive year as well.

What's next? That's up to each individual student-athlete... you!

Those of you returning to the college have just contributed to a year of remarkable growth and improvement. Those of you coming into the program are in a great position to help your teams move to higher degrees of excellence.

Playing in the Cascade Collegiate Conference has never been an easy task. Albertson, Concordia, Eastern Oregon, Northwest, Oregon Tech, Southern Oregon and Western Baptist all produced NAIA nationally-ranked teams a year ago. Within the Pacific Northwest region of the NAIA are strong independent competitors, including Simon Fraser, a four-team winner of the Sears Director's Cup for overall excellence.

Now, Evergreen -- with outstanding facilities, coaches and, most importantly, student-athletes -- has joined that list. The Geoduck is now a force to be reckoned with, regionally and nationally.

Hopefully, your involvement in Geoduck athletics will extend beyond the court, playing field or pool. You can have a prominent voice by being active with the Student Athletic Advisory Committee, as well as by being active in the Services and Activities Fee Board, and other college committees. Come cheer for Evergreen's other teams. Help our staff promote and market your efforts to the community.

I welcome your opinion about all campus issues, particularly athletics!

Again.....Welcome!

Dave Weber

The Student-Athlete

An extremely important part of that commitment is the understanding that intercollegiate athletes are, first and foremost, students. As such, each student-athlete has the responsibility to fulfill clear expectations. These include:

Meeting all academic responsibilities, including regular class attendance and the completion of all assignments in a timely manner.



Complying with all rules and regulation of the NAIA; understanding that it is each student-athlete's responsibility to be fully aware of the rules and regulations.



Meeting regularly with faculty and advisors.



Striving to be involved as a full-fledged member of the college community and making a strong effort to derive as much as possible from the educational experience. This includes establishing open and

mature relationships with faculty and the student body at large.



Understanding the support resources that are available in the college's Academic Advising program; assuming the responsibility to seek help when it is needed.



Understanding that the assumption of personal responsibility is at the heart of the educational experience. All student-athletes should constantly be aware that they represent the college, the conference, and their team. Upper-class student-athletes should consciously strive to serve as exemplary role models for new student-athletes.



Making a complete commitment to academic integrity –it is absolutely essential that every student be thoroughly familiar with the honor system and that all aspects of college life be conducted in accordance with the honor system.

The Division of Athletics and Recreation Mission Statement

The Division of Athletics and Recreation supports the academic mission of the College, contributes to the quality of life on-campus, and enhances learning through services, facilities and activities which:

--provide opportunities to develop and maintain healthy lifestyles
--provide opportunities for the development of community through social interaction and physical activity

--provide a source of additional revenue and employment
--encourage relationships with the local community
--provide individual, group and team learning experiences
--support a sense of mattering and self-esteem
--provide opportunities for diverse groups and individuals to interact
--support student recruitment and retention

Honor System and Code of Ethics

College Policies and Procedures

Student-athletes are subject to the college's academic, financial, and non-academic rules and regulations as is the student body. We encourage you to refer to The Evergreen State College "rights and responsibilities yours and ours" manual for specific rights, policies, and procedures.

Academic Honesty Policy

Academic honesty is a necessity in a learning community. It makes coherent discourse possible, and is a condition for all sharing, dialogue, and evaluation. All forms of academic dishonesty, including cheating, fabrication, facilitating academic dishonesty and plagiarism are violations of the Social Contract and may be violations of the Student Conduct Code. Academic dishonesty may result in penalties as severe as expulsion from your academic program.

Program Covenant

If you are a member of an academic program at Evergreen, (as opposed to taking an individual contract, or a single course), your program will probably have a covenant. Commonly, the covenant explains program expectations, and describes who is responsible for different aspects of program management. The covenant is also likely to explain the procedures to be followed if disputes arise among members of the program, and the grounds and procedures for the expulsion of students from the program.

If you are not aware whether your academic work is governed by a covenant, check with the faculty, or check to see whether a covenant has been filed in the Academic Deans' office.

Code of Ethics for Athletes

The purpose of intercollegiate athletics is to provide an opportunity for you to develop your potential as a skilled athlete in an educational setting. Your public exposure in the competitive arena and the media place you among the most visible groups in the college community, the City of Olympia, and in Thurston County. What you do and the way in which you do it are often highlighted, placing you in a public position, which requires exemplary behavior.

Remember, as a student of Evergreen you are totally responsible for your own behavior. You are expected to obey the laws, rules, and regulations of all these "communities"; and if you violate their laws, be prepared for the penalties that may be imposed.

Your behavior has a definite impact on the reputation of the athletic program and on the attitude that the "communities" have toward you and your teammates.

Your conduct will be closely scrutinized as you sit in the classroom, as you compete, and as you travel. Particularly, young children will look upon you as a role model, and it is important that your personal conduct be above reproach at all times.

In a nutshell, you will be expected to conduct yourself with integrity, sportsmanship, honesty, pride, and humility.

Athletic Governing Associations

National Association of Intercollegiate Athletics

(NAIA). www.naia.org

Evergreen holds membership in the NAIA, and has been affiliated since 1979.

The Purpose of the NAIA

- Promote the education and development of students through intercollegiate athletic participation.
- Member institutions, although varied and diverse, share a common commitment to high standards and to the principle that participation in athletics serves as an integral part of the total educational process.
- The NAIA embraces the concept of the student and recognizes the importance of the individuality of each member institution, the value of the conference and regional structure, and the benefits of membership in a national association.
- The NAIA supports gender equity. Gender equity is an atmosphere and a reality where fair distribution of overall athletic opportunity and resources, proportionate to enrollment, are available to women and men, and where no student-athlete, coach or athletics administrator is discriminated against in any way in the athletic program.

Cascade Collegiate Conference

(CCC). www.cascadeconference.org

This conference is composed of ten schools which include: Albertson College of Idaho, Cascade College, Concordia University, Eastern Oregon University, Northwest College, Oregon Institute of Technology, Southern Oregon University,

Western Baptist College, Warner Pacific, and The Evergreen State College

The Purpose of the CCC

The purpose of the CCC shall be to promote, organize, and supervise intercollegiate athletic competition among member schools in a way that encourages competition to be wholesome, fair, amiable, enjoyable, and educational.

Student Athletic Advisory Committee

The Student Athletic Advisory Committee acts as liaison between the student-athletes and athletic administration within the Division of Athletics and Recreation.

The Student Athletic Advisory Committee has the following responsibilities:

Broaden the involvement of the student-athletes in the college and community activities;



Review activities of the Division of Athletics and Recreation;



Act as liaison between their respective teams and the SAAC

The committee is a standing committee. Representatives should try to discuss the information with their respective teams prior to the meeting about relevant agenda items. The Associate Director for Athletics and Recreation will be the committee advisor.

NAIA Regulations

Student-Athlete's Responsibility

You are subject to NAIA, TESC athletic division and team policies during your tenure at Evergreen.

It is your responsibility to acquaint yourself with the rules and regulations of each unit, and if you have any concerns or questions, to take the initiative and to get answers.

The college and the Division of Recreation, and Athletics schedule orientation sessions to acquaint you with major policies and procedures during the fall of each academic year and/or the beginning of each athletic season. You are expected to attend all scheduled meetings.

NAIA Rules and Regulations

Prior to your participation in intercollegiate competition, a team meeting will be held to discuss an overview of various NAIA rules affecting your eligibility for practice and competition.

You will also have an opportunity to ask questions and, if you wish, refer to the current sport year NAIA manual.

You will be required complete and submit paperwork such as the following:

1. Complete and submit a signed information form relating to your eligibility to compete.
2. Give your permission to be tested for illicit and/or banned drugs.
3. Submit information relating to the transfer form if pertinent.
4. Submit information relating to the certificate of clearance giving the institution and governing bodies permission to release information related to you as a student-athlete.

Failure to complete and sign these statements annually will result in your ineligibility for participation in all intercollegiate practice and competition.

THE STUDENT-ATHLETE "URGENT COMMUNICATION" POLICY

Student-athletes must provide an alternate telephone number or other means for reliable contact where they can be reached with emergency or urgent communication.

It is the student-athlete's responsibility to contact their coach's office when their phone number has changed or been disconnected.

Agents

A student-athlete with remaining eligibility in a sport may jeopardize their eligibility in the sport if they engage in any of the following activities:

Don'ts

You may not agree (orally or in writing) to be represented by an agent for the purpose of marketing your athletics ability or reputation in that sport. An agent contract that is not specifically limited in writing to a particular sport shall be applicable to all sports.

Once an agreement (oral or written) is made with an agent or to compete in professional athletics, you are ineligible for participation in that intercollegiate sport, regardless of the legal enforceability of the contract.

You may not agree (orally or in writing) to be represented by an agent in the future (after your eligibility is exhausted).

You may not agree (orally or in writing) to be represented by an agent until after your eligibility has ended including your team's post season competition.

You may not accept benefits from an agent. These benefits include (but not limited to) transportation, money, and gifts, regardless of the value of the benefit.

You may not receive preferential benefits or treatment because of your reputation, skill, or payback potential as a professional athlete.

You may not retain professional services (legal advice) for personal reasons at less than the normal charge.

You may not ask to be placed on the draft list or supplemental draft list of a professional league in a sport.

A coach or other member of the athletics staff at our institution may not, directly or indirectly, market your athletic ability or reputation to a professional sports team or organization. Exception: the head coach in your sport or our institution's professional sport counseling panel may assist you as indicated under Do's listing.

You may not be awarded institutional financial aid when you are under contract to or are currently receiving compensation from a professional sports organization.

You may not try out with a professional athletics team in a sport or permit a professional athletics team to conduct medical examinations during any part of the academic year (including any intervening vacation periods) while enrolled in a collegiate institution as a regular full-time student.

Student-athletes with remaining eligibility may engage in the following activities without jeopardizing their eligibility in that sport:

Do's

You may request information from a professional team or organization concerning your professional market value.

You are permitted to use your head coach to contact agents, professional sports teams, or professional sports organizations on your behalf. (Please note: the head coach is not permitted to receive any compensation for such services.)

You, your parents or legal guardians, may negotiate with a professional team.

You may secure advice from an attorney or other third party concerning a proposed professional contract, provided the attorney or other third party does not represent you in negotiations for that contract. An attorney may not be present during any discussions of a contract offer with a professional team nor may the attorney have direct contact (e.g., in person, by telephone, by mail) with the professional sports organization on your behalf. The presence of an attorney during these discussions is considered representation by an agent. (You also are required to pay such an individual at his or her normal rate.)

You may compete professionally in one sport and be amateur in another (e.g., you may sign a professional baseball contract and still play college basketball). Signing a professional contract normally terminates eligibility for an athletics scholarship in any sport (unless you no longer are involved in professional athletics, are not receiving any remuneration from a professional sports

organization and you do not have an active contracted relationship with any professional team).

You may borrow against your future earnings potential from an established and accredited commercial lending institution, exclusively for the purpose of purchasing insurance against a disabling injury or illness, provided a third party is not involved in arranging for the loan. You must provide a copy of the insurance policy and loan documents to the Compliance Officer (Janette Parent).

You may try out with a professional organization in a sport during the summer or during the academic year while not a full-time student-athlete, provided you did not receive any form of expenses or other compensation from the professional organization.

You are permitted to receive one on-campus medical examination during the academic year by a professional league's scouting bureau.

Boosters

As a student-athlete at Evergreen, you may come into contact with groups and/or individuals that have made financial contributions to our athletic program. Athletic representatives ("boosters") or institutional staff members are not permitted to provide you with an extra benefit. The term "extra benefit" refers to any special arrangement by an institutional employee or representative of the institution's athletic interests to provide the student-athlete or his or her relatives with a benefit not expressly authorized by NAIA legislation.

If they want to provide you with benefits such as gifts or jobs please clarify if it is appropriate with the compliance officer prior to accepting such offers. Some gifts and jobs could jeopardize your academic eligibility.

The Evergreen Division of Recreation, and Athletics is responsible for the control and conduct of the intercollegiate athletics program, and this responsibility includes accountability for the acts of "athletic representatives" including boosters. Once

an individual has been identified as an athletic representative, he or she retains that identity forever and is governed by the same rules and regulations as our athletic staff members.

If at any time you have a question concerning benefits, gifts, or services that have been offered to you, please check with the department's Compliance Officer or the Director immediately.

EXTRA BENEFITS NOT PERMITTED BY NAIA RULES:

1. A special discount, payment arrangement, or credit on a purchase or a service;
2. A professional service without charge or at a reduced cost;
3. The use of a telephone or credit card for personal reasons without charge or at a reduced rate;
4. Services from commercial agencies;
5. Free or reduced cost admission to professional athletic contests from professional sports organizations;
6. A loan of money;
7. A guarantee of bond;
8. The use of an automobile;
9. Signing or co-signing a note with an outside agency to arrange a loan;
10. Preferential treatment, benefits, or services for your athletic reputation or skill or pay back potential as a future professional athlete.

**CHECK THE NAIA MANUAL FOR
ADDITIONAL RESTRICTIONS.**

**REMEMBER, WHENEVER IN DOUBT
ABOUT A GIFT, BENEFIT, OR SERVICE,
CHECK IT OUT FIRST! ANY VIOLATION
COULD RESULT IN LOSS OF
ELIGIBILITY**

Gambling Policy

Gambling, particularly gambling related to sports sponsored by the NAIA, is prohibited by the NAIA.

1. Student-athletes may not participate in any gambling activity that involves intercollegiate athletics professional athletics through a bookmaker, a parlay card, or any other method employed by "organized gambling."

Violation of Gambling Policy

Any prospective or enrolled student-athlete that is found in violation of this policy shall be ineligible for further intercollegiate competition.

Gambling Helpline

800-522-4700

This is a 24-hour confidential helpline

GAMBLING IS A CRIME! IT IS A FEDERAL OFFENSE TO:

- Influence or attempting to influence in any way a sporting contest by bribery.
- Make use of interstate facilities, including the telephone or mail, for the placing of illegal bets.

IMPORTANT: This statute covers not only the outright throwing of contests, but also point-shaving, and applies not only to the maker of the bribe, but also the recipient of the bribe. A violation may result in a substantial fine or imprisonment or both

Resolving Issue

Student-Athlete Welfare

The Evergreen Division of Athletics and Recreation is committed to the principles of student-athlete welfare.

As a result, the Division of Athletics and Recreation will demonstrate in the operation of its intercollegiate sports programs that the following qualities exist:



A quality overall educational experience for student-athletes is promoted and the involvement of student-athletes in matters impacting their lives is encouraged;



Coaches and administrators practice fairness, openness, and honesty with

student-athletes and positive student-athlete/coaching staff relationships are supported;



Gender and cultural diversity is exhibited;



Health and safety issues are addressed.

Team Rules or Covenants

You have a right and a responsibility as an enrolled student-athlete to adhere to team rules as provided by the head coach and the Division of Recreation, and Athletics. These rules are important because they potentially affect your status as a student-athlete at Evergreen.

Within the intercollegiate athletic program, all decisions directly related to individual and team performance, e.g., playing time, position, as a member of the traveling squad, are within the province of the head coach; and his or her decisions are final.

A copy of the team rules is issued at the beginning of the season. If you have not received a copy you should obtain a copy from your head coach and keep it with this handbook.

You have a right to appeal any decision concerning any alleged situation you consider being unjust.

The Division of Athletics and Recreation has as one of its objectives to play a part in creating an environment within which student-athletes not only have positive overall experiences but have clearly specified avenues of communication with coaching and support staff.

If a student-athlete has an issue or complaint concerning their personal rights as a participant in intercollegiate athletics as impacted by team or Division of Athletics and Recreation rules, the following steps should be followed:

1. Discuss the matter with a member of your team's coaching staff.
2. Discuss the matter with the team captain (or co-captains), your team's Captains' or your team SAAC representative.
3. If the issue is not resolved, discuss the issue with the coach's direct supervisor for that Athletic Program.
4. Document in writing the nature of your concerns, and submit the steps you have taken to the Director of Athletics.

Media Relations

Working with the Media

Evergreen fans are interested in you, and during your athletic career you may be called upon to interact with the media. This is an opportunity to develop and refine your communication skills, which can be beneficial in the classroom, with your fellow student-athletes, and in future business and professional careers.

You have a responsibility to the college, your coaches, and your teammates to have a positive relationship with the media. Since this is a learning experience for most of you, the following hints may provide some guidance in developing a successful relationship:

1. Your coach or an athletics administrator will always attempt to check with you concerning day, time, and location of an interview (personal or via telephone) before it is scheduled.
2. Be on time for scheduled interviews. If you have a problem with a scheduled appointment, notify your coach or the Division of Athletics and Recreation administrator so appropriate action can be taken.
3. Be courteous with the media. They are professional journalists who have been assigned to cover Evergreen athletics. They should also treat you with professional courtesy.

4. During an interview, avoid criticism of any type.
 5. Do not respond to a question if you do not wish to respond. Simply say, "I'd rather not discuss the subject."
Remember, if you don't want to read, see, or hear it in the media, don't say it!
 6. If you feel uncomfortable with the questions, answers, or general tone of the interview, politely end the interview and consult with your coach or the Director of Athletics and Recreation
 7. If you are pleased with the results of an interview, take time to let the reporter know by dropping a note or saying hello the next time you meet.
 8. Never talk to the media "off the record."
- If you would like to further explore this topic ask your head coach or an athletic administrator for additional resources.

Student Services

Financial Aid

Evergreen participates in most federal and state financial aid programs. Financial aid application packets are generally available by mid December. It is recommended you submit your Free Application for Federal Student Aid (FAFSA) to the processor by as early as possible to receive full consideration for all available campus based financial aid. For more information, including relevant deadlines, please contact the Office of Financial Aid (x6205) or admissions@evergreen.edu.

Emergency Loan Program

This program aids continuing students who have temporary need by providing short-term loans. Apply at the Financial Aid Office.

Sexual Harassment

Evergreen strives to provide a working and educational environment that is free from sexual harassment for all students, faculty, and staff. Sexual harassment in any form is unacceptable behavior and will not be tolerated.

Athletic Equipment

Clearance to Draw Athletic Equipment

1. **Complete and return:**
 - a. Pre-Participation Physical Examination Form
 - b. Signed Drug Testing consent form
 - c. Eligibility forms
 - d. Student-Athlete Medical Insurance form and Emergency Card

If you do not receive equipment from your coach, go see the Compliance Officer or Head Athletic Trainer to ascertain which piece of information is missing or incomplete. Once that has been determined and you have taken appropriate measures to correct the deficiency, your name will be released to your coach.

Selling of Athletic Equipment

All equipment and apparel issued to you is the property of Evergreen.

You may NOT:

- ◆ Trade
- ◆ Exchange
- ◆ Sell
- ◆ Give Away

The equipment or apparel issued to you is on loan and is to be returned to the head coach at their discretion following the end of each season.

During your years of intercollegiate competition, you will be expected to care for all the items issued to you. You will wear the athletic equipment for practice and/or competition only as appropriate. Please keep in mind that your game and practice gear need regular laundering.

At the time of receiving equipment, you will be required to sign an equipment issue form assuming full responsibility for items taken. It will be your sole responsibility to return all equipment (regardless of condition) to your coach following the final competitive event of each season. You will be charged for any equipment either lost or not returned. Damage due to neglect will also be charged to the athlete.

If all items are not returned to your coach, a list of missing equipment is forwarded to the Business Office to be processed. You will be required to pay, at replacement cost, for the missing equipment.

Drug & Alcohol Policy

The abuse of alcohol and illicit use of drugs can be detrimental to the physical and mental well being of student-athletes, no matter when such use may occur during the year. Additionally, use or abuse of alcohol and use of drugs can seriously interfere with the performance of individuals as students and as student-athletes. They can be extremely harmful to student-athletes and their teammates, particularly when participating in athletic competition or practice.

Student-athletes at Evergreen are expected to abide by all the regulations governing competition issued by the NAIA. In addition the college has its own standards for athletic participation (WAC 174-400-010). The following rules have been in effect since 1996-97. The use or misuse of alcohol and the use of controlled substances are clearly stated in the

Student Rights and Responsibilities Social Contract Manual

Alcohol

Evergreen does not condone the illegal or otherwise irresponsible use of alcohol. Alcohol abuse is a progressive disorder in which physical dependency can develop. The negative physical and mental effects of the abuse of alcohol are well documented. Even low doses of alcohol impair brain function, judgment, alertness, coordination, and reflexes. Very high doses cause suppression of respiration and death. Chronic alcohol abuse can produce dementia, sexual impotence, cirrhosis of the liver, and heart disease; and sudden withdrawal can produce severe anxiety, tremors, hallucinations, and life threatening convulsions.

Therefore, it is the responsibility of every member of the college community to know

the risks associated with alcohol use and abuse. This responsibility obligates students and employees to know relevant college policies and federal, state, and local laws and to conduct themselves in accordance with these laws and policies. The Student Conduct Code (WAC 174-120-030 through 080) prohibits the use, possession, or distribution of liquor on college property except when a student is of legal age and has applied for and received an approved alcohol beverage banquet permit for the use of alcohol in a residence or college sponsored event. Any public appearance on campus or at any college-sponsored event while intoxicated, as defined by state law, will be considered a violation. Violations of the prohibition against alcohol use are punishable under Washington State Law and the Student Conduct Code. In the latter case, the Campus Grievance Officer has latitude to determine appropriate action including treatment options and expulsion, suspension, or summary suspension for repeated or aggravated violations.

Finally, the Division of Athletics and Recreation prohibits the purchase of alcoholic beverages to be used by any department-affiliated person who is under the legal drinking age. This applies to prospective student-athletes while visiting the college and their student hosts. Regardless of whether a student-athlete or student host has reached the legal drinking age, purchasing alcohol for consumption by a person under the legal drinking age (a teammate or, in most cases, a prospective student-athlete) is a violation of state law.

Illicit Drugs

The Student Conduct Code (WAC 174-120-030 through 080) prohibits the “use, possession, or distribution of any controlled substance or illegal drug on college

premises or at college sponsored activities.” Violations of this policy prohibiting the use, possession, or distribution of illegal drugs on college property or at college sponsored events are punishable by “expulsion, suspension, or summary suspension unless specific and significant mitigating factors are present.” The Campus Grievance Officer also has the authority to offer the option of a drug treatment program in lieu of or in addition to other sanctions for lesser offenses.

Prescription Drugs

Unless prescribed by a physician and reported to either the team physicians and/or certified athletic trainer, their use is illegal and violation may result in immediate suspension from athletic participation. It is the student athletes' responsibility to notify the team physicians and certified athletic trainer(s) during the time of their health physicals of any current prescription use.

Tobacco Policy

NAIA regulations state: either alcohol or tobacco (including smokeless) is not permitted by participants, coaches, athletic trainers, game administrators, or officials at practices and competitions, as well as in the confines of the building, travel vehicles, and associated playing fields/courts.

“If one school allows (its student-athletes or coaches to use) tobacco and another school reports that to the enforcement department, and it can be proven that tobacco was used, the (potential) penalty will likely be more severe, just as with other violations (where rules are knowingly violated and not self-reported).”

Chemical Dependency Services for Students

- Evergreen Counseling Center, seminar building 2109 x6800 ask for Jason Kilmer

Support Groups

- Alcoholics Anonymous(AA), 360-352-7344
- Alanon-Support for those affected by the substance abuse of another, 360-352-7745

- Narcotics Anonymous (NA), 360-754-4433
- Rational Recovery (RR), Meetings held at St. Peters Hospital, 360-357-7372

Other Referral Services

- The Crisis Clinic, 360-586-2800
- Alcohol/Drug use 24-hour Help Line, 1-800-562-1240

Training Room

Evergreen Sports Medicine Team works to meet the limited medical needs of student-athletes during their competitive season. It is our objective to maintain your health and to prevent injuries.

Athletic Division Responsibility

The Division of Athletics and Recreation is not financially responsible for the costs of medical services incurred through participating in varsity athletics. Please consult your head athletic trainer if you have any insurance questions.

Health Insurance

It is the student athletes' responsibility to obtain primary insurance. Consistent with other collegiate institutions, the Division of Athletics and Recreation looks to the parents' or guardians' health and accidental insurance as primary coverage of any injury or illness, which may occur during official practices or competitions. However, the college does carry a secondary medical policy with a \$250 deductible to help defray costs associated with major treatment for injury.

If the student-athlete has no private medical insurance, a policy is available at minimal cost to the student athlete.

Another option is to get your name on the waiting list to receive subsidized insurance through Washington Basic Health (1-800-826-2444). If you are interested in any of the options above please talk with the head certified athletic trainer.

Please Read

To play intercollegiate sports for Evergreen and in consideration of the College's willingness to accept you as an intercollegiate team member and to allow you to participate in accordance with policies governing intercollegiate athletics, you will hereby waive any claim you, your heirs or assigns, may have now or in the future. You will release Evergreen, its employees and agents, including the team physician(s), certified athletic trainers, and coaches from any and all liability and responsibility in the event you become injured or physically disabled because of the deterioration or aggravation of pre-existing medical conditions.

Physical Exams

All student-athletes are required to get a physical examination by their own personal physician or by Evergreen's Sports Medical staff in conjunction with team physicians prior to the first day of practice. Only Evergreen physical examination forms will be accepted. All final decisions regarding clearance for participation or reason for disqualification shall be the responsibility of the team physician(s) and student health center in conjunction with the head certified athletic trainer.

The following medical forms must be provided prior to participation in athletics:

1. A completed "Participation Physical Exam" packet including health history. All first year student-athletes, including walk-ons, and transfers must complete these forms.
2. An "Updated Physical Questionnaire" form. All returning athletes must submit this form annually.
3. All student-athletes must fill out an "Assumption of risk/informed consent" form annually.
4. An "updated Emergency Card"
5. An "Insurance Status Form"
6. Any Individuals who "try-out" or "walk-ons" are required to sign a waiver in lieu of a physical exam. If they make the team, a physical will be required at your own expense.

REMEMBER...WITHOUT A PHYSICAL, YOU ARE NOT ELIGIBLE TO PRACTICE, WORKOUT, CONDITION, OR BE INVOLVED IN ANY PART OF A SPORTS ATHLETIC SEASON.

It is the responsibility of your head coach to inform you of your selected physical

examination date. Due to the large population of athletes at The Evergreen State College, missed physical examinations will be rescheduled at the convenience of the Head Athletic Trainer through the Health Center or on your own via your personal health care provider. DO NOT go to the Health Center for a physical. Arrangements will be made through the athletic trainer and provided to the athlete in a timely manner.

If you miss the assigned times you will be responsible for the costs associated with obtaining a physical.

As a student-athlete you freely and voluntarily authorize Evergreen's team physicians, certified athletic trainers, coaches, and staff to have full and complete access to your medical records and specifically authorize them to discuss your past or present medical condition among themselves and with any past or present medical provider.

Training Room

The team physicians, health center, and certified athletic trainers are here to provide and administer immediate care, preventative care, and rehabilitation of all athletic related injuries and illnesses for all intercollegiate student-athletes.

Hours: Event coverage and practice schedules will determine daily and weekend schedule. Check with the training staff for availability.
Phone number: 360-867-6587

Training Room Rules

- Student-athletes are not allowed to remove supplies or equipment from the training room without permission from a member of the athletic training staff.

- Student-Athletes must shower and dress before reporting injuries unless it is an emergency.
- Only members of the Evergreen Sports Medical Staff are qualified to operate physical therapy modalities; therefore student-athletes are not allowed to use this type of equipment on their own.
- The phone in the training room office is off limits to student-athletes except for emergency purposes.
- No food or drink in the training room
Exception water or sport drink.
- No outdoor activity shoes in the training room. (Especially cleats)
- No smoking or chewing tobacco.
- No horseplay or foul language.

Injury Reporting Process

- Report all injuries/illnesses immediately to the training room staff for evaluation.
- Since some injuries are not noticed until the next day, please report injury/illness as soon as possible except in the event of an emergency.
- In case of an emergency when the training room is closed, contact the health center (x6200) or dial 911.
- The athletic trainer will help evaluate and administer first aid care and when necessary refer to the team physician. Daily injury/illness reports on each athlete are maintained. The information is documented and communicated to coaches by the athletic trainer. The athletic trainer will determine when full activity may resume again.

Medical Referral Policy

If the student-athlete and/or his/her parents or guardians prefer to seek other medical care of their choice, these guidelines must be followed:

- Student-athlete will assume all financial responsibility for any charges incurred.

- In order for the student-athlete to participate in his/her sport, the student-athlete must:
 - a. Provide the head athletic trainer with a detailed written report from the attending health care provider(s).
 - b. Demonstrate full skills required of the particular sport as approved by the athletic training staff.

Emergency Treatment

In case of an emergency and the training room is closed, contact the health center or dial 911. If unable to contact anyone on the medical staff, the injured student-athlete should be taken to the Emergency Room at:

- St. Peter Hospital, 413 Lilly Road NE, Olympia. Take I-5 to exit 107 and follow the signs. 360-491-9480

OR

- Columbia Capitol Medical Center, 3900 Capital mall Drive SW, Olympia. Located 2 blocks west of Capital Mall. 360-754-5858

Upon arrival notify the Emergency Room that you are an Evergreen State College student-athlete and have them contact Dr. Stephen Snow or your personal physician **if necessary and only if you are in season.**

Student Health Center Hours

x6200

Call the health center for current information pertaining to their hours of operation.

Injury Prevention

There are several things the student-athlete can do to prevent needless injuries from happening:

1. Remove all dentures and jewelry items during practice or games.
2. After practices and competitions wash all wounds thoroughly with soap and water prior to reporting to the training room.

3. For acute aches and pains use only ice, elevation, and compression of the injured area.
4. Do not use any medication or preparations for decreasing the symptoms associated with an injury or illness other than those indicated by a doctor or an athletic trainer. In other words, no self-medication.

Strength Training

The specialty of strength and conditioning is a field that is now recognized as being a crucial element in the development of the total student-athlete. It has been proven through scientific research and empirical testing that a properly conducted strength training regimen will increase the physical capabilities of an athlete as well as decrease the incidence of severe injury.

Strength Training Facility

Evergreen has a strength training facility located in the Campus Recreation Center. One of the purposes of this facility is to provide student-athletes with the opportunity for pre-season, in-season, and off-season strength training. The facility has complete free weight and resistance machines, in addition to a variety of aerobic equipment.

Rules and Regulations

Due to the nature of strength training and its demands, a code of behavior has been developed to ensure that all participants will be able to make maximum use of the facilities. Participants will be made aware of the rules for use of the facilities. As equipment and/or procedures change, rules will be updated accordingly. The most significant ones are:

Personal Habits

1. Upon entering the weight room, please check your shoes for mud and dirt.
2. Proper workout clothes should include a T-shirt, shorts, sweats, socks, and clean, tied shoes. Cleated shoes are not permitted.
3. Clear and sufficient space is crucial when working out. Do not bring extra clothing, bags, books, or equipment of any type into the weight room.
4. Please wipe down the equipment after use for health and safety reasons.

Weight Room

1. In order to keep the weight training rooms clean and functional, refrain from bringing any foods, drinks, bags of ice, etc., into the weight training facilities.
2. Chewing gum and smokeless tobacco are absolutely prohibited during a workout.
3. Remove your tape or wraps outside; trash cans are available.
4. Return plates and bars to the proper area. Do not leave plates or bars on the machines or floor. Take precaution when unloading weights.
5. A spotter is required for:
 - Any standing exercise where a heavy weight is being lifted
 - Bench press

- Incline bench press
- Military press
- Squat
-
- Heavy dumbbell presses
- Seated behind the neck press

Varsity Letter and Award Standards

Any student-athlete who is charged with a season of competition by the NAIA and who completes the season in good standing with his/her Evergreen varsity team shall be awarded a letter. A student-athlete who competes only at the junior varsity level will be considered to have used a season of eligibility by the NAIA, but will not qualify for a letter.

Awards for Athletes (varsity teams):

- First year award: Varsity Letter
- Second through fourth year award: Pin
- Graduating senior with at least two years varsity experience in that program: Watch

There are numerous student-athlete awards presented at various sports banquets, dinners or picnics after completion of the specific sports seasons.

BASKETBALL, WOMEN

- Most Valuable Player
- Best Defensive Player
- Most Improved
- Most Inspirational
- Coaches Award
- Team Captain(s)

BASKETBALL, MEN

- Most Valuable Player
- Best Defensive Player
- Most Improved
- Geoduck Award
- Most Inspirational

SOCCER, WOMEN

- Most Valuable Player
- Most Improved
- Most Inspirational
- Coaches Award

SOCCER, MEN

- Most Valuable Player
- Most Improved
- Most Inspirational
- Coaches Award

SWIMMING, WOMEN

- Most Inspirational
- High Point Award
- Team Captain Award
- Most Improved

SWIMMING, MEN

- Most Inspirational
- High Point Award
- Team Captain Award
- Most Improved

VOLLEYBALL

- TBA

CROSS COUNTRY, WOMEN

- MVP
- Most Improved
- Coaches Award
- Most Inspirational

CROSS COUNTRY, MEN

- MVP
- Most Improved
- Coaches Award
- Most Inspirational

Telephone Directory
College Recreation Center
 (www.evergreen.edu/crc)

Office Information number extension 6770

NAME/POSITION	E-MAIL	PHONE (360)
Mike Anchors Facilities Manager	anchorsm@evergreen.edu	867-6532
John Barbee Head Men's Basketball Coach	barbeej@evergreen.edu	867-6725
Craig Dickson Head Men's & Women's Cross Country Coach	dicksonc@evergreen.edu	867-6741
Monica Heuer Recreation Manager/ Head Women's Basketball Coach	heuerm@evergreen.edu	867-6858
Bill Lash Head Women's Volleyball Coach	lashb@evergreen.edu	867-6528
Tom Boatright Co-Head Men's Soccer Coach	boatys@attbi.com	867-6520
Zoe Leary Athletics & Recreation Secretary	learyz@exchange.evergreen.edu	867-6770
Andy Hills Co-Head Men's Soccer Coach	TheHills1992@aol.com	867-6520
Deborah Miles Operations Manager	milesd@evergreen.edu	867-6506
Kyle Nelson Head Athletic Trainer	nelsonk@evergreen.edu	867-6587
Janette Parent Associate Director of Athletics & Recreation	parentj@evergreen.edu	867-6536
Dave Weber Director of Athletics & Recreation	weberd@evergreen.edu	867-6531

Fax Machine	866-6783
Equipment Checkout	867-6836