

Department of Athletics  
**MESSIAH COLLEGE**  
Grantham, Pennsylvania 17027



# 2009-10

## INTERCOLLEGIATE ATHLETICS

### STUDENT-ATHLETE HANDBOOK

*Pursuing Athletic Excellence* ❖ *Developing Christian Character*

#### *Men's Sports*

Baseball      Basketball      Cross Country      Golf      Indoor Track and Field  
Lacrosse      Outdoor Track and Field      Soccer      Swimming      Tennis      Wrestling

#### *Women's Sports*

Basketball      Cross Country      Field Hockey      Indoor Track and Field      Lacrosse  
Outdoor Track and Field      Soccer      Softball      Swimming      Tennis      Volleyball

**MESSIAH**  
**ATHLETICS**

# MESSIAH COLLEGE 2009-10 STUDENT-ATHLETE HANDBOOK

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**MESSIAH COLLEGE  
2009-10 STUDENT-ATHLETE HANDBOOK**

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**Section I  
INTRODUCTION AND  
PRINCIPLES**

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*PURSUING ATHLETIC EXCELLENCE  
DEVELOPING CHRISTIAN CHARACTER*

## ***A LETTER FROM THE DIRECTOR OF ATHLETICS***

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We are very pleased that you have made the commitment to participate in intercollegiate athletics at Messiah College this year. A special welcome to our first-year and transfer student-athletes! And, thanks to our returning student-athletes for their continued commitment to Messiah's intercollegiate athletics program.

Athletics participation can teach many valuable lessons in discipline, sacrifice, teamwork, perseverance, mental toughness, physical conditioning, and appropriate display of Christian witness, and we believe that those lessons will benefit you throughout life.

We want your athletics experience to be a very positive one. Messiah is committed to providing competent coaches and support staff, adequate funding and facilities to meet program needs, and affiliation in an outstanding NCAA Division III conference. We are committed to:

*Pursuing Athletic Excellence*  
*Developing Christian Character*

To help familiarize you with what Messiah expects from its student-athletes, we have developed this handbook, designed specifically for our student-athletes. The information should be carefully read as soon as you receive it, and we ask that you keep it in a prominent place so that you can refer to it throughout the school year. Of course, we are always happy to talk with you about specific programs and procedures and answer any questions you may have related to intercollegiate athletics at Messiah and your participation in our program.

While this handbook consists primarily of facts, information, details, and other items which may be helpful, it may not convey our gratitude for the effort that you, as a student-athlete, give and for the encouragement you provide all of us in the Messiah athletics community. Please know that we view with respect and appreciation your decision to wear the Falcon uniform, and we want you to be as successful—in the classroom and on the field of play—as possible.

Best wishes as you pursue your academic and athletics goals this year.

Go Falcons!

Jerry Chaplin  
Director of Athletics

***INTERCOLLEGIATE ATHLETICS MISSION STATEMENT***



The Department of Athletics at Messiah College seeks to develop Christian character while pursuing athletic excellence. In doing so, the Department fulfills Messiah College's mission to educate men and women toward maturity of intellect, character, and Christian faith.

## ***CORE VALUES IN ATHLETICS AT MESSIAH COLLEGE***



These principles are recognized as Core Values in Athletics at Messiah College.

The opportunity for personal development, faith integration, and spiritual growth for the individual student-athlete is great. Such development will occur as the student-athlete:

- learns to seek excellence;
- develops core support and relationships within the team and a mentoring relationship with the coach;
- sets, maintains, and achieves goals;
- develops and implements servant-leadership skills;
- learns teamwork and cooperation, and recognizes that s/he is part of a community/group;
- experiences self-sacrifice for greater team prosperity;
- develops a sincere work ethic;
- develops integrity;
- learns to answer a challenge;
- develops perseverance;
- develops discipline;
- experiences shared suffering;
- learns to follow;
- learns time-management skills; and
- develops sport-specific skills.

Each staff member is a mentor and a model within the team and the Department. S/he has outreach to student-athletes in recruiting, training, and competition.

Athletics is seen as an integral part of the community. Members of the community must recognize that coaches/staff, our student-athletes, and our facilities play a vital role in the lives of our student-athletes.

Messiah College stresses the Division III principle of participation by many without sacrificing excellence.

Coaches teach and student-athletes learn how to apply the principles being taught.

Messiah College will offer as quality an experience that the dollars available will allow, and we will provide tangible evidence of quality and excellence by fostering an environment that demonstrates commitment.

## ***INTERCOLLEGIATE ATHLETICS PHILOSOPHY***



The Messiah College intercollegiate athletics program is committed to excellence in Christian higher education and embraces the evangelical heritage of the Christian faith. As part of that heritage, the athletics program integrates Scripturally-based principles and promotes individual wholeness.

The professional staff of the Department of Athletics – administrators, coaches, and athletic trainers – seek to practice the spirit and mind of Christ, both in and out of the athletic arena. Messiah College expects its athletics representatives who serve in professional leadership roles to serve and adhere to institutional, conference, and national association guidelines and regulations.

Intercollegiate athletics at Messiah College place a high priority on the student’s educational experience and the successful completion of academic programs. The athletics program promotes an environment in which the activities of student-athletes and student support personnel are integrated into their larger educational experience.

As an integral part of Messiah College, the intercollegiate athletics program emphasizes excellence in athletic and academic performance and seeks to develop athletes who strive to be scholar-servants; who demonstrate Christlike character in sportsmanship; and who exhibit fair play and ethical conduct in harmony with the ethos of the College. Messiah’s intercollegiate athletics program seeks to treat all student-athletes and all student support personnel with respect as equal and valued persons.

## ***PRINCIPLES GOVERNING STUDENT-ATHLETE WELFARE***



1. The welfare of all student-athletes shall be respected by providing support in ensure that health and safety of each participant. This support will be provided without regard to considerations of gender, specific sport, or level of personal competence.
2. The welfare of all student-athletes shall take precedence over any other considerations, such as championship expectations, wishes of spectators, alumni expectations, or any other non-educational benefits.
3. Leadership personnel shall be expected to assist individual participants in their pursuit of worthy achievements while also retaining the values of team membership and camaraderie. Individual and team goals shall be established in a manner to promote the maximum benefit to all involved.

***PRINCIPLES GOVERNING THE BALANCE  
BETWEEN ATHLETICS AND OTHER COMPONENTS***

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1. Athletics achievement shall be balanced with appropriate achievement in other dimensions of College life, and specifically in academic endeavors. Coaches and student-athletes shall carefully monitor the amount of time spent in athletics pursuits, so as not to compromise academic achievement. The NCAA guidelines regarding limits on athletics activities represent the maximum time that may be expected of student-athletes in the pursuit of athletics excellence. Coaches and/or student-athletes may find it necessary to prescribe more stringent limits in an attempt to facilitate academic achievement.
2. There are tangible educational benefits to be gained from participation in intercollegiate athletics. Time spent in athletics-related activities shall be viewed as part of the educational process, rather than outside the process.
3. A minimum of one out of every seven days shall be set aside during which no athletics-related activity shall be required or expected. Specifically, Messiah does not engage in athletics-related activity on Sunday, except in unusual circumstances. In those situations, approval is granted only by the Director of Athletics.
4. Coaches and other athletics leadership personnel shall encourage student-athletes to become involved in other activities that are a normal part of the College experience.

**MESSIAH COLLEGE**  
**2009-10 STUDENT-ATHLETE HANDBOOK**

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**Section II**  
**GENERAL INFORMATION**  
**AND POLICIES**

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*PURSuing ATHLETIC EXCELLENCE*  
*DEVELOPING CHRISTIAN CHARACTER*

**QUICK FACTS:  
MESSIAH ATHLETICS INFORMATION**

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***Address:***

**One College Avenue  
Box 4501  
Grantham, PA 17027**

***Athletics office telephone:***

**717/691-6018**

***Fax number:***

**717/691-6044**

***Web site address:***

**www.gomessiah.com**

***Enrollment:***

**Approximately 2,800**

***Founded:***

**1909**

***Nickname:***

**Falcons (for both men's and women's teams)**

***Colors:***

**Navy Blue and White**

***National affiliation:***

**National Collegiate Athletic Association (NCAA), Division III**

***Conference affiliations:***

**Middle Atlantic States Collegiate Athletic Corporation (MASCAC)**

**Commonwealth Conference**

**Empire Collegiate Wrestling Conference**

***Men's sports (eleven):***

**Fall: cross country, golf (split season), and soccer**

**Winter: basketball, indoor track and field, swimming, and wrestling**

**Spring: baseball, golf (split season), lacrosse, outdoor track and field, and tennis**

***Women's sports (eleven):***

**Fall: cross country, field hockey, soccer, tennis (split season), and volleyball**

**Winter: basketball, indoor track and field, and swimming**

**Spring: lacrosse, outdoor track and field, softball, and tennis (split season)**

***Other programs that are part of the Department of Athletics:***

**Aquatics**

**Student-Athlete Advisory Committee (SAAC)**

**Student athletic trainers**

## ***2009-10 ATHLETICS STAFF MEMBERS***

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### ***Senior Administrators***

**President:**

**Kim S. Phipps**

**Provost:**

**Randall G. Basinger**

**Vice Provost and Dean of Students:**

**Kristin M. Hansen-Kieffer**

### ***Athletics Administrators and Support Staff***

**Director of Athletics:**

**Jerry A. Chaplin**

**Department Secretary:**

**Casey Stone**

**Associate Athletics Director for Operations/Senior Woman Administrator:**

**Amy Weaver**

**Assistant Athletics Director for Facilities and Equipment:**

**Brad McCarty**

**Assistant Athletics Director for Public Relations and Marketing/Sports Information:**

**Cory Furman**

**Athletics Recruitment Coordinator/Home Game Administrator:**

**Aaron Faro**

**Sports Information Assistant:**

**Bryan Engle**

**Assistant Equipment Manager:**

**Geof Weisenborn**

**Head Athletic Trainer:**

**Jeremy Kauffman**

**Athletic Trainers:**

**Edwin "Sandy" Bush**

**Wendy Cheesman**

**Ken Heck**

**Retta Murray**

**Aquatics Director:**

**Nancy Luley**

**NCAA Faculty Athletics Representative:**

**Ed Arke**

*Head Coaches/Assistants who are full-time employees at Messiah:*

**Baseball:**

**Bryan Engle, head coach**

**Basketball-Men:**

**Rick Van Pelt, head coach**

**Basketball-Women:**

**Mike Miller, head coach; Jodi Noble, assistant**

**Cross Country-Men and Women:**

**Dale Fogelsanger, head coach**

**Field Hockey:**

**Jan Trapp, head coach**

**Golf:**

**Troy Boone, head coach**

**Indoor Track and Field-Men and Women:**

**Dale Fogelsanger, head coach**

**Lacrosse-Men:**

**Geof Weisenborn, head coach**

**Lacrosse-Women:**

**Heather Greer, head coach**

**Outdoor Track and Field-Men and Women:**

**Dale Fogelsanger, head coach**

**Soccer-Men:**

**Brad McCarty, head coach; Aaron Faro, assistant**

**Soccer-Women:**

**Scott Frey, head coach**

**Softball:**

**Amy Weaver, head coach**

**Swimming-Men and Women:**

**Nancy Luley, head coach**

**Tennis-Men and Women:**

**Sheila Bush, head coach**

**Volleyball:**

**Judi Tobias, head coach**

**Wrestling:**

**Bryan Brunk, head coach**

## ***ACADEMIC EXPECTATIONS***

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At Messiah, our student-athletes are expected to be students first and athletes second. Your most important goals should be succeed in the classroom and graduate from Messiah. Listed below are eight steps which will help you become a "class act" and keep your academic priorities in order.

And always remember: You don't get a second chance to make a first impression.

### ***Step 1***

Prior to the beginning of your season, faculty will receive an e-mail which will include departure times for away contests as well as times you need to be at your contest site for home games. You should be aware that your professors are aware of your schedule.

### ***Step 2***

You are not permitted to miss class for a practice or a team meeting. This is an NCAA regulation. Your head coach is aware of this rule and cannot allow you to miss class for anything other than actual game competition, at home or on the road. [Competition includes travel to and from games as well as a reasonable warm-up time prior to home games.]

### ***Step 3***

Student-athletes are not to miss any class for any other reason, other than illness. If you return to campus late at night from a contest, you must be in class the next morning.

### ***Step 4***

If you are going to miss a class, you must make arrangements with your professor ahead of time to take a test, turn in an assignment, or complete your work. You should expect to complete the work prior to missing the class.

### ***Step 5***

If you participate in a sport in which weather conditions may change your game schedule (such as baseball, softball, tennis, or golf), be sure to let your professor know immediately—as soon as the game is rescheduled—that you will miss class the day of the make-up contest. If an event is postponed, be sure to attend class instead.

### ***Step 6***

Consistently display a "class attitude." Let your professors know that you appreciate their understanding and cooperation. Be very positive in dealing with faculty members.

*Step 7*

As long as you communicate clearly, accurately, and fully, and you follow these guidelines, you should not be penalized by a professor for your participation in intercollegiate athletics. However, the faculty member has final say in determining class attendance policies.

*Step 8*

As your head coach schedules your games, s/he will be sensitive to the demands placed on you in the classroom. We will do our best to keep from scheduling contests on the same days week after week, and we will be sensitive to determining times to depart for away contests.

## ***DEALING WITH STEREOTYPES***



### *The "Dumb Jock" Myth*

Some of the very best athletes are able to compete while doing well academically. At a regional and national level, many of these student-athletes are recognized as Academic All-Americans.

It is true that a few colleges with highly competitive sports programs let a few marginal student-athletes slip by to keep them eligible to play. Studies have shown, however, that the average first-year athlete does as well, or even better, in college as his or her classmates. Why do student-athletes do so well, considering the extra demands on them? There are many reasons:

- They work closely with their academic advisers.
- More than other students, they use academic support services.
- Athletes know they have little time to waste. They apply themselves well in the limited time they have for studying.
- They get special attention from coaches, who constantly encourage them in their academic studies.
- Their motivation to succeed and their ability to be persistent at hard challenges help them.
- They respond to failure and defeat by trying harder. Many students give up too easily when they encounter failure.

### *Creating Bad Impressions and Stereotypes*

Professors sometimes have negative opinions and biases about students. Have you ever had to take a class from a teacher who had a bad impression of you? It's no fun. Once an instructor has a negative opinion about you and your work, it is difficult to change it.

Some students, however, seem to go out of their way to create bad impressions. Too often students act in ways that cause professors to believe that they are unmotivated, irresponsible, and inconsiderate. Some students act like college would be great if only they did not have to study and attend classes!

The negative first impressions that some students trigger in classmates and instructors frequently result in negative stereotypes that are hard to overcome. A group of college instructors were asked, "What biases do you have against student-athletes, and how did they develop?" Here is what they said:

- "When students come to class wearing their sweats, they stand out from other students. It sets them up to be discriminated against by people who don't care for college athletics."
- "Some athletes sit in the back of the room. Often they talk to one another during class. I assume they aren't interested in what I have to say."
- "Athletes tend to sit together and seldom mix with other students. They seem to be uncomfortable with other students."

- One athlete attends class about half the time. He never tells me why he was absent. When he learns that he has an overdue assignment, he acts as though I am being unfair because he won't receive full credit."
- "I set up an appointment with two players. They walked in 45 minutes late, so I couldn't do much for them. Then they asked if they could see me the next day."
- Some students who are athletes never ask questions. I wonder if they read the assignments."
- "Several athletes frequently miss my Friday class. They assume I know their schedule. They come in on Monday and mention they had a game. Why not let me know beforehand?"
- "One athlete drags himself to my eight o'clock class and falls asleep at least once a week. Having him sleep in class is a bit of a distraction."
- "One athlete turned in a paper that looked as though it was scratched out on a note pad while he was watching television. The paper was wrinkled, dirty, and torn off a pad with jagged edges."

### *Reversing Bad Impressions and Stereotypes*

Are you willing to play with this situation a little? Try reversing your perspective. Answer this question: "If I purposefully wanted to cause instructors to develop negative opinions and biases against me, what would be my plan of action?" Think about things you could do and write down your answers.

After you have developed your plan, use it to increase your self-awareness. Ask yourself: "Do I ever do any of these things to create bad impressions with professors?" Your answer to this question can tell you how to avoid or improve some bad impressions you may have caused without knowing it.

### *Making the Grade: 12 Promises to Keep*

The following promises which you can make to yourself will ensure your continued success and eligibility in college. Keeping these promises will also ensure that you do not develop bad habits or encourage the development of negative stereotypes toward athletes.

- I promise to attend every class. If I have to miss a class, I will talk to the professor before my absence. If I miss a class by accident or because of an emergency, I will talk to the instructor before the next class period and apologize for my absence.
- I promise to get notes and important material for any class that I miss from a responsible student before the next time the class meets.
- I promise to be on time for every class. When I am late, I will apologize to the professor after class.
- I promise to talk with my coach and adviser frequently about my progress and difficulties. I promise to be totally honest in these discussions, knowing that they are here to help me.
- I promise to remove any hat or headgear I am wearing before class starts.
- I promise I will not eat or drink in class.
- I promise to bring my textbooks, paper, and a working pen to every class.

- I promise to go to each class prepared. This means that I will have all assignments, including the readings, completed before the class starts.
- I promise I will not sit in the back row of the class.
- I promise to ask my professor for help at the first sign of difficulty.
- I promise to ask for, and take advantage of, a tutor or other help at the first sign of difficulty.

Post these promises in a prominent location in your room, or carry them with you as a constant reminder.

### *Preparing a Practical Time Budget*

Efficient time budgeting requires systematic planning. Your schedule must be both realistic and practical. It must be sufficiently flexible to handle challenging requirements and be balanced between practice, academic work, and relaxation. For best results, follow this sequence in preparing your schedule. Keep in mind this schedule is for your benefit alone. If you find that you are unable to follow it, then change it to fit your needs.

- Record your fixed time commitments.* Write all your regularly scheduled activities such as classes, labs, religious services, work, games and practices, etc. on your schedule.
- Schedule daily living activities.* Set aside ample—but not excessive—time for eating, sleeping, working out, etc.
- Schedule study time.* Be sure to write the name of each course in all time periods set aside for studying. Do not just write down “study.” The more specific you are in designating your study periods, the more likely you are to follow the schedule. Some ground rules:
  - You should minimally study the same number of hours a week in which you are registered. For example, if you are registered for 15 hours during the semester, you should set aside at least 15 hours a week for studying. [Many instructors suggest two hours of studying for every hour you are in class.]
  - No single study time should last longer than two hours. You will find that you learn better in three one-hour sessions than in one three-hour session.
  - Your studying should always take place between 7 a.m. and 11 p.m. Some Students feel they are “night owls” and are most productive after midnight. But research on memory and concentration disputes this assumption, even for people who believe they are more effective during early morning hours.
  - Seventy-five percent of your studying should take place between Monday and Friday. Do not fool yourself by believing you will study 15 hours over the weekend...it simply does not happen! If you are carrying 15 hours, you should plan to study at least 11 hours during the week. Besides, our bodies and minds need a chance to relax on weekends.
- Schedule relaxation and recreation time.* Set aside regular time for dating, watching your favorite TV shows, attending campus concerts and other events, etc. Putting these activities into your schedule allows you to enjoy them “guilt-free” because you know you will get your other work done as scheduled.

## ***STUDENT-ATHLETE ADVISORY COMMITTEE***

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Messiah is committed to developing an active and dynamic Student-Athlete Advisory Committee (SAAC). Each team, as well as athletic training, is represented by an individual on the committee. Officers are selected annually by the committee.

In addition, Messiah is an active participant in the Middle Atlantic Corporation SAAC.

The Messiah College SAAC mission statement is:

*The Student-Athlete Advisory Committee (SAAC) at Messiah College desires to improve the quality of the intercollegiate athletics experience for all participants. The committee recognizes that, as student-athletes at a Christian college, participants in intercollegiate athletics at Messiah strive to be representatives of Jesus Christ.*

The purposes of the Messiah College SAAC are:

1. Represent student-athletes to the athletics administration and other campus administrators.
  - a. Generate a student-athlete voice within the Athletics Department and College.
  - b. Receive feed back from student-athletes regarding policies, procedures, and structure.
  - c. Distribute information to student-athletes.
  - d. Serve as a liaison between the committee and his/her team.
  - e. Encourage student-athletes to be named on campus-wide committees.
2. Encourage communication, support, and unity among and between varsity teams and student-athletes.
3. Increase awareness of athletics programs.
  - a. Get involved in, or develop, programs that allow for student-athlete outreach and support and nurture growth and development in area high schools and other parts of the community.
  - b. Promote awareness of Messiah athletics on campus and in the community.
4. Provide feedback on NCAA legislation and suggest potential NCAA legislation.
5. Organize fund raising activities for worthy community causes.

## ***CRITERIA FOR INTERCOLLEGIATE SPORTS TEAMS***

### ***Maintenance, Addition, Deletion***



- There must be sufficient student interest to field a team and have an adequate number of substitutes.**
- There should be NCAA sponsorship of a Division III national championship in that sport.**
- There should be a MAC championship in the sport, or other conference schools should be adding the sport so that a championship can be offered in the near future.**
- There should be demonstrated stability and/or growth in the sport in Messiah's primary recruiting areas.**
- There must be campus space (indoor or outdoor) and time available for regular daily practices and games.**
- There should be a balance of opportunity for male and female students and a comparable number of men's and women's teams.**
- There must be adequate budget available to cover the sport's areas of cost:**
  - a. Remuneration for a qualified coach or coaches;**
  - b. Start-up costs, such as uniforms, permanent equipment, etc.;**
  - c. Continuing costs, such as travel (meals and transportation), officials, annual equipment and supply needs, etc.; and**
  - d. Availability of support staff, such as trainers, sports information services, etc. without creating overload in those areas.**
- There should be enough NCAA Division III intercollegiate (not club) teams in the area to be able to develop a reasonable schedule without undue travel costs.**
- The sports offered should be in accordance with the mission of Messiah College and in the best interests of the College's Department of Athletics.**

## ***POLICY REGARDING MISSED CLASSES***

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As a Division III institution, Messiah College's emphasis is on the academic success of each of our student-athletes. Our student-athletes are here, first and foremost, to receive an outstanding education. And we recognize that co-curricular activities and intercollegiate athletics have a significant positive effect on those students who choose to participate in them.

We want to work with our faculty in assuring opportunities for successful academic performance. We also understand that there will be occasional conflicts between the students' academic and athletics responsibilities. We expect our student-athletes to seek assistance in advance, and to resolve any potential conflicts, when a scheduled contest results in a missed class.

Student-athletes are required to prioritize academic responsibilities over athletics practice sessions. In general, the daily time of intercollegiate practices is 4 p.m. to 6:30 p.m. There will, however, be days when an athletics event conflicts with class schedules. Student-athletes are aware that they may be required to submit completed assignments early to be excused from class; they also know that they are responsible to communicate with faculty prior to the date.

Included in each pre-season e-mail to the Community of Educators (teaching faculty members). The list includes the times when student-athletes need to be excused from class. A conscientious attempt to limit the number of missed classes is made, but faculty are reminded that, due to unpredictable weather, there may be dates when a student-athlete's contest will be postponed and rescheduled. Again, the student-athlete is responsible to communicate these changes to the professor and to be in class if an event is postponed.

Faculty members should contact the Athletics Office or the student-athlete's coach if there are questions or concerns. We want to know if a student-athlete is experiencing academic difficulty – the sooner we know, the sooner we can work with that individual to resolve the issue. We who serve in athletics appreciate this opportunity to partner with our faculty in providing the best education possible for these men and women.

## ***SPORTS MEDICINE POLICIES***



If you participate in competitive athletics, you know that it is inevitable that some student-athletes will sustain injury during the course of participation. And so we ask that you carefully review this information which provides an overview of our requirements pertaining to your physical well-being. Detailed information is available by contacting our head athletic trainer.

Before you can practice or play at Messiah:

- All new student-athletes must complete and return the Engle Health Center's student health history, immunization, and report of health evaluation (including a complete general physical examination). After receipt of the Health Center's medical forms, all new student-athletes will have a sport-specific physical exam and health screen at Messiah.
- All returning student-athletes are required to have an annual health screen.
- Messiah requires that all health and medical-related forms be completed and submitted before any participation in intercollegiate athletics.

Other requirements and policies include:

- Final decisions on whether or not student-athletes may compete will be made by Messiah's team physician or Health Center physician and head athletic trainer after careful review of all medical information and consultation with needed medical specialists.
- Messiah's certified athletic trainers, under the direction and supervision of licensed physicians, podiatrists, and dentists, and the approval of the head athletic trainer, provide first aid, evaluation, treatment, rehabilitation, and related athletic training services for injuries and illnesses sustained by student-athletes.
- If you are injured, the athletic trainers will do all they can to get you back into competition as soon as it is safely possible. Besides the athletic training staff, you may also be seen by our team physician, Health Center physician, or specialists upon referral by the head athletic trainer or certified athletic trainer.
- If the student-athlete does not have insurance coverage, the athletic insurance provided by Messiah may have limits or restrictions in terms of paying all injury- or claim-related expenses.
- Since Messiah is an NCAA member institution, student-athletes are covered by a catastrophic athletic injury insurance program. The policy has a \$50,000 deductible stipulation, and it provides up to \$20 million in lifetime medical benefits. Additional information about the catastrophic insurance policy is available by contacting the head athletic trainer.

## ***ELIGIBILITY AND PROBATION***



Student-athletes at Messiah College are required to maintain a certain grade point average in order to be eligible to compete in intercollegiate athletics.

- First-year student-athletes must have a 1.80 cumulative grade point average.
- Sophomores must have a 1.90 cumulative GPA.
- Juniors and seniors must have a 2.00 cumulative GPA.

Student-athletes on academic probation may practice with their teams while on campus but may not compete, suit up, or travel with their teams.

Academic eligibility is checked twice: prior to the start of the fall semester, and prior to the start of January Term, which is part of the spring semester.

In addition, student-athletes must meet all NCAA eligibility requirements, including being a full-time student. At Messiah, the student-athlete must be enrolled in a minimum of 12 credits to be considered full-time.

***DISCIPLINARY ACTION INVOLVING DRUGS OR ALCOHOL***



This policy is meant to be a supplement to the team rules provided by each coach. Violation of these standards may result in a student-athlete's participation being restricted or eliminated. The severity of action taken will be determined on a case-by-case basis. Disciplinary action levied against a student-athlete by another campus office (public safety, community development, etc.) may also affect athletics participation.

A drug or alcohol violation will be handled more specifically according to the following policy:

**Drug and Alcohol Abuse Policy**

The NCAA recognizes drug and alcohol abuse as one of the major problems facing our colleges and universities today. When combined with sport participation, the negative side effects of alcohol or drug abuse are increased in the following ways:

A student-athlete who is abusing drugs or alcohol may not be able to maximize his/her athletic performance due to reduced fitness levels and an inability to concentrate and perform in an intense, high stress environment.

A student-athlete who is abusing drugs or alcohol increases the risk of injury or death while practicing or competing.

A student-athlete who has physical, emotional, or psychological side effects from drug or alcohol abuse may exhibit behaviors that place teammates and opponents at risk while practicing or competing.

If a student-athlete is found to be in violation of the College or team drug or alcohol policy, the following sanctions will be imposed:

**First offense:** The student-athlete will be banned from practice or competition until s/he attends a mandatory counseling session. After the session is completed, the counselor, the Director of Athletics, and the head coach will determine if the student-athlete may return to practice. In addition, the student-athlete will be required to follow through on any other directives set forth by the counselor, or participation in athletics will be terminated.

**Second or repeat offenses:** All conditions stipulated under the offense will apply. Depending on the circumstances, the Director of Athletics or Dean of Students may also mandate an extended period of non-participation that could include several contests, an entire season, or permanent suspension from intercollegiate athletics while enrolled at Messiah.

***ACADEMIC CREDIT FOR  
INTERCOLLEGIATE PARTICIPATION***



Student-athletes who complete a season as a member of an intercollegiate athletics team may receive academic credit for their participation. At the conclusion of the season, the student-athlete is responsible to get a copy of the appropriate form at the Athletics Office, have his/her coach approve by signing it, and then return it for the signature and approval of the Chair of the Department of Health and Human Performance. A student-athlete can claim up to two seasons of intercollegiate participation for academic credit.

## ***NATIONAL CHAMPIONSHIP AWARDS***



If an individual or team wins a national championship, a championship ring will be purchased by the Department and presented to the appropriate individuals in an appropriate setting.

The Director of Athletics will determine each recipient of the championship ring. Typically, rings will be awarded to student-athletes who are on the playing roster at the end of the season and to the team's coach(es).

Support persons, as determined by the Director of Athletics, will receive a championship watch. Typically, individuals would include the team manager, student trainer, and others.

The ring award is subject to available funding, and some other award may be substituted for it. If an individual or team member wins more than one national championship, some award other than a second ring may be presented.

Individuals do not have the opportunity to purchase a championship award. It is meant to be an acknowledgement of the role of the individuals receiving awards.

All awards are subject to NCAA regulations.

## ***SENIOR PARTICIPATION AWARDS***



Near the end of the school year, an annual *Athletics Reception for Seniors* is held. At the reception, all senior student-athletes and athletic trainers are recognized.

Awards received by all seniors include a specially-designed award (such as a watch or an afghan) and a booklet titled *Winning...The Messiah College Way*.

Selections of the Female Senior Athlete of the Year and Male Senior Athlete of the Year also are announced. Head coaches may nominate recipients, and the Department staff makes the final selections.

In addition, Department staff members will select a Female Senior Scholar-Athlete and a Male Senior Scholar-Athlete, who will be honored at the reception.

## ***MUSIC AT GAMES AND EVENTS***



Teams are encouraged to have pre-game music as part of the event, if they so desire. In some sports, it also is appropriate to have music during timeouts and/or at halftime. The right music will add excitement and anticipation at the event. An on-going concern is the type of music that is presented before and during the event.

Our policy regarding pre-game music is as follows:

- If the music has lyrics, the music choice must have “Christian” lyrics. How are “Christian” lyrics defined? Depending on whom you ask, that can mean many things. An objective way to define it would be if the music can be found for sale in a reputable Christian bookstore – such as Servant’s Heart in Camp Hill. If Servant’s Heart carries it, then it will be considered acceptable.
- If the music is written for, and the words apply to, a specific sport, then that music is acceptable as well – as long as the words are not offensive to fans attending the contest. (An example is *Centerfield*.)
- If the music is instrumental only, it must be “in good taste.” Again, this is open to interpretation. But it is not that difficult to find consensus if a particular piece of music can be deemed acceptable or offensive to the publics we serve. While the music does not have to be “Christian” per se, it needs to be wholesome and family-friendly.
- All selections must have an upbeat sound to it. Care should be taken to avoid songs, even Christian music, which are slow or soft. All music should be the type that gets fans excited about the play on the field.

Athletics events at Messiah are expected to be very fan-friendly, and there is great music that prepares our student-athletes and teams to play and, at the same time, is appropriate for those attending to hear.

## ***HAZING AND INITIATION ACTIVITIES***

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Messiah College does not permit any type of hazing or initiation activities within any of its programs. Messiah's Department of Athletics does not condone any activities that may fit into this category.

Included in that list are any activities that can be interpreted as demeaning, degrading, humiliating, resulting in unusual discomfort, done against an individual's choice or will, or done to make the individual be noticed in an unflattering or unusual way. The list also includes activities that would not normally be done by the individual as a matter of regular routine. Please note that hazing or initiation activities include physical, verbal, and/or emotional activities that can fit into the above description.

Should there be any type of hazing or initiation done in a sport/program at any time this year, on or off campus, or any time in the future, there will be repercussions for the program. Possible sanctions include (but are not limited to) the following:

- Suspension from the program of the student-athlete(s)/individual(s) involved in any way
- Forfeiture of contest(s)
- Elimination of practice(s)
- Termination of the program
- Suspension of paid or volunteer staff
- Termination of paid or volunteer staff

***PARTICIPATION AT PRACTICES***



**Currently enrolled full-time student-athletes and approved coaches are the only individuals who are permitted to participate in any kind of intercollegiate athletics practice (including conditioning activities) at Messiah College.**

**Practices, during either the traditional or non-traditional seasons, are not open to part-time students, former students, alumni, or other individuals. While at times it may seem to be beneficial to have others involved and participating in practice sessions, for liability reasons the College cannot permit any involvement by non-enrolled individuals.**

## ***ATTIRE FOR TRAVELING TEAMS***



**When traveling to athletics events away from campus, it is expected that all athletics personnel shall be attired in a professional manner.**

**The wearing of team warm-ups is acceptable. T-shirts and any form of “cut-offs” are not appropriate attire for members of the athletics travel party.**

**The individual officially responsible for the traveling party is responsible to enforce travel attire expectations.**

***IF YOU THINK YOU MAY WANT TO TRANSFER***



The NCAA has established regulations regarding a student-athlete's transferring from one member institution to another.

Messiah does not issue blanket letters giving institutions permission to talk to current Messiah student-athletes about transferring.

Rather, it is Messiah's policy to respond to requests received from institutions to which a student-athlete may be considering to transfer. Therefore, the student-athlete will need to contact the institution(s) s/he is considering and ask that the appropriate member of that school's Department of Athletics send a letter indicating that interest to Messiah's Director of Athletics.

In addition, a student-athlete may self-release and contact another institution by downloading a self-release form by accessing [ncaaonline.com](http://ncaaonline.com). Student-athletes who wish to self-release must carefully read and follow the NCAA guidelines.

**MESSIAH COLLEGE  
2009-10 STUDENT-ATHLETE HANDBOOK**

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**Section III  
AFFILIATIONS**

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*PURSUING ATHLETIC EXCELLENCE  
DEVELOPING CHRISTIAN CHARACTER*

## **CONFERENCE AFFILIATIONS**



Messiah College is a member of the Middle Atlantic States College Athletic Conference, more commonly known as the Middle Atlantic Conference (MAC). The Conference is comprised of 16 institutions, all of which are liberal arts colleges and universities.

The Conference is aligned into two Conferences, the Commonwealth and the Freedom. Messiah is a member of the Commonwealth Conference. Conference competition takes place in baseball, men's and women's basketball, field hockey, golf, men's and women's soccer, softball, men's and women's tennis, and volleyball. Corporation competition takes place in men's and women's cross country, men's and women's indoor track and field, men's and women's lacrosse, men's and women's outdoor track and field, and men's and women's swimming.

The MAC annually publishes an on-line *Fact Book* which governs the activities of its members. Messiah athletics administrators, coaches, athletic trainers, and staff are expected to be familiar with, and abide by, all the appropriate regulatory procedures.

### *Commonwealth Conference*

### *Freedom Conference*

Albright College "*Lions*"  
Reading, PA

Delaware Valley College "*Aggies*"  
Doylestown, PA

Alvernia College "*Crusaders*"  
Reading, PA

DeSales University "*Bulldogs*"  
Center Valley, PA

Arcadia University "*Knights*"  
Glenside, PA

Eastern University "*Eagles*"  
St. Davids, PA

Elizabethtown College "*Blue jays*"  
Elizabethtown, PA

Fairleigh Dickinson Univ.–Florham "*Devils*"  
Madison, NJ

Lebanon Valley College "*Flying Dutchmen*"  
Annville, PA

King's College "*Monarchs*"  
Wilkes-Barre, PA

Lycoming College "*Warriors*"  
Williamsport, PA

Manhattanville College "*Valiants*"  
Purchase, NY

Messiah College "*Falcons*"  
Grantham, PA

Misericordia University "*Cougars*"  
Dallas, PA

Widener University "*Pioneers*"  
Chester, PA

Wilkes University "*Colonels*"  
Wilkes-Barre, PA

## ***NATIONAL AFFILIATION***



Messiah College is a member of the National Collegiate Athletic Association (NCAA) and is aligned with those institutions subscribing to Division III membership.

The primary distinguishing characteristic of institutions with Division III status is need-based financial aid. Messiah does not award financial aid that is in any way related to athletics ability.

In addition, the Division III philosophy places the emphasis on “student” in the term “student-athlete.” While Division III institutions seek to offer highly-competitive and broad-based programs, it is recognized that participants in athletics are enrolled to receive a good education and a college degree.

**MESSIAH COLLEGE  
2009-10 STUDENT-ATHLETE HANDBOOK**

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**Section IV  
THE FINAL WORDS**

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***PURSUING ATHLETIC EXCELLENCE  
DEVELOPING CHRISTIAN CHARACTER***

## ***BE ALL YOU CAN BE***

*–Robert L. Kleine.*

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To be an athlete, you first must learn that it's self-respect you'll have to earn.  
You must conquer you, or you'll surely get beat  
'Cause you are the one with whom you compete.  
Victories are the reason a team comes to be, but scores and stats are for the fans to see.  
All athletes know that what matters more is attention to the effort that causes the score.  
Sprinters can lope and leapers can hop; talent without effort is always a flop.  
If you hold back in fear of opponents or mistakes,  
You simply don't have "the stuff" that it takes.  
Speak first to yourself and firmly say, "I'm going all out–today is the day."  
Then concentrate totally to do what you're told;  
Be poised, be alert, be aggressive and bold.  
That's what it takes to earn self-respect; it's not quite as tough as many suspect.  
The goal never changes, all athletes agree: "Whatever you have is what you must be."  
Heed not the opponent's name or fame; care naught for others' praise or blame.  
For there is this fact at the final gun: If you were "all you can be," you've won.

## ***WHY WE PLAY***

*–Author unknown.*

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It's not about getting a scholarship, getting drafted, or making ESPN's *Sports Center*. It's a deep need in us that comes from the heart. We need to practice, to play, to lift, to hustle, to sweat. We do it all for our teammates and for the student in our calculus class we don't even know. We don't practice with a future major league first baseman; we practice with a future sports agent. We don't lift weights with a future Olympic wrestler; we lift with a future doctor. We don't run with a future Wimbledon champion; we run with a future CEO.

It's a bigger part of us than our friends and family can understand. Sometimes we play for 2,000 fans, sometimes 20. But we still play hard. You cheer for us because you know us. You know more than just our names. Like all of you, we are students first. We don't sign autographs. But we do sign graduate school applications, MCAT exams, and student body petitions. When we miss a kick or strike out, we don't let down an entire state. We only let down our teammates, coaches, and fans. But the hurt in our hearts is still the same. We train hard, lift, throw, run, kick, tackle, shoot, dribble, and lift some more, and in the morning we go to class.

And in class we are nothing more than students. It's about pride – in ourselves, in our school. It's about our love and passion for the game. And when it's over, when we walk off that court or field for the last time, our hearts crumble. Those tears are real. But deep down inside, we are very proud of ourselves. We will forever be what few can claim: college student-athletes.

