



# 2021-22 PENN STATE STUDENT- ATHLETE HANDBOOK



THE PENN STATE VARSITY 'S' CLUB AND THE PENN STATE NITTANY LION CLUB  
HONORING THE PAST. EMPOWERING THE FUTURE.





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# INTERCOLLEGIATE ATHLETICS

Sandy Barbour  
Director of Athletics

The Pennsylvania State University  
101 Bryce Jordan Center  
University Park, PA 16802-7101  
Phone: 814-865-1086  
Fax: 814-863-7955  
Web: GoPSUsports.com

Dear Nittany Lion Student-Athlete:

I am very excited to be able to say to our new students, welcome to Penn State, and to our returning students, welcome back!! You are all part of a proud academic and athletic tradition, one that has been forged by generations of students whose successes academically and athletically are virtually unrivaled nationally. |

The last 16 months have challenged us in ways we never imagined. However, I feel we have returned stronger than ever. We stand committed to provide you with the resources and support you need to be the best you can be in the classroom and in your sport, while providing you with the tools to be successful in life. Your academic growth will be supported by all aspects of Penn State, but specifically by the professionals in the Morgan Academic Center, whose expertise in guidance and counseling has been recognized as a model on the national level. In addition, we have assembled a group of outstanding athletic coaches and support staff to assist you in your total development.

At Penn State, Intercollegiate Athletics (ICA) is an integral part of the University's overall educational mission. We are part of a prestigious University with a proud past and bright future. The mission of a university is to educate its students, and we take that responsibility very seriously. We will have fulfilled our duty to you when you graduate from Penn State with a meaningful degree. Our proudest moment – as well as yours – will be your graduation day!

New this year are opportunities for student-athletes to capitalize on Name, Image and Likeness (NIL). Along with the educational opportunities that Penn State has always offered, we are expanding resources regarding your brand, financial literacy and career opportunities. ICA has been working carefully to assist you with the opportunities that now exist for you. We have launched STATEment which is our all-encompassing program to provide you with education and tools for you to engage in the NIL opportunity. Should you choose to engage in NIL activity, please do so carefully and seeking consultation with a member of our NCAA Compliance staff or Student Welfare and Development staff with any questions at all.

We encourage you to embrace both the benefits and responsibilities that come with wearing the blue and white during your Penn State career. We expect you to conduct yourself in a positive manner in all that you do and demonstrate the honesty, ethical conduct and sportsperson-like behavior that is expected of a Penn State student-athlete. We ask you to put into action all of the decision-making skills that your family has instilled in you, and that our Penn State programming and resources have offered to you. You will make dozens of decisions each day, and they will cumulatively impact your future success. Choose wisely! In short, we have all the elements in place to provide an academic and athletic experience that will satisfy your loftiest ambitions. When you graduate, we know you will look back on your years here with pride and affection.

We appreciate your positive contribution to the legacy of the thousands of Penn State student-athletes who have come before you, and are collectively here to support you in every aspect of all your Penn State endeavors

We Are...Penn State!

Best Wishes,





# 2020-21 ACADEMIC CALENDAR

## AUGUST 2021

8/17-9/8 .....Intent to Graduate activation period  
 8/24 .....Classes begin  
 8/28-29 .....Last day to Add/Drop Classes  
 8/29 .....Late Drop begins (Late Drop credits and fee required)

## SEPTEMBER 2021

9/6 .....Labor Day Holiday  
 9/7 .....Deadline to file intent to Graduate  
 9/27-10/17 .....Final Exam Conflict Filing Period

## OCTOBER 2021

10/17 .....Last Day to File for Final Exam Conflicts

## NOVEMBER 2021

11/7 .....Daylight Savings Time ends – Turn your clocks back one hour  
 11/12 .....Late Drop deadline  
 11/21-27 .....Thanksgiving Holiday – No classes

## DECEMBER 2021

12/10 .....Last day of classes; Withdrawal deadline  
 12/11-12 .....Study days  
 12/13-17 .....Final Exams  
 12/18 .....Commencement

## JANUARY 2022

1/2-1/24 .....Intent to Graduate activation period  
 1/10 .....Classes begin  
 1/13 .....Late Drop begins (Late Drop credits and fee required)  
 1/17 .....Martin Luther King, Jr. Day – No Classes  
 1/24 .....Last day to Add/Drop classes  
 1/25 .....Deadline to file Intent to Graduate

## FEBRUARY 2022

Declaration of Major deadline for all fourth-semester student-athletes. Check with your Morgan Center counselor for dates.

2/14-3/6 .....Final Exam Conflict filing period

## MARCH 2022

3/6-12 .....Spring Break  
 3/6 .....Last day to file a Final Exam Conflict  
 3/13 .....Daylight Savings Time ends – Turn your clocks ahead one hour

## APRIL 2022

4/20 .....Late Drop deadline  
 4/29 .....Last Day of Classes, Withdrawal Deadline

## MAY 2022

4/30-5/1 .....Study Days  
 5/2-6 .....Final Exams  
 5/6-8 .....Commencement  
 5/9 .....Maymester Classes Begin  
 5/9-6/17 .....Intent to Graduate activation period  
 5/16 .....First Six-Week Session Classes Begin  
 5/30 .....Memorial Day – No classes

## JUNE 2022

6/6 .....Maymester Classes End  
 6/24 .....First Six-Week Session Classes End  
 6/29 .....Second Six-Week Session Classes Begin

## JULY 2022

7/1-2 .....Last Day to Add/Drop Classes  
 7/4 .....Independence Day – No classes

## AUGUST 2021

8/10 .....Last day of classes; Withdrawal deadline  
 8/11 .....Study day  
 8/12 .....Final Exams  
 8/13 .....Commencement



## OUR VISION

Penn State Intercollegiate Athletics is dedicated to preparing students for a lifetime of impact.

## OUR MISSION

Driven by a commitment to comprehensive excellence, Penn State Intercollegiate Athletics will serve our student-athletes by creating conditions for their success so that they can maximize their full potential. ICA will engage with our collective Penn State communities to serve as a valuable campus asset in the interest of advancing the broader University mission.

## OUR VALUES

- TRADITION
- TEAMWORK
- DIVERSITY
- TRANSPARENCY
- INNOVATION

Our values reflect those principles that serve as the measure of success — regardless of the outcome on the field.

Our values define who we are, not how we performed. Our values are those attributes that, whether experiencing the highest high or the lowest low, will not be compromised or abandoned.

## ATHLETICS INTEGRITY OFFICER

Bob Boland serves as Penn State's Athletics Integrity Officer (AIO). A one-of-a-kind position working primarily with ICA, the AIO helps ensure PSU Athletics operates with integrity and in a manner consistent with ICA and institutional values, as well as all rules and policies. Penn State student athletes are encouraged to discuss integrity related concerns with Mr. Boland at any time. His door is always open and his office is located in 212 Rider Building. He can also be reached via e-mail at [rab473@psu.edu](mailto:rab473@psu.edu) or by phone 814-865-0722 or cell 917-716-8637.

## MANDATORY RULES ORIENTATION SESSION

At the beginning of the academic year and prior to any participation in intercollegiate athletics activities, a rules education session will be conducted for your team under the direction of the Athletics Compliance Office. You will receive a copy of the "Summary of NCAA Regulations" and will have an opportunity to ask questions regarding NCAA, Big Ten and Penn State rules.

## TIPS TO AVOID PROBLEMS

- Engage with the PSU Athletics Compliance staff so you always know how the NCAA, Big Ten and Penn State rules affect you.
- Commit to integrity, honesty and good sportsmanship.
- Report potential wrongdoing or violations to appropriate authorities.
- Be alert for and avoid receiving extra benefits.
- Be aware that you are responsible for official University communication sent to your Penn State email address.
- Always ask before you act.

## COMPLIANCE

Student-athletes must comply with NCAA, Big Ten, and Penn State regulations as well as the provisions in the Athletics Code of Conduct. Information in this section and in the academic eligibility and financial aid sections of the Student-Athlete Handbook contain an overview of the regulations student-athletes are most likely to encounter.

This handbook should not be relied upon exclusively as it does not include all the regulations. It is not intended to function as a replacement for other important university or NCAA publications. This handbook supplements other sources of information. If you have questions concerning the NCAA rules, or if you become aware of a possible rules violation, contact the following:

Athletics Compliance Office  
157 Bryce Jordan Center  
814-863-8048  
[compliance@athletics.psu.edu](mailto:compliance@athletics.psu.edu)

Your failure to ask questions pertaining to the regulations or to provide information of a possible rules infraction could jeopardize your eligibility. Ignorance of the rules is never an excuse.



# INTERCOLLEGIATE ATHLETICS (ICA)

## DISCLOSURE, REPORTING AND ASSISTANCE

In accordance with the Penn State Athletics Code of Conduct, student-athletes are obligated to properly report instances of potentially illegal activity, possible violations of the NCAA or Big Ten rules and apparent conflicts with institutional policies. Reporting responsibilities include activities they are involved in as well as activities they observe. This is not intended to be an exhaustive list of reporting resources. Instead, this section is intended to create additional awareness of selected reporting options.

Potentially illegal activity should always be reported to the police. Matters related to NCAA or Big Ten rules should be reported through the below hotline, to the Athletics Integrity Officer, or to the Athletics Compliance Office. A student-athlete's reporting of illegal or impermissible activity to a coach or trainer is not appropriate. Penn State policy prohibits retaliation against individuals who report an issue.

## ANONYMOUS REPORTING HOTLINE

Penn State has implemented a disclosure hotline through which potential violations of NCAA or Big Ten rules may be reported anonymously. This reporting mechanism is also available for the reporting of other matters related to Penn State operations such as fraud, harassment, embezzlement, etc. The phone number for the hotline is 1-800-560-1637. You can learn more about the hotline by visiting the following website:

<https://secure.ethicspoint.com/domain/media/en/gui/55078/index.html>

## STUDENT-ATHLETE GRIEVANCE PROCEDURES

Student-athletes with a complaint or grievance involving an athletic team, coach or department official should attempt to resolve the matter with the person(s) involved or the involved person's supervisor / the administrator for the sport. At the discretion of the Director of Athletics, the Director or his assignee may schedule a meeting with a student-athlete in an attempt to resolve the problem informally.

Matters related to NCAA rules, including concerns about a student-athlete's rights under NCAA rules may be addressed with the Athletics Compliance Office Staff. To contact the Athletics Compliance Office staff in 157 Bryce Jordan Center, please call 814-863-8048. Note that the NCAA has specific procedures that should be followed for instances in which a student-athlete's

interests in transferring are restricted or financial aid is reduced or cancelled. These topics are addressed in the transfer and financial aid sections of this publication respectively.

The University has designated an Ombudsperson for student-athletes who have concerns with any affirmative action related topic. The Ombudsperson offers student-athletes confidential, informal and impartial assistance with resolving a problem, concern or conflict fairly, or in obtaining necessary information on processes or procedures. This may include recommendations, referrals to appropriate University resources or personnel, or collaboration with other University offices on affirmative action related issues of concern.

## Intercollegiate Athletics

### Affirmative Action Ombudsperson:

**Bob Boland..... (814) 865-5677**  
**rab473@psu.edu**  
**212 Rider Building**

# CODE OF CONDUCT, POLICY STATEMENTS AND SOCIAL NETWORKING



## PENN STATE® UNIVERSITY STUDENT CODE OF CONDUCT

Penn State student-athletes are intended to be integral members of the student body first and athletes second. As integral members of the student body, student-athletes are fully subject to the conduct and behavioral expectations of the University, as communicated through the Penn State Office of Student Conduct “Student Code of Conduct.” The Student Code of Conduct addresses such matters as safety, harassment, drugs, alcohol, weapons, and the judicial process. All student-athletes should be keenly aware of the Student Code of Conduct and review it in its entirety by visiting the Office of Student Conduct Website at <https://studentaffairs.psu.edu/support-safety-conduct/student-conduct/code-conduct/>.

## ATHLETICS CODE OF CONDUCT

### INTRODUCTION

The purpose of the Code of Conduct is to serve as a guidepost to direct the ethical bearing of the Athletics Department. It was drafted to be congruent with the Athletics Department’s Mission, Vision, and Core Values, all of which reflect those principles that serve as our measure of success, regardless of the outcome on the field. The Code of Conduct will help ensure our Mission, Vision and Values are ingrained in everything we do.

### APPLICABILITY

The Athletics Code of Conduct is signed by all student-athletes, team managers and coaches, as well as by most staff members within Athletics and other key University leaders.

### EXPECTATIONS OF CONDUCT

1. All Code of Conduct Signees shall:
  - (a) comply with all University policies and procedures, as applicable;
  - (b) comply with ICA Policy Manual available at (<https://gopsusports.com/sports/2018/8/8/compliance.aspx>), as applicable;
  - (c) comply with the applicable NCAA Constitution and Bylaws and the Big Ten Handbook, including the principles regarding institutional control, responsibility, ethical conduct and integrity; and

- (d) comply with all applicable laws, rules and regulations.

2. All Code of Conduct Signees shall report to an appropriate authority – either anonymously or by identifying themselves – any suspected violation(s) of the University’s or the Athletics Department’s policies, the NCAA rules, the Big Ten rules or this Code of Conduct, or any other conduct that materially undermines the University’s and the Athletics Department’s values. Reports of potential wrongdoing and noncompliance can always be made anonymously through the Penn State Hotline at (<https://secure.ethicspoint.com/domain/media/en/gui/55078/index.html>)

#### *Student-Athletes*

In addition to the obligations required of all Code of Conduct signees under the Code of Conduct, student-athletes shall:

- (a) adhere to the University’s Student Code of Conduct and Conduct Procedures, as amended, modified, and supplemented from time-to-time (<https://studentaffairs.psu.edu/safety-conduct/student-conduct>); and
- (b) adhere to rules, policies and procedures established by the head coach of his or her individual sports program (it being understood that any such “team rules” shall be in addition to, and not in substitution for, any portion of this Code of Conduct)

### NON-RETALIATION AND CONFIDENTIALITY

The University and the Athletics Department maintain a strict non-retaliation and non-retribution policy for anyone, including but not limited to any Code of Conduct signee, who takes action that he/she reasonably believed to be necessary to uphold or enforce compliance with this Code of Conduct, the ICA Policy Manual, the University’s obligations under the NCAA Constitution and Bylaws and Big Ten Handbook, including NCAA and Big Ten principles regarding institutional control, responsibility, ethical conduct and integrity. The University and the Athletics Department shall maintain confidentiality and anonymity with respect to any such report, unless required by law to do otherwise.



# CODE OF CONDUCT, POLICY STATEMENTS AND SOCIAL NETWORKING

## STUDENT CONDUCT OVERVIEW

Penn State has a clear standard of conduct to protect the rights of members of the University community. These standards are expressed in the Student Code of Conduct. The Office of Student Conduct is responsible for conducting University proceedings for students and/or organizations when it is alleged that a violation of the Code of Conduct has occurred.

The Student Code of Conduct does not replace or relieve any requirement of civil or criminal law. This means that students or organizations may participate in parallel processes. Additionally, it means that individuals may bring complaints to the Office of Student Conduct and also simultaneously file criminal or civil complaints.

When a student has allegedly engaged in behavior which violates the University's Code of Conduct, whether on or off-campus, the allegation will be documented and forwarded to the Office of Student Conduct. A member of the Office of Student Conduct may then contact the student to schedule a meeting to discuss the situation.

## DISCIPLINARY CONFERENCE

The Disciplinary Conference is an informal, non-adversarial meeting between a student and a Student Conduct staff member (Case Manager) to examine the complaint, listen to the student, discuss circumstances regarding the incident, and hear student concerns to determine whether or not formal charges of violating the Code of Conduct will be filed. If the acquired information reasonably supports a Code of Conduct violation, the Case Manager may recommend charges and sanctions to the respondent. If the acquired information does not reasonably support that a violation of the Code of Conduct occurred, then the case will be closed without charges. All charges shall be presented to the student in writing.

The student will then decide whether to accept responsibility for the charges and/or sanctions assigned. The student may take three (3) business days to make a decision whether to accept the charges and sanctions, or to contest them. Failure to respond, in writing, in the three days allotted will result in the charges and sanctions being implemented, unless the Case Manager has approved an alternative timeframe.

## ADMINISTRATIVE HEARING

If, in the Disciplinary Conference, the student contests the charges, he or she may be assigned to an Administrative Hearing. This informal hearing will be conducted by a hearing officer appointed by the Office of Student Conduct and provides the institutional process required when a student may be given formal administrative sanctions, which may include, but are not limited, to disciplinary probation with a transcript notation. The Administrative Hearing will not be used in any case which may result in suspension or expulsion unless requested by the student.

## UNIVERSITY CONDUCT BOARD

The University Conduct Board will be used in cases in which there is a potential that the student may be suspended or expelled from the University. The Board may also hear cases referred by the Director of Student Conduct or designees. The Board is composed of faculty, staff, and students.

Further information regarding the procedures of Administrative and University Hearing Board Hearings, along with the appeal process, is available upon request or may be found on the SA website.

## ADVISERS

Recognizing that participating in the Conduct Process can be a challenging experience for any student, the Office of Student Conduct encourages students to seek an adviser's assistance. The student and their adviser are allowed to attend the entire portion of the hearing, with the exception of deliberations. More information, as well as a list of Advisers, can be found on the SA website.

## SANCTIONS

When a student is in violation of the Student Code of Conduct, the Office of Student Conduct staff and/or University Conduct Board Members may impose specific sanctions. Possible sanctions are listed on the SA website, and range from a conduct conversation to indefinite expulsion. Sanctions are intended to address the current situation, past behaviors, and, where possible, are educational in nature.

# CODE OF CONDUCT, POLICY STATEMENTS AND SOCIAL NETWORKING



## SANCTION REVIEW

When a student accepts responsibility for the charges, but not the sanction recommended, the student may request the sanction be reviewed. When a student requests a sanction review and submits an accompanying rationale, the matter shall be forwarded to the Sanction Review Officer for review and consideration. The Sanction Review Officer may sustain the sanction(s) assigned by the Case Manager, or the Sanction Review Officer may modify the sanction(s) assigned by the Case Manager when they determine that the sanction(s) recommended was outside the University's sanction range for such violations and/or not justified by the nature of the offense.

## RECORD KEEPING

Students' judicial records are considered part of their educational record. Therefore, the Office of Student Conduct will not disclose these records without consent from the student except when requested by faculty, administration, or other authorized University employee a legitimate educational interest or when they are subpoenaed by a court of law.

In accordance with FERPA, a student may have access to their Student Conduct Record, provided that they can be properly identified and provided that the original Student Conduct Record is not removed from the office. The Office of Student Conduct may take up to two business days to provide the Student Conduct Record to the student. There may be a fee assessed to the student.

Office of Student Conduct

120 Boucke Building

University Park, PA 16802

Phone: 814-863-0342

Fax: 814-863-2463

Web: [www.studentaffairs.psu.edu/conduct](http://www.studentaffairs.psu.edu/conduct)

Email: [StudentConduct@psu.edu](mailto:StudentConduct@psu.edu)

## SUMMARY: POLICY STATEMENT ON INTOLERANCE

(For full disclosure of University Policy AD-29, see <http://policy.psu.edu/policies/AD29>)

## DEFINITION

An act of intolerance refers to conduct in violation of a University policy, rule or regulation and is motivated by discriminatory bias against or hatred toward other individuals or groups based on characteristics such as age, ancestry, color, disability or handicap, genetic information, national origin, political belief, race, religious creed, sex, sexual orientation, gender identity or veteran status.

## POLICY

The Pennsylvania State University is committed to preventing and eliminating acts of intolerance by faculty, staff and students, and encourages anyone in the University community to report concerns and complaints about acts of intolerance to the Affirmative Action Office or the Office of the Vice Provost for Educational Equity, and in cases involving students, reports also may be made to the Office of Judicial Affairs.

If any violation of University policy, rule or regulation is motivated by discriminatory bias against or hatred toward an individual or group based on characteristics such as age, ancestry, color, disability or handicap, genetic information, national origin, political belief, race, religious creed, sex, sexual orientation, gender identity or veteran status, the sanction will be increased in severity and may include termination or expulsion from the University.

Retaliation constitutes a separate violation and may result in a sanction independent of the outcome of a complaint.



# CODE OF CONDUCT, POLICY STATEMENTS AND SOCIAL NETWORKING

## EXPRESSION OF OPINION

The expression of diverse views and opinions is encouraged in the University Community. Further, the First Amendment of the United States' Constitution assures the right of free expression. In a community which recognizes the rights of its members to hold divergent views and to express those views, sometimes ideas expressed which are contrary to University values and objectives. Nevertheless, the University cannot impose disciplinary sanctions upon such expression when it is otherwise in compliance with University Regulations.

## SUMMARY: SEXUAL AND/OR GENDER-BASED HARASSMENT AND MISCONDUCT (INCLUDING SEXUAL HARASSMENT, SEXUAL ASSAULT, DATING VIOLENCE, DOMESTIC VIOLENCE, STALKING, AND RELATED INNAPPROPRIATE CONDUCT)

(For full disclosure of University Policy AD91, see <http://policy.psu.edu/policies/AD91>)

## POLICY

The University is committed to equal access to programs, facilities, admission and employment for all persons. It is the policy of the University to maintain an environment free of harassment and free of discrimination against any person because of age, race, color, ancestry, national origin, religion, creed, service in the uniformed services (as defined in state and federal law), veteran status, sex, sexual orientation, marital or family status, pregnancy, pregnancy-related conditions, physical or mental disability, gender, perceived gender, gender identity, genetic information or political ideas. Discriminatory conduct and harassment, as well as sexual misconduct and relations violence, violates the dignity of individual, impeded the realization of the University's educational mission, and will not be tolerated. Gender-based and sexual harassment, including sexual violence, are forms of gender discrimination in that they deny or limit an individual's ability to participate in or benefit from University program or activities.

### CONDUCT THAT IS PROHIBITED BY THE POLICY:

a. Sexual Harassment is defined as unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature that is unwanted, inappropriate, or unconsented to. Sexual Harassment is prohibited at the University.

b. Gender-Based Harassment is behavior consisting of physical or verbal conduct based on gender, sexual orientation, gender-stereotyping, perceived gender, or gender identity, but not involving conduct of a sexual nature, when such conduct is sufficiently severe and pervasive such that it substantially interferes with an individual's employment, education or ability to participate in or benefit from University programs, activities or opportunities and would detrimentally affect a reasonable person under the same circumstances.

c. Sexual Misconduct is a form of sexual harassment and refers to sexual offenses including but not limited to rape, sexual assault, sexual battery, sexual exploitation, sexual coercion and any other forms of nonconsensual sexual activity. Sexual misconduct can be committed by strangers, acquaintances and family members, as well as casual and long-term dating partners.

d. Stalking is a course of conduct directed at a specific person that would cause a reasonable person fear for his/her safety or the safety of others, or to suffer substantial emotional stress. Stalking may include repeatedly following, harassing, threatening, or intimidating another by telephone, mail, electronic communication, social media, or any other action, device or method.

e. Dating Violence means violence committed by a person who is or has been in a social relationship of a romantic or intimate nature with the victim. The existence of such a relationship will be based on the reporting party's statement and with consideration of the length and type of relationship and the frequency of interaction between the persons involved in the relationship. Dating violence includes but is not limited to sexual or physical abuse or the threat of such abuse. However, it is important to recognize that emotional, verbal, and economic abuse are part of the web of dating violence and can exist without the presence of physical abuse.

f. Retaliation, as defined by University Policy AD67, is also prohibited by this policy and may subject the individual who retaliates in violation of this or other University policy to discipline or sanctions.

# CODE OF CONDUCT, POLICY STATEMENTS AND SOCIAL NETWORKING



## CONSENSUAL RELATIONSHIPS

While not expressly prohibited, romantic and/or sexual relationships between faculty and students, and staff and students, are strongly discouraged. Such relationships have the potential for adverse consequences, including the filing of charges of sexual harassment. Given the fundamental asymmetric nature of the relationship where one party has the power to give grades, evaluations, recommendations, promotions, salary increases or performance evaluations, the consensual nature of the relationship is inherently suspect. Such relationships are governed by University Policy AD-85 and must be disclosed by the staff member to his or her supervisor and to the degree possible reporting lines should be adjusted to minimize concerns related to such relationships.

## SUMMARY: PRIVACY POLICY

(For full disclosure of University Policy AD53, see <http://guru.psu.edu/policies/AD53.html>)

## POLICY

In the interest of promoting academic freedom and an open, collegial atmosphere, this University recognizes the reasonable privacy expectations of its employees, affiliates, and students in relation to their personal information, including papers, confidential records, and communications by mail, telephone, and other electronic means, subject only to applicable state and federal laws and University policies and regulations, including the policy set forth herein. The University will not monitor such information without cause except as required by law or permitted by University Policy.

## RESOLUTION OF COMPLAINTS

Resolution of Complaints under AD29, AD53, and AD85

The University will make every reasonable effort to promptly investigate and resolve complaints of discrimination, harassment, intolerance and breach of privacy policy with due regard for fairness and the rights of both the student-athlete and alleged offender, and to conduct all proceedings in the most confidential manner possible.

Any student-athlete who experiences discrimination, harassment, an act of intolerance or a violation of the privacy policy (including, but not limited to, an alleged prohibited inquiry into the student-athlete's sexual orientation) should immediately report the incident to the Affirmative Action Office, the Director of Intercollegiate Athletics, the Office of

Human Resources, the Director of Athletics Integrity, or the Ombudsperson. In cases where a student-athlete reports alleged discrimination, harassment, intolerance or breach of privacy policy to the Director of Intercollegiate Athletics, the Director of Athletics Integrity, the Office of Human Resources or the Ombudsperson, the person receiving the complaint will contact the Affirmative Action Office to discuss resolution and ensure consistent responses to issues. The Affirmative Action Office has primary responsibility for resolving complaints of discrimination, harassment and intolerance. Responsibility for resolving complaints of breach of privacy policy will depend on the facts and circumstances giving rise to the complaint.

If there is evidence of a violation of University Policies AD29, AD53, or AD85 the University will make every reasonable effort to ensure the violation stops and does not recur.

**Bob Boland**, the Athletics Integrity Officer/Ombudsperson referred to in "Student-Athlete Grievance Procedures," is available for consultation in resolving a complaint.

## ETHICAL CONDUCT

(Based on NCAA and Big Ten Bylaws)

For Intercollegiate Athletics to promote the character development of participants to enhance the integrity of higher education and to promote civility in society, student-athletes, coaches, and all others associated with these athletics programs and events should adhere to such fundamental values as respect, fairness, civility, honesty and responsibility. These values should be manifest not only in athletics participation, but also in the broad spectrum of activities affecting the athletics program.

Unethical conduct by student-athletes may be subject to disciplinary action as set forth by the NCAA, Big Ten, Intercollegiate Athletics and the student-athlete's coaching staff. Student-athletes found in violation may be ineligible for further intercollegiate competition in all sports.

Examples of unethical conduct include, but are not limited to the following:

- Accepting benefits from boosters, faculty and friends of Penn State.
- Gaining eligibility for athletics competition based on fraudulent academic work.
- Providing false or misleading information during an investigation or not cooperating with an investigation.
- Intentionally attempting to mask impermissible drug use.



# CODE OF CONDUCT, POLICY STATEMENTS AND SOCIAL NETWORKING

## SEXUAL HARASSMENT

Penn State has a policy prohibiting sexual harassment (AD85) and a complaint procedure to assist students, faculty, and staff.

### What is Sexual Harassment?

Sexual harassment includes unwelcome sexual advances, requests for sexual favors, and any verbal or physical conduct of a sexual nature when:

- Submission to such conduct is a condition for employment, promotion, grades, or academic status;
- Submission to or rejection of such conduct is used as the basis for employment or academic decisions affecting an individual;
- Such conduct is sufficiently severe or pervasive so as to substantially interfere with an individual's employment, education or access to University programs, activities and opportunities. To constitute prohibited harassment, the conduct must detrimentally affect the individual in question and would also detrimentally affect a reasonable person under the same circumstances.

### Sexual Harassment Examples

- Requests for sexual favors
- Pressure for sexual activities
- Unwelcome patting, hugging, or touching a person's body, hair, or clothing
- Sexual innuendos, jokes or comments
- Disparaging remarks to a person about her/his gender or body
- Sexual graffiti or visuals
- Asking about a person's sexual fantasies, sexual preferences, or sexual activities
- Repeatedly asking for a date after the person has expressed disinterest
- Making sexual gestures with hands or body movements

These are not all-inclusive examples of sexual harassing conduct. Each situation must be considered in light of specific facts and circumstances to determine if sexual harassment has occurred.

### What can you do if you are sexually harassed?

- Don't ignore it. Take action.
- Know your rights. Familiarize yourself with Penn State's policies and resources that protect you as a student, faculty or staff member.
- Seek information and support. You may feel a range of emotions (e.g., helplessness, anger, confusion, fear). Talking with someone often helps to lessen the isolation and help you develop strategies to remedy the situation

- Ask for help exploring your options. Keep a written and dated record.
- Let the harasser know the behavior isn't welcome, and you want it immediately stopped. You can talk to or write a letter to the harasser. Deliver the letter by certified mail or in person. Be sure to keep a copy.
- Discuss the situation with a Sexual Harassment Resource Person (SHRP) and/or the Affirmative Action Office.

Conduct prohibited by this policy may also violate Title IX of the Education Amendments of 1972 and Title VII of the Civil Rights Act of 1964, as well as other applicable federal and state laws. Danny Shaha is the Title IX Coordinator. Deputy Title IX Coordinators include Karen Feldbaum, Interim Senior Director of the Office of Student Conduct; Kim Lantz Yoder, Equity Officer, Penn State College of Medicine; Charmelle Green, Senior Associate Athletic Director of Intercollegiate Athletics; and Robert Boland, Athletics Integrity Officer. Additional information about how to contact these individuals, or to otherwise pursue or report a violation of this Policy, is set forth via the policy links below:

<https://policy.psu.edu/policies/ad91>.

<https://policy.psu.edu/policies/ad85>.

# CODE OF CONDUCT, POLICY STATEMENTS AND SOCIAL NETWORKING



## INTERCOLLEGIATE ATHLETICS ALCOHOL CODE OF ETHICS

(For full disclosure of the PSU alcohol policy see <http://www.sa.psu.edu/ja/pdf/PoliciesRules.pdf>)

In order to develop a positive culture regarding alcohol, student-athletes need to be leaders in the fight against alcohol misuse. In the quest for excellence, both on and off the playing field, student-athletes need to make smart choices and realize the long term athletic, career, and health benefits of choosing not to drink alcohol and /or drink responsibly after age 21. According to University Code of Conduct, illegally possessing, distributing, manufacturing, selling or being under the influence of alcohol or other drugs is inconsistent with the core values of the University community. Intercollegiate Athletics expects representatives of its department to observe the following as **unacceptable behaviors**:

- Use of alcohol before, during or after department-sponsored athletic events either at home or during road trips. If questions regarding appropriate behavior arise, the team's administrator should be contacted (i.e., international trips or foreign tours).
- Use of alcohol that interferes with scholastic success, athletic performance, personal relationships, finances or leads to legal problems.
- Irresponsible use and/or being intoxicated in a public place (i.e., downtown State College, hotels while on road trips, restaurants, etc.)
- Use of alcohol in department-issued Penn State Athletic Team Gear (i.e., Penn State University apparel) with specific sport name on it.
- Use of alcohol with recruits; specifically the individual host(s), responsible for the safety and well-being of the recruit, regardless of the recruit's or host's age.
- Committing a serious alcohol related violation that results in police or student conduct referral can be treated as a violation of the Intercollegiate Athletic Drug and Alcohol Education and Testing Policy.

## HAZING POLICY SUMMARY

Hazing is a fundamental violation of human dignity. Consistent with Pennsylvania Anti-Hazing Law 4 P.S. §5351 etseq and applicable University policy, any action or situation that recklessly or intentionally endangers the mental or physical health or safety of a student or that willfully destroys or removes public or private property for the purpose of initiation or admission into or affiliation with, or as a condition for continued membership in, any organization operating under the sanction of or recognized as an organization by Penn State, including, without limitation, the University's NCAA-sanctioned Division I intercollegiate athletics teams. Hazing policies apply to all members of the Penn State community. Intercollegiate Athletics will not tolerate the act of

hazing new team members as an initiation rite. Hazing is viewed as illegal, discriminatory, and destructive to team unity.

**HAZING OF A PERSON:** Hazing is when a person intentionally, knowingly or recklessly, for the purpose of initiating, admitting or affiliating a minor or student into or with an organization, or for the purpose of continuing or enhancing a minor or student's membership or status in an organization, causes, coerces or forces a minor or student to do any of the following:

- Any brutality of a physical nature, such as whipping, beating, branding, forced calisthenics that are not part of an official or coach-sanctioned strength and conditioning program, or exposure to the elements; Forced consumption of any food, liquor, drug or other substance, or any other forced physical activity that could adversely affect the physical or mental health or safety of the individual.
- Any activity that would subject the individual to extreme mental stress, such as sleep deprivation, forced exclusion from social contact, forced conduct that could result in extreme embarrassment, or any other forced activity that could adversely affect the mental health or dignity of the individual
- Any willful destruction or removal of public or private property.
- Placing an individual in a situation of actual or simulated peril or jeopardy.
- Undignified stunts or methods, either private or public and/or any ordeal that is in any respect indecent or shocking to moral, cultural, or religious scruples or sensibilities; and
- Kidnapping and paddling

Any activity described above upon which initiation or admission into or affiliation with or continued membership in a recognized student organization, including the University's NCAA-sanctioned Division I intercollegiate athletics team, is directly or indirectly conditioned shall be presumed to be "forced" activity, the willingness of an individual to participate in such activity notwithstanding

The University and the Athletics Department maintain a strict anti-hazing policy. Thus, Covered Persons, either individually or as part of a group, shall not engage in Hazing. Any Covered Person engaging in any conduct or action that constitutes Hazing may be subject to civil or criminal liability under Pennsylvania's Anti-hazing Law, 24 P.S. §5351, or otherwise in accordance with state law, in addition to any applicable sanction imposed by the University and/or the Athletics Department



# CODE OF CONDUCT, POLICY STATEMENTS AND SOCIAL NETWORKING

## SOCIAL MEDIA AND NETWORKING GUIDELINES

Representing Penn State as a student-athlete is a privilege. As a Penn State student-athlete, you are held in the highest regard and are seen as a role model by fans and others within the University and surrounding communities, as well as throughout the country. Accordingly, you must conduct yourself with the utmost integrity at all times, whether on or off the field of competition. Moreover, you have the responsibility to portray yourself, your teammates, your coaches, the Athletics department, and the University in a positive manner.

Online social media and social networking websites such as Facebook, Twitter, YouTube, online message boards and others are great ways for you to share information and stay connected with family and friends. The Athletics Department recognizes and supports your rights to freedom of speech, expression, and association, including the exercise of those rights on social media websites. Any online posting, however, must be consistent with federal and state laws, the NCAA Constitution and Bylaws, the Big Ten Conference rules and regulations, the Penn State Code of Conduct for Intercollegiate Athletics, the University Student Code of Conduct, the Penn State Intercollegiate Athletics Policy Manual (the "ICA Policy Manual"), the Penn State Student-Athlete Handbook, and any and all applicable University and/or Athletics Department policies and procedures.

### GUIDELINES AND RECOMMENDATIONS

As a student-athlete, you should be mindful that some people who use social media websites may not be who they portray or appear to be, or may desire to compromise your integrity, invade your privacy, or cause you significant embarrassment. Accordingly, when using social media and/or social networking websites, you should keep the following in mind:

- Set your security so that only "friends" can view your profile, and be careful about those you add as a "friend." Many individuals are looking to take advantage of you or to gain information about you, your teammates, or your team for purposes of sports gambling or negative publicity.
- Do not post personally identifiable information (e.g., email, home address, local address, telephone number), as it could lead to unwanted attention, stalking, identity theft or other criminal activity. Likewise, limit information about your whereabouts to minimize the potential of being stalked, assaulted, or becoming the victim of other criminal activity. Likewise, limit information about your whereabouts to minimize the potential of being stalked, assaulted, or becoming the victim of other criminal activity.
- Be cautious about the social networking groups you join to be sure you want to be publicly associated with them.
- Be selective in utilizing on-line services that provide your location to strangers.
- When you post something online, that information often becomes part of the public domain, and may be accessible even after you remove it. Accordingly, if you are ever in doubt about the appropriate-

ness of your postings, ask yourself whether they positively reflect you, your teammates, your coaches, the Athletics department and the University.

- What you post may affect your future. Many employers, graduate school admissions officers, and even pro scouts review social media websites as part of their overall evaluation of an applicant/candidate. You must carefully consider how you want people to perceive you before you give them a chance to misinterpret your character.

### STUDENT-ATHLETE EXPECTATIONS

Because representing Penn State as a student-athlete is a privilege, you should exercise your rights to free speech, expression, and association responsibly. Social media content that negatively reflects upon you, your teammates, your coaches, the Athletics Department, or the University should be avoided. Examples of inappropriate content includes but is not limited to posting photos, videos, information, and/or comments that:

- Depict personal use of alcohol, drugs or tobacco (e.g., holding bottles, cans, shot glasses, etc.);
- Display content of a sexual nature, including pornographic links;
- Condone drug-related activities, including but not limited to images portraying personal use of marijuana and drug paraphernalia;
- Exhibit inappropriate or offensive language, including threats of violence and derogatory or discriminatory comments;
- Suggest participation in gambling or gaming-related activities;
- Portray poor sportsmanship (e.g., unsportslike comments towards opposing teams, players, teams, coaches or officials);
- Depict or encourage unacceptable, violent or illegal activities such as hazing, assault, harassment, discrimination, fighting, vandalism, academic dishonesty, etc.;
- Constitute a violation of the NCAA Constitution and Bylaws or the Big Ten Conference rules and regulations (e.g., commenting publicly about a prospective student-athlete, providing information related to sports wagering activity, soliciting impermissible extra benefits, etc.); and
- Is sensitive or personal in nature or is confidential to the Athletics Department (e.g., tentative or future team schedules, injuries and eligibility status, travel plans, etc.).

### POTENTIAL CONSEQUENCES

Inappropriate behavior may subject the student-athlete to:

- Written warning;
- Meeting with the Director of Athletics and Head Coach;
- Other disciplinary actions consistent with Athletics Department and/or University policies. These consequences may be imposed for an individual offense or cumulative offenses.



## BENEFITS

Receiving an award, benefit or expense allowance not authorized by NCAA legislation renders the student-athlete ineligible for athletics competition. Student-athletes and their parents or relatives are generally **not** permitted to accept any benefits (e.g., lodging or meals) from Penn State staff, boosters and friends of the University.

## SPONSOR FAMILIES

A member institution shall not permit staff members or any individuals to serve as “sponsors” or “families” for student-athletes who are enrolled in the institution.

## EXTRA BENEFITS

An extra benefit is any special arrangement made by a Penn State staff member, representative of its athletics interest (booster), a sports agent, or a commercial enterprise to provide student-athletes and/or their parents/guardians, relatives or friends with a benefit not expressly authorized by the NCAA and generally available to the general student body. Extra benefits include special discounts or credit on purchases or services, a loan of money or a tangible good, use of an automobile or credit cards, purchase of a meal or other items of value, free or reduced rent or benefits connected with off-campus housing, and professional services provided at less than the normal rate or at no expense to the student-athlete. Student-athletes are not permitted to have University or Intercollegiate Athletics’ employees perform typing services on their behalf.

## NON-PERMISSIBLE BENEFITS

Prohibited benefits include, but are not limited to:

### Discounts and Credits

Student-athletes may not receive a special discount, payment arrangement or credit on a purchase (e.g., airline ticket, clothing) or a service (e.g., laundry, dry cleaning).

### Entertainment Services

Student-athletes may not receive services (e.g., movie tickets, dinners, use of car) from commercial agencies (e.g., movie theaters, restaurants, car dealers) without charge or at reduced rates, or free or reduced-cost admission to professional athletics contests from professional sports organizations, unless such services also are available to the general student body.

### Free or Reduced-Cost Services

Student-athletes may not receive professional services (for which a fee normally would be charged)

without charge or at a reduced cost. Professional services provided at less than the normal rate or at no expense to student-athletes are considered an extra benefit unless they are available on the same basis to the general student body.

### Benefits From Former Teammates

Any benefit provided by a former student-athlete to a current student-athlete must be consistent with the value and nature of benefits exchanged between the two individuals during their time as teammates at PSU.

### Other Prohibited Benefits

- a. A loan of money (including co-signer arrangements from an individual the student-athlete is not naturally or legally dependent upon).
- b. An automobile or the use of an automobile
- c. Transportation (e.g., a ride home with coach), even if the student-athlete reimburses the individual (staff, booster) for the appropriate amount of the gas or expense.

## ATHLETIC EQUIPMENT, APPAREL AND AWARDS

Student-athletes may not accept athletics equipment, supplies or clothing directly from a manufacturer or commercial enterprise. Such items may be provided to the student-athlete’s institution, to be utilized by the institution’s team in accordance with accepted practices for issuance of athletics equipment. Student-athletes are not permitted to sell, trade or exchange equipment, apparel or award items provided by Penn State for anything of value.

## OCCASIONAL MEALS

Each student-athlete may receive one “occasional meal” per month under NCAA rules. This limit is inclusive of all sources of meals, including coaches and Athletics staff members. Occasional meals are defined as meals provided on an infrequent basis or special occasion. Any student-athletes receiving an occasional meal from any source must provide advanced notice to a member of their coaching staff.

Location Restrictions for Occasional Meals – While it is permissible for boosters and individuals outside the University to provide occasional meals, such meals must take place within a 30 mile radius of the Penn State campus and may only take place at the home of the individual(s) providing the meal or on the Penn State campus. Penn State coaches and staff may provide an occasional meal in their home, on the Penn State campus or in a local restaurant. NCAA rules permit the individual(s) providing the meal to also provide a student-athlete with transportation to the meal.



## EMPLOYMENT

### TYPES OF EMPLOYMENT

a) Traditional Employment - Traditional employment means a student-athlete is employed in a position not utilizing his or her name, image, or likeness in a promotional or commercial context.

(b) Name, Image, Likeness (NIL) - NIL employment is defined by use of a student-athlete's name, image and or likeness being utilized in a promotional context to promote a product, service, or entity.

### COMMUNICATION OF STUDENT-ATHLETE EMPLOYMENT ARRANGEMENTS

Traditional employment during the regular academic year is subject to prior approval facilitated through the ARMS platform. Traditional employment taking place over the summer vacation period is reported through the compliance forms administered to all student-athletes at the beginning of each academic year. NIL employment taking place at any time, including PSU vacation periods, should be disclosed through the SPRY platform at least 7 days before the employment activity begins or a contract is signed.

### INTERNATIONAL STUDENT-ATHLETES

Student-athletes here on an F-1 visa should consult with the Global Programs staff before beginning any form of employment to ensure all Federal rules and obligations are adhered to.

## COMPLIMENTARY ADMISSIONS

Student-athletes generally may receive up to four complimentary admissions to each home and away contest. Complimentary admissions must be provided to guests of a student-athlete only by a "pass list." Institutional procedures require student-athletes to designate all guests and assign all tickets through the ARMS complimentary admissions management system. Designated guests of student-athletes must present a photo ID at the player's Will Call window in order to be admitted to the event.

An institution may not provide a special arrangement to sell a student-athlete ticket(s) to an athletics event. Tickets shall be available for student-athletes to purchase according to the same purchasing procedures used for all students and the general public.

Student-athletes may not receive payment from any source for the complimentary admissions and may not exchange them for any item of value. Student-athletes jeopardize their eligibility status by not following the complimentary admissions policy.



## PRACTICE AND COMPETITION

### ATHLETICALLY RELATED ACTIVITIES: PRACTICE

Practice is an athletically related activity held at the direction of or supervised by, any member or members of the coaching staff. Student-athletes must be enrolled in a minimum of 12 credits during the Fall and Spring semesters to be eligible for practice. Exceptions may be granted for student-athletes in their final semester and by NCAA waiver. Daily and weekly practice hour limitations generally do not apply during official vacation periods published in the University's official calendar.

### PLAYING SEASON LIMITATIONS

- Twenty (20) hours per week: Student-athletes are limited to 20 hours per week of athletically related activities.
- Four (4) hours per day: Student-athletes are limited to 4 hours per day of athletically related activities.
- One (1) day off per week: All countable athletically related activities are prohibited during one calendar day per week.

### OUTSIDE THE PLAYING SEASON LIMITATIONS

- Eight (8) hours per week: Student-athletes are limited to 8 hours per week of countable athletically related activity.
- Four (4) hours per day: Student-athletes are limited to 4 hours per day of countable athletically related activities.
- Two (2) days off per week: All countable athletically related activities are prohibited during two calendar days per week.
- All sports except football: All athletically related activities outside the playing season are prohibited one week prior to the beginning of the final examination period for the applicable academic semester through the conclusion of each student athlete's final exam.

### ALL SPORTS EXCEPT FOOTBALL

Four hours of the permissible 8 hours per week can be used for skill related instruction.

### EXCEPTION FOR FOOTBALL:

Two hours of the 8 hours per week can be used to view game film/video or engage in walk-throughs. Skill instruction is not permitted.

### EXCEPTION FOR FOOTBALL AND BASKETBALL:

Coaches may require athletic activities during 8 designated weeks within the summer vacation period. Activities may not exceed 8 hours per week in the designated weeks and the breakdown of activities within those weeks is the same as when the team is out of season during the academic year.

### FOOTBALL: NINE WEEKS AS STUDENT-ATHLETE DISCRETIONARY TIME:

January 1 through the start of the pre-season practice, an institution shall designate a total of 9 weeks as student-athlete discretionary time. Student-athlete discretionary time is time that a student-athlete may only participate in athletics activities at his or her discretion. There shall be no required workouts, and institutions are not permitted to recommend that student-athletes engage in weight training or conditioning activities; however, if student-athletes opt to work out, the strength and conditioning coach may monitor the facility in use for health and safety purposes.

### OUTSIDE COMPETITION: PRIOR APPROVAL REQUIRED

Student-athletes must obtain prior written approval from the Director of Athletics, the Compliance Office and the Faculty Athletics Representative to participate in any form of outside competition during the Fall or Spring semesters. Prior approval is also required before any student-athlete enrolled in University Park campus summer coursework (including web based courses) engages in outside competition.

Requests for prior approval must be submitted by the student-athlete's coach via the "Waiver for Outside Competition" form in ARMS.

Participation in summer basketball leagues must be certified by the NCAA and approved by the institution. Failure to comply with the outside competition regulations may result in the student-athlete's loss of eligibility.



# NCAA, BIG TEN, PENN STATE® REGULATIONS

## **VOLUNTARY ATHLETICALLY-RELATED ACTIVITIES**

In order for an athletically related activity to be considered voluntary, all of the following conditions are met:

1. The student-athlete may not be required to report back to coaches or staff, including strength and conditioning coaches, information related to the activity. Also, any staff member who permissibly observes the activity (e.g. manager, trainer, etc.) may not report back to coaches or staff.
2. Engagement in the activity must be initiated and requested by the student-athlete. While it is permissible for coaches or staff to make student-athletes aware of times that facilities or staff is available for voluntary activities, the decision on whether to engage in the activity always rests exclusively with the student-athlete.
3. A student-athletes attendance at an activity may not be recorded for the purpose of supplying information about the voluntary activity to the coaching staff.
4. There may not be a reward for engaging in a voluntary activity and there may not be a penalty or sanction for choosing not to engage in such an activity.

## **SUMMER ATHLETICALLY-RELATED ACTIVITIES**

NCAA rules do not permit coaches to require or monitor athletically related activities during the summer vacation period when a team is considered to be “out of season” except as noted for the sports of basketball and football.

## **KEY EXEPTIONS TO ATHLETICALLY-RELATED ACTIVITY RULES**

**Safety Exception Activities** - Coaches may be present at voluntary practice sessions requested by student-athletes at any time of year in the sports of fencing, gymnastics, swimming and diving, wrestling and the field events / hurdles / steeplechase jumping in the sport of track and field. Coaches are not permitted to conduct these workouts, but may provide instruction.  
**Individual Sport Exception** - Coaches may be present and provide skill instruction to student-athletes in individual sports who request assistance during vacation periods and summer when the team is out of season.

## **NCAA TIME MANAGEMENT LEGISLATION**

In recognition of the challenges student-athletes face in trying to be exceptional performers in the classroom and in their sport, the NCAA has created time balance legislation. This legislation is aimed at improving communication with student-athletes, giving them more free time and protecting that free time from requests to be involved in required athletically related activities (RARA). The key elements of this legislation are as follows:

1. Each team shall be required to have a time management plan that summarizes how the team will implement the NCAA’s time balance legislation.
2. Provision of 14 additional days off, beyond the existing one day off per week required during the playing season and two days off per week required outside the playing season.
3. Requirement that all days off be RARA-free. There is an exception for multi-time life skills activities and medical and academic activities may still be required at any time. Also, teams are permitted to consider any day in which their return from team travel occurs prior to 5:00 a.m. a day off.
4. Student-athletes must receive adequate prior notice of all RARA activities, unless mitigating factors, such as weather and facility availability, preclude provision of adequate notice. Penn State defines adequate notice at 24 hours.
5. Enhanced student-athlete involvement in the scheduling of team activities and a mandatory end-of-year review process aimed at reviewing each team’s compliance with its time management plan.
6. Travel days may no longer be counted as a weekly team’s day off.

In support of this legislation’s goal of improved communication between Athletics and student-athletes, Penn State requires each sport program to provide student-athletes with a calendar of all scheduled RARA activities at the start of each month. Updates can be made to the calendar at any time as long as adequate notice is provided to impacted student-athletes.



## PROMOTIONAL ACTIVITIES AND APPEARANCES

### USE OF STUDENT-ATHLETE'S NAME, PICTURE OR APPEARANCE

The use of a student-athlete's name, picture, or appearance by any individual or group for a promotional activity must be approved in writing by the Director of Athletics or designee prior to the student-athlete's participation in the activity. If the student-athlete agrees to participate, the authorized representative of the event must sign a release statement prior to submitting the request for approval by the Director of Athletics.

*The form for this procedure can be obtained from the Athletics Compliance Office in 157 Bryce Jordan Center.*

**NCAA Bylaw 12.5.1.1:** A member institution or recognized entity thereof (e.g., fraternity, sorority or student government organization), a member conference or a non-institutional charitable, educational or non-profit agency may use a student-athlete's name, picture or appearance to support its charitable or educational activities or to support activities considered incidental to the student-athlete's participation in intercollegiate athletics, provided the following conditions are met:

- (a) The student-athlete receives written approval to participate from the director of athletics (or his or her designee who may not be a coaching staff member), subject to the limitations on participants in such activities as set forth in Bylaw 17;
- (b) The specific activity or project in which the student-athlete participates does not involve co-sponsorship, advertisement or promotion by a commercial agency other than through the reproduction of the sponsoring company's officially registered regular trademark or logo on printed materials such as pictures, posters or calendars. The company's emblem, name, address, telephone number and Web site address may be included with the trademark or logo. Personal names, messages

and slogans (other than an officially registered trademark) are prohibited;

(c) The name or picture of a student-athlete with remaining eligibility may not appear on an institution's printed promotional item (e.g., poster, calendar) that includes a reproduction of a product with which a commercial entity is associated if the commercial entity's officially registered regular trademark or logo appears on this item;

(d) The student-athlete does not miss class;

(e) All moneys derived from the activity or project goes directly to the member institution, member conference or the charitable, educational or nonprofit agency;

(f) The student-athlete may accept actual and necessary expenses from the member institution, member conference or the charitable, educational or non-profit agency related to participation in such activity;

(g) The student-athlete's name, picture or appearance is not utilized to promote the commercial ventures of any non-profit agency;

(h) Any commercial items with names or pictures of student-athletes (other than highlight films or media guides per Bylaw 12.5.1.7) may be sold only at the member institution at which the student-athlete is enrolled, institutionally controlled (owned and operated) outlets or outlets controlled by the charitable or educational organization (e.g., location of the charitable or educational organization, site of charitable event during the event). Items that include an individual student-athlete's name, picture or likeness (e.g., name on jersey, name or likeness on a bobble-head doll), other than informational items (e.g., media guide, schedule cards, institutional publications), may not be sold; and

(i) The student-athlete and an authorized representative of the charitable, educational or nonprofit agency sign a release statement ensuring that the student-athlete's name, image or appearance is used in a manner consistent with the requirements of this section.



## STUDENT HOSTS: OFFICIAL AND UNOFFICIAL RECRUITING VISITS

The Pennsylvania State University and its Department of Intercollegiate Athletics are committed to the proper recruitment of prospective student-athletes. Towards that end, the institution maintains a recruiting visit policy that sets procedural and behavioral recruiting visit expectations for coaches, student hosts and prospects.

Once the official or unofficial visit is arranged, the coach responsible for recruitment of the prospect shall select an eligible and responsible student host who will follow the coach's instructions, avoid inappropriate behavior and represent the University, the Department of Athletics and team appropriately. The coach shall meet with the student who will be responsible for hosting the prospect during the visit. During the meeting, the coach shall inform the student host about acceptable and inappropriate behavior and activities during official and unofficial visits and shall explain in detail the host's responsibilities during the prospect's visit. The coach shall provide the student host with a form (the "Student Host Form") which sets forth the student host's responsibilities during the prospect's visit. The coach shall review the "Student Host Form" with the student host making sure to point out the activities which are strictly prohibited under NCAA rules and under this policy, such as alcohol use. Prior to distributing student-host money for an official visit, the coach shall ensure that the student host signs the form confirming the student host's understanding of his or her responsibilities during the prospect's visit.

### DURING PROSPECT'S VISIT

During the prospect's official and unofficial visit, the student hosts may use their own personal vehicles to transport prospects around campus but shall not permit a prospect to operate the student host's vehicle. At the start of the prospect's visit, the student host and prospect will be provided with an emergency card listing the names and telephone numbers of people able to provide assistance in case of an emergency. The coach responsible for recruitment shall advise prospective student-athletes about appropriate behavior and responsibilities while they are visiting, including during the prospect's "free time."

Student-athletes are expected to use good judgment when hosting a recruit and act in a courteous and professional manner toward their guest.

- Activities which are strictly prohibited during a prospect's visit include, but are not limited to the

following:

- 1) Use of alcohol regardless of age
- 2) Use of illicit drugs
- 3) Use of sex as a recruiting device
- 4) Activities which violate Pennsylvania or Federal criminal laws
- 5) Gambling or gaming activities
- 6) Use of strippers or attendance at adult entertainment establishments

- A maximum of \$75 may be spent for each day of the visit to cover all actual costs of entertaining the prospect (and the prospect's parents, legal guardians or spouse), excluding the cost of meals and admission to campus events. If several students host a prospect, the \$75 per day entertainment money may be utilized to cover the actual and necessary expenses incurred by the prospect and all hosts. It is permissible to provide the student host with an additional \$40 per day for each additional prospect the host entertains.

- Hosts may not provide cash to the visiting prospect or any other individuals.

- Prospects may not use the \$75 entertainment money for the purchase of souvenirs such as T-shirts or other institutional mementos.

- The host, the prospects and their guests are not permitted to receive a discount on purchases from any place of business unless the discount is available to the general student population.

- Hosts may receive complimentary admission to a home Penn State athletics event on the PSU campus, through a pass list, to accompany a prospect to that event during the prospect's official visit. A photo ID must be presented by the host and prospect for admission.

- Hosts may provide transportation during the prospect's official visit. Hosts may not use a vehicle provided or arranged for by institutional staff members or other individuals and should never permit a prospect to use the vehicle.

- Entertainment of prospects must occur within a 30-mile radius of the Penn State Campus. Hosts must obtain the coach's permission before leaving the State College area with a prospect. Prospects must be returned to their overnight accommodations at the conclusion of the day's activities.

- Athletics representatives (e.g., boosters) are not permitted to be involved in recruiting prospects. If an unplanned meeting occurs with the prospect and an athletic representative, hosts must not permit any recruiting conversation to occur; only an exchange



of greeting is permissible.

- A prospect may engage in recreational and workout activities provided such activities are not observed by the coaching staff and are not designed to test the prospect's athletics abilities. Prospects must use their own apparel and equipment. Current student-athletes are not permitted to provide an evaluation of the prospect's athletic abilities to any individual.

During any official or unofficial visit, student hosts and prospects are strictly prohibited from consuming alcoholic beverages or using illicit drugs. Student hosts shall not persuade or encourage prospects to consume alcohol or use drugs and shall not provide a prospect with alcohol or otherwise make alcohol or drugs available to a prospect. In addition, student hosts and prospects shall comply with all University rules, as well as local, state and federal laws regarding alcohol and drug use. Student hosts found to have provided alcohol to a prospect or persuaded a prospect to consume alcohol or found to have engaged in drinking alcoholic beverages, using illegal drugs or participating in any criminal activities during the prospect's official visit shall be subject to disciplinary action by the Department of Athletics, the University's Office of Student Conduct and/or Centre County, Pennsylvania, legal authorities.

Entertainment during an official visit shall be limited to the provisions stated on the "Student Host Form," as well as to activities which are not prohibited under this policy, the University's general policies and the NCAA's rules and regulations. Student hosts and prospects are expected to behave morally and responsibly when making decisions about entertainment.

The coach responsible for the prospect's recruitment shall instruct student hosts to ensure that prospects return to their rooms at a time consistent with the schedule of activities during the visit and which will provide sufficient sleep time for the prospects to allow them to take effective advantage of the academic, athletic and student life aspects of the official visit. Student hosts must be aware of the prospect's whereabouts and should be concerned with the prospect's safety at all times.

## **AFTER THE PROSPECT'S VISIT**

The "Student Host Form" must be submitted with the official visit report and must include a list of expenses incurred by the student host during the prospect's visit, and to the extent possible, copies of receipts for those expenses. In the event receipts are

not available, the student host shall sign a statement certifying that the list of expenses submitted is a true and accurate record of expenses actually incurred. The coach responsible for recruitment of the prospect is expected to meet with the student host to discuss the prospect and the official visit. The student host's input and evaluation should be considered valuable information to the recruitment process and should be carefully considered.

## **ENFORCING THE RECRUITING POLICY**

Any policy violations of Penn State's recruiting visit policy shall be reported, in writing, to the Athletics Compliance Office. Violations of this policy by a student host, a coach or staff member will result in the imposition of an appropriate sanction as determined by the appropriate authorities. If the violation of this policy also constitutes a violation of the University's Code of Conduct or any University policy, the procedures for adjudication of those policies and any appropriate sanctions will also apply in addition to any action taken by the Department of Intercollegiate Athletics, The Pennsylvania State University, the Big Ten Conference, and/ or the NCAA.

## **IMPERMISSIBLE RECRUITMENT ACTIVITIES FOR ENROLLED STUDENT-ATHLETES**

- **Off-Campus Contacts:** Enrolled student-athletes should not participate in off-campus recruiting contacts with prospects, as an individual or at the direction of any Penn State staff member or booster. Prospect Defined: A prospect is a student who has started ninth-grade classes or is attending another 2- or 4-year collegiate institution.
- **Telephone Calls:** Enrolled student-athletes shall not initiate telephone calls to prospects at the direction of a coach or sport-specific staff at any time.
- **Written Correspondence:** Enrolled student-athletes shall not engage in written or electronic correspondence with prospects at the direction or expense of a coach at any time.



## **NCAA, BIG TEN, PENN STATE® REGULATIONS**

### **PENN STATE INTERCOLLEGIATE ATHLETICS DRUG AND ALCOHOL TESTING AND EDUCATION PROGRAM**

Penn State ICA advocates for the development of a healthy and responsible lifestyle for its student-athletes during their college experience, as well as for the remainder of their lives. Education and counseling are the cornerstones of the program.

#### **GOALS OF THE PROGRAM ARE:**

- To educate student-athletes regarding substance abuse and the potential harm it can cause
- To protect the health and safety of student-athletes, coaches, and support staff involved in the care of student-athletes
- To detect and provide support to those affected by substance abuse
- To promote fair competition
- To promote appropriate standards of behavior for student-athletes and all coaches, and support staff involved in the care of student-athletes

The Program tests for three major categories of substances: alcohol, illicit substances and performance enhancing drugs. Participation in the program is required for all members of a varsity intercollegiate athletics program. Full details of the Program, including its safe harbor provision, listing of penalties and commonly asked questions can be found on the Athletics Compliance web page at:

<http://www.gopsusports.com/compliance/>.



## GAMBLING

While the legality of wagering on sports varies by state and country, the application of NCAA rules in this area is clear. Although wagering on sports in Pennsylvania is now legal, it is not permissible for student-athletes to wager on sports in any manner. It does not matter where you are or whether or not a wager is legal, NCAA rules do not permit student-athletes to wager on any sport played at any level (amateur, professional, college, etc.). Wagering commonly involves money, but it can be triggered by offering any item of value in exchange for the opportunity to win another item of value. Any allegation of sports gambling involving a student-athlete will be thoroughly investigated, and violations will result in significant disciplinary actions. The NCAA prohibition on sports gambling includes all of the following behaviors:

- Informal sports betting activities with your family, friends, teammate or classmates
- Bets made through a sportsbook, regardless of the legality of the bet
- Paid participation in gambling “pools” or bracket contests
- Internet sports gambling and fantasy sports leagues that require a fee in order to participate, including one-day fantasy leagues
- Knowingly providing individuals involved in gambling information about your team
- Altering the outcome of a contest for gambling purposes or financial gain.

**Protection of Confidential Team Information** — Student-athletes must be mindful of the fact that gamblers will go to great lengths to obtain information that will give them an edge in betting. Therefore, it is critical student-athletes use caution when sharing information about themselves or Penn State Athletics. A simple conversation with a friend about an injury that occurred at practice or a well-intentioned social media message to a teammate who is going through some personal challenges could end up benefitting gamblers. Student-athletes should be particular wary of individuals who regularly seek details about the health, eligibility or status of team members. The Intercollegiate Athletic Code of Conduct as amended in 2019 now requires a signing party (which includes all student-athletes to report immediately any inquiry or outreach from anyone regarding sports betting or anyone with an interest in sports betting to either Athletics Compliance or the Athletics Integrity Officer.

## AGENTS AND PROFESSIONAL SERVICE PROVIDERS

Name, Image, Likeness Service Providers  
NCAA rules allow student-athletes to employ service providers, including agents, to work on their behalf on

name, image, likeness activities. However, an agent serving in this capacity may not represent the student-athlete’s abilities as an athlete to professional teams or leagues without the student-athlete losing collegiate eligibility, unless under a specific exception to NCAA rules.

## USE OF AGENTS TO REPRESENT A STUDENT-ATHLETE AS A PROFESSIONAL ATHLETE

Student-athletes shall be ineligible for participation in an intercollegiate sport:

- If the student-athlete (their relatives or friends) has ever agreed (orally or in writing) to be represented by an agent, contract advisor or any person affiliated with a contract advisor including “runners”/recruiters, financial advisors, marketing representatives and insurance agents in the present or in the future for the purpose of marketing their athletics ability or reputation in that sport.
- If the student-athlete (their relatives or friends) enters into an oral or written agreement with an agent, contract advisor or any person affiliated with a contract advisor including “runners”/recruiters, financial advisors, marketing representatives and insurance agents for representation in future professional sports negotiations that are to take place after the individual has completed eligibility in that sport. Note that NCAA rules include a limited exception for baseball and men’s ice hockey prospects to secure the services of an agent once drafted. However, the agent agreement must be terminated upon enrollment at a collegiate institution as member of a varsity baseball or men’s ice hockey team.
- If the student-athlete (or their relatives or friends) accepts any benefits from any person wishing to represent the individual in marketing their athletics ability. Receiving such expenses constitutes compensation based on athletics skill and is an extra benefit not available to the general student body.
- If the student-athlete participates with a professional team in a tryout that lasts longer than 48 hours, which the student-athlete has not personally financed; participates in a tryout with a professional team during the academic year and misses class; or enters the draft AND does not take the appropriate steps to withdraw and declare an intention to resume intercollegiate participation.



# NCAA, BIG TEN, PENN STATE® REGULATIONS

## CONTACT BY AGENTS

Student-athletes and their family members should be very careful about any interaction with agents or financial advisors until their eligibility has been exhausted. To avoid eligibility issues, the Athletics Department requires student-athletes to inform the Athletics Compliance Office at 814-863-8048 if any agent (financial advisor, insurance agent, runner, etc.) contacts them.

Agents wishing to communicate with and represent Penn State student-athletes are required to provide prior notice to the Department of Athletics by completing and submitting the PSU Agent Registration Form. The form is available for download on the Athletics Compliance Office website. Additionally, Pennsylvania law requires that all agents must register with the State of Pennsylvania. A list of registered agents and the state laws that govern their activities can be found at the [Pennsylvania State Athletic Commission - Athlete Agent Information Website](#). Please note that unregistered agents may not contact student-athletes, their family and friends.

If student-athletes, their parents or relatives are contacted by agents or their representatives during the time period permitted per the regulations of professional league players associations (e.g., NFLPA, WNBAPA, NHLPA), they should do the following:

- Advise the agent that they are required register with to the Penn State Athletics Compliance Office.
- Advise the agent that they are required to register with the State of Pennsylvania at 717-787-5720 or via the [Pennsylvania State Athletic Commission - Athlete Agent Information Website](#).
- Request a resume with references and information about the services offered by the agent's firm.
- Advise the agent that you will review the information to determine who you will interview.
- Inform the agents they should not continue to contact you, your family or friends until the season's conclusion. Remind them it is important that you are not distracted and remain focused during the season. If agents do not respect your request to refrain from contacting you until you complete your eligibility, they should not be given consideration when you do require an agent.
- You and your family members may contact the Penn State Athletics Compliance Office to inquire about the background and status of an agent or financial advisor.
- Contact agents as necessary and notify the selected agents for interviews at the conclusion of your final playing season.

- Keep your head coach and the Athletics Compliance Office informed of all activities during this process.
- Be careful with whom you associate during this process.

## TRANSFER RULE AND POLICY

Pursuant to NCAA rules, a staff member or other representative of another NCAA institution's athletics program shall not make contact with a Penn State student-athlete without first confirming that he or she has an active listing in the NCAA Transfer Portal. Here is what you need to know about the NCAA Transfer Portal and Notification of Transfer Process:

- Student-athlete can only be entered into the Portal by meeting with the Athletics Compliance Office staff at their offices in #157 Bryce Jordan Center. During this meeting, the Compliance staff will have the student-athlete complete an acknowledgment form and fully explain the Notification of Transfer process and potential impacts (removal from the team's active roster, loss of athletics aid, etc.). In accordance with NCAA rules, the ACO staff has two business days from the time the form is received to enter the S/A's name into the database.
- Anytime a S/A triggers the Notification of Transfer process, the ACO staff will inform the involved coaching staff that an entry into the Transfer Portal has been completed. Coaches do not have the ability to deny a S/As request to be included in the Transfer Portal or to speak with certain schools.
- A coach may reduce or cancel the athletically related financial aid of a student-athlete who has submitted a request to be included in the Transfer Portal. (see other potential actions in "coach discretion section below). If a request to enter the Portal is received between terms, athletics aid may be immediately cancelled. If the request is received during the Fall or Spring team, the effective date of the any reduction or cancellation of athletics aid will be the end of the team in which the request was received.
- All NCAA and Big Ten Conference transfer rules will apply, including the obligation for student-athletes in the sports of baseball, men's ice hockey, basketball and football to serve a year in residence upon transferring. When a student-athlete is planning to use the NCAA's "one-time transfer exception" for immediate eligibility, Penn State coaches retain the ability to approve or deny use of that exception with the understanding that any denial will trigger an appeal opportunity for



the involved student-athlete. Collectively, NCAA transfer rules will dictate a transferring student-athlete's ability to receive athletics aid, practice and compete at their new institution.

## **COACH DISCRETION - S/A STATUS ON TEAM ROSTER**

Coaches have broad discretion in determining the individuals who make up his or her team's active roster. This discretion includes, but is not limited to, removal from the roster for entering the Transfer Portal, athletic performance, behavior and academic performance. While NCAA rules do not limit a coach's ability to remove a team member from the active team roster, a student-athlete's continued receipt of athletically related financial aid is governed by NCAA rules. Student-athletes who are receiving athletics aid, but not on the active team roster remain subject to NCAA rules (academic progress requirements, etc.), all terms and conditions of the athletics grant-in-aid agreement and all drug testing programs.

## **CONTINUED RECEIPT OF ATHLETIC BENEFITS AFTER BEING REMOVED FROM A TEAM'S ACTIVE ROSTER**

As long as a student-athlete remains on the active roster of his/her sport(s), the student-athlete's access to all student-athlete benefits, such as nutritional support, medical care, facility access, etc., will remain intact. However, if he or she is removed from the active roster for any reason, all benefits related to varsity athletics participation shall immediately cease except:

- Health care, including rehabilitation, for an injury that resulted from athletics participation while a member of a Penn State varsity team.
- Ability to utilize academic support services provided by the Morgan Academic Center as noted in this section. Students who are removed from the team's active roster and not receiving athletics aid shall retain academic support benefits for the remainder of the semester in which the roster transaction was made. Students who continue to receive athletics scholarship funds retain access to academic support services for any academic term in which athletically related financial aid is received.

## **VEHICLE REGISTRATION**

All students, graduate and undergraduate, who live on or off campus, must register their vehicles and display a current parking permit if the vehicle is to be parked on campus. Vehicles must be registered

with the Parking Office in the Eisenhower Deck by the first day of classes and a University registration fee will be charged. Students residing on campus with 29 or fewer credits are not permitted to have a vehicle at the University Park Campus during Fall and Spring semesters.

Students must also register their vehicle with Intercollegiate Athletics Compliance Office, 157 BJC. Student-athletes have a continuing obligation to update their vehicle information file in the Athletics Compliance office (863-8048) if they change a vehicle or obtain a new vehicle. A student-athlete's obligation to register their vehicle with the Compliance Office applies to any type of motorized vehicle they have use of, regardless of whether the vehicle is leased, borrowed or purchased.

## **MOPED AND BICYCLE REGISTRATION**

All students, graduate and undergraduate, who own or operate a moped or bicycle must display a current registration tag issued by University Safety or the Borough of State College. There is no charge for this registration.

Bicycles and mopeds may be registered, inspected and licensed at the University regulations regarding parking. Student-athletes must pay all parking fines; outstanding fines will result in a registration hold.

## **MEDIA RELATIONS**

Student-athletes have a responsibility to the University, Penn State Intercollegiate Athletics and their teams to best represent Penn State when interacting with the media. The fans of the institution, sport and/or individual student-athletes have an interest in following the progress, career and intercollegiate experience of our student-athletes.

The opportunity for student-athletes to deal with the media is a learning experience in developing communication skills which can be helpful not only during the intercollegiate experience, but in future professional and business careers.

- Student-athletes should never agree to an interview unless arrangements have been coordinated by the Strategic Communications Office. This permits student-athletes to avoid contact by persons who may attempt to gain and use information for unauthorized or damaging purposes. A member of the Strategic Communications staff must arrange a time and method (phone, meeting, e-mail, etc.) to conduct the interview.
- Student-athletes should be aware of the



## NCAA, BIG TEN, PENN STATE® REGULATIONS

importance of time in scheduled personal interviews or in returning telephone calls arranged by the Strategic Communications office. If student-athletes encounter problems in a scheduled appointment, the Strategic Communications office should be notified immediately (814-865-1757).

- Student-athletes should not answer questions if they do not wish to respond. An acceptable response in any interview is, "Thank you, but I would rather not answer that question."
- If student-athletes do not feel comfortable with the questions, answers or general tone of the interview, they should discontinue the interview respectfully excusing themselves and immediately notify the Strategic Communications Office personnel at 814-865-1757.
- All student-athletes should recognize that the public acceptance and/or portrayal of them as student, athlete, teammate and citizen are often based on their interactions with the media.



## **MEDICAL SERVICES AND RESPONSIBILITIES OF THE DEPARTMENT AND STUDENT-ATHLETES**

### **When Are Medical Services Available to Injured Student-Athletes?**

Student-athletes may receive medical services for athletically related injuries and certain illnesses resulting from the participation in athletic activities, including team travel, competition, practices, tryouts and conditioning sessions during the playing season. Moreover, student-athletes also may receive medical services for athletically related injuries sustained during off-season practices and conditioning sessions, whether on or off campus, that are authorized, organized, and directly supervised by the following Athletics Department (the "Department") personnel: coaches, assistant coaches, strength and conditioning coaches, volunteer coaches or athletic trainers. Injuries and certain illnesses sustained during Department- or University-sponsored events, such as the Big Ten Media Day, President's Tailgate, NCAA-sanctioned international travel, and other similar events also are covered.

*For purposes of this coverage, "student-athletes" include varsity student-athletes, practice players whose names appear on the team roster, athletic training students, student managers, student coaches, mascots, as well as the members of the cheerleading squad, team rugby, band, and dance team.*

### **What Should a Student-Athlete Do When in Need of Medical Services for an Athletically-Related Injury?**

When in need of medical services for an athletically related injury, the student-athlete must contact the athletic trainer of the student-athlete's specific sport or activity as soon as practicable. The athletic trainer shall be responsible for coordinating any relevant medical services with the Team Physician, the Team Orthopedic Surgeon, and/or the Team Dentist. After the initial consultation, the athletic trainer shall abide by any standing order of the Team Physician, Team Orthopedic Surgeon, and/or Team Dentist. When under the care of a particular treating physician, the student-athlete may discuss any private medical issue with that treating physician directly and may choose not to inform the athletic trainer of the particular topic that was/will be discussed, but the treating physician

may choose to inform the athletic trainer to ensure the best level of care. For communication and record-keeping purposes, the student athlete must schedule any such appointment(s) to see the treating physician through the athletic trainer.

*This Chapter shall not be construed to limit or restrict the student-athlete's ability to choose his or her own health care or medical services providers. Nor shall it be construed to limit or restrict the student-athlete's access to a medical doctor of his or her own choosing. However, unless the student-athlete strictly adheres to the policies and procedures set forth in this Chapter, the student-athlete may not be eligible for coverage under the University's Athletic Injury Insurance Program or receive reimbursement from the Department.*

### **What if a Student-Athlete Needs Emergency Care?**

For medical emergencies, immediately call 911 and also contact the athletic trainer for the sport if he/she is not in attendance. Additionally, the coach or an individual overseeing the event should initiate the emergency procedures, as specified in the Department's Emergency Action Plan Handbook. For minor injuries or non-emergency injuries, please notify the athletic trainer before calling 911 or taking the injured person to the emergency room. When necessary, the athletic trainer is responsible for notifying the Team Physician. Please consult the Department's Emergency Action Plan Handbook.

### **What Medical Services Are Available to Injured Student-Athletes?**

#### *Team Physician*

The Team Physician provides comprehensive primary care, including non-surgical orthopedic care, for athletically related injuries and certain illnesses, and facilitates the student-athlete's entry into the health care consultant system within and, if necessary, outside of the University. The Team Physician has absolute and final authority in determining the physical fitness of any student-athlete prior to participation in practice and/or competition. Additionally, whether a student-athlete may participate in a practice or competition after an injury or illness is at the sole discretion of the Team Physician.



### *Team Orthopedic Surgeon*

Services of the Team Orthopedic Surgeon are available upon a referral by the Team Physician and/or the athletic trainer. To ensure continuity of care, student-athletes shall communicate special orthopedic issues to the Team Physician and/or the athletic trainer, who then is responsible for coordinating with the Team Orthopedic Surgeon. Once under the care of the Team Orthopedic Surgeon for a specific injury, the student-athlete shall have direct access to the Team Orthopedic Surgeon, but, for communication and record-keeping purposes, must schedule any such appointment(s) through the Team Physician and/or athletic trainer.

### *Team Dentist*

The Team Dentist is available only through a referral by the Team Physician and/or the athletic trainer. The Team Dentist performs initial dental exams, emergency dental care, and consultations. Athletically related injuries are evaluated and treated by the Team Dentist, and when appropriate, injuries requiring special dental procedures will be referred to local dental specialists.

### *Athletic Training Services*

The Director of Athletic Training Services/Assistant Athletic Director for Athletic Training Services is responsible for the overall supervision of the athletic trainers and for the assignment of athletic trainers to the various athletic teams and for athletic event coverage.

### *Athletic Trainer*

Athletic trainers are available to provide treatment, rehabilitation, advice, and consultation. Athletic trainers shall be qualified to handle medical emergencies and have the sole responsibility, in the absence of the Team Physician, to make decisions concerning immediate first aid, CPR, and/or hospitalization of a student-athlete, and the decision as to whether a student-athlete continues to participate after an injury. All coaches shall abide by these decisions.

Athletic trainers shall abide by any standing order of the Team Physician, Team Orthopedic Surgeon, and/or Team Dentist.

### *Athletic Training Students*

Athletic training students operate under the supervision of a staff athletic trainer and are assigned as needed. Athletic training students assigned to specific sports teams shall be qualified to provide emergency health

care (e.g., first aid, CPR, etc.) and shall abide by all policies set forth by the departments of Kinesiology and Intercollegiate Athletics.

### **May a Student-Athlete Obtain a Second Opinion?**

After the initial referral by the athletic trainer, the student-athlete shall consult with the athletic trainer and Team Physician regarding the evaluation, treatment, or management of an athletically related illness or injury. If the student-athlete would like to seek a second opinion, he or she shall be responsible for any costs associated with the second opinion. The Director of Athletics or designee, however, may determine, after consulting with the athletic trainer and treating physician, that under the particular circumstances of the case there is justifiable reason for the Athletic Department to pay for the second opinion. (Appendix a: Student-Athlete Request for Second Medical Opinion)

### **Does the Department Provide Student-Athletes with Insurance Coverage?**

Student-athletes are covered under the University's Athletic Injury Insurance Program for any qualified athletically related injury and certain illnesses. The University's Athletic Injury Insurance Program provides excess coverage for medical expenses not covered by the student-athlete's personal or family medical, dental, or vision insurance, and lasts for a period of 2 years from the date the student-athlete sustained a covered injury. The University's Athletic Injury Insurance Program covers athletically related injuries and certain illnesses resulting from participation in intercollegiate athletic activities, including team travel, competition, practices, tryouts, and conditioning sessions during the playing season. Moreover, student-athletes also may receive medical services for athletically related injuries sustained during off-season practice and conditioning sessions, whether on or off campus, that are authorized, organized, and directly supervised by designated Department personnel. The Athletic Injury Insurance Program also covers University-sponsored special events, such as the Big Ten Media Day, President's Tailgate, NCAA-sanctioned international travel, and other similar events.

Student-athletes may be covered by a separate insurance plan when traveling internationally for an athletic event. For more information regarding travel coverage, please consult the University's Travel Policy, available for review at <https://guru.psu.edu/policies/PennStateTravelPolicy.html>.



Non-international student-athletes who are not covered under a personal or family health insurance plan or those who lose insurance coverage during a playing season shall submit a copy of the “Affidavit of No Insurance” to Penn State Sports Medicine, Office of Athletic Insurance & Billing. In those instances, the Athletic Injury Insurance Program will become the student-athlete’s primary insurance, but only for qualified athletically related injuries or certain illnesses under the guidelines of the plan. For questions relating to the Athletic Injury Insurance Program, please contact the Risk Management Office. (Appendix b: Declaration of No Insurance).

### **How Are Medical Bills Processed?**

Medical expenses incurred for a qualified athletically related injury or illness will first be submitted to the student-athlete’s personal or family health insurance plan. Any deductible or portion of legitimate expenses not covered by the personal or family health insurance plan shall be submitted to Penn State Sports Medicine, Office of Athletic Insurance & Billing for payment under the Athletic Injury Insurance Program. If the student-athlete or his or her parent or legal guardian receives a check directly from the insurance company, the student-athlete shall ensure that the payment is forwarded to the Athletic Department for processing. The student-athlete shall be responsible for any medical expenses arising out of any non-athletically related injury or illness that is not covered by the student-athlete’s personal or family health insurance plan. If and when the Team Physician or Team Dentist refers the student-athlete to an outside physician, dentist, or health care facility, and the student-athlete incurs a balance for such services that is not covered by the student-athlete’s family or personal health insurance, or according to that insurance policy’s guidelines, or the University’s Athletic Injury Insurance Program, then the balance for those services shall be submitted to the Department for payment.

### **What if a Student-Athlete Requires a Medical Procedure or Treatment That is Not Covered by the Athletic Injury Insurance Program in Order to Participate Successfully in an Athletic Activity?**

The Athletic Department, at its sole discretion, may pay for costs or fees associated with medical procedures or treatment that may be necessary for the student-athlete’s participation in an athletic activity, but that may not qualify for coverage under the University’s Athletic Injury Insurance Program. Such medical

procedures or treatment may include the cost of treatment for routine illnesses, physical exams, routine dental care, services by certified athletic trainers, or other medical services.

Any costs and fees incurred from treatment will first be submitted to the student-athlete’s personal or family health insurance plan. Any deductible or portion of the legitimate expenses not covered by the personal or family health insurance plan shall be submitted to the Athletic Department for payment. If the student-athlete or his or her parent or legal guardian receives a check directly from the insurance company, the student-athlete shall ensure that the payment is forwarded to the Athletic Department for processing. (Appendix c: Student-Athlete Request for Outside Surgery)

Medical services are not available for:

- *An injury or illness occurring in a practice, event, or competition that is not supervised, organized, or sponsored by the University or the Department.*
- *An illness or injury occurring after the completion of athletic eligibility, unless the student-athlete was under treatment by the Team Physician or Dentist prior to the completion of the student-athlete’s eligibility and he/she has remained under such treatment.*
- *Services for routine or preventive dental care, including treatment for cavities, cleaning, impaction, and corrections of congenital defects that did not result from an illness or injury occurring in a practice or competition organized or sponsored by the University or the Athletic Department, unless it is necessary for the student-athlete’s participation in an athletic activity.*
- *Contact lenses outside of academic calendar year and glasses unless approved by the Sports Medicine Administration.*
- *Routine vaccinations, unless required for international team travel.*

### **Are Transportation and Other Treatment-Related Expenses Covered by the Department?**

The Athletic Department will determine, on a case-by-case basis, whether to cover the transportation and other treatment-related expenses incurred by a student-athlete as a result of an athletically related injury or illness. (Appendix d: NCAA Student Assistance Fund Policies & Guidelines for Emergency Travel)



## **NUTRITION AND REPORTING OBLIGATIONS**

Nutrition counseling is available to all student-athletes. A registered dietician is available to provide team-wide lectures and seminars on sports nutrition and to provide individual student-athletes with dietary assessments and personal counseling. Please contact the sport-specific athletic trainer for more information. If a coach or an athletic trainer has reason(s) to believe or has documented evidence that a student-athlete's weight is impeding or impairing his or her performance, the coach or the athletic trainer should advise the student-athlete of the nutrition counseling services.

If a coach, an athletic trainer, or a student-athlete has reason(s) to believe that a particular student-athlete suffers from an eating disorder, that individual shall notify the Team Physician or the Assistant Athletic Director for Performance Nutrition, who is then responsible for notifying the Team Physician. The Team Physician shall be responsible for ruling out any potential underlying medical concerns and shall refer the student-athlete to the appropriate campus psychologist. As part of the treatment plan, the psychologist may refer the student-athlete for nutrition counseling.

## **FUNCTIONAL TESTING**

Functional testing of student-athletes may be conducted to provide input for the planning of individualized conditioning programs, as well as to identify muscle strength and imbalances, and any potential for injury. The testing is coordinated through the Director of Performance Enhancement or designee, athletic trainers, and the Team Physician.

## **VISITING TEAMS**

The athletic trainer assigned to the sport shall be responsible for notifying the medical staff of the visiting team about any available medical coverage, equipment, ambulances, local hospitals, and other applicable services. In addition, it is strongly recommended that the head coaches or designee of the respective teams communicate regarding available medical coverage and facilities.

### **Visiting Teams Without Medical Personnel**

Any visiting team requesting medical coverage, shall notify the athletic trainer in that sport at least one (1) week before the scheduled contest. The athletic trainer shall respond promptly to the visiting team of the available services. Although providing the requested assistance or coverage would be desirable,

it generally is not always possible to do so.

### **Visiting Teams-Illness or Injury**

While a visiting team is at Penn State or in the State College area for an event with a Penn State intercollegiate team, all Penn State medical personnel and facilities shall be available to the visiting student-athletes as requested. Visiting student-athletes shall be evaluated and treated in the same manner as Penn State student-athletes. However, Penn State shall not be responsible for any associated medical costs that may be incurred by the visiting team.

## **PHYSICAL EXAMINATIONS**

Prospective student-athletes, team rugby members, and cheerleaders must not have had any disqualifying abnormalities on a physical examination performed by a licensed physician within the twelve (12) months prior to trying out for an athletic team or cheerleading squad. Before participating in any athletic activity at Penn State, each student-athlete or cheerleader who is selected to become an official member of the team shall submit to a pre-participation physical examination and a medical history evaluation, which shall be performed by the Team Physician. Each student-athlete or cheerleader shall submit to another physical examination and medical history evaluation within three years of the pre-participation examination, unless the information provided through the online annual health care update triggers another physical examination (see below).

The Big Ten requires an annual review of the health status of each student-athlete and cheerleader. Thus, each student-athlete and cheerleader is required to complete an online annual health care update. Any reported changes may trigger further evaluation and, at the Team Physician's discretion, a physical examination may be required at that time.

The head coach of each sport shall be responsible for ensuring that this policy is strictly followed. In addition, head coaches are responsible for ensuring that all student-athletes comply with this physical examination policy.

### **Walk-Ons, Try Outs, Recruits**

Coaches shall secure a signed Medical History Form from each candidate. Prospective student-athletes with no disqualifying abnormalities who have not had a physical exam conducted by a licensed physician within the previous twelve (12) months shall obtain a physical examination at their own expense and



present a copy of the physical examination before participation will be permitted.

### **Departing Student-Athletes**

A student-athlete who voluntarily leaves a team shall submit to a physical examination and a medical history evaluation before he/she is permitted to depart the team.

### **Ineligible Student-Athletes and Transfers**

Coaches who permit student-athletes who are academically ineligible, or those who have transferred from another school, to participate in scheduled practices or scrimmages, shall require such student-athletes to submit to a physical examination and a medical history evaluation.

## **ALLIED HEALTH CARE PROFESSIONALS CLEARANCE POLICY**

Allied Health Care Professionals may be used for certain types of athletically or medically related services or conditioning services. These services may include but are not limited to those performed by massage therapists, social workers, psychologists, chiropractors, physical therapists, yoga or Pilates' instructors, or team building instructors.

*Coaches and staff members who wish to schedule these services for the team must first contact their sport athletic trainer to ensure that the necessary forms and documents, including a Memorandum of Agreement and a signed contract, are properly executed. For detailed instructions regarding this process, please refer to the document entitled "Allied Health Care Professionals (Non-Penn State University) Approval Form," (Appendix e). For additional questions regarding this process, please contact each sport administrator.*

## **INFECTIOUS WASTE DISPOSAL**

Please refer to University Policy SY29, Infectious Waste Disposal, available at <http://guru.psu.edu/policies/SY29.html>, for the handling and disposal of infectious waste.

## **CONCUSSION**

### **WHAT IS A CONCUSSION?**

**A concussion is a brain injury that:**

- Is caused by a blow to the head or body.
- Occurs from contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.
- Can change the way your brain normally works.
- Can range from mild to severe.

- Presents itself differently for each athlete.
- Can occur during practice or competition in ANY sport, as well as outside of sport.
- Can happen even if you do not lose consciousness.
- Can cause disordered sleep patterns.

### **HOW CAN I LIMIT THE RISK OF CONCUSSION?**

**Basic steps you can take to protect yourself from concussion:**

- Do not initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
- Avoid striking an opponent in the head. Undercutting, flying elbows, stepping on a head, checking an unprotected opponent, and sticks to the head all cause concussions.
- Follow your athletics department's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Practice and perfect the sport skills.

### **WHAT ARE THE SYMPTOMS OF A OF CONCUSSION?**

**Basic steps you can take to protect yourself from concussion:**

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.

Concussion symptoms can include, but are not limited to:

- Amnesia.
- Confusion.
- Headache.
- Loss of consciousness.
- Balance problems or dizziness.
- Double or fuzzy vision.
- Sensitivity to light or noise.
- Nausea (feeling that you might vomit).
- Feeling sluggish, foggy or groggy.
- Feeling unusually irritable.
- Concentration or memory problems (forgetting game plays, facts, meeting times, academic difficulties).
- Slowed reaction time.

Exercise or activities involving a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.



### WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

**Don't hide it.** Tell your athletic trainer and coach. Never ignore a blow to the head. Also, tell your athletic trainer and coach if one of your teammates might have a concussion. Sports have injury timeouts and player substitutions so that you can get checked out.

**Report it.** Do not return to participation in a game, practice or other activity with symptoms. The sooner you get checked out, the sooner you may be able to return to play.

**Get checked out.** Your team physician, athletic trainer, or health care professional can assess whether you have had a concussion and help determine when you are cleared to return to play. A concussion can affect your ability to perform everyday activities, your reaction time, balance, and sleep as well as classroom performance.

**Take time to recover.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage and even death. If you are diagnosed with a concussion, contact your counselor at the Morgan Academic Center (MAC) as soon as possible. The sports medicine team can help organize this if needed.

### MEDICAL BILLING, PAYMENT AND INSURANCE

Costs for routine medical care and rehabilitation (as allowed by NCAA, Big Ten Conference, and Penn State University regulations) provided in the athletic training room by the Penn State medical team are met as part of the annual budget of Intercollegiate Athletics through The Penn State Sports Medicine Department. All services provided outside of the athletic training room will generate a bill for the service.

Our billing process has been recently updated to ensure accurate billing of insurance for internal and external medical and rehabilitation services. For all treatment and rehabilitation services performed by the athletic trainers through the athletic training rooms, an insurance billing process is completed through our third party billing partner Vivature. Please know that while you will not receive bills for any medical or rehabilitation services performed in the athletic training room, you will receive an Explanation of Benefits (EOB) that details the services provided. **The EOB is not a bill and you are not expected to make any payment for services performed in the athletic**

**training room. You may see increased activity on the EOB's, but the service will not increase any of your personal costs or your insurance premium, either now or in the future. Any co-pay or deductible for these services provided in the athletic training room will be paid by Penn State Intercollegiate Athletics.**

Services outside of the athletic training room will be processed first through the student's primary health insurance. Any remaining balance will then be processed through our medical service provider, Milton S. Hershey Sports Medicine, who is listed as a secondary insurance. For all injuries or illnesses that incur a bill, the student-athlete's personal or family health insurance is billed first. **If the injury or illness is a direct result of participation in an athletic event that is supported by Penn State Intercollegiate Athletics (ICA), any remaining balance will be covered by the ICA secondary insurance.** This includes deductibles and/or co-pays, and any additional out-of-pocket costs. As long as accurate primary student health insurance information has been provided, these expenses are automatically paid at the time they are due. Parents or guardians should be notified by their insurance company when a claim has been filed against their insurance. If the insurance company sends the check to the student-athlete's parents, they will be required to send the payment to Penn State by way of the Insurance Coordinator (814-235-4775). Failure to do so is an NCAA violation.

**For services that are provided outside of the athletic training room for injuries or illnesses that are NOT athletically related, all bills will be processed through the student's primary insurance. Any costs left over after payment by the primary insurer will be the responsibility of the student. In some cases, at the sole discretion of Penn State ICA, these costs may be paid by Penn State ICA.**

Medical bills are determined to be athletic related or non-athletic related by the athletic trainers, team physicians and the ICA administration.

Student-athletes are not eligible to receive medical treatment through the Department of Intercollegiate Athletics for illness or injury that occurs after they have exhausted their eligibility, or are no longer part of the team (quit, dismissed, etc.), except in the case of an injury or illness that began as a direct result of participation in an athletic event that was supported by Penn State Intercollegiate Athletics (ICA) while they were on the roster. Penn State ICA will assume financial responsibility for care of athletically related injuries for up to two years following either graduation or separation



from the institution, or until the student-athlete qualifies for coverage under the NCAA Catastrophic Injury Insurance Program, whichever occurs first.

Intercollegiate Athletics shall not be financially responsible for medical services pertaining to:

- a. Illness or injury occurring in non-athletically related activities or athletic events outside of those sanctioned by Penn State Intercollegiate Athletics;
- b. Medical service for illness or injury after completion of athletic eligibility, unless the case has remained under treatment by the Sports Medicine Department, their physicians or medical consultants at the completion of the student-athlete's participation;
- c. Normal dental care such as treatment for cavities or cleaning;
- d. Contact lenses, unless specified for athletic participation by the team physicians;
- e. Immunization or desensitization (allergy) injections.

## PERFORMANCE NUTRITION

### OVERVIEW AND GENERAL SERVICES

**The Performance Nutrition Department is led by a team of Registered Dietitians who serve as members of the Sports Performance Team.** A Registered Dietitians (RD) or Registered Dietitians Nutritionist (RDN) is a licensed food and nutrition expert who can translate the science of nutrition into practical solutions for health, wellbeing, and sport performance.

Within Intercollegiate Athletics, the dietitians oversee all aspects of student-athlete nutrition and meals for training and competition. They promote food as fuel and educate and empower student-athletes to eat for both wellness and performance.

The overarching services include Education (both team and individual), counseling (clinical and sport), supplement safety, body composition testing, fuel stations, meals, competition nutrition, hydration, and injury recovery and prevention.

#### PRIMARY OFFICE LOCATIONS:

- 1) Lasch Complex Performance Suite # 122a
- 2) 155 Recreation Hall

#### CONTACT INFORMATION:

**Nikki Jupe**, Assistant Athletic Director for Performance Nutrition Services  
Nqj5192@psu.edu

**Nick Yonko, RD, LD, CSCS**: Assistant Director for Performance Nutrition Services  
nionko@psu.edu

**Leanne Louden, MS, RD**: Performance Dietitian  
cll5385@psu.edu

**Maria Blesh, MPS, RD, LDN**: Fuel Station Manager for Performance Nutrition  
mks121@psu.edu

### EDUCATION AND COUNSELING

**Overview:** Each team is assigned a primary Registered Dietitian and nutrition education and counseling is available through them. Education can be conducted as a team event or individualized and may be focused on performance, health, or both.

**Performance:** Learning how to properly eat and hydrate around workouts will enhance the body's ability to train harder, recover more quickly, and ultimately maximize physical development. Services that directly correlate to conditioning and nutrition include but are not limited to body composition, training and competition weights, energy and hydration, injury and illness prevention and recovery, and performance driven outcomes.

**Consultations:** Penn State's nutrition team focuses on assessing the person's health first and their athletic performance second. Consultations can be requested for various reasons, including but not limited to; general health, performance, injury recovery/prevention, disordered eating/eating disorders, digestive health, bodyweight, or composition goals, etc. In conjunction with members of sports medicine and the campus health center, the dietitians work together to provide comprehensive care to those struggling with disordered eating and eating disorders. An eating disorder care team is often formed to support those in need. This typically includes the team dietitian, team physician, athletic trainer, and HEALS (Healthy Eating and Living Support) members such as an ED physician and counselor. Cases are typically managed by the team physician and guided by the Registered Dietitian.

### SPECIAL DIETARY NEEDS

Those with special dietary needs such as food allergies, intolerances, or pre-existing medical nutrition conditions (ie: diabetes, celiac, Crohns, sickle cell etc) should contact their team dietitian to initiate care and secure resources. The dietitian can also network the student to the appropriate resources on campus.

### DIETARY SUPPLEMENTS

Penn State takes a food-first approach and believes that the nutritional needs of student-athletes should be met through their diet, not supplementation. In



accordance with NCAA rules, Penn State has appointed the Performance Nutrition Department as the primary resource for questions involving nutrition supplements. The NCAA has a “20XX- 20XX Banned Substance List” that is updated each year. The latest list can be found here. <https://www.ncaa.org/sport-science-institute/topics/2020-21-ncaa-banned-substances> Student-athletes must comply with the NCAA Banned Substance policy to ensure safety and eligibility in sport. The athletes’ responsibility is to have supplements reviewed by the nutrition or sports medicine staff before purchasing or consuming. Negligence is not an excuse. Please refer to Penn State’s Drug Testing Policy for more information on how Penn State and the NCAA test for banned substances and their respective penalties for consumption.

### **BODY WEIGHT/COMPOSITION BEST PRACTICES**

Body composition assessments are conducted via the Bod Pod. Testing is not mandatory unless there is an underlying medical concern and ordered by a physician. Test results do not dictate performance outcomes or competition decisions; they aid in the assessment of trends that may affect health or performance.

Body weight may be periodically checked as a part of a medical check-up or to assess hydration status. Coaches are not permitted to check weights. If an individual wishes to change their body weight, research recommends no more than a two-pound change per week.

### **FUEL STATIONS**

Food and hydration stations (fuel stations) are placed throughout various training facilities to encourage proper nutrition or “fueling” for training sessions (i.e., lift, practice, etc.). Fuel stations provide the student-athlete with optimal energy to meet the demands of their training and recovery. They also provide a learning environment for nutrition education and exploration. The available products at the fuel stations are tailored to meet specific nutrient requirements and serve the below purposes:

- Pre-workout
- During workout
- Post-workout
- Enhancements: Electrolytes, Vitamins, Cherry Juice...

There are 11 fuel stations across our campus.

Rec Hall, Bryce Jordan Center, Lasch Complex, East Area Locker Room, Pegula Ice Arena, McCoy Natatorium, Tombros, White, Multisport, Beard Field, Medlar Field

### **WEIGHT CONTROL EATING DISORDER POLICY:**

Optimizing nutrition and body composition can have a role in performance. However, achieving the best body composition must be carried out in a safe and healthy manner. Eating disorders result from multi-factorial etiologies that can be triggered by environmental factors. Weighing athletes, punishment for lack of weight control and linking weight to performance can lead to pathogenic weight control behaviors and ultimately eating disorders. Therefore, the following policy on weight control has been developed for assisting athletes, coaches, and trainers. This policy allows for initial assessment and safe monitoring of body weight and composition, as well as evaluation of appropriate weight goals. The policy creates a foundation for promoting healthy weight control behaviors.

### **WEIGHT CONTROL POLICY:**

- Coaches do not have sole responsibility for monitoring weight control of athletes.
- An athlete should consult the sports nutritionist, athletic trainer or Team physician to request an initial assessment as well as on a periodic basis for advice on healthy weight control.
- Body composition should be assessed early in the athlete’s first season, and weight control should be sought on the basis of percent body fat rather than body weight or a weight/height ratio.
- An athlete’s goal for body composition should be made with regard to a range of values determined by the athlete in consultation with the coach, nutritionist, certified athletic trainer, and team physician.
- Current professional recommendations are for no more than 2 pounds of weight loss per week.

### **PERFORMANCE PSYCHOLOGY**

Recognizing the multiple demands, pressures, and developmental needs of Division One programs, the Department of Intercollegiate Athletics employs a full-time Assistant Athletic Director for Performance Psychology Services. This position is housed in the Morgan Academic Center and exists in order to educate and mentor coaches, student-athletes, service providers, and administrators on evidence-based best practices in sport and performance psychology services, organizational dynamics and culture development, and leadership in order to help prepare our student-athletes for a lifetime of impact.

# STUDENT-ATHLETE WELFARE AND DEVELOPMENT



Services include education on mental skills known to influence performance excellence, such as confidence, concentration, energy management, visualization, goal setting, communication, composure, leadership, mental toughness, etc. A majority of this education takes place in team settings, but individual assistance is also available to help student-athletes effectively respond to adversity and success, as well as break through to new heights in performance. This position also maintains a collaborative relationship with CAPS and facilitates referrals for services as appropriate.

## STUDENT-ATHLETE WELFARE AND DEVELOPMENT

Student-Athlete Welfare & Development is committed to the holistic development of student athletes, and will provide the education, resources, and opportunities that support learning and the development of essential life skills vital to student-athletes success at Penn State and beyond.

Student-Athlete Welfare and Development focuses on five key areas: personal/professional development, leadership development, community service/outreach, and awards/celebrations/orientations.

### PERSONAL DEVELOPMENT

Summer Bridge: FIRST YEAR student- athletes meet once a week over Summer Session II to discuss college transition topics with SWD and with Morgan Academic Center staff to build relationships and acclimate to the University Park campus and State College community.

ICA-Mobil Technology Program: Launched in Fall 2014, the program was established to provide the student-athletes of Penn State University with continuous and evolving access to resources which heighten their efficiency, productivity and connectivity as they seek to achieve high standards of academic and athletic excellence. All student-athletes, who are members of a varsity sport sponsored by Penn State University Intercollegiate Athletics Department, receive an iPad at the beginning of the semester in which they enroll, that is fully protected with Apple-Care service, and a full suite of productivity apps and programs pre-installed.

Guest Speakers: Distinguished Alumni, Alcohol/ Drug Education, Leadership, Motivational, and Diversity & Inclusion

Additional Programs: Time Management, Team Building, Social Media Responsibility, and Safety & Awareness Education

### PROFESSIONAL DEVELOPMENT

Positive Transition Seminars (P.T.S.): The seminars are designed to prepare student-athletes for life after Penn State, and are provided based on a student-athletes academic year (Sophomore, Junior, Senior). The seminars are offered once each semester to optimize schedules and commitments within their sport. Examples of seminars: Elevator Pitch, Athletic Identity, Professionalism, Grad School, Personal Finance, HR Benefits, and Dining/ Work Etiquette.

Additional Programs: Resume and Cover Letter Construction (Monthly), Career/Major Exploration, Employer Information Panels, Networking Lions, Meet and Compete Program, and Pepsi & Nike Internships.

### LEADERSHIP DEVELOPMENT

Athletic Director's Leadership Institute (ADLI): Consists of three programs; the **Emerging** program for developing leaders as sophomores and juniors, and the **Veterans** program for established leaders as juniors, seniors, and returning 5th years, and the **360** program for students that have completed both the Emerging and Veteran programs. Guest Speakers and Interactive workshops are designed to define leadership, character, integrity, vocalization, and conflict management/resolution. Student- athletes are nominated by Head Coaches, Academic Advisors, and Student-Athlete Welfare & Development.

Student-Athlete Advisory Board (SAAB): The voice of Penn State student-athletes. All teams have at least two representatives nominated by their coaches and graduating SAAB members. The group meets monthly to discuss community service initiatives, health and awareness issues, academic needs, NCAA & Conference Initiatives, 800 STRONG events, etc. There are 5 Sub- Committees: Student Welfare, Outreach & Special Events, Communications, THON, and The Nittany's. (*Representatives must join at least one sub-committee.*)

### COMMUNITY SERVICE

Working with local and national organizations Student-Athlete Welfare & Development helps to coordinate and provide opportunities for Penn State student-athletes to be involved in the campus and greater community at-large. Examples: Reading Rewards program, Special Olympics, United Way, Relay for Life, Stand for State, LifeLink PSU, Centre Country Women's Resource Center, and THON.

THON: The yearlong effort to raise awareness for the



# AWARDS AND EQUIPMENT

fight against pediatric cancer. Each February dancers (including student-athletes) are on their feet for 46 hrs. of no-sleep and no-sitting! THON has raised over \$150 million dollars since 1977. Student-Athletes play a significant role the final weekend of THON by participating in the Athlete Hour (student-athletes entertain and play with THON children and their families) and Pep Rally (annual dance battle between teams in support of the efforts of the marathon dancers).

## AWARDS/CELEBRATIONS/ORIENTATIONS

New Student-Athlete Orientation/Welcome: The program is designed to welcome ALL First-Year student-athletes and their families to the Penn State Athletics Department. Students and their families are provided useful information, Q&A opportunities, and hear from administrators, staff, and current/former student-athletes. The program is conducted in the Summer and Fall.

The NITTANYYS: The marquee end of year social-celebratory event for the Athletics Department and the Morgan Academic Center was created by the Student-Athlete Advisory Board (SAAB) and Student-Athlete Welfare & Development. The NITTANYYS was established to showcase the many accomplishments of Penn State student-athletes academically, athletically, and in the community throughout the academic year. Student-Athletes host and present all the awards.

Award Nominations: Working with athletic administration, campus partners, and the NCAA; Student-Athlete Welfare & Development assists with the identification and nomination of student-athletes and teams for campus, conference, and NCAA awards/scholarship opportunities.

## AWARDS

All student-athletes are eligible to receive awards. Those receiving participation awards for each team must be certified by the respective coach. The Athletics Compliance Office manages the varsity "letter awards" program for student-athletes who have earned varsity letters in a particular sport(s) according to the following guidelines:

### Varsity Award - First Participation Award

Penn State Letter Jacket

### Varsity Award - Second Participation Award

Framed Varsity Letter

### Varsity Award - Third Participation Award

Varsity S Blanket

### Varsity Award - Fourth Participation Award

Senior Letter Ring

The award ring is granted to senior award winners who have lettered four years and are in their senior year or last year of eligibility.

### Varsity Award - Double Sports

A framed certificate will be awarded for recognition of a varsity participation award earned in a second sport.

### Manager Awards

1st Year Award: Penn State Letter Jacket

Senior Award: Varsity "S" Blanket

### Big Ten Champion

A ring will be awarded for attaining a Big Ten Championship. Individual event Big Ten Champions will receive the Conference Championship Award.

*NOTE: For a summary of all NCAA limitations related to participation, championship and special achievement awards please refer to the charts (Figures 16-1, 16-2 and 16-3) at the end of Bylaw 16 (Awards & Benefits) in the NCAA Division I Manual.*

## ATHLETIC EQUIPMENT

In accordance with University and NCAA rules, Intercollegiate Athletics will provide athletic equipment and clothing for all student-athletes participating in the athletic program. Student-athletes will be required to return equipment and certain clothing apparel at the end of each sport season. Failure to return Intercollegiate Athletics' equipment and clothing on time will result in a registration hold.

## FINANCIAL AID

### WHAT IS AN ATHLETIC GRANT-IN AID?

All athletic grant-in-aid funds awarded to Penn State student-athletes are provided by private contributions from over 15,000 individuals and corporations in support of Penn State Intercollegiate Athletics. These individuals and corporations are then recognized as members of the Penn State Nittany Lion Club.

Student-athletes awarded athletic-related financial aid is limited in the amount of other forms of financial aid sources which they may receive. The Office of Student Aid (314 Shields Building) is responsible for monitoring financial aid records of all student-athletes and making the necessary adjustments to assure compliance with NCAA, state, and federal financial regulations.



## **FINANCIAL AID AVAILABLE TO STUDENT-ATHLETES**

- Full or partial athletic grants-in-aid.
- Funds administered by the institution. (e.g., grants, loans, on-campus employment).
- Government Grants and Loans: Domestic student-athletes are permitted to receive funding from government programs such as the Pell grant, Federal Direct Stafford Loan, and the Federal Direct Parent PLUS Loan in addition to their athletic grant-in-aid. Contact the Office of Student Aid, 314 Shields Building, for information on eligibility rules and how to apply.
- Financial Aid from an Established and Continuing Program. A student-athlete may receive financial aid through an established and continuing program to aid students provided (1) the recipient's choice of institutions is not restricted by the donor of the aid and (2) there is no direct connection between the donor and Penn State; and (3) the financial aid is not provided by an outside sports team or organization that conducts a competitive sports program to an individual who is or has been a member of that team or organization. All awards from outside agencies must be reported to the Office of Student Aid and the Athletics Compliance Office for review. It is possible that an award from an outside program may have to be declined in order to maintain athletic eligibility.
- Student-athletes with extreme financial emergencies may receive available assistance for specific uses. Contact the athletic grant coordinator in the Athletics Compliance Office. Situations are reviewed on a case-by-case basis.

NCAA Bylaw 15.01.2 Improper Financial Aid states any student-athlete who receives financial aid other than that permitted by the Association shall not be eligible for intercollegiate athletics.

### **SUMMER**

Summer athletic grants-in-aid may be awarded to student-athletes who (1) are beginning their Penn State education in the summer prior to initial full-time enrollment; (2) scholarship student-athletes who were enrolled during the preceding academic year; (3) student-athletes who will be receiving a grant-in-aid for the following academic year. The amount of the summer grant-in-aid in any of the preceding instances is determined in accordance with applicable NCAA and Big Ten Conference rules. Receipt of summer aid is not guaranteed and may be less than the amount

received during the regular academic year. Requests for summer athletic aid must be recommended by the Morgan Academic Center, approved by the head coach, and final approval by the appropriate sport administrator. Awarding summer school athletic aid is governed by applicable NCAA, Big Ten and Penn State policies and procedures. Requests for policy exceptions can be made by the coach, on behalf of the student-athlete, to the appropriate sport administrator. NCAA bylaws do not permit funding from an athletic grant-in-aid to be used to pay for expenses at any other institution, which includes Penn State campus locations and World Campus courses.

### **SUMMER — WEB-BASED COURSES**

If planning to schedule a Web-based course, student-athletes are required to discuss the course and circumstances with their Morgan Academic Center counselor.

In circumstances (e.g., required to be away from campus) in which a stand-alone, Web-based class is approved by the appropriate sport administrator, the athletic aid will cover no more than tuition, fees and course-related books.

### **POLICY: REGULAR FULL-TIME ENROLLMENT (FALL & SPRING SEMESTERS)**

All student-athletes, except those in their final semester requiring less than 12 credits to graduate, must be enrolled full-time at the university (registered in a minimum of 12 credits/semester) to be eligible to practice and compete in intercollegiate athletics.

### **STUDY ABROAD**

Intercollegiate Athletics considers Penn State study abroad opportunities a privilege. The intent of this policy is to require that student-athletes present sound rationale when requesting athletic department financial support for study abroad programs.

### **PROCEDURES FOR REQUESTING STUDY ABROAD APPROVAL**

1. Student-athletes must submit an application/request form (obtained from the Morgan Academic Center) that includes a written rationale and signatures of support from the head coach and Morgan Center counselor. Final written approval from the Sport Administrator and the Assistant Athletic Director for Compliance is required. Student-athletes will not be reimbursed for study abroad programs without prior written approval.



## FINANCIAL AID

2. Student-athletes must meet with their college major advisor to review study abroad options, determine that the credits will meet degree requirements and create an academic plan. An approved study abroad program must provide student-athletes with credits toward their major or minor requirements or otherwise qualify as required experience.
3. Student-athletes must submit the Morgan Center application/request form prior to filing an application in the Study Abroad Office.
4. The application/request form must be submitted two weeks prior to the study abroad program application deadline.

Depending upon the situation and approval, student-athletes' bursar accounts will be credited with their previously approved amount of athletic aid. The grant-in-aid amount will be calculated at the same rate that would have been awarded if the student-athlete had taken courses at PSU.

*\* A student-athlete will not be reimbursed for any extra fees incurred for the study abroad program. This includes, but is not limited to, registration fees, application fees, travel costs, etc.*

### INTERNAL REVENUE SERVICE INCOME RULES

#### DOMESTIC STUDENT-ATHLETES

United States tax law provides that the amount of a grant-in-aid exceeding tuition and fee charges may be subject to tax (see IRS Publication 970 for additional information). The University will issue a Form 1098-T in January each year to every student outlining the amount of financial aid received and the cost of applicable tuition and fees.

Domestic student-athletes should consult a tax professional to determine what, if any, tax liability they may have as a result of their athletic grant-in-aid and/or other financial aid sources.

#### INTERNATIONAL STUDENT-ATHLETES

United States tax law requires the University to withhold 14% of the amount of any scholarship funding that exceeds the cost of tuition and fees. This withholding occurs any time scholarship funding is disbursed to a student's Bursar account. Student-athletes from a country which has entered into a tax treaty with the United States are exempt from this tax law provision and will need to complete Form W-8BEN.

A list of countries with a tax treaty, as well as the form, may be found at [bursar.psu.edu](http://bursar.psu.edu). Each January, international students are issued a Form 1042-S by the

University, which may be used to assist in filing a tax return with the United States government.

In order for Penn State to properly report tax information to the United States government, all students are required to have either a Social Security Number (SSN) or an Individual Taxpayer Identification Number (ITIN) on file with the University. Failure to obtain this information and provide it to the appropriate University offices will delay disbursement of scholarship funding, course scheduling and registration and will result in an increase to the applicable tax rate.

Information on obtaining an SSN or ITIN is available at the University Office of Global Programs (<https://global.psu.edu>). The staff in the Office of Global Programs is also available to assist with any other international student-related questions or concerns which may arise.

### RETAINING A GRANT-IN-AID

In accordance with NCAA legislation and Big Ten Conference philosophy, an athletic grant-in-aid will neither be reduced nor cancelled provided the student-athlete remains in good standing with the community, Penn State University, and the Department of Intercollegiate athletics. This policy applies to student-athletes who receive athletic related financial aid in their first year of enrollment at Penn State.

Student-athletes who exhaust their eligibility and still need additional academic time to complete their program may be authorized for additional athletics aid. In equivalency sports, any additional aid will be commensurate with prior athletic awards.

### EXCEPTIONS TO RENEWAL POLICY

- An athletic grant-in-aid may be reduced or canceled if the student-athlete prompts any of the conditions stated in Schedule A of the Big Ten Conference Tender of Financial Aid (listed below):  
Penn State Athletics reserves the right to reduce or cancel your athletically related financial aid during the period of the award under any of the following conditions:
  - You render yourself ineligible for intercollegiate competition under NCAA, Big Ten Conference, or Penn State rules or standards
  - Any action that is contrary to provisions of the "Code of Conduct, Policy Statements, and Social Networking" section of the Penn State Student Athlete Handbook (<http://www.gopsusports.com/compliance/current-student-athletes.html>)
  - You are found to have breached the Penn State University Code of Conduct (<http://student>)



[affairs.psu.edu/conduct/codeofconduct/](http://affairs.psu.edu/conduct/codeofconduct/))

- You prompt any of the conditions set forth in the NCAA Bylaw 15.3.4.2-
- Rendering yourself ineligible for intercollegiate competition
- Fraudulently misrepresenting any information on an application, letter of intent or financial aid agreement
- Engaging in serious misconduct warranting substantial disciplinary penalty
- Voluntary withdrawing from a sport at any time for personal reasons
- You fail to remain enrolled as a full time student at Penn State
- You engage in illegal activity, academic fraud/misconduct, or are involved in a violation of NCAA rules that requires your eligibility to be reinstated. Note: this applies to any situation that occurs as of the date that all parties have signed this agreement, even if that occurrence is prior to the start of the academic year.
- You fulfill the requirements to receive a bachelor's degree from Penn State
- This award has been made upon the basis of you declaring intention to participate in a sport by signing a National Letter of Intent (NLI), application or financial aid agreement with Penn State. Actions by you to not participate (e.g., not reporting for practice, making only token appearances as determined by the institution) constitutes fraudulent misrepresentation on your NLI, application or agreement and makes your financial award subject to cancellation during the period of the award.

## HEARING OPPORTUNITY

In accordance with NCAA bylaws, student-athletes whose grant-in-aid from the prior year will be cancelled or reduced must be notified in writing no later than July 1. Student-athletes in this situation must be notified of an opportunity for a hearing regarding the change in their grant-in-aid status. If this situation occurs, you will be notified by email from the Office of Student Aid to your Penn State email account. The notification will also include the deadline for filing for an appeal, the steps necessary to request a hearing before a University committee as well as an outline of the overall hearing process.

## NCAA STUDENT ASSISTANCE FUNDS

The NCAA has established the NCAA Student Assistance Fund to assist student-athletes in meeting

their financial needs that are not covered by their athletic grant-in-aid that arise in conjunction with their participation in intercollegiate athletics and enrollment in academic coursework. All student-athletes are eligible to receive fund benefits regardless of their receipt of a grant-in-aid or demonstrated financial need, with the exception of non-qualifiers in their initial year of residence. Student-athletes who have exhausted their eligibility or are no longer participating due to medical reasons may also receive assistance from the fund. Universities may establish specific criteria to determine who can access the Student Assistance Fund and for what purposes. Requests will be reviewed by the Athletics Compliance Office. Awards are based on available funding.

## REGISTRATION

1. Student-athletes must be enrolled in a minimum of 12 credits in order to practice and compete. They are considered "full-time" if they are registered for 12 or more credits; anything less is considered part-time.
2. Registration must be completed within 6 calendar days after the first day of classes of the semester in which they expect to compete. NCAA regulations allow student-athletes to practice during the first 5 days of classes with fewer than 12 credits while adjusting course schedules.
3. Students are permitted to add and drop courses during the first ten calendar days of the semester.
4. Students cannot register for more than 19 credits during the registration process. During the drop/add period (the first 6 calendar days of the semester), they may exceed the 19 credit limit after consultation with an adviser, and if required, approval by their college or division, or any other administrative approval. You are considered to be "full-time" if you are registered for 12 or more credits; anything less is part-time.
5. Students are not considered in "registered status" until semester tuition and charges have been paid or arrangements have been made for payment.

## ACADEMIC ACTIONS AND DEADLINES

In order to take full advantage of available academically-related actions, certain deadlines must be met within a specified time limit during the semester. A complete list of academic actions and deadlines follows.

Action	Time Limit
Add a Course.....	6th calendar day of semester
Change selection of a course.....	6th calendar day of semester



# ACADEMIC ELIGIBILITY

Drop a course (early) ..... 6th calendar day of semester  
 Drop a course (late)..... 12th week of semester  
 Late registration..... 7th calendar day of semester  
 Audit a course..... 7th calendar day of semester  
 Change of major..... Last day of classes  
 Leave of absence ... Last working day before 1st day of effective semester leave  
 Satisfactory/unsatisfactory grading ..... 11th to 21st calendar days of semester  
 Withdrawal from University .....Any time up to and including the last day of classes  
 Deferred grade..... Processed prior to the last day of classes with the approval of the instructor.  
 The course(s) must be completed by ten weeks after the course end date.

## CREDITS EARNED FROM OTHER INSTITUTIONS

Student- athletes may take courses at another college or university during summer session for the purpose of earning credits toward a Penn State degree program. The following steps should be observed to ensure the transfer credits are approved and accepted for transfer:

- Consult with your academic advisor to discuss appropriate course selection.
- Schedule an appointment with your athletic academic counselor in the Morgan Center to discuss your plans, the appropriate course selection, and the procedures for approval.
- Check to see if the course is listed in the Admissions Transferring Credit Tool online (<https://admissions.psu.edu/info/future/transfer/credit/>). If the course is not listed, a copy of the syllabus is required and will need to be submitted to the Admissions Office for evaluation.
- Secure approval for the course(s) for transfer or print out the confirmation form from the Web site listed above.
- Enroll and complete the course. You must earn a “C” or better in order for the credits to be accepted for transfer.
- Request an official transcript from that institution. Have it sent directly to Undergraduate Admissions, 201 Shields Building, University Park, PA 16802. Most institutions charge a fee for supplying an official transcript. Be certain to pay this fee before you return to Penn State.
- You will receive written notification from Undergraduate Admissions when the copy of the official transcript is received from the institution. Directions for “posting” the credits will be enclosed. In order to have the credits placed on your Penn State transcript, you will need to submit

a fee along with the appropriate form provided by Undergraduate Admissions. Remember only the credits will transfer, not the letter grade.

## PRIORITY REGISTRATION AND CLASS SCHEDULING

Student-athletes have the privilege of priority registration which allows them to schedule the next semester’s courses prior to the majority of the University’s students. Be sure to record the dates (as they are available) in your student-athlete planner.

The following procedure should be followed for class scheduling:

1. See an advisor in your college of enrollment (e.g., DUS, Education, Liberal Arts).
2. Bring your advisor’s course suggestions to your Morgan Center counselor.
3. Discuss class times, locations, etc., with regard to your athletic schedule.
4. Register for classes online and obtain a copy of your schedule.

Often, upper-class student athletes will personally schedule courses on LionPath. Regardless, Morgan Academic Center counselors must verify your schedules with regard to eligibility.

## ELIGIBILITY REQUIREMENTS

Penn State monitors student athletes’ academic progress in accordance with National Collegiate Athletic Association (NCAA) rules and regulations, Big Ten Conference rules, and University Senate Policy 67-00. The official academic record of each student is maintained by the University Registrar.

The Morgan Academic Center (MAC) maintains unofficial student-athlete records and works directly with student athletes, coaches and the NCAA Faculty Representative (FAR) regarding academic progress and athletic eligibility. The University Faculty Senate Committee on Intercollegiate Athletics grants the final certification of eligibility.

- Seasons of Competition (5-Year Rule)  
 Student athletes shall complete four seasons of competition within five calendar years.
- The five-year calendar begins when: NCAA Bylaw 14.2.1.1

Student athletes are registered in a regular term (semester or quarter) of an academic year for a minimum full-time program of studies and attends the first day of classes for that term.

## UNDERGRADUATE STUDENT-ATHLETES

The NCAA, Big Ten Conference, and University Faculty Senate policies mandate that only full-time (12 credits



or more during a semester) candidates for a baccalaureate degree and full-time (9 credits or more) graduate student athletes shall represent the University in intercollegiate athletics contests. Student athletes dropping below full-time status at any time during the semester are immediately ineligible to practice or compete.

**Student-athletes should never drop a course or make any scheduling changes without consulting their MAC academic counselor.**

Exceptions to full-time status may be made if student athletes are in their final semester and need fewer than 12 undergraduate credits or 9 graduate credits for graduation. The petition for exception to University Policies is initiated through a MAC counselor (Greenberg Building).

Under University policy, there is no limit on how many courses a student may late drop. Students are only permitted to attempt any one course a maximum of three (3) times. A late drop or unsatisfactory grade (requiring a student to repeat the course) are considered an attempt.

## GRADUATE STUDENT-ATHLETES

Graduate student athletes are eligible to participate in intercollegiate athletics if they have completed baccalaureate degree requirements, have not exceeded the NCAA five-year rule, and are full-time students (9 credits or more) in a graduate program.

## FULL-TIME ENROLLMENT AND ATHLETIC AID

Any credit-eligible course offered by Penn State and approved by the Faculty Senate (including residential instruction and online instruction and/or World Campus classes), may be used to establish a minimum requirements for full time status.

**\*While web-based courses count towards full-time enrollment, Morgan Academic Center Policy limits student-athletes to (2) courses per semester.**

***\*If planning to schedule a Web-based course, student athletes are required to discuss the course and circumstances with their MAC Counselor.***

## GRADE-POINT AVERAGE

Student athletes must be enrolled as degree candidates and are expected to maintain the highest possible grades. A grade-point average of 2.0 (or higher in many degree programs) is necessary to enter a major and to graduate from the University.

## SEMESTER AVERAGE

To calculate a semester grade-point average (Senate Policy 51-30), multiply the number of grade point equivalents for the grade received in a course (A=4, A-=3.67, B+=3.33, B=3, B-=2.67, C+=2.33, C=2, D=1, F=0) by the number of course credits. Add the number of grade-points for all courses attempted to obtain the total grade-points. Add the number of credits for all courses attempted to obtain the total credits. Divide the total grade-points by the total credits attempted.

Example .....	Credit .....	Grade .....	Grade-Points
Math 140 .....	4 .....	C (2) .....	4 x 2 = 8
Engl 15 .....	3 .....	B (3) .....	3 x 3 = 9
Biol 110 .....	4 .....	C (2) .....	4 x 2 = 8
Soc 1 .....	3 .....	B (3) .....	3 x 3 = 9
	14 = Total Credits		34 = Total Grade-Points

34 divided by 14 = 2.43 (Semester Grade-Point Average)



# ACADMIC ELGIBILITY

## CUMULATIVE AVERAGE

In order to calculate a cumulative grade-point average, add the total number of credits attempted during all completed semesters and the total number of grade-points earned for all attempted courses. Divide the total number of grade-points by the total number of credits attempted.

**Note: Courses dropped during the late drop period and courses taken under the satisfactory-un-satisfactory option are not calculated into the grade-point average.**

## SATISFACTORY ACADEMIC PROGRESS

University Senate 67-00 Requirements  
(<http://www.psu.edu/ufs/policies/67-00.html>)

Semester in Residence	PSU, Big Ten & NCAA Credits/% of Degree Required
2	—
3	24
4	—
5	40%
6	—
7	60%
8	—
9	80%

Penn State student athletes generally exhaust their eligibility after four consecutive calendar years, but exceptions to extend eligibility may be made for medical or other reasons. Petitions for extension of eligibility into a fifth year must be submitted through the MAC advisor prior to fifth-year competition.

## BIG TEN ELIGIBILITY RULES

- If at any time during fall and spring semesters student athletes fall below full-time status (below 12 credits), they become ineligible to practice and compete.
- Credits from remedial, tutorial, or non-credit courses may be used for meeting quantitative satisfactory progress during the first two years only. Beginning with the third year, these units must be excluded in determining quantitative requirements. (Big Ten 14.4.3.4)
- A student athlete’s first 24 credits must be earned at University Park.
- Petitions for waivers of conference rules must be submitted through the appropriate athletics administrator.

## NCAA PROGRESS TOWARD DEGREE (PTD) REQUIREMENTS

- Student athletes must complete 24 semester hours of academic credit prior to the third semester following their initial full-time enrollment.
- Student athletes must complete 18 semester hours of academic credit since the beginning of the previous fall term or since the beginning of the certifying institution’s preceding regular two semesters (hours earned during the summer may not be used to fulfill this requirement).
- Student athletes must earn 6 hours of academic credit the preceding regular academic term (e.g., fall semester) in which they have been enrolled at any collegiate institution.
- Student athletes must designate and enroll in a specific degree program by the beginning of the third year (fifth semester). From that point, credits used to meet the satisfactory progress requirements must be credits counting toward the student’s designated program.
- By the beginning of each year of enrollment listed below, student athletes must have successfully completed a minimum percentage of course requirements in their specific degree program.

Third Year ..... 40% of Degree Requirements completed  
 Fourth Year..... 60% of Degree Requirements completed  
 Fifth Year..... 80% of Degree Requirements completed



## MINIMUM GRADE-POINT AVERAGE (GPA) REQUIREMENTS

**UNIVERSITY FACULTY SENATE POLICY 67-00 REQUIREMENTS:** A student athlete shall become ineligible if he or she does not meet the minimum grade-point average requirements at the beginning of the appropriate semester in residence as follows:

Entering Semester in Residence	Penn State Minimum Grade-Point Average	Big Ten Minimum Grade-Point Average	NCAA Minimum Grade-Point Average
2	1.80	—	—
3	1.90	1.80	90% of GPA required for graduation (1.80)
4	1.90	—	—
5	2.00	1.90	95% of GPA required for graduation (1.90)
6	2.00	—	—
7	2.00	2.00	100% of GPA required for graduation (2.00)
8	2.00	—	—
9	2.00	2.00	100% of GPA required for graduation (2.00)

Any eligibility questions or concerns should be discussed with the team academic counselor in the Morgan Academic Center

## UNIVERSITY FACULTY SENATE POLICY, 54-00 ACADEMIC PROGRESS

Revisions to this policy were approved at the April 24, 2018 Senate meeting. These revisions are pending implementation procedures. For more information, [view the legislation](#).

To graduate, a degree candidate must complete the requirements for the candidate's major and earn at least a C (2.00) average for all courses taken at this University as stated in 82-40, subject to the conditions of 51-00. When a student fails to make adequate progress towards meeting and maintaining this 2.00 grade-point average, various academic progress statuses are used to serve as notification of such failure and to assist the student in correcting his/her academic difficulties. These statuses include academic warning (54-20) and academic suspension (54-40) and are summarized in the table below.

Status at beginning of semester	Cumulative GPA at end of semester	Semester GPA	Status at end of semester
Good Standing	2.00 or higher	2.00 or higher	Good Standing
Good Standing	2.00 or higher	Less than 2.00 ±	Good Standing
Good Standing	Less than 2.00	Less than 2.00	Academic Warning
Academic Warning	2.00 or higher	2.00 or higher	Good Standing
Academic Warning	Less than 2.00	2.00 or higher	Academic Warning
Academic Warning	Less than 2.00	Less than 2.00	Academic Suspension

\* First semester students are exempted for the first 18 attempted credits (Summer semester credits are excluded) since their semester GPA is the same as their cumulative GPA.

± Students will receive a notification when their semester grade-point average drops below a 2.00.



## ACADMIC ELGIBILITY

### 54-10 GOOD STANDING

A student must have a cumulative grade-point average of 2.00 or higher to be considered in good standing to declare a major and to graduate from the University.

A student will receive notification at the end of each semester when his/her semester grade-point average drops below a 2.00.

### 54-20 ACADEMIC WARNING

Revisions to this policy were approved at the April 24, 2018 Senate meeting. These revisions are pending implementation procedures. For more information, [view the legislation](#).

Academic warning serves as official notification that the student has failed to earn a 2.00 cumulative grade-point average. A student placed on academic warning will have a hold placed on registration and will be required to meet with an academic adviser in order for this registration hold to be removed.

A student in academic warning status may continue to enroll for classes as long as the semester grade-point average continues at a 2.00 or higher. To remove academic warning, the cumulative grade-point average must be 2.00 or higher. A student in academic warning who fails to maintain a semester grade-point average of 2.00 or higher will be academically suspended (54-40).

### 54-50 ACADEMIC DISMISSAL

Revisions to this policy were approved at the April 24, 2018 Senate meeting. These revisions are pending implementation procedures. For more information, [view the legislation](#).

A student who has been placed on academic suspension two times and fails to achieve at least a 2.00 semester GPA is subject to academic dismissal and is no longer permitted to take courses at the University.

After a period of four calendar years, a student who has been academically dismissed from the University may seek re-enrollment to the University by requesting academic renewal (54-90).

### 54-56 DROPS BY COLLEGES

The dean of the college, subject to the review of the faculty of the college, may require that a candidate be dis-enrolled from a major in the college or from the college for failure to meet academic retention standards of the major or the college. Academic

### 54-40 ACADEMIC SUSPENSION

Revisions to this policy were approved at the April 24, 2018 Senate meeting. These revisions are pending implementation procedures. For more information, [view the legislation](#).

Academic suspension is an official notification that a student has earned a semester grade-point average of less than 2.00 while on academic warning. A student who has been academically suspended may not schedule courses at the University for two consecutive semesters (Note: Summer session is equal to one semester and includes all courses offered after Spring semester and before Fall semester). A student returning from academic suspension must apply for re-enrollment as defined in policy 58-00 (or admission, if he/she is a degree-seeking student conditionally enrolled in DUS) and returns to the University in warning status, with his/her former cumulative grade-point average, and with a hold placed on the registration. The student must receive written support obtained in the college/major (or DUS) the student intends to pursue.

A student can be academically suspended from the University two times. If, after two suspensions the student fails to achieve at least a 2.00 semester GPA, the student is subject to academic dismissal (54-50). A student may apply for academic renewal four years after academic dismissal.

retention standards applicable to any student shall be those in effect at the time of the student's most recent admission to the major or college. A student required to dis-enroll from a major may transfer directly to another major subject to Section 37-00, or may be admitted to the Division of Undergraduate Studies subject to Section 39-00, expecting transfer to another major later. If not accepted for enrollment in another major or in the Division of Undergraduate Studies, the candidate will be dropped from degree status. Note: A candidate who is dis-enrolled from a major and who previously has completed the allowed enrollment time limit of the Division of Undergraduate Studies, as specified in Section 39-50, may be allowed one additional semester of enrollment in that division. Failure to relocate into another major in the specified time will cause the candidate to be dropped from degree candidacy under Section 39-80 unless Section 54-52 applies.

The dean of the college, subject to the review of the faculty of the college, may at any time recommend to



the President that a candidate enrolled in that college be dropped as a degree candidate at the University if the candidate is, in the opinion of the faculty, not adaptive to the work of the college.

## 54-58 NOTIFICATION

The University Registrar shall notify each student and his/her academic adviser whenever the student's semester grade-point average is less than a 2.00 and of academic warning, academic suspension, and academic dismissal under Sections 54-20, 54-40, and 54-50.

## 54-90 ACADEMIC RENEWAL

Revisions to this policy were approved at the April 24, 2018 Senate meeting. These revisions are pending implementation procedures. For more information, [view the legislation](#).

Students, including those who have been academically warned, suspended, or dismissed, may request

## PETITION PROCEDURES FOR WAIVER OF UNIVERSITY ACADEMIC POLICIES AND RULES

Academic rules and standards at Penn State that apply to every student are listed in the Policies and Rules for Students <http://www.psu.edu/ufs/policies>. Occasionally, exceptions can be made to these rules. This section explains the "petition" procedure to follow when you feel there are special circumstances that warrant a waiver of academic policies and rules.

### WHAT IS A PETITION?

A "petition" is actually an accumulation of documents gathered by the student in order to support the student's request of a waiver of certain academic policies and rules.

### PETITION PROCEDURE

A petition may be submitted by the student athlete in cases where, because of special circumstances, the application of academic policies and rules result in an unintended hardship to the student athlete. The student athlete's petition must be submitted in writing on behalf of the student athlete to the Faculty Senate by the student's college dean or the Division of Undergraduate Studies if the student is enrolled in that Division.

### Petitions must include, but are not limited to, the following documents:

- A letter from the student explaining the circumstances which warrant waiver of a University policy and why the student did not follow the stipulations of the policy originally. This letter must contain the student's current address.
- An up-to-date official transcript obtained from 112 Shields Building.
- Supporting Documents: These include letters of

approval for Academic Renewal and Re-enrollment if: They have a cumulative grade-point average less than 2.00 and

They have been absent from Penn State for at least four calendar years during which they have not been enrolled in any Penn State credit courses.

If Academic Renewal is granted:

The student's cumulative average will start over at 0.00.

All prior courses and grades remain unchanged on the student's academic record.

The notation of Academic Renewal will be recorded on the student's transcript.

Courses passed with a grade of "C" or better during the earlier enrollment and approved by the dean of the college may be used to fulfill graduation requirements.

Courses taken prior to Academic Renewal will not count towards the repeated courses limit as specified in Policy 47-80.

support from instructors, University administrative personnel, and any professional personnel with whom the student has had contact in relation to the policy in question.

- University Forms: Students must provide signed forms for retroactive action, such as a drop/add form for retroactive drops or adds (a receipt for the necessary fee must accompany the petition), an Official Withdrawal form for a retroactive withdrawal, a Change of Grade form for a retroactive change of grade, and a Simultaneous Degree/Multiple Major form for Simultaneous Degree/Multiple Majors.
- If the petition involves a student's medical condition, the student should supply accompanying documentation from the attending physician. The student should relate the effect the medical condition had on the student's academic performance in relation to the petition item requested.

The student should obtain all items pertaining to the petition process and submit them to the appropriate college dean, Director of Division of Undergraduate Studies, or a representative of the University Registrar's Office. Once the petition has been reviewed, and a decision reached by the Faculty Senate regarding the outcome of the petition request, both the student petitioner and the appropriate dean's office shall be notified in writing.

### WHEN SHOULD I SUBMIT MY PETITION?

Petitions can be submitted at any time during the academic year. Students are encouraged to submit petitions as soon as possible to ensure their timely review.



## ACADEMIC ELGIBILITY

### TRANSCRIPTS AND ENROLLMENT CERTIFICATION

#### OFFICIAL TRANSCRIPTS

An official transcript is the University's certified statement of your academic record (we do not include the PSU ID or Social Security number on the transcript). The official transcript is printed on security sensitive paper and contains the University seal and signature of the University Registrar. When requesting your transcript list all areas/levels of course work undergraduate, graduate, medical, law and noncredit that you have taken. For your protection, we will not release an official transcript without your signature.

- Processing time for all requests, unless FedEx is requested, is three business days from receipt of request plus U.S. mailing time.
- Requests will NOT be accepted through e-mail.
- Official transcripts will NOT be distributed by fax.

#### ORDERING TRANSCRIPTS ONLINE

- Select "Order Transcripts on the Web."
- Select "Current" or "Former" student and follow the detailed instructions.
- \$10.00 fee per transcript per set (set includes all levels of course work).
- Payable by VISA, MasterCard, Discover or American Express.
- Delivery options for Transcript(s).

#### IN PERSON

Process at the Enrollment Services Counter located in 112 Shields Building

- Photo ID is required
- \$10.00 fee per transcript or set (set includes all levels of course work).
- Pay by check (payable to Penn State), VISA, MasterCard, Discover or American Express. Returned checks due to insufficient funds will result in a service charge of \$25.00.

- May take transcript(s) with you or select one of the other Delivery Options of Transcript(s).

#### SITUATIONS THAT WILL PREVENT ISSUING TRANSCRIPTS

- Financial holds.
- No signature on request.
- Insufficient, inaccurate, or illegible identification information.
- Insufficient payment, an expired or declined credit card account, improperly completed check, payment using non-U.S. currency.
- No recipient e-mail provided for an electronic delivery request or invalid e-mail.

#### UNOFFICIAL TRANSCRIPTS

Unofficial transcripts are available to you only if you are currently enrolled at Penn State. These are free of charge, and are only available for pickup, not for mailing. You may request an unofficial transcript on [www.elion.psu.edu](http://www.elion.psu.edu) or at the Registrar's Office, 112 Shields Building. Hours are 8:00 a.m. to 5:00 p.m., Monday through Friday. You need to show proper picture identification in order to receive an unofficial transcript.

#### ENROLLMENT CERTIFICATIONS

Enrollment certifications are generally free of charge whether or not you are currently enrolled. The only situation in which a fee is charged is if you are not currently enrolled and you wish an Enrollment Certification for some purpose other than education related, such as obtaining a credit card.

#### TRANSCRIPT/ENROLLMENT CERTIFICATION HOLDS

If you have a hold placed on your record, you cannot obtain a transcript, official or unofficial, or an enrollment certification, until you have cleared the hold from your record.



**MORGAN ACADEMIC CENTER STAFF**

**Russell B. Mushinsky** ..... 865-0407  
 Director

**Cheryl Anderson**..... 865-0407  
 Assistant Director, Learning Services  
 & Facilities Learning Specialist  
 Tutor and Mentor Coordinator

**Anna Belpedio**..... 865-0407  
 Tutor Program Coordinator

**Taylor Rozantz**..... 865-0407  
 Associate Director  
 Academic Counselor  
 Field Hockey  
 Men’s and Women’s Gymnastics  
 Men’s Soccer  
 Wrestling

**Lori O’Donnell** ..... 865-0407  
 Academic Counselor  
 Men’s and Women’s Cross Country/Track

**Joey Ianiero**..... 865-0407  
 Associate Director, Learning Services & Facilities  
 Study Hall Coordinator  
 Baseball  
 Women’s Ice Hockey  
 Men’s Basketball

**Todd Kulka** ..... 865-1946  
 Associate Director, Football Academic Support  
 Academic Counselor  
 Football

**Sarah Pergine**..... 865-0407  
 Assistant Director,  
 Student-Athlete Programming  
 Academic Counselor  
 Women’s Basketball  
 Men’s and Women’s Swimming

**Neil Rager**..... 865-0407  
*Spiritus Leoninus* Advisor  
 Assistant Director  
 Eligibility and Compliance  
 Academic Counselor  
 Men’s and Women’s Fencing  
 Men’s Ice Hockey  
 Softball

**Nicole Rao** ..... 865-0407  
 Learning Specialist

**Adam Stover**..... 865-0407  
 Programmer and Systems Analyst

**Ashleigh Hayes**..... 865-0407  
 Assistant Director, Football Academic Support Services  
 Academic Counselor  
 Football

**Mary Nell Smith**..... 865-0407  
 Academic Counselor  
 Men’s and Women’s Golf  
 Women’s Lacrosse  
 Men’s and Women’s Tennis

**Taylor Thomas** ..... 865-0407  
 Learning Specialist

**Jim Weaver** ..... 865-0407  
 Associate Director  
 Eligibility & Compliance  
 Academic Counselor  
 Men’s Lacrosse  
 Women’s Soccer  
 Men’s and Women’s Volleyball

**ADMINISTRATIVE SUPPORT STAFF**

**Linda Fetzer** ..... 865-0407  
 Administrative Support Coordinator

**Robin Charles**..... 865-0407  
 Administrative Support Assistant

**Jodi Leydig**..... 865-0407  
 Administrative Support Assistant

**Alexis Pino**..... 865-0407  
 Administrative Support Assistant



## MORGAN ACADEMIC CENTER

The Morgan Academic Center (MAC) provides comprehensive support services for student-athletes through academic and career counseling, tutoring and mentoring programs, academic programming, student-athlete first-year seminars, and research. The MAC assists student-athletes in balancing their academic and athletic demands while participating in intercollegiate athletics.

Advisers in the student-athletes' colleges of enrollment provide primary academic guidance; the Center's academic counselors support the campus academic advising community with all matters regarding the academic progress of intercollegiate student-athletes.

**The Morgan Academic Center is located in the Greenberg Building. The office telephone number is 814-865-0407.**

### **Academic/Athletic Counselors**

Student-athletes are assigned individual team academic counselors who assist college advisors in providing information on academics, class scheduling, and career choices. In addition, counselors keep student-athletes abreast of NCAA, Big Ten Conference, and University eligibility policies. Specifically, the academic counselor provides support services to assist student-athletes in progressing toward successful completion of a degree program. Primary academic advising responsibilities lie with college/ major advisors in student-athletes' colleges of enrollment.

### **Athletics Honor Society: Spiritus Leoninus**

Formed in 1993, Spiritus Leoninus, "Spirit of the Lion," recognizes and honors student-athletes for their outstanding performance in athletics while excelling in academics, leadership, and community service. Responsibilities of this elite group are to continue to lead by example, encourage the pursuit of excellence by other Penn State student-athletes, and take the organization's ideal beyond the Penn State Community.

### **First-Year Enrichment Program**

To assist first-year student-athletes in coping with the many new challenges they face, they are required to participate in the First-Year Enrichment Program. The First Year Enrichment Program is designed to present information to student-athletes that supports academic success, positive decision making, and provides insight into the relationship between behavior and health.

**Study Hall:** First-year student athletes are required to attend study hall for a minimum of 7 hours per week. All students must bring their PSU ID to sign in and out of the facility. The facility offers 2 large reading rooms for quiet study, collaborative learning rooms for mentoring, individual, group or drop-in tutoring, a one button studio, and a large computer lab.

### **Learning Services**

Learning Services at the Morgan Academic Center (MAC) is comprised of a team of learning specialists, mentors, and tutors whose aim is to develop the "student" in our varsity student-athletes at Penn State. The learning services team creates individualized academic support plans to foster strategies for success throughout the student-athlete's intercollegiate career and beyond.

Student-athletes who utilize learning services will be required to remain compliant with all policies and procedures. The responsibilities and commitments will be reviewed with each student when requesting the service to ensure integrity within our program according to all Morgan Academic Center, Penn State, NCAA, and Big Ten Rules, as applicable. For questions about the MAC's Learning Services, please contact Cheryl Anderson ([cha3@psu.edu](mailto:cha3@psu.edu)).

### **Learning Specialist**

The Morgan Academic Center's Learning Specialist are available to assist student-athletes with a variety of academic needs they may have in learning specific study strategies. Individualized instruction is available for student-athletes who have a desire to improve their productivity, note taking, reading comprehension, problem solving, and other critical learning and study strategies. This support is designed to aid the student-athlete in achieving academic success as well as ongoing progress toward graduation while managing the demands of competing at the collegiate level.

The Learning Services team is spearheaded by the Assistant Director of Learning Services who also serves as the liaison with Student Disability Resources (SDR). The Assistant Director can help facilitate the steps necessary for student-athletes diagnosed with an education-impacting disability who wish to seek academic accommodations at the University. Any of the MAC's learning specialists are available to assist student-athletes with navigating the SDR processes at Penn State.



## The Sue Paterno Mentor Program

Designed to help student-athletes on their road to success, the Sue Paterno Mentor Program provides support on a weekly basis to develop basic transferable study skills. While tutors focus on specific course content, academic mentors work with student-athletes to address goal setting, time management, organization, note taking, reading, study/test preparation, and other skills specific to the student-athlete's learning style and semester needs.

## TUTORIAL SERVICES

The MAC offers tutorial services for a variety of courses on an individual, small-group, and drop-in basis. All tutor requests require a conversation between the counselor and student-athlete to review the need, expectations, and requirements of working with a tutor. Although tutorial assistance is an effective means to provide additional support when learning and applying course concepts, a tutor is not a substitution for class attendance. Student-athletes are responsible for obtaining any material missed due to travel/competition directly from the instructor or teaching assistant.

If a Student-Athlete misses (3) unexcused individual tutor appointments, it will result in suspension of the tutor for the rest of the semester. Below is the Morgan Academic Center process for handling both cancellations and no shows (summer 2019).

1st Cancellation — Free Pass

2nd Cancellation — Written Warning

3rd Cancellation — Tutor is suspended for rest of the semester

1st No Show — Written Warning

2nd No Show — Meeting with Tutor Coordinator, Coach, Student-Athlete, MAC Counselor

3rd No Show — Tutor is suspended for rest of the semester

For tutor related questions, please contact Anna Belpedio (avb19@psu.edu) or call the Morgan Academic Center (814-865-0407).

## BOOK LOAN AND RETURN

Intercollegiate Athletics provides books to selected student-athletes in accordance with NCAA rules and regulations. The book loan and return program has been established with the Penn State Bookstore, located in the Hetzel Union Building (HUB).

### Guidelines for the program:

- Student-athletes designated to receive books should place their order through the Penn State Bookstore website following the ordering instructions provided by the Morgan Academic Center prior to the first day of classes. Student-athletes should have their Penn State

IDs to provide to bookstore staff when in person at the bookstore.

- Student-athletes may only obtain **required** books /access codes for classes in which they are currently registered. Books that are recommended for a class, but not required, **may not** be received through the book loan program and are the financial responsibility of each student-athlete. Books may not be picked up for classes in which a student-athlete intends to enroll in the future; books will not be released until the class has been officially added and appears on the student-athlete's schedule.
- Student-athletes will receive their loaned books per the options outlined in the ordering instructions. The loaned books will then be credited to the student-athlete's account.

### The procedure for obtaining books after a change in schedule:

- Student-athletes must follow the ordering instructions and properly place an order for the new course
- Student-athletes will be informed when the order has been processed (and added to their book loan account) and the books are available to them based on their order method.

### The procedure for obtaining books not available at the Penn State Bookstore:

- Student-athletes unable to purchase the required book(s) at the Penn State Bookstore should purchase the book(s) at a downtown bookstore and obtain a receipt.
- The receipt and a copy of the course syllabus must be taken to the Morgan Center in the Greenberg Building. The Center will authorize reimbursement. This authorization should be taken to the Textbook Counter at the Penn State Bookstore for reimbursement, and the cost will be charged to the student-athlete's account. Student-athletes are required to return the book(s) to the Penn State Bookstore at the end of the semester.

### The book return policy:

- Student-athletes who obtained their books through the book distribution program must return all books to the Penn State Bookstore at the end of each semester. All books must be returned within 24 hours after the last scheduled exam.
- Student-athletes are permitted to keep any manuals or course packets. Those who wish to keep any books may purchase them at 50 percent of the new list price. Student-athletes must pay for these books prior to receiving new books for the next semester.
- Student-athletes will be required to pay for any lost or stolen books at 100 percent of the new list price. Student-athletes will be required to pay full



## MORGAN ACADEMIC CENTER

price for any books not returned on time. Failure to do so will result in a “hold” placed on future book loan privileges.

- Coaches and sport administrators receive a list of all student-athletes who do not return books at the end of the semester. Student-athletes will have a HOLD placed on their university account limiting many of their University privileges until payment is received in full for all books not returned.
- The Morgan Center audits all book accounts against schedules each semester. If any discrepancy between accounts and schedules is discovered, the student-athlete will be requested to pay full price for the books. Any abuse of the book loan program will result in disciplinary action.

### DEPARTMENT OF ATHLETICS DIRECTOR

#### **Athletics Administration**

101 Bryce Jordan Center  
Phone: 814-865-1086 Fax: 814-863-7955

#### **Athletics Compliance**

157 Bryce Jordan Center  
Phone: 814-863-8048 Fax: 814-863-3472

#### **Strategic Communications**

101 Bryce Jordan Center  
Phone: 814-865-1757 Fax: 814-863-3165

#### **Athletics Development**

147 Bryce Jordan Center  
Phone: 814-863-3143 Fax: 814-865-8608

#### **Faculty Athletics Representative**

504 Ford Building  
Phone: 814-865-1925

#### **Finance Office**

102 Bryce Jordan Center  
Phone: 814-863-3488 Fax: 814-865-8156

#### **Business Relations**

110 Bryce Jordan Center  
Phone: 814-865-9080 Fax: 814-863-3165

#### **Medical Services and Training**

112 Center Medical Science Building  
Phone: 814-865-3566 Fax: 814-865-4054

#### **Sports Nutrition**

256 Recreation Hall  
Phone: 814-863-8107 Fax: 814-865-1746

#### **Strength Training & Conditioning-Football**

110A Lasch Building  
Phone: 814-863-3121 Fax: 814-865-1151

#### **Strength Training & Conditioning-Other Sports**

16 Bryce Jordan Center  
Phone: 814-865-8883 Fax: 814-865-1746

#### **Ticket Office**

240 Bryce Jordan Center  
Phone: 1-800-648-8269 Fax: 814-863-8432



**SPORT DIRECTORY**

**Baseball**

230 Medlar Field/Lubrano Park

Phone: 814-863-0239 Fax: 814-865-8608

Sport AD.....	Scott Sidwell.....	101 BJC.....	867-6115
Strategic Communications.....	Paul Marboe.....	101 BJC.....	865-1757
MAC.....	Joey Ianiero.....	Greenberg.....	865-0407
Equipment.....	Steve Weaver.....	108 Multi-Sports.....	865-8887
Strength Coach.....	Jason Bradford.....	East Area Wt. Rm.....	865-5438
Athletic Trainer.....	Rebecca Barta.....	Medlar AT Room.....	863-2517
Team Physician.....	Greg Billy.....	Ctr. for Sports Med.....	865-3566

**Men's Basketball**

113 Bryce Jordan Center

Phone: 814-865-5494 Fax: 814-863-9516

Sport AD.....	Lynn Holleran.....	101 BJC.....	867-6352
Strategic Communications.....	Chelsea Vielhauer.....	101 BJC.....	865-1757
MAC.....	Joey Ianiero.....	Greenberg.....	865-0407
Equipment.....	TBD.....	22 BJC.....	863-3299
Strength Coach.....	Greg Miskinis.....	16 BJC.....	867-4135
Athletic Trainer.....	Jonathan Salazar/TBD.....	17 BJC.....	863-3358
Team Physician.....	Jeffrey Wisinski.....	Ctr. for Sports Med.....	865-3566

**Women's Basketball**

146 Bryce Jordan Center

Phone: 814-863-2672 Fax: 814-863-1221

Sport AD.....	Lynn Holleran.....	101 BJC.....	867-6352
Strategic Communications.....	Paul Marboe.....	101 BJC.....	865-1757
MAC.....	Sarah Pergine.....	Greenberg.....	865-0407
Equipment.....	TBD.....	22 BJC.....	863-3299
Strength Coach.....	Rhian Davis.....	16 BJC.....	863-3434
Athletic Trainer.....	Jon Salzer/TBD.....	17 BJC.....	863-3435
Team Physician.....	Roberta Millard.....	Ctr. for Sports Med.....	865-3566

**Cheerleading**

105 E. White Building

Phone: 814-865-0565 Fax: 814-863-2851

MAC.....	Anna Belpedio.....	Greenberg.....	865-0407
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**Men's & Women's Fencing**

104 White Building

Phone: 814-863-7465 Fax: 814-865-8149

Sport AD.....	Dave Baker.....	103 BJC.....	863-0420
Strategic Communications.....	Pat Donghia.....	101 BJC.....	865-1757
MAC.....	Neil Rager.....	Greenberg.....	865-0407
Equipment.....	Jourdan Fraser.....	110 EALR.....	865-4860
Strength Coach.....	Mike Schroeder.....	Rec Hall Wt. Rm.....	865-9631
Athletic Trainer.....	Tricia Sinclair.....	52 White Bldg.....	867-4832
Team Physician.....	Rebecca Wadlinger.....	Ctr. for Sports Med.....	865-3566

**Field Hockey**

136 B East Area Locker Room

Phone: 814-863-7467 Fax: 814-865-2594

Sport AD.....	Lynn Holleran.....	101 BJC.....	867-6352
Strategic Communications.....	Pat Donghia.....	101 BJC.....	865-1757
MAC.....	Taylor Rozantz.....	Greenberg.....	865-0407
Equipment.....	Scott Ogden.....	110 EALR.....	865-4860
Strength Coach.....	Josh Epstein.....	East Area Wt. Rm.....	865-5438
Athletic Trainer.....	Caren Walls.....	102A EALR.....	865-8295
Team Physician.....	Philip Boshia.....	Ctr. for Sports Med.....	865-3566



# DIRECTORIES

## Football

Lasch Building

Phone: 814-865-0411

Fax: 814-865-1151

Sport AD.....	Scott Sidwell.....	101 BJC.....	867-6115
Strategic Communications.....	Greg Kincaid.....	101 BJC.....	863-3160
MAC.....	Todd Kulka.....	Greenberg.....	865-0407
	Ashleigh Hayes.....	Greenberg.....	865-0407
Equipment.....	Jay Takach.....	104 Lasch.....	865-5251
Strength Coach.....	Dwight Galt III.....	110A Lasch.....	865-3121
Athletic Trainer.....	Andrew Mutnan.....	109 Lasch.....	863-0773
Team Physician.....	Greg Billy.....	Ctr. for Sports Med.....	865-3566

## Men's Golf

Tombros Varsity Clubhouse

Phone: 814-863-7469

Fax: 814-865-9626

Sport AD.....	Dave Baker.....	103 BJC.....	863-0270
Strategic Communications.....	Chelsea Vielhauer.....	101 BJC.....	865-1757
MAC.....	Mary Nell Smith.....	Greenberg.....	865-0407
Equipment.....	Ben Kogut.....	Tombros.....	863-8230
Strength Coach.....	Jason Bradford.....	Rec Hall Wt. Rm.....	865-9631
Athletic Trainer.....	TBD.....	111 Pegula Ice Arena.....	867-1318
Team Physician.....	Greg Billy.....	Ctr. for Sports Med.....	865-3566

## Women's Golf

Tombros Varsity Clubhouse

Phone: 814-863-2396

Fax: 814-865-9626

Sport AD.....	Dave Baker.....	103 BJC.....	863-0270
Strategic Communications.....	John Hanna.....	101 BJC.....	865-1757
MAC.....	Mary Nell Smith.....	Greenberg.....	865-0407
Equipment.....	Logan Fischer.....	Tombros.....	863-8309
Strength Coach.....	Melissa Boldt.....	Rec Hall Wt. Rm.....	863-9631
Athletic Trainer.....	Emily Stoeckel.....	111 Pegula Ice Arena.....	867-1294
Team Physician.....	Roberta Millard.....	Ctr. for Sports Med.....	865-3566

## Men's Gymnastics

101 White Building

Phone: 814-865-8421

Fax: 814-865-8149

Sport AD.....	Mary Bolich.....	202 Rec Hall.....	863-1138
Strategic Communications.....	Matt Jackson.....	101 BJC.....	867-1757
MAC.....	Taylor Rozantz.....	Greenberg.....	865-0407
Equipment.....	Scott Ogden.....	110 EALR.....	865-4860
Strength Coach.....	Jason Bradford.....	Rec Hall Wt. Room.....	865-9631
Athletic Trainer.....	Jessi Neitzel.....	52 White Bldg.....	867-4832
Team Physician.....	Jeffrey Wisinski.....	Ctr. for Sports Med.....	865-3566

## Women's Gymnastics

110A White Building

Phone: 814-863-7461

Fax: 814-865-8149

Sport AD.....	Mary Bolich.....	202 Rec Hall.....	863-1138
Strategic Communications.....	Nick Lovera.....	101 BJC.....	865-1757
MAC.....	Taylor Rozantz.....	Greenberg.....	865-0407
Equipment.....	Scott Ogden.....	110 EALR.....	865-4860
Strength Coach.....	Jason Bradford.....	Rec Hall Wt. Rm.....	865-9631
Athletic Trainer.....	Shona Ramsay.....	52 White Bldg.....	867-4832
Team Physician.....	Rebecca Wadlinger.....	Ctr. for Sports Med.....	865-3566

## Men's Hockey

Pegula Ice Arena

Phone: 814-863-8443

Fax: 814-863-3636

Sport AD.....	Michael Cross.....	150 Pegula Ice Arena.....	867-1296
Strategic Communications.....	John Hanna.....	101 BJC.....	865-1747
MAC.....	Neil Rager.....	Greenberg.....	865-0407
Equipment.....	Ben Kogut.....	108 Pegula.....	867-1317
Strength Coach.....	TBD.....	Pegula Wt. Rm.....	863-1181
Athletic Trainer.....	TBD.....	111 Pegula Ice Arena.....	867-1318
Team Physician.....	Philip Boshia.....	Ctr. for Sports Med.....	865-3566



## Women's Ice Hockey

Pegula Ice Arena

Phone: 814-865-4240

Fax: 814-863-9529

Sport AD.....	Michael Cross.....	150 Pegula Ice Arena.....	867-1296
Strategic Communications.....	Kevin Stoicovy.....	101 BJC.....	865-1747
MAC.....	Joey Ianiero.....	Greenberg.....	865-0407
Equipment.....	Logan Fischer.....	113 Pegula.....	867-5522
Strength Coach.....	Kristina Jeffries.....	Pegula Weight Rm.....	865-8211
Athletic Trainer.....	Emily Stoeckel.....	111 Pegula Ice Arena.....	867-1294
Team Physician.....	Rebecca Wadlinger.....	Ctr. for Sports Med.....	865-3566

## Men's Lacrosse

137-F East Area Locker Room

Phone: 814-863-7470

Fax: 814-865-2594

Sport AD.....	Rick Kaluza.....	101 BJC.....	865-7780
Strategic Communications.....	Matt Jackson.....	101 BJC.....	865-1757
MAC.....	Jim Weaver.....	Greenberg.....	865-0407
Equipment.....	Scott Ogden.....	110 EALR.....	865-4860
Strength Coach.....	Matt Dorn.....	East Area Wt. Rm.....	865-5438
Athletic Trainer.....	Steven Murray.....	102C EALR.....	865-8296
Team Physician.....	Greg Billy.....	Ctr. for Sports Med.....	865-3566

## Women's Lacrosse

136 H East Area Locker Room

Phone: 814-863-7476

Fax: 814-865-2594

Sport AD.....	Rick Kaluza.....	101 BJC.....	865-7780
Strategic Communications.....	Kevin Stoicovy.....	101 BJC.....	865-1757
MAC.....	Mary Nell Smith.....	Greenberg.....	865-0407
Equipment.....	Scott Ogden.....	110 EALR.....	865-4860
Strength Coach.....	Josh Epstein.....	East Area Wt. Rm.....	865-5438
Athletic Trainer.....	Brandon Hall.....	102C EALR.....	865-8296
Team Physician.....	Jeffrey Wisinski.....	Ctr. for Sports Med.....	865-3566

## Men's Soccer

261 Recreation Hall

Phone: 814-863-2407

Fax: 814-865-6157

Sport AD.....	Lynn Holleran.....	101 BJC.....	867-6352
Strategic Communications.....	Nicole Praga.....	101 BJC.....	865-1757
MAC.....	Taylor Rozantz.....	Greenberg.....	865-0407
Equipment.....	Brian Bickmore.....	144 Rec Hall.....	865-2723
Strength Coach.....	Kristina Jeffries.....	Rec Hall Wt. Rm.....	865-9631
Athletic Trainer.....	Matthew Armistead.....	147D Rec Hall.....	867-0478
Team Physician.....	Rebecca Wadlinger.....	Ctr. for Sports Med.....	865-3566

## Women's Soccer

262 Recreation Hall

Phone: 814-863-5372

Fax: 814-865-6157

Sport AD.....	Lynn Holleran.....	101 BJC.....	867-6352
Strategic Communications.....	Krista Pylant.....	101 BJC.....	865-1757
MAC.....	Jim Weaver.....	Greenberg.....	865-0407
Equipment.....	Brian Bickmore.....	144 Rec Hall.....	865-2723
Strength Coach.....	Sam Carter.....	East Area Wt. Rm.....	865-5438
Athletic Trainer.....	Andra Thomas.....	147D Rec Hall.....	867-0476
Team Physician.....	Roberta Millard.....	Ctr. for Sports Med.....	865-3566

## Softball

Nittany Lion Softball Park

Phone: 814-863-7472

Fax: 814-863-8120

Sport AD.....	Lauren Rhodes.....	101 BJC.....	865-1104
Strategic Communications.....	Nicole Praga.....	101 BJC.....	865-1757
MAC.....	Neil Rager.....	Greenberg.....	865-0407
Equipment.....	Josh Potter.....	108 Multi-Sports.....	865-8887
Strength Coach.....	Sam Carter.....	East Area Wt. Rm.....	865-5438
Athletic Trainer.....	Angel Lazu.....	147D Rec Hall.....	867-0476
Team Physician.....	Philip Boshia.....	Ctr. for Sports Med.....	865-3566



# DIRECTORIES

## Men's and Women's Swimming

McCoy Natatorium

Phone: 814-863-3866

Fax: 814-865-3728

Sport AD.....	Jenn James.....	103 BJC.....	863-3471
Strategic Communications.....	Krista Pylant.....	101 BJC.....	865-1757
MAC.....	Sarah Pergine.....	Greenberg.....	865-0407
Equipment.....	TBD.....	Natatorium.....	863-3857
Strength Coach.....	Matt Dorn.....	East Area Wt. Rm.....	865-5438
Athletic Trainer.....	Maddie Torretta.....	102C EALR.....	865-8296
Team Physician.....	Philip Bosh.....	Ctr. for Sports Med.....	865-3566

## Men's Tennis

204 East Area Locker Room

Phone: 814-863-3487

Fax: 814-865-2594

Sport AD.....	Michael Cross.....	150 Pegula Ice Arena.....	867-1296
Strategic Communications.....	Chelsea Vielhauer.....	101 BJC.....	865-1757
MAC.....	Mary Nell Smith.....	Greenberg.....	865-0407
Equipment.....	Jourdan Fraser.....	110 EALR.....	865-4860
Strength Coach.....	Rhian Davis.....	East Area Wt. Rm.....	863-3434
Athletic Trainer.....	Matthew Canzonieri.....	102C EALR.....	865-8296
Team Physician.....	Philip Bosh.....	Ctr. for Sports Med.....	865-3566

## Women's Tennis

203 East Area Locker Room

Phone: 814-863-7479

Fax: 814-865-2594

Sport AD.....	Michael Cross.....	150 Pegula Ice Arena.....	867-1296
Strategic Communication.....	Chelsea Vielhauer.....	101 BJC.....	865-1757
MAC.....	Mary Nell Smith.....	Greenberg.....	865-0407
Equipment.....	Jourdan Fraser.....	110 EALR.....	865-4860
Strength Trainer.....	Greg Miskinis.....	East Area Wt. Rm.....	865-4135
Athletic Trainer.....	Matthew Canzonieri.....	102C EALR.....	865-8296
Team Physician.....	Philip Bosh.....	Ctr. for Sports Med.....	865-3566

## Men's & Women's Cross Country/Track & Field

148 C Bryce Jordan Center

Phone: 814-863-3146

Fax: 814-863-8933

Sport AD.....	Lauren Rhodes.....	101 BJC.....	865-1104
Strategic Communications.....	Nick Lovera.....	147 BJC.....	863-2120
MAC.....	Lori O'Donnell.....	Greenberg.....	865-0407
Equipment.....	Josh Potter/Steve Weaver.....	108 Multi-Sport.....	865-8887
Strength Coach.....	Melissa Boldt.....	Multi Sport.....	865-9631
Athletic Trainer.....	Michael Gay.....	Multi Sport.....	865-8884
Team Physician.....	Jeffrey Wisinski.....	Ctr. for Sports Med.....	865-3566

## Men's Volleyball

207 Recreation Hall

Phone: 814-863-7464

Fax: 814-865-1746

Sport AD.....	Jenn James.....	103 BJC.....	863-3471
Strategic Communications.....	Kevin Stoicovy.....	101 BJC.....	865-1757
MAC.....	Jim Weaver.....	Greenberg.....	865-0407
Equipment.....	Brian Bickmore.....	144 Rec Hall.....	865-2723
Strength Coach.....	Mike Schroeder.....	Rec Hall Wt. Rm.....	863-9631
Athletic Trainer.....	Mark Colapietro.....	147D Rec Hall.....	867-0476
Team Physician.....	Roberta Millard.....	Ctr. for Sports Med.....	865-3566

## Women's Volleyball

235 Recreation Hall

Phone: 814-863-7474

Fax: 814-865-1746

Sport AD.....	Lauren Rhodes.....	101 BJC.....	865-1104
Strategic Communications.....	Matt Jackson.....	101 BJC.....	865-1757
MAC.....	Jim Weaver.....	Greenberg.....	865-0407
Equipment.....	Brian Bickmore.....	144 Rec Hall.....	865-2723
Strength Coach.....	TBD.....	Rec Hall Wt. Rm.....	863-1181
Athletic Trainer.....	Scott Campbell.....	147D Rec Hall.....	867-0476
Team Physician.....	Roberta Millard.....	Ctr. for Sports Med.....	865-3566



**Wrestling**

238 A Recreation Hall

Phone: 814-863-7460

Fax: 814-865-3894

Sport AD.....	Rick Kaluza.....	101 BJC.....	865-7780
Strategic Communications.....	Pat Donghia.....	101 BJC.....	865-1757
MAC.....	Taylor Rozantz.....	Greenberg.....	865-0407
Equipment.....	Brian Bickmore.....	144 Rec Hall.....	865-2723
Strength Coach.....	Mike Schroeder.....	Rec Hall Wt. Rm.....	865-9631
Athletic Trainer.....	Dan Monthley.....	147D Rec Hall.....	865-2052
Team Physician.....	Philip Bosh.....	Ctr. for Sports Med.....	865-3566



# DIRECTORIES

## INTERCOLLEGIATE ATHLETIC SPORTS MEDICINE

Wayne Sebastianelli, MD  
Orthopaedic Surgeon  
wsebastianelli@hmc.psu.edu

Greg Billy, MD  
Primary Care Sports Medicine  
gbilly@hmc.psu.edu

Philip Bosha, MD  
Primary Care Sports Medicine  
pbosha@hmc.psu.edu

Roberta Millard, MD  
Primary Care Sports Medicine  
rmillard@hmc.psu.edu

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Primary Care Sports Medicine  
rwadlinger@pennstatehealth.psu.edu

Jeffrey Wisinski, MD  
Primary Care Sports Medicine  
jwisinski@pennstatehealth.psu.edu

Dov Bader, MD  
Orthopaedic Surgeon  
dbader@hmc.psu.edu

Paul Sherbondy, MD  
Orthopaedic Surgeon  
psherbondy@hmc.psu.edu

Center for Sports Medicine .....	814-865-3566(answering/paging service 24/7)
Mount Nittany Medical Center .....	814-231-7000
Emergency Room .....	814-234-6111
Penn State Police .....	814-863-1111

### Athletic Site Phone Numbers

• Bryce Jordan Center Weight Room .....	865-8883
• East Area Weight Room .....	865-5438
• Golf Pro Shop .....	865-4653
• Jeffrey Field .....	865-2272
• Lasch Weight Room .....	863-3121
• Medlar Field .....	865-8617
• McCoy Natatorium .....	865-1432
• Rec Hall Weight Room .....	863-3937
• Rec Hall Wrestling Room .....	865-1094
• Sarni Tennis Center .....	865-3430
• White Building Fencing Room .....	863-3576
• White Building Gymnastics Room .....	865-6634

### Morgan Academic Center

Greenberg Building, University Park, PA 16802-2119  
Phone: 814-865-0407 Fax: 814-863-1539



**MAC Staff**

Russell Mushinsky ..... Director  
 Cheryl Anderson ..... Assistant Director, Learning Services & Facilities & Learning Specialist  
 Anna Belpedio..... Tutor Program Coordinator  
 Robin Charles ..... Administrative Support Assistant  
 Taylor Rozantz .....Assistant Director, Academic Counselor  
 Linda Fetzer .....Administrative Support Assistant  
 Ashleigh Hayes..... Assistant Director, Football Academic Support Services & Academic Counselor  
 Joey Ianiero..... Assistant Director, Eligibility & Compliance & Academic Counselor  
 Todd Kulka .....Associate Director, Football Academic Support Services & Academic Counselor  
 Jodi Leydig .....Administrative Support Assistant  
 Lori O'Donnell .....Academic Counselor  
 Sarah Pergine ..... Assistant Director, Student-Athlete Programming & Academic Counselor  
 Alexis Pino .....Administrative Support Assistant  
 Neil Rager ..... Assistant Director, Eligibility & Compliance & Academic Counselor  
 Nicole Rao..... Learning Specialist  
 Adam Stover ..... Programmer/Systems Analyst  
 Taylor Thomas..... Learning Specialist  
 Jim Weaver..... Associate Director, Counseling, Eligibility & Compliance & Academic Counselor

**Penn State College Advising Centers**

College of Agriculture..... 865-7521	College of Health and Human Development..... 865-2156
College of Arts and Architecture.....865-9523	College of Information Sciences and Technology .....865-8947
Smeal College of Business Administration..... 863-1947	College of the Liberal Arts .....865-2545
Bellisario College of Communications.....865-1503	College of Nursing..... 867-3066
College of Earth and Mineral Sciences..... 863-2751	Eberly College of Science.....863-3889
College of Education.....865-0488	Division of Undergraduate Studies..... 865-7576
College of Engineering .....863-1033	

**Additional Important Phone Numbers**

University Information ..... 865-4700	Financial Aid ..... 865-6301
Morgan Academic Center..... 865-0407	Director of Athletics ..... 865-1086
Emergency .....9-1-1	Sports Information ..... 865-1757
University Police Services..... 863-1111	Athletic Ticket Office.....863-1000
State College Police..... 234-7150	E-Mail Help Line.....865-4357
Mount Nittany Medical Center..... 231-7000	Computer Assistance ..... 863-2494
Women's Health (Sexual Violence)..... 863-2633	Sport Psychologist ..... 865-0407
Counseling and Psychological Services..... 863-0395	Compliance & Ethics Hotline .....1-800-560-1637
Escort Service ..... 865-9255	
Admissions ..... 865-5471	<u>Study Hall</u>
Bursar .....865-6528	East Area Locker Room..... 865-9759
Registrar .....865-6357	Rec. Hall ..... 863-7084



# PENN STATE HISTORY AND LEGENDS

In Henry Varnum Poor's famous land-grant frescoes in Old Main, the "Old Boys" panel shows nine men and one woman who were influential in shaping Penn State's early history. The sole female in the fresco is Harriet McElwain who served as Lady Principal (forerunner of Dean of Women) from 1883 to 1901 as well as professor of history. McElwain was the first to hold the title of Registrar. Her complaints over primitive living conditions for women students in Old Main led to the construction of the Lady's Cottage, Penn State's first residence hall exclusively for women.

A current practice of the Board of Trustees is to honor past University presidents by naming a building on the University Park campus in their honor. However, Atherton Hall is not named after George W. Atherton. Instead, Atherton Hall was built in 1938 as a women's residence hall and named after President Atherton's wife, Frances W. Atherton. Today, Atherton Hall houses the Schreyer Honors College.

In 1887, the student body's unanimous choice for Penn State's school colors was pink and black. They were changed to blue and white in 1890.

## THE NITTANY LION MASCOT

The Nittany Lion as Penn State's mascot originated with Harrison D. "Joe" Mason '07. At a baseball game against Princeton in 1904, Mason and other members of Penn State's team were shown a statue of Princeton's famous Bengal tiger as an indication of the merciless treatment they could expect to encounter on the field. Since Penn State lacked a mascot, Mason replied with an instant fabrication of the Nittany Lion "fiercest beast of them all," who could overcome even the tiger. Penn State went on to defeat Princeton that day. Over the next few years, Mason's "Nittany Lion" won such widespread support among students, alumni, and fans that there was never any official vote on its adoption.

The Nittany Lion is essentially an ordinary mountain lion (also known as a cougar, puma, or panther), a creature that roamed central Pennsylvania until the 1880's (although unconfirmed sightings continued long after that time). By attaching the prefix "Nittany" to this beast, Mason gave Penn State a unique symbol that no other college or university could claim.



## MOUNT NITTANY

The word "Nittany" seems to have been derived from a Native American term meaning "single mountain." (Since a number of Algonquian-speaking tribes inhabited central Pennsylvania, the term cannot be traced to one single group.) These inhabitants applied this description to the mountain that separates Penns Valley and Nittany Valley, overlooking what is today the community of State College and Penn State's University Park campus. The first white settlers in the 1700's apparently adopted this term, or a corruption of it, when they named that mountain, Mount Nittany or Nittany Mountain. Thus by the time Penn State admitted its first students in 1859, the word "Nittany" was already in use.



## ALMA MATER

For the glory of Old State,  
For her founders strong  
and great,  
For the future  
that we wait,  
Raise the song, raise the song.

Sing our love and loyalty,  
Sing our hopes that bright  
and free Rest, O mother  
dear, with thee,  
All with thee, all with thee.

When we stood at  
childhood's gate, Shapeless  
in the hands of fate, Thou  
didst mold us, dear old  
State, Dear old State, dear  
old State.

May no act of ours bring  
shame, To one heart that  
loves thy name. May our  
lives but swell thy fame,  
Dear old State, dear old  
State.

The Alma Mater was written by Fred Lewis Pattee and published in April 1901. (Pattee's original version had six verses.) In 1975, the original "boy-hood's gate" was changed to "childhood's gate." In addition, "into men" in the third stanza was changed to "Dear old State, dear old State."

# THE NITTANY LION CLUB



The Nittany Lion Club is one of the nation's largest intercollegiate athletics' support groups with a mission to provide annual scholarship support to Penn State University student-athletes, as well as, develop private support for capital projects, endowments and other needs of the department of intercollegiate athletics.

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## STUDENT NITTANY LION CLUB

The Student Nittany Lion Club is the first step to ensuring our Penn State Athletics' tradition continues to thrive. By joining the SNLC you support our incredible student-athletes and help to ensure the platform for national success.



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Your \$35.00 Annual Membership benefits include the following:

- 5 NLC points per year (\$250 value)
- Priority ticketing for post season Bowl games
- Exclusive Apparel, Events, Opportunities and More
- Begin making a real impact on Penn State Athletics

JOIN TODAY

[www.nittanylionclub.com](http://www.nittanylionclub.com)

Contact Us: Nittany Lion Club  
147 Bryce Jordan Center University Park, PA 16802  
814-865-9462  
[nittanylionclub@athletic.psu.edu](mailto:nittanylionclub@athletic.psu.edu)



## **THE VARSITY 'S' CLUB**

### **HISTORY**

The Varsity 'S' Club was created as a way to keep Penn State alumni athletes, managers, cheerleaders, mascots and managers connected with their sport teams, Intercollegiate Athletics, and teammates. It was also created as a way to continue supporting our athletic programs through Club involvement and interaction within the Penn State and local community. We have expanded our member benefits and continue to look for creative ways to support our current varsity athletic teams and promote the positive impact Penn State student-athletes have on our local communities and youth.

### **PURPOSE**

The purpose of the "Varsity 'S' Club is to perpetuate the Penn State Athletic tradition and promote unity among the university and alumni players, coaches, managers, cheerleaders and mascots for their mutual benefit.

### **MEMBERSHIP**

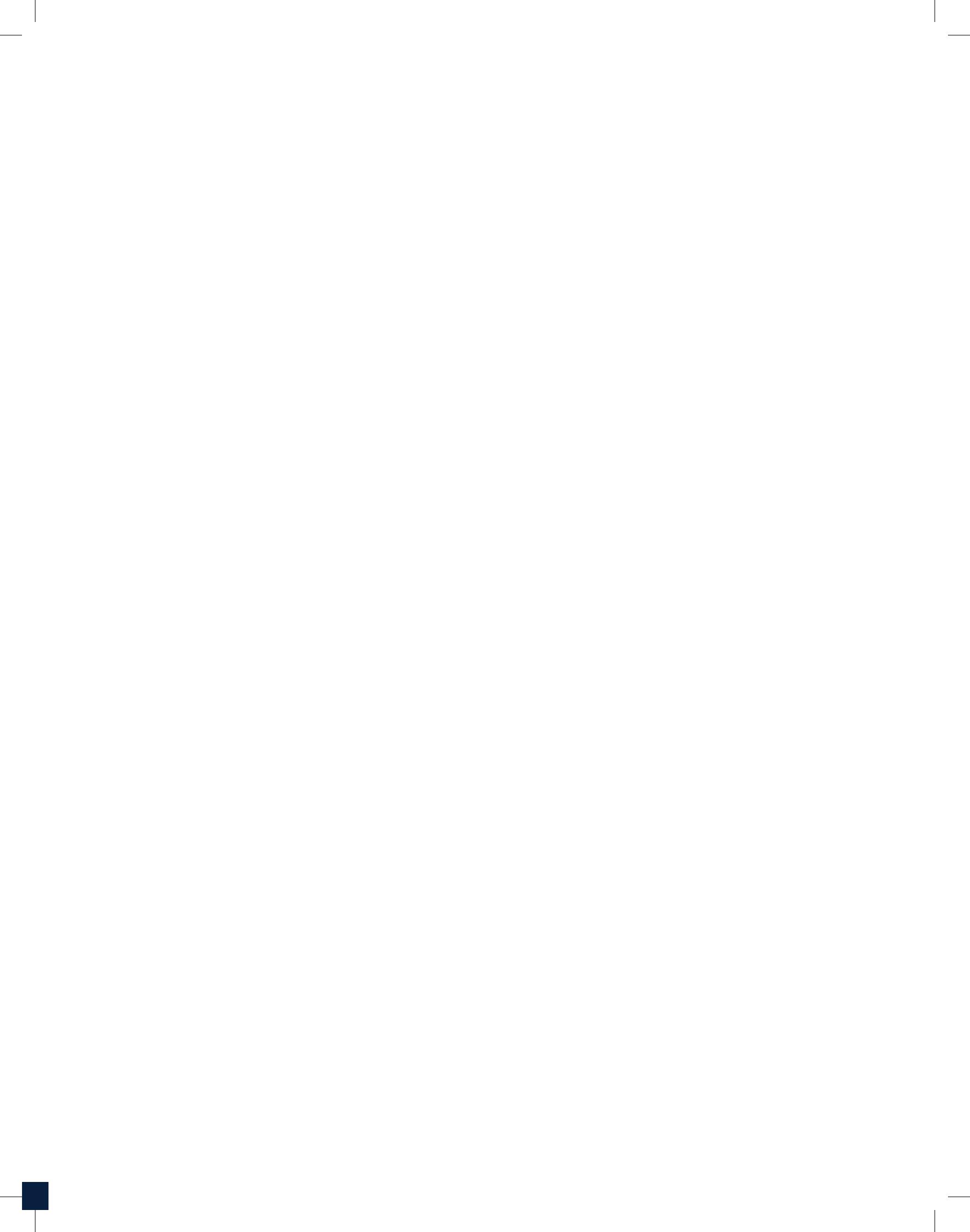
Membership in the Varsity 'S' Club is open to former Penn State varsity alumni athletes, cheerleaders, mascots, and managers who graduated from Penn State. Being a member enables you to remain connected to your team, the university, intercollegiate athletics, and teammates. It offers you the opportunity to support your alma mater and provides the foundation for cultivating old and new relationships with former players, coaches, and managers. Membership is free to all University Park alumni student athletes. This has been made possible with the support of the Nittany Lion Club.

### **MEMBER BENEFITS**

As a member of the Varsity 'S' Club, you will receive the following member benefits each year:

- Invitation to Varsity 'S' Day Tailgate, Pre-game Letter winners Tunnel, and access to purchase foot- ball tickets for the game
- Complimentary Penn State Sports Pass (excludes Football, Men's Ice Hockey, Wrestling matches, or championships, invitational or international events in any sport)
- Invitations to athletic team reunions
- Varsity 'S' Newsletters exclusively for members via email
- Two awards presented each year at the annual Student-Athlete Advisory Board Academic Achievement Banquet
- A one-time credit of 10 points to you Nittany Lion Club (NLC) account for your gift.
- Exclusive ordering windows for Varsity S licensed apparel





**WE ARE**  
**31**  
**AS ONE**



**INTERCOLLEGIATE ATHLETICS | SUPPORTING STUDENT-ATHLETES**