



**2024-25 University of Nebraska
Student-Athlete Handbook**

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Fall Semester 2024: August 26 - December 20 (Includes Finals Week)

Date	Event
March 25 (Mon.) - April 9 (Tues.)	Priority Registration for Fall Semester 2024
April 10 (Wed.) - August 25 (Sun.)	Open Registration for Fall Semester 2024
May 1 (Mon.)	Last day to apply for undergraduate admissions for Summer and Fall Semester 2024
August 26 (Mon.)	Late Registration begins (\$100.00 late registration fee assessed)
August 26 (Mon.)	Fall Semester begins
September 2 (Mon.)	Labor Day (Student and Staff Holiday-UNL offices closed)
September 3 (Tues.)	Last day for full semester course registrations and adds including adds of thesis or dissertation credits (Census Date)
September 3 (Tues.)	Last day to drop a full semester course and receive 100% refund
September 6 (Fri.)	Last day to drop a full semester course and receive 75% refund
September 6 (Fri.)	Last day to file a drop to remove a full semester course from student's record
September 7 (Sat.) – November 15 (Fri.)	All course withdrawals noted with a grade of "W" on academic record
September 12 (Thurs.)	Last day to submit tuition and fees payment without penalty
September 13 (Fri.)	Last day to withdraw from a full semester course and receive 50% refund
September 13 (Fri.)	Final day to apply for a degree in December (\$25.00 fee due with application)
September 20 (Fri.)	Last day to withdraw from a full semester course and receive 25% refund
October 18 (Fri.)	Last day to change a full semester course registration to or from "Pass/No Pass"
October 21 (Mon.) - 22 (Tues.)	Fall Semester Break (Student Holiday - UNL offices open)
October 28 (Mon.) - November 12 (Tue.)	Priority Registration for Spring Semester 2025
November 13 (Wed.)	Open Registration begins for Spring Semester 2025
November 15 (Fri.)	Last day to withdraw from one or more full semester courses for the term
November 27 (Wed.)	Student Holiday (UNL offices open)
November 28 – December 1 (Thu.- Sun.)	Thanksgiving Vacation (UNL offices closed)
December 1 (Sun.)	Last day to apply for undergraduate admissions for Spring 2025
December 9 - 14 (Mon. - Sat.)	Last week of classes**
December 14 (Sat.)	Last day of classes
December 16 - 20 (Mon. - Fri.)	Fall Semester Final Exams
December 20 (Fri.)	Fall Semester Graduate Commencement and Doctoral Hooding Ceremony
December 21 (Sat.)	Fall Semester Undergraduate Commencement
December 23 (Mon.) 2024 - January 1 (Wed.) 2025	Holiday Closedown (UNL offices closed)

Spring 2025: January 2 - May 16 (Includes Finals Week)

Date	Event
October 28 (Mon.) - November 12 (Tue.) 2024	Priority Registration for Spring Semester 2025 (Regular and Pre Sessions)
November 13 (Wed.) 2024 - January 1 (Wed.) 2025	Open Registration for Spring Semester 2025 (Pre-Session)
November 13 (Wed.) 2024 - January 20 (Mon.) 2025	Open Registration for Spring Semester 2025 (Regular Academic Session)
January 2 (Thurs.)	First day UNL offices are open in 2025
January 2 (Thurs.) – January 17 (Fri.)	Spring 2025 Pre-Session
January 3 (Fri.)	Last day for late registrations and adds (Pre-Session)
January 3 (Fri.)	Last day to drop a class and receive a full refund (Pre-Session)
January 6 (Mon.)	Last day to drop a class and receive a partial refund (Pre-Session)
January 6 (Mon.)	Last day to file a drop to remove course from student's record (Pre-Session)
January 7 (Mon.) – January 14 (Tues.)	All course withdrawals noted with a grade of "W" on academic record (Pre-Session)
January 9 (Thurs.)	Last day to change a course registration to or from "Pass/No Pass" (Pre-Session)
January 14 (Tues.)	Last day to withdraw from one or more courses (Pre-Session)
January 17 (Fri.)	Classes end and final examinations (Pre-Session)
January 20 (Mon.)	Martin Luther King Day (Student and Staff Holiday-UNL offices closed)
January 21 (Tues.) – May 16 (Fri.)	Spring 2025 Regular Academic Session
January 21 (Tues.)	Late Registration begins (\$100.00 late registration fee assessed)
January 28 (Tues.)	Last day for full semester course registrations and adds including adds of thesis or dissertation credits (Census Date)
January 28 (Tues.)	Last day to drop a full semester course and receive 100% refund
January 31 (Fri.)	Last day to file a drop to remove a full semester course from student's record
January 31 (Fri.)	Last day to drop a full semester course and receive 75% refund
February 1 (Sat.) - April 18 (Fri.)	All course withdrawals noted with a grade of "W" on academic record
February 7 (Fri.)	Last day to withdraw from a full semester course and receive 50% refund
February 12 (Wed.)	Last day to submit tuition and fees payment without penalty
February 14 (Fri.)	Final day to apply for a degree in May (\$25.00 fee due with application)
February 14 (Fri.)	Last day to withdraw from a full semester course and receive 25% refund
March 3 (Mon.) - May 18 (Sun.)	Open Registration for Summer Sessions 2025
March 14 (Fri.)	Last day to change a full semester course registration to or from "Pass/No Pass"
March 16 (Sun.) - March 22 (Sun.)	Spring Vacation (UNL offices are open Monday through Friday)
March 24 (Mon.) - April 8 (Tue.)	Priority Registration for Fall Semester 2025
April 9 (Wed.) - Aug 24 (Sun.)	Open Registration for Fall Semester 2025
April 18 (Fri.)	Last day to withdraw from one or more full semester courses for the term
May 1 (Thurs.)	Last day to apply for undergraduate admissions for Summer and Fall Semester 2025
May 5 – May 10 (Mon. - Sat.)	Last Week of classes**
May 10 (Sat.)	Last day of classes
May 12 – May 16 (Mon. - Fri.)	Spring Semester Final Exams
May 16 (Fri.)	Spring Semester Graduate Commencement and Doctoral Hooding Ceremony
May 17 (Sat.)	Spring Semester Undergraduate Commencement

NCAA COMPLIANCE AND THE PRINCIPLE OF ETHICAL CONDUCT

To participate in intercollegiate athletics, student-athletes must maintain athletic and academic eligibility. Your coach, academic counselor, the Compliance staff, the Academic staff, the Director of Athletics, the Faculty Athletics Representative, and the Chancellor work together to ensure adherence to all NCAA and Big Ten Conference regulations regarding your eligibility.

Though NCAA and Big Ten Conference rules may seem complicated, they ensure that all teams and student-athletes play according to the same rules, with no team having an unfair competitive edge. Great effort is made by the University of Nebraska-Lincoln (UNL) administration to see that you and all staff members are familiar with these rules and understand that any deviation from them, whether knowingly or through ignorance, is not condoned by the Athletics Department or UNL.

All student-athletes are required to conduct themselves in an ethical manner in compliance with NCAA and Big Ten Conference regulations, and risk losing eligibility to compete if he or she evades or violates those regulations. Unethical conduct includes, but is not limited to, withholding information, providing false information, and providing misleading information.

The following sections are intended to reinforce the rules and requirements that have been discussed during your meetings with the Compliance staff. These sections are not intended to be all-inclusive. If you have any questions regarding NCAA, Big Ten, or UNL rules and regulations, please contact a member of the Compliance staff.

Academic Integrity

All institutional staff members and student-athletes are expected to act with honesty and integrity in all academic matters and must adhere to UNL Standards of Academic Integrity and Responsible Conduct. Examples of Academic Integrity violations include, but are not limited to:

1. Plagiarism;
2. Fraud;
3. Alteration or falsification of an academic record; and
4. Institutional staff members or individuals outside of the institution (e.g. donors, fans) providing student-athletes with impermissible academic assistance.

Academic Eligibility

Eligibility for Competition and the Six-Hour Rule

A student-athlete, enrolled as an undergraduate student or as a graduate student, is required to complete a minimum of six semester hours of degree-applicable academic credit in the previous full-time regular academic term to be eligible for competition. To be eligible to compete in a postseason event (e.g., conference tournament, bowl game, NCAA Championship) that occurs between regular terms, a student-athlete must have completed 6 semester hours of degree-applicable credit in the previous academic term.

Eligibility for Competition in Football and the Nine-Hour Rule

Student-athletes must pass nine hours of degree-applicable credit in the fall semester. If not, the student-athlete will be ineligible for the first four games of the following season.

Eligibility for Competition in Wrestling

After first term at institution student-athletes must have minimum 2.0 cumulative OR term GPA for institutional or outside competition. No outside competition permitted during first full-time term of college enrollment.

Academic Redshirt – Freshmen Student-Athletes

If the NCAA has certified you as an Academic Redshirt, you must pass nine hours in the fall semester to gain access to practice in the spring semester.

Full-Time Enrollment

NCAA and UNL rules require that a student-athlete is a full-time, degree-seeking student in order to represent UNL in athletic practice and competition. This means you must be enrolled in at least 12 credit hours if enrolled in an undergraduate program and at least nine credit hours if enrolled in a graduate program.

Full-Time Enrollment Exception

A student-athlete is not required to be enrolled full-time to participate in practice and competition if he or she meets both of the requirements below:

1. The student-athlete is in the last semester of his or her undergraduate degree; and
2. The student-athlete is in the final hours for the completion of his or her degree.

Enrollment Changes

Changes in your enrollment (e.g. petitions to add/drop courses, late enrollment, instructor drops) should be submitted prior to the published deadlines to ensure that your records are accurate and complete.

You must have approval from your academic advisor to drop a class. This policy is designed to prevent you from making changes in your academic schedule that may jeopardize either your academic or eligibility status.

NCAA Progress Toward Degree Requirements for Competition Eligibility

1. Before third semester of full-time enrollment
 - a. Completed/passed 24 credit hours that count toward your degree (all hours must be taken at UNL).
 - b. 1.8 GPA minimum.
2. Before fifth semester of full-time enrollment
 - a. Declare a degree.
 - b. From the previous two terms, pass a minimum of 18 credits that go toward your degree.
 - c. Must have completed 40% of your degree requirements.
 - d. 1.9 GPA minimum.
3. Before seventh semester of full-time enrollment
 - a. From the previous two terms, pass a minimum of 18 credits that go toward your degree.
 - b. Must have completed 60% of your degree requirements.
 - c. 2.0 GPA minimum.

4. Before ninth semester of full-time enrollment

- a. From the previous two terms, pass a minimum of 18 credits that go toward your degree.
- b. Must have completed 80% of your degree requirements.
- c. 2.0 GPA minimum.

5. Wrestling Only – After First Semester

- a. 2.0 cumulative OR term GPA minimum.

UNL Grading System

UNL uses an A through F grading system. The letter grades with point values in parentheses are:

- A+ (4.0), A (4.0), A- (3.67)
- B+ (3.33), B (3.0), B- (2.67)
- C+ (2.33), C (2.0), C- (1.67)
- D+ (1.33), D (1.0), D- (.67)
- F (0)

Grades of W (withdrew), I (incomplete), P (pass/C or better) and N (no pass) may also be given. These grades are not assigned grade points and are not used in computation of a student's grade-point average.

Amateurism

Only amateur student-athletes are eligible to compete at the NCAA level. Participating in any of the impermissible actions below jeopardizes your amateur status and negatively impacts your eligibility.

Agents for Professional Sports Representation

1. Accepting any benefit from an agent is not permissible. It is also impermissible for your family and friends to accept benefits from agents. Please see section titled Name, Image, and Likeness Employment for regulations related to the use of marketing agents.
2. Agreeing to have an agent represent you, verbally or in writing, before your eligibility is exhausted is not permissible.
3. The State of Nebraska requires agents to register and maintain good standing with the Secretary of State. If you have any agent questions, please contact the Compliance staff.

Employment

A student-athlete is permitted to earn legitimate employment income at any time, as long as the following requirements are met:

1. You are only compensated for the work you actually perform and the hours you actually work.
2. Your rate of pay is proportionate to the rate of pay that other individuals are being paid for similar work in the locale in which the work is being performed.
3. You are not being paid in advance of the work you perform.

4. You are receiving the same benefits as all other similarly situated employees. For instance, it is not permissible for your employer to provide you with transportation if transportation is not available to all employees.
5. If you are an international student-athlete, you may not work off-campus.
6. You register all employment with the Compliance staff. Name, Image, and Likeness (NIL) Employment

Name, Image and Likeness Activities (NIL)

A NIL activity occurs when a student-athlete is being compensated for the use of his or her name, image and/or likeness. Activities range from sponsored social media posts and operating a camp to autograph appearances and apparel sales. Similar to our academic, life skills, nutrition, and performance programs, we devote resources to NIL programming so that Husker student-athletes can have the best student-athlete experience in the country.

For the most recent information and education related to name, image, and likeness activities, please visit:

[Huskers.com/NIL](https://huskers.com/NIL)

Impermissible Actions with Professional Teams

1. Entering into a verbal or written agreement to compete in professional athletics.
2. Negotiating a verbal or written professional contract.
3. Participating on a professional athletic team.
4. Requesting to have your name be put on a draft list for professional sports.
5. Trying out with a professional sports organization. For exceptions regarding the draft or tryouts, please see the Compliance staff.

Impermissible Forms of Payment

1. Accepting payment or the promise of pay (e.g. cash, prizes, travel) for competing in a sport.
2. Accepting gifts, money, impermissible meals, loans of cars or money from Athletic Department staff, donors, or fans.
3. Receiving more than actual and necessary expenses to compete.
4. Receiving any benefit that is not available to other students at UNL.

Outside Competition

Participating in any competition or practice where you are participating as an individual or on a non-UNL athletic team, without prior approval from the Compliance staff and Faculty Athletics Representative is not permissible. Examples of outside competition include, but are not limited to, national team tryouts, practices, and competition, participation on club teams, and participation on summer league teams. If you plan to miss class for an outside competition, you are required to submit the proper documentation to the Compliance staff at least two weeks before the event is to take place.

Complimentary Admissions

Complimentary Admissions in Your Sport

NCAA rules allow each student-athlete to receive a maximum of four complimentary admissions per regular-season event in his or her sport. You may receive a maximum of six complimentary admissions for conference championships, NCAA championships, or bowl games. It is not permissible for you to sell or exchange for anything of value your complimentary admissions. It is also not permissible for your guests to sell or exchange anything of value for the complimentary admission.

Complimentary Admissions for Other Sports

Student-athletes may attend other sporting events and receive one complimentary admission with a UNL ID. Student-athletes who serve as a host for a recruit on an official or unofficial visit and student-athletes who are being honored at an event may receive a complimentary admission.

Guest Information

1. All guests must present valid photo IDs in order to obtain admission. Children who do not have a photo ID may present other forms of identification (e.g. birth certificate, social security card, school ID, health insurance card).
2. The designated gate for complimentary admissions will open 90 minutes before the game and remain open until the end of the first half (or halftime.)
3. Once guests are admitted, they will sign for a seat location pass.
4. Admission is through a pass list. Hard copies of tickets are not distributed.

Extra Benefits

A student-athlete or prospective student-athlete may not accept any benefits not offered to the general student body. It is not permissible for a student-athlete or his or her family or friends to receive a benefit that is the result of a "special" arrangement by an institutional employee, donor, employer or fan.

Non-permissible benefits include, but are not limited to:

1. Free or reduced-fee housing/rent, including the use of vacation or seasonal homes;
2. Free or reduced-fee meals;
3. Free or reduced-fee merchandise and tickets;
4. Loans or cash advances in pay or salary;
5. Gifts or presents of any type regardless of the occasion or purpose;
6. Use of telephone for long distance or use of telephone cards and cell phones;
7. Free transportation;
8. Free use of any motor vehicle, boat or recreational vehicle;
9. Free use of services (e.g., automobile repair, laundry, copying, faxing, etc.); and
10. Free or reduced-fee memberships at golf courses, health clubs, gyms, etc.

Financial Aid and Scholarships

It is permissible for student-athletes to accept the following forms of financial assistance to help pay for expenses associated with attending UNL:

1. Financial support from parents and relatives;
2. Aid awarded for non-athletic abilities (e.g., academic achievement);
3. Aid from a UNL or non-institutional source that meets NCAA requirements;
4. Athletic-related grant-in-aid from UNL (i.e. athletic scholarship); and
5. Aid from outside scholarships that meets NCAA requirements.

Any financial assistance outside of an athletics scholarship must be approved by the Office of Scholarships and Financial Aid to ensure that the aid is in accordance with Federal, NCAA and Big Ten Conference regulations.

Athletic Grant-in-Aid (Scholarship) Information

Teams are provided with a specific number of grants-in-aid (scholarships) to provide per academic year, in accordance with budgetary restrictions and NCAA regulations. These grants are awarded by the University's Office of Scholarships and Financial Aid upon the recommendation of the head coach and the approval of the Director of Athletics. A scholarship is not reimbursement for services performed, but is instead provided to help student-athletes with educational expenses. An athletic grant-in-aid (scholarship) is restricted to covering the following educational expenses:

1. Actual cost of tuition;
2. Required institutional fees;
3. Cost of room (rent), based on the allowance for a room as listed in the institution's on-campus housing catalog;
4. Cost of board (food), which consists of three meals per day;
5. Actual cost of course-related books; and
6. Miscellaneous expenses up to cost of attendance.

Athletic Grant-in-Aid (Scholarship) Reduction or Cancellation

A student-athlete's athletic scholarship may be reduced or canceled at any time if:

1. You render yourself ineligible;
2. You misrepresent any information on an application, financial aid agreement or Letter of Intent;
3. You engage in serious misconduct warranting substantial disciplinary penalty from UNL's regular student disciplinary authority;
4. You voluntarily withdraw from the team;
5. You provide the compliance office with written notification of transfer;
6. You violate team rules set forth by the head coach;

7. You violate any state and/or federal laws; or

8. You violate any non-athletically related conditions included in your athletics scholarship. Athletic Grant-in-Aid (Scholarship) Reduction and Cancellation Process and Procedures

If at any time a student-athletes' athletic scholarship is reduced or canceled, you have the right to an appeals hearing. The procedures for this hearing are outlined below.

1. The student-athlete must submit in writing a request for an appeals hearing with the Athletic Scholarship Appeals Committee within 10 calendar days of the notification of the action.

2. The request should be submitted to:

Director of the Office of Scholarships and Financial Aid

4 Canfield Administration, City Campus

3. A meeting date will be established by the Appeals Committee, which consists of: (1) the Vice Chancellor of Student Affairs; (2) the Director of the Office of Scholarships and Financial Aid; (3) the UNL Faculty Athletics Representative to the NCAA and Big Ten Conference; and (4) the Chair of the Intercollegiate Athletic Committee.

4. Minutes will be kept of the meeting, and the student-athlete will have the opportunity to explain his or her situation and express his or her concerns.

5. The Athletic Department/coach will be asked to prepare a written and/or verbal report indicating basis for the reduction or cancellation.

6. The Athletic Appeals Committee will caucus following the hearing to determine the outcome of the appeal.

7. The decision of the Athletic Appeals Committee will be submitted to the Athletic Department for appropriate action.

Monthly Stipend

You will receive a monthly stipend if your athletic scholarship is allocated to pay other expenses related to attendance, room and/or board. The amount of your stipend will vary depending on your scholarship and if you live on or off campus. The stipends are direct deposited into your personal bank account (as you entered on MyRed) or the US Bank Card for international student-athletes.

Post-Injury Grants in Aid

In the event of a career-ending injury or illness as a result of UNL athletic participation, the Athletic Department will renew the award, per Nebraska State Law, Section 85-9, 110 R.S. Supp., 1984 which declares: "No public postsecondary educational institution in the State of Nebraska shall, prior to graduation, reduce, cancel, or refuse to renew an athletic grant-in-aid to a student during his or her period of eligibility to compete in intercollegiate athletics solely because of an injury which prevents the student from participating in athletics."

Student Assistance Fund

The NCAA Student Assistance Fund (SAF) is intended to assist student-athletes in meeting financial needs that arise in conjunction with participation in intercollegiate athletics and enrollment in an academic curriculum and/or emergency situations. Situations are evaluated on a case-by-case basis. Contact the Compliance staff for examples of permissible use of SAF.

Eligibility

The following individuals are eligible to receive the SAF:

- Scholarship student-athletes.
- Walk-on student-athletes who have completed one full semester.
- Student-athletes must be listed as a current squad member on the date of the request and the date refund is ordered.

Amount

The amount each student-athlete will be able to access in SAF will be communicated to student-athletes at the beginning of each academic year.

Gambling

NCAA rules strictly prohibit Athletic Department staff members and student-athletes from engaging in sport wagering activities.

We hope that you will never be approached in an attempt to involve you in a gambling or bribery situation. However, on some campuses in the past, student-athletes have become involved with organized gambling operations. The results of this involvement have been both severe and tragic, not only for the individual but for the entire Department of Athletics.

Although some states have legalized sports betting, it remains impermissible under NCAA legislation. Be aware that the gambling industry is constantly seeking sources of information because operators use inside information to set the betting line or odds. It is possible that you may be approached and questioned about the condition and attitude of teammates. As a student-athlete, you may be asked to alter a game in some manner and be offered favors or gifts for doing so. If this occurs, you are required to report the incident to your coach or the Compliance staff immediately. UNL and the Athletic Department are committed to combating all forms of gambling and bribery. An attempt to procure information through bribery of a sports participant is a felony. You should keep in mind that participation in gambling interests, even in the most minor fashion, may jeopardize your athletic career.

NCAA Gambling Restrictions

1. It is not permissible for you to place or accept a wager on any sport, at any level (e.g. professional, college, high school, amateur), in which the NCAA hosts a championship, in bowl subdivision football, and in emerging sports for women.
2. Impermissible gambling occurs when you place a wager or accept a wager of money or anything of value for a chance to win something.
3. Gambling prohibition includes sporting events at the professional, college, and amateur (e.g. high school, youth team) levels.
4. It is not permissible for you to knowingly provide information concerning intercollegiate athletic competition to individuals involved in organized gambling activities.

5. It is not permissible for you to accept any benefits from individuals (e.g. meals, presents, money), in exchange for supplying information or for attempting to alter the outcome of any contest.

NCAA Gambling Examples

1. It is not permissible to enter an NCAA Tournament Bracket Challenge that requires an entry fee.
2. It is not permissible to enter a Super Bowl pool that requires an entry fee.
3. It is not permissible to participate in an online fantasy league that requires an entry fee.
4. It is not permissible to use sites like Draft Kings or Fan Duel.

Gambling Penalties

Impermissible gambling under NCAA rules will result in a loss of eligibility. It is also important to be aware of the legalities of gambling from an institutional, state and federal level. Understand that the consequences at the institutional level may be expulsion, and that UNL will assist with the enforcement of any and all federal, state and local gambling and anti-bribery regulations.

Practice and Competition

Seasons of Competition and the Five-Year Rule

Student-athletes have five years to complete four athletic seasons in a sport. The five-year clock begins when you first become a full-time student at any collegiate institution. These years are continuous. You do not regain the time when you are not enrolled in school.

Daily and Weekly Limits: Inside the Playing Season

While in-season during the academic year, the following requirements apply:

1. No more than four hours of required athletically related activities in one day;
2. No more than 20 hours of required athletically related activities in one week; and
3. At least one day off.

Daily and Weekly Limits: Outside the Playing Season

While out-of-season during the academic year, the following requirements apply:

1. No more than eight hours of required athletically-related activities in one week; and
2. At least two days off.

Eligibility for Practice and Competition

Student-athletes are ineligible for practice or competition if any of the following events occur:

1. You become enrolled in less than 12 credit hours (less than 9 credit hours if in graduate school), unless you are in the last semester of your undergraduate degree and in your final hours for the completion of your degree;
2. Your registration or admission is canceled; or

3. You withdraw from UNL.

Medical Hardship

A medical hardship is defined as an incapacitating injury or illness that occurs during the first half of the season before you have participated in more than three events or 30 percent of the events in your sport, whichever number is greater. Medical hardship waivers are reviewed by the Big Ten Conference medical subcommittee. The Compliance staff will work with the Athletic Trainer from the respective sport to file the medical hardship application on behalf of the student-athlete.

Recruiting

Hosting Recruits (Prospective Student-Athletes)

Student-athletes serving as hosts for recruits are an official representative of UNL, as well as the Athletic Department. As such, the student host is expected to exhibit appropriate conduct and behavior at all times. It is the responsibility of the student host to know and to understand the following guidelines. The student host should consult his or her coach and the Compliance staff when questions or concerns arise while hosting a recruit.

Donors, Alumni and Fans

A recruit may have contact with former student-athletes on campus, but may not have any contact with a donor, alumni or fan of any UNL athletic team. It is the responsibility of the student host to ensure that such contact does not occur when entertaining a recruit.

Contact and Communication with Recruits

Student-athletes may be involved in the following activities with recruits at any time, provided it is not done at the direction of a coach or staff member.

1. In-person, off-campus contacts; and
2. Any form of communication.

Entertainment

Entertainment valued at up to \$60 per person may be provided to an official visit recruit and up to four family members accompanying the recruit. The cost of meals and admission to campus athletic events is excluded from this allowance. These funds may not be used to purchase or otherwise provide the recruit with gifts (e.g. clothing, souvenirs or memorabilia items). No cash may be given to the recruit or anyone else accompanying him/her on the visit.

All entertainment of a recruit must occur within a 30-mile radius of campus. It is the responsibility of the student host to ensure that the recruit abides by this limitation. Never allow a recruit to use a vehicle during a campus visit.

Recreational Activities

Recruits may participate in physical workouts or other recreational activities during a campus visit provided such activities are not observed by the coaching staff. Student-athletes may not report back to coaches or staff about the athletic ability of the recruit.

Prohibited Activities

A student host should report the occurrence of any of the activities listed below to the head coach. The following activities are strictly prohibited:

1. Alcohol and drug use, including underage consumption of alcohol or any other activities that violate federal, state or local laws;
2. Gambling or sport wagering activities;
3. Sexually related activities, including the use of escorts, exotic dancers or strippers; and
4. Sexual harassment, including verbal slanders or physical improprieties.

Penalties

Serving as a student host is a privilege and has several benefits that complement the duties and responsibilities of being a host. Actions or incidents that are contrary to the Student Host Guidelines may result in a decision by UNL to deny the admission of or financial aid award to a recruit. Additionally, a student host may be penalized in ways that include dismissal from his or her team or loss of scholarship.

Transferring

The NCAA and Big Ten have rules regarding transfer eligibility. Consult a member of the Compliance staff to obtain information about transfer rules.

Transferring from UNL

If you would like to transfer from UNL, your name must be entered into the NCAA's transfer portal. Follow these steps:

1. Speak with your head coach; and
2. Meet with the Compliance Staff to complete Notification of Transfer documents.

Please note: Once a student-athlete makes a Notification of Transfer, his or her aid may be reduced or cancelled at the end of the academic term.

Student-Athlete Code of Conduct

Introduction

The Student-Athlete Conduct Policy specifies the higher standard of conduct expected and required of student-athletes as well as the procedure to be used by the University of Nebraska-Lincoln Department of Athletics (“Athletics Department”) to respond to student-athletes failure to abide by these conduct standards. Student-Athletes must abide by this policy as well as any sport-specific team rules established by their program’s coaching staff. In the event of a conflict between this policy and any sport-specific team rules, this policy will govern.

Why Have a Department Conduct Policy for Student-Athletes

- The privilege provided to student-athletes to voluntarily participate in intercollegiate athletics at the University of Nebraska-Lincoln creates special obligations and responsibilities as a representative of the University of Nebraska. All student-athletes are required to avoid conduct detrimental to the integrity of and public confidence in the University.
- All student-athletes are subject to the general University codes of conduct and disciplinary rules applicable to all other students. This policy is separate and supplemental to the University’s policies regarding academics, residence life, and student conduct standards. Violations of University policies are handled in the same manner as the general student body.
- All student-athletes are also subject to team rules developed by the head coach of each sport and approved by the Director of Athletics or his or her designee. The head coach of each sport has the authority to discipline, suspend and/or dismiss any student-athlete on his or her team in consultation with the head coach’s sport administrator for violation of team rules separate and apart from proceeding under this Student-Athlete Conduct Policy.
- A separate Athletics Department conduct policy, in addition to University and team rules, is necessary because allegations of student-athlete misconduct generally receive more scrutiny and public attention. Failure to handle these matters appropriately may undermine the public trust in the University and therein impair its ability to carry out its mission of teaching, research, and public service.

The Purposes of the Conduct Policy

- To clarify and reinforce the standards of required behavior expected of student-athletes.
- To provide procedures that will demonstrate that the University will take allegations of misconduct seriously and not condone misconduct.
- To treat student-athletes fairly and provide procedures that will develop the facts to the point that actions taken under this policy are based on sufficiently credible information.
- To assure confidence in the integrity of the process by minimizing the potential for conflict of interest on the part of administrators, coaches and student-athletes.

When the Conduct Policy Applies

- This policy applies when a student-athlete has been alleged to have committed, been charged with, or arrested for serious nonacademic misconduct involving, but not limited to the following:
 - Causing physical injury to another person
 - Creating danger to the personal safety of another person
 - Making a credible threat of physical injury to another person
 - Harassment
 - Hazing
 - Causing damage to property
 - Delivering or possessing with intent to deliver illegal drug or substance
 - Driving under the influence
 - Theft
 - Possession of a gun or other weapons, which is illegal or contrary to applicable University policies
 - Obstruction or resisting arrest
 - Academic dishonesty
 - Consumption of alcoholic beverages while representing the University
 - Using tobacco during athletic practices or competitions
 - Engaging in sports wagering activities involving intercollegiate sports or their professional or other amateur equivalents in violation of NCAA or Conference policies
 - Conduct that undermines or puts at risk the integrity and reputation of the University
 - Repeated acts of misconduct, different than the aforementioned examples of misconduct, that raise the concerns addressed by this policy
- Student-athletes are also expected to adhere to the following conduct standards:
 - Displaying respect for teammates, coaches, staff, opponents, officials, media and fans
 - Exhibiting positive attitudes and behaviors that reflect well on the University and team while representing the University, including during team travel
 - Complying with all rules of the University, Athletics Department, Big Ten Conference and NCAA
 - Cooperating with the University, NCAA enforcement staff, the Committee on Infractions and the Infractions Appeals Committee to further the objectives of the NCAA and its infractions program
 - Attending and being punctual for all required athletics activities
 - Maintaining academic responsibilities and exhibiting appropriate conduct in the classroom
 - Refraining from public criticism of game officials in accordance with NCAA and Conference rules, which includes making public any specific communications with the Conference office related to officiating
 - Reporting known or suspected violations of this policy to his or her Head Coach, his or her team's Sport Administrator, the Director of Athletics, or the Deputy Athletic Director – Senior Woman Administrator
- Treatment of Allegations of Sexual Misconduct
 - Allegations of student "sexual misconduct," which includes dating violence, domestic violence, rape, sexual assault, sexual harassment, sexual exploitation and stalking, are investigated and addressed by the University of Nebraska-Lincoln's Office of Institutional Equity and Compliance. In that regard, the Athletics Department shall report allegations of sexual misconduct immediately to the Office of

Institutional Equity and Compliance. The Conduct Policy neither substitutes nor preempts the University's Title IX procedures.

- The University of Nebraska Sexual Misconduct Policy provides the applicable policies. (accessible at <https://equity.unl.edu/sexual-misconduct-and-title-ix-resources/>)
- The Office of Institutional Equity and Compliance will lead the University's internal investigation and disciplinary process. The Athletics Department will not independently investigate any allegations of sexual misconduct. Student-athletes are subject to the same disciplinary process and sanctions as all University students.

Deciding Whether the Conduct Policy Applies

- Except in situations involving alleged sexual misconduct (which are addressed by the Office of Institutional Equity and Compliance), the Director of Athletics, shall, in good faith and using reasonable judgment, decide whether the policy applies.

If the Conduct Policy Applies: Suspension Pending Factual Inquiry

- If the policy applies, the student-athlete may be suspended immediately from competition and practice with his or her team, however, until the matter is resolved:
 - any financial aid will remain in place;
 - the student-athlete's name will remain on the squad list; and
 - the student-athlete may have access to academic support services, weight training, training table and sports medicine facilities to be determined on a case-by-case basis.
- The head coach for the student-athlete does not make the suspension decision. However, the Director of Athletics, at their discretion, may consult with Athletics Department and University staff members if deemed necessary.
- The suspension or any other action taken by the Director of Athletics shall be followed immediately by a prompt factual inquiry.

A Prompt Factual Inquiry Will Be Conducted

- A prompt inquiry will be conducted to develop the facts and information, so that actions taken under this policy are based on sufficiently credible information.
- Except in situations involving alleged sexual misconduct, at the direction of the Director of Athletics, the Deputy Athletic Director – Senior Woman Administrator or designee shall promptly manage and inquire into the facts, including, but not limited to the following:
 - what facts and information support or refute the misconduct allegation, arrest, and/or charges;
 - what the student-athlete and other witnesses say the facts are;
 - what any available police report says the facts are; and
 - when applicable, any information from police or prosecutors concerning the likely disposition of the case.

- In situations involving alleged sexual misconduct, the Office of Institutional Equity and Compliance's investigation will serve as the factual inquiry conducted pursuant to this policy. As permitted by applicable privacy laws, the Office of Institutional Equity and Compliance will share the results of its investigation with the Director of Athletics and any other University staff member deemed appropriate. The Athletics Department may impose disciplinary measures for conduct other than sexual misconduct if it is determined the student-athlete has violated provisions of this Policy.
- In some cases, relevant information may not be available for a considerable period of time, including instances involving arrests because police reports are not accessible and a criminal complaint has not been filed. In cases where information is not available due to circumstance outside the control of the University and the Athletics Department, the Director of Athletics may:
 - based on the available facts, refer the case for decision under the Decision About Discipline and Disposition section of this policy, or
 - reinstate the student-athlete until sufficiently credible facts and information are available.
- If two (2) weeks have elapsed since the date of the suspension and the student-athlete has not been reinstated or the case has not been referred for decision under the Decision About Discipline and Disposition section of this policy, the student-athlete may request that a decision be made within three (3) business days.

Student-Athlete Participation in the Factual Inquiry

- The student-athlete shall be given the opportunity to provide information and to respond to allegations and facts offered by others. The student-athlete's level of cooperation and candor will be considered by the Director of Athletics during their deliberations.
- The student-athlete is permitted to and may decide, due to the circumstances, such as the potential pendency of criminal prosecution, not to fully participate in the disclosure of information. In such cases, the disposition of the matter shall continue based upon the information reasonably available to the Athletics Department and the University.
- In situations involving allegations of sexual misconduct, the student-athlete's opportunity to provide information and to respond to allegations and facts offered by others is met through the student-athlete's opportunity to participate in the Office of Institutional Equity and Compliance's investigation.

Decision About Discipline and Disposition

- When the factual inquiry has been completed, the information will be provided to the Director of Athletics and he or she shall decide whether the allegations of misconduct are supported by the greater weight of the evidence to support disciplinary action under this policy.

The following range of dispositional measures shall be considered:

- Warning
- Reprimand
- Withholding from practices and contests

- Imposition of terms and conditions to remain a member of the athletic program
 - Restitution
 - Participation in a relevant educational program
 - Community service
 - Apology
 - Continued suspension
 - Revocation, reduction or nonrenewal of athletically-related financial aid or benefits (subject to NCAA rules and institutional policies)
 - Dismissal from the athletic program
 - Reinstatement
- The student-athlete's desire to obtain counseling and/or participate in a relevant program to address concerns such as anger management, drug/alcohol abuse, or other similar health care measures may be incorporated as part of comprehensive plan to achieve appropriate student-athlete conduct.
 - A student-athlete convicted of a felony or misdemeanor charge of a violent nature will be immediately dismissed from the athletic program and will forfeit any athletically-related financial aid or benefits (subject to NCAA rules and institutional policies).

The Student-Athlete Has the Right to Appeal the Discipline and Disposition

- Except in situations involving alleged sexual misconduct (which are addressed by the Office of Institutional Equity and Compliance), the student-athlete may appeal the disposition of the matter by requesting an appeal to the Faculty Athletics Representative (FAR) or their designee.
- The student-athlete shall submit a written appeal with facts and justification to the FAR with copy to the Director of Athletics. The written appeal must be submitted within five (5) days of the Director of Athletics' disposition decision.
- The FAR or their designee will normally provide a response within five (5) business days of an appeal being submitted.
- The student-athlete may seek the assistance of an advisor and/or legal counsel in the preparation of the written appeal.
- The sole issue that shall be determined upon appeal is whether the disciplinary measure is reasonable for the misconduct, and not a new or independent review and assessment of the facts.
- If the FAR or their designee modifies the original decision, any of the dispositional measures set forth in the Decision About Disposition and Discipline section of this policy are available, except dismissal of the student-athlete from the athletic program or increasing the length of the suspension.

New Information

- Should the student-athlete make the Director of Athletics aware of new information not considered in the original decision, they may, at their discretion, re-open the process, investigate the new information and may issue a revised decision, which shall be subject to appeal in the same manner as the original decision.

University of Nebraska-Lincoln Student Code of Conduct

Students at the University of Nebraska are members of an academic community in which academic integrity and responsible conduct are essential for the community to function. To ensure that students know what is expected of them, the University has adopted the Standards of Academic Integrity and Responsible Conduct (“Standards”).

- [Section I - Persons & Organizations Subject to the Standards](#)
- [Section II - Standards of Academic Integrity and Responsible Conduct](#)
- [Section III - University Responses to a Violation of the Standards](#)
- [Section IV - Enforcement of Standards](#)
- [Section V - Temporary Suspension](#)
- [Section VI - Miscellaneous Procedural Matters](#)

All allegations of sexual misconduct, including sexual harassment under Title IX of the Education Amendments of 1972 (Title IX), sexual assault, sexual harassment, sexual violence, dating violence, domestic violence, or stalking are investigated and addressed following the procedures set forth in Executive Memorandum No. 38.

Institutional Equity and Compliance

<https://www.unl.edu/equity/>

About Title IX

UNL is dedicated to the prevention of sexual discrimination, sexual harassment and sexual misconduct, and providing a safe campus for its employees and students. Title IX prohibits discrimination based on sex in education programs and activities in federally funded schools. Title IX protects students, employees, applicants for admission and employment, and other persons from all forms of sex discrimination, including discrimination based on gender identity or failure to conform to stereotypical notions of masculinity or femininity. All students, faculty and staff at UNL are protected by Title IX (regardless of gender, sexual orientation, gender identity, full or part-time status, disability, race or national origin) in all aspects of UNL's educational programs and activities. All forms of sexual harassment, including but not limited to, dating and domestic violence, stalking, and sexual assault are violations of Title IX and prohibited by UNL. <https://equity.unl.edu/sexual-misconduct-and-title-ix-resources/>

About VAWA

This act was established to address and reduce incidents of relationship violence, stalking, and sexual violence by coordinating community response, providing funding for rape crisis centers and domestic violence shelters, and providing rights to those who experience these crimes.

How To Report

Title IX Administrator: Kristen Brown, Deputy AD – Senior Women's Administrator
(402) 472-3011
kbrown@huskers.com

UNL Report System: <https://unlreport.unl.edu/>

Resources

UNL Police Dial 911 or 402-472-2222
police.unl.edu

Center for Advocacy, Response and Education 402-472-3553
care.unl.edu

University Health Center 402-472-5000
health.unl.edu

Notice of Nondiscrimination

The University of Nebraska Athletic Department does not discriminate based on race, color, ethnicity, national origin, sex, pregnancy, sexual orientation, gender identity, gender expression, religion, disability, age, genetic information, veteran status, marital status, and/or political affiliation in its programs, activities, or employment.

The entire policy is available at: <https://equity.unl.edu/notice-nondiscrimination/>. If you believe you are being harassed or otherwise subjected to discrimination as detailed above, you are encouraged to consult the Office of Institutional Equity and Compliance, Room 128, Administration Building, 472-3417.

Hazing Policy

Huskers Don't Haze

What is hazing?

Nebraska state law defines hazing as “any activity by which a person intentionally or recklessly endangers the physical or mental health or safety of an individual for the purpose of initiation into, admission into, affiliation with, or continued membership with any organization. Such hazing activity includes whipping, beating, branding, an act of sexual penetration, an exposure of the genitals of the body done with intent to affront or alarm any person, a lewd fondling or caressing of the body of another person, forced and prolonged calisthenics, prolonged exposure to the elements, forced consumption of any food, liquor, beverage, drug, or harmful substance not generally intended for human consumption, prolonged sleep deprivation, or any brutal treatment or the performance of any unlawful act which endangers the physical or mental health or safety of any person or the coercing of any such activity” ([Neb. Rev. Stat. § 28-311.06](#)).

What are the consequences of hazing?

Hazing is a Class II misdemeanor in Nebraska. In addition to criminal charges through the state, individuals and organizations can be held responsible by the university through the Student Code of Conduct. ([See Section II.B.10.](#))

Consent is not a defense.

Nebraska State Law states that “notwithstanding any provisions to the contrary, consent shall not be a defense” ([Neb. Rev. Stat. § 28-311.07](#)). This means that even if someone was ok with an activity, that doesn't mean the activity wasn't hazing.

What should you look for when joining an organization?

Do the activities match the organization's values?

Do members show appreciation for individuals as well as the group identity?

Does the atmosphere encourage growth and academic success?

Do all activities follow federal, state, and local laws and university policies?

Does the organization's leadership clearly communicate expectations of behavior to all members?

Does the organization hold members accountable for actions?

Help is available.

Don't be silent. Seek help from:

Organization advisors or coaches

Parents or family members

Others not involved in the activity

If there is ever an immediate threat, call 9-1-1.

How do you know if something is hazing?

If you are unsure whether an activity is or includes hazing, consider whether it meets the following criteria:

Does this activity promote and reflect the ideals and values of the organization? Would you be willing to allow parents to witness this activity? A judge? University administrators? The media? Would you be able to defend this activity in the court of law?

Important Links:

[Report Hazing](#)

[How to Get Help](#)

[Resources for Organizations](#)

NCAA Transgender Student-Athlete Participation Policy

At its January 19, 2022, meeting, the NCAA Board of Governors [updated the transgender student-athlete participation policy](#) governing college sports.

The new policy aligns transgender student-athlete participation with the [Olympic Movement](#). The resulting sport-by-sport approach preserves opportunity for transgender student-athletes while balancing fairness, inclusion and safety for all who compete.

Like the U.S. Olympic and Paralympic Committee, the updated NCAA policy calls for transgender student-athlete participation for each sport to be determined by the policy for the national governing body of that sport. If there is no NGB policy for a sport, it would then be determined by the policy for that sport's international federation. If there is no international federation policy, it would be determined by [policy criteria](#) previously established by the International Olympic Committee. Sport-specific policies are subject to ongoing review and recommendation by the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports to the Board of Governors.

Phase Two – regular season and championships

Phase Two of the NCAA transgender student-athlete participation policy requires transgender student-athletes to provide documentation that meets the [2010 NCAA policy](#) plus meet the sport standard for documented testosterone levels at three points in time: 1. Prior to any competition during the regular season; 2. Prior to the first competition in an NCAA championship event; and 3. Prior to any competition in the non-championship segment. See the [transgender student-athlete eligibility review procedures](#) for more information.

Additional flexibility

The Board of Governors urged the divisions to allow for additional, future eligibility if a transgender student-athlete loses eligibility based on the policy change, provided they meet the newly adopted standards.

The NCAA's Office of Inclusion and Sport Science Institute also released the [Gender Identity and Student-Athlete Participation Summit Final Report](#). The report assists ongoing membership efforts to support an inclusive environment that promotes and develops the mental and physical health of transgender and non-binary student-athletes in collegiate sport. The foundational principles in this report will be developed further in conjunction with the Committee to Promote Cultural Diversity and Equity, CSMAS and other core membership committees that address gender identity.

Weapons Policy

Possession of dangerous weapons - concealed or unconcealed - on University property, on the worksite, in University vehicles or in personal vehicles when on University property shall be a violation of UNL policy. A dangerous weapon shall include guns, knives, explosives or any other device defined by statute or as determined by the University, which in the manner used or intended is capable of producing death, harm to person or property, or bodily injury. Violation of this policy shall make the offender subject to appropriate disciplinary or legal action.

Exceptions: This policy shall not apply to: a) students, faculty and staff when in direct transport of dangerous weapons between off-campus and weapons storage at University Police; and b) members of athletic teams who train and use firearms as a part of their competition in the University's rifle range, or in direct transport between firearms training facilities and authorized weapons storage facilities; c) authorized UNL Police personnel; d) law enforcement officers and security personnel working directly with UNL Police and acting in their official capacity for purposes of carrying out work responsibilities; e) persons authorized by the facility administrator for IANR units to use and store dangerous weapons consistent with the Weapons/Hunting Policy of IANR as it applies to IANR research sites located outside the city limits of Lincoln, Nebraska.

In order to maintain and protect the health and safety of UNL property or persons on UNL property, persons who are neither UNL employees nor students who are found to be in possession of a dangerous weapon on UNL property may be subject to immediate seizure of the weapon by the University of Nebraska Police Department and removal from campus. Seized property not held as evidence in an investigation will be returned to the person upon exiting UNL property.

[Full Weapons Policy Content](#)

Social Media Policy

Reminders & recommendations for maintaining a safe and appropriate online social media presence: Remember that every action you take on social media is visible to the public and has the potential to live on the internet forever.

- a. This includes the content you post.
- b. This includes the content you share/retweet/repost.
- c. This includes the content you like/heart/interact with.
- d. This includes websites you link to/share/reference.
- e. Deleting and/or archiving a post is not a solution, screenshots and cached posts on your timeline still allow for public access & spread.
- f. THINK before you post.

You are a representative of your team; the athletic department and the school & your social media accounts are a representation of you.

- a. Keep your team's code of personal conduct in mind with the content you post and the tone you take on social media.
- b. Your audience consists of all ages of fans, including children that look up to you.
- c. As a student-athlete at Nebraska specifically, you have an amplified platform where your actions are watched with a magnified lens relative to the general public.

With NIL now a year in, remember that potential sponsors are monitoring your accounts as well.

- a. Sponsors are much more likely to want to work with a student-athlete that maintains an appropriate, active social account.
- b. One inappropriate post could cost you an NIL deal or the chance at a deal.

For your safety, refrain from including any personal information in your social media posts or bio. Avoid phone numbers, addresses, credit card info, live locations, etc.

If you encounter accounts or sites impersonating you or other student-athletes, alert the Compliance Office immediately. This constitutes identity theft and Compliance will assist your efforts to have the impersonation taken down.

The Athletic Department reserves the right to take action against any currently enrolled student-athlete engaged in behavior that violates the law or any NCAA, University, Department, team rules, or behavior that is otherwise materially disruptive to the Athletic Department or team.

Managing Media

Media Appearances

Part of the benefit of being associated with Nebraska is the extensive media attention received by the department. The public is very interested in the intercollegiate athletic activities at Nebraska, and it is from these interested alumni and fans that the University receives much of its support for our athletic program.

Interacting with the print and electronic media gives student-athletes the opportunity to develop communication skills that can be helpful in future professional, business and athletic careers.

Interviews

Never agree to an interview unless arrangements have been coordinated through the Athletic Communications Office.

Press Conferences

As a member of a Nebraska athletic team, student-athletes may be asked to be available to larger media groups, provided that attendance does not conflict with class schedules. If an individual player is being honored, every effort is made to have that player present. Student-athletes may also be asked to speak with the media after practice or a game, as pre-arranged by your coach and the Athletic Communications Office. Please note that the locker rooms, weight rooms, Student Life Complex and training rooms are off-limits to the public. This includes the media.

Dealing with the Media

When dealing with the media, you are urged to exercise care when making statements. Regardless of what is said, a reporter's first obligation is to report the news. Don't say it if you don't want to see it in print, social media or on television.

Medical Information

Medical Information

Because your physical well-being is essential to your success, both as a student and as an athlete, the Athletic Department feels a strong responsibility to help you reach and maintain your optimum health.

Medical Emergency

Dial 911 for all life-threatening injuries and remain on the line until EMS arrives.

Athletic Training Room Rules and Hours of Operation

The main training room is staffed from 8:00 a.m. to 5:00 p.m. Monday through Friday during the academic year. Additional hours outside of this timeframe will be scheduled by your respective athletic trainer. Summer hours are subject to change. While in the Athletic Training Room, please adhere to the following rules:

- No cell phones allowed during treatments and rehabilitation sessions.
- No food or beverages allowed.
- No shoes allowed on the treatment tables.

There will be cubbies available for student-athletes to keep their possessions while receiving treatment or rehab in the Athletic Training Room.

The phone number for the North Stadium Athletic Medicine Training Room is 402-472-2276.

Medical Clearance Requirements

All incoming freshmen and transfer student-athletes are required to complete a medical history and have a physical exam performed by athletic medicine staff before participating in the athletic program. The physical exam includes lab testing and an ECG. Updated copies of insurance card(s), including medical, dental, and vision, should be provided. If coverage changes at any time, please notify your athletic trainer.

All student-athletes will receive a copy of the "NCAA Concussion Fact Sheet for Student-Athletes" with their medical paperwork. During pre-participation physicals, all student-athletes are asked to provide their personal history of head injury and concussions, a neurological baseline and balance test is performed, and a signed shared responsibility statement is required.

All upperclassmen will complete a medical questionnaire prior to the start of the fall semester, to ensure their medical information is kept current, and any conditions needing further evaluation are assessed.

Exit Physicals will be required after championship and non-championship seasons.

Care of Injuries and Illness

Student-athletes are provided contact information to reach the assigned athletic trainer for their sport and must report all injuries or illness promptly. A physician-staffed medical clinic is available in North Stadium Athletic Medicine Training Room by appointment. Scheduling an appointment may be accomplished through Teamworks, or through your Athletic Trainer. Usual hours for appointments are Monday through Friday, from 8:30 a.m. to 4:00 p.m.

Non-emergent medical needs, such as medication refills, should be done during clinic hours.

Consultations, including with team orthopedic surgeons, are arranged through the on-site medical staff and athletic trainers.

Referrals

When the medical staff encounters a condition that would benefit by evaluation or treatment through referral to a specialist not available on site, medical staff will assist in scheduling the appointment. If transportation is needed, an athletic trainer will make the necessary arrangements.

In the event a scheduled appointment cannot be kept, the student-athlete must contact the athletic trainer in advance to cancel or reschedule the appointment. Some offices charge for missed appointments if notice has not been received within 24 hours of the scheduled time. Athletic Medicine is not allowed to pay for missed appointments.

Covered Expenses

Medical expenses that are due to injury or illness sustained by a student-athlete as a direct result of practice or participation in intercollegiate athletics at any time during the year will be covered by our insurance program.

UNL Athletic Medicine coverage is considered secondary, or excess, and the student-athlete's personal or parental insurance is considered primary. The student-athlete must first present the claim to their primary insurance company. After the primary insurer has paid the allowable charges, the University's insurance will pay the remaining charges.

At no time will the student-athletes or their parents sustain any expenses if the injury is a direct result of participation in their sport.

A copy of the bill from the provider showing outstanding balances must be sent to the Athletic Department for final payment. This information must be provided in a timely manner (within 30 days of receipt of the statement).

Dental care will not be covered unless it is a direct result of athletic injury.

The training room is to be utilized for all athletic-related treatments. All related medical bills and prescription expenses must be approved for payment by the Associate AD for Athletic Medicine in accordance with Athletic Department and NCAA regulations.

The Athletic Department does not assume any financial responsibility for medical treatment obtained without a referral from a team physician.

The Athletic Department may consider payment for certain medical conditions not resulting from athletic participation when treatments are deemed necessary for the student-athlete to compete. These medical expenses are reviewed on a case-by-case basis.

It is strongly advised that all student-athletes have medical insurance coverage. For those not covered under their parents' insurance plan, a student insurance plan is available. Details are provided on the UNL.edu website.

Drug Testing

Annually the athletic compliance and athletic medicine staff conducts NCAA, Big Ten and institutional drug testing information meetings. The provisions of these programs, notification policies, educational programming, and consequences for violations of the policies are explained in these meetings.

The Nebraska Athletic drug testing policy is available in its entirety on the next several pages. Any questions you have regarding drug testing should be directed to your athletic trainer or the athletic medicine staff at 402-472-2276.

UNIVERSITY OF NEBRASKA-LINCOLN

DEPARTMENT OF ATHLETICS

SUBSTANCE USE POLICY & PROCEDURES

I. POLICY STATEMENT

The illegal use, abuse, possession, manufacture, dispensing, distribution, or being under the influence of drugs, including the misuse of prescription drugs or other banned substances, is prohibited while a member of any University of Nebraska-Lincoln Department of Intercollegiate Athletics (Nebraska Athletics) team or while otherwise receiving athletics grant-in-aid from Nebraska Athletics. This prohibition extends to the use of any banned substances on or off campus. Nebraska Athletics provides an ongoing program for random testing, reasonable suspicion testing and related after care to ensure the health, safety, and well-being of student-athletes who participate in its athletic programs.

This policy is separate and distinct from the National Collegiate Athletic Association (NCAA) drug testing program, including sanctions. Pursuant to NCAA policies, student-athletes are not permitted to use banned substances as identified by the NCAA banned substances lists. Information regarding the NCAA drug testing program can be found at <https://www.ncaa.org/sports/2021/2/10/sport-science-institute-doping-and-substance-abuse.aspx>.

II. SCOPE

Nebraska Athletics will follow NCAA guidelines for institutional alcohol, tobacco, dietary supplement, and other drug education programs. This policy applies to all student-athletes (as defined herein).

III. PURPOSE

The illegal use, abuse, possession, manufacture, dispensing, distribution, or being under the influence of drugs, including the misuse of prescription drugs or other banned substances, are associated with numerous health, safety, and social problems. They may also create an unfair competitive advantage and damage the reputation of Nebraska Athletics.

This policy will be used to safeguard student-athletes from the consequences of alcohol, tobacco, and other drug and substance abuse. The purpose of this policy is to assist Nebraska Athletics in:

- Providing a safe, productive, and healthy environment that is consistent with providing the highest quality athletic performance.
- Creating and maintaining a drug-free workplace pursuant to the Drug Free Schools and Community Act Amendment of 1989.
- Providing counseling for student-athletes with substance abuse and illegal drug problems.
- Encouraging prevention of illegal use or abuse of drugs by conducting random screenings to detect and deter substance abuse and illegal drug problems.

IV. DEFINITIONS

Banned Substance(s) – shall mean such banned drug classes and substances contained in Appendix A.

Positive Test – shall mean a test resulting in the detection of one or more banned substances at any determinable level in ng/mL level. A positive test shall also include a failure to arrive at the collection station at the designated date and time without justification after receiving proper notice; failure to provide a valid biological specimen according to protocol and without a legitimate medical reason; providing an additional diluted specimen during a retest due to a previous diluted result; leaving the collection station before providing a specimen according to protocol; attempting to alter the integrity or validity of the biological specimen and/or the collection process by providing false information in connection with a test, attempting to falsify or manipulate test results through tampering, contamination, adulteration, or substitution; or being otherwise uncooperative or obstructive with administration of the test resulting in the inability to timely conduct the test; or a positive test result within the NCAA Drug-Testing Program.

Student-Athlete – shall mean (i) a person who is on an active roster or is receiving athletic grant-in-aid with eligibility remaining or (ii) is a member of the spirit squad.

V. EDUCATION

Nebraska Athletics will educate student-athletes about the hazards of using both performance-enhancing and illegal drugs, as well as the misuse of tobacco, alcohol and prescription drugs. The purpose of this education is to familiarize student-athletes with the scope of the problem, inform student-athletes of resources available, and to provide the tools necessary to live a life free from the problems associated with illegal drug use and substance abuse. Lectures and educational programs are provided for the benefit of student-athletes. Student-athletes may be required to participate in substance use evaluation, education, and counseling/treatment. Student-athletes committing a drug offense pursuant to this policy may be required to participate in further education and counseling/treatment.

VI. CONSENT

Upon entering any athletics program at Nebraska, each student-athlete will be required to sign a drug testing consent form (Appendix B). The consent form indicates the student-athlete's understanding of, and agreement to comply with, this policy while a student-athlete. Participation in Nebraska Athletics programs is contingent upon adherence to this policy.

VII. PRESCRIBED MEDICATIONS

All medications taken by student-athletes must be on file with the Nebraska Athletics' Athletic Medicine Department. Athletic Medicine staff will maintain a record of any medications prescribed to student-athletes by a team physician. ***If a non-team physician prescribes medication to a student-athlete, the student-athlete must ensure that the prescribing physician supplies the necessary prescription information in a medically accepted manner to Nebraska Athletics.***

VIII. PROCEDURES

Nebraska Athletics may test for any banned substance. Specimen analyses will be completed by an accredited laboratory. Biological specimens will be collected and sent to an independent SAMHSA and/or World Anti-Doping Agency (WADA) approved laboratory for analysis. Any laboratory Nebraska Athletics engages for the testing of performance enhancing drugs/agents will abide by the

World Anti-Doping Agency code of ethics as it relates to the testing of samples. Nebraska Athletics will not send a sample to a laboratory for the sole purpose of monitoring an athlete for the detection of performance enhancing substances to circumvent a positive test. Each specimen will be tested to determine the presence of banned substances and the appropriate sanctions will be applied for positive tests in accordance with this policy. Unless otherwise notified, specimen collection will be completed in a Nebraska Athletics facility.

Student-athletes may be subject to:

- Random testing
- Reasonable suspicion/for cause testing
- Postseason/Championship testing (as determined by the NCAA)

Testing Protocol

- Nebraska Athletics will ensure that the collection of samples is conducted in a manner suitable for reliability and confidentiality.
- Nebraska Athletics will select a process consistent with cost effectiveness.
- Drug screening shall be conducted at any time and may be subject to change without prior notice.
- The Athletic Director or his or her designee, in consultation with the team physician(s), will select the number and types of tests administered.

Random Testing Process: Random individual and/or team testing will be performed as determined by the Athletic Director or his or her designee in consultation with the team physician(s). The team physician(s) or his or her designee will notify the respective athletic trainer and/or designees of the student-athletes randomly selected for testing through Nebraska Athletics' Teamworks software or its successor. Notification of the selected student-athletes will not exceed twenty-four hours. The notification will include the location, date, and time of the test.

Reasonable Suspicion/For Cause: A student-athlete selected based on reasonable suspicion may be tested with or without notice. The Athletic Director or his or her designee, in coordination with the team physician(s), will determine reasonable suspicion. Reasonable suspicion may be based on information presented to the Athletic Director or his or her designee and the team physician(s), including, but not limited to, the following:

- Observed behavior, activity or appearance which varies from the normal routine of a student- athlete. This includes, but is not limited to, changes in physical appearance, odor of a banned substance, conduct, or behavior, which based on knowledge or experience is reasonably associated with the potential use of a banned substance;
- Any actual knowledge of use or possession of a banned substance;
- Current or past involvement with the criminal justice system for drug-related activities;
- Prior treatment for a substance abuse problem;
- Admission of a current substance abuse problem;
- Prior positive test for any banned substance;
- A diluted sample on a previous test;
- Physiological signs of substance abuse; and
- Other reasonable signs indicating the use of, or impairment from, banned substances.

Specimen Collection Process

- A third-party administrator will administer the collection of specimens under the direction of the Athletic Director or his or her designee in coordination with the team physician(s).
- Collection will be done in a manner and at a time coordinated with Nebraska Athletics' Athletic Medicine Department staff. Therefore, the student-athlete may have an unannounced screening prior to the competitive season, during the competitive season, or after the competitive season. Under no circumstances will a student-athlete be given more than twenty-four hours' notice of the student-athlete's scheduled appointment to provide a urine sample.
- Urine specimens will be obtained under observation. The specimens will be managed under observation of the student-athlete until sealed and identified by a random number corresponding to the student-athlete's name to ensure confidentiality. Information will be kept by Nebraska Athletics' Athletic Medicine Department. All procedures for chain of custody will be followed as identified by the Athletic Medicine Department or third-party administrator collecting the samples and the testing laboratory.
- A student-athlete who engages in a case of clearly observed tampering with a drug-test sample may be immediately dismissed from their athletic team.

Notification of Results

- The third-party administrator will provide the results to the team physician(s) or his or her designee.
- The team physician(s) or his or her designee will verify that all results are consistent with any documented or prescribed medical need.
- The team physician(s) or his or her designee will forward the results for all positive tests to the Athletic Director or his or her designee and the Director of Sports Psychology.
- The Athletic Director or his or her designee will be responsible for notifying the applicable sport administrator of all positive tests.
- The Athletic Director or his or her designee will notify the affected head coach and the student-athlete.
- The Athletic Director or his or her designee, with the student-athlete present, will notify the student-athlete's parents or guardians.
- Once the previous notifications have occurred, the Director of Sports Psychology or his or her designee will initiate the Drug Education and Counseling program.
- All parties involved will maintain the confidentiality of the reporting results process.
- If the student-athlete has a concern about a possible false positive test result, he or she must notify the Athletic Director or his or her designee within one (1) week from the date the student-athlete is notified of the positive test result. The Athletic Director or his or her designee will discuss the student-athlete's concerns, review and determine the circumstances and reliability of the test, and recommend whether it is necessary to repeat the test. The Athletic Director or his or her designee, in coordination with the team physician(s), will determine necessary action based upon all available information.

Corrective Actions for Banned Substance Use

Except for actions within coaches' discretion (i.e., scholarships decisions, CARA participation), no separate team policy may impose more severe or additional corrective or disciplinary action on a student-athlete than those outlined below.

A student-athlete will be subject to corrective and disciplinary action as a result of a positive drug test. Corrective and disciplinary action will be determined on a case-by-case basis by the Athletic Director or his or her designee and may include, but is not limited to, the following:

- Counseling and rehabilitation to provide and implement an appropriate plan of intervention for the student-athlete.
- Temporary, indefinite, or permanent suspension from participation in all athletic programs.
- Cancellation of all or part of any grant-in-aid provided to the student-athlete by Nebraska Athletics.
- Outside counseling and rehabilitation at an off-campus facility with the student-athlete assuming financial responsibility for such treatment.
- Referral of the matter to the University of Nebraska-Lincoln's Student Conduct and Community Standards Office for appropriate student conduct action.

A student-athlete will be required to comply with all determined corrective and disciplinary actions. The Athletic Director or his or her designee will be notified of a student-athlete's failure to comply with such determinations, and the Athletic Director or his or her designee may impose additional corrective or disciplinary actions up to and including immediate suspension from athletic activities in the event of a student-athletes' failure to comply with all corrective and disciplinary actions.

Student-athletes will be required to comply with any corrective or disciplinary action imposed by the NCAA or the Big Ten Conference as the result of a positive test pursuant to any NCAA or Big Ten Conference drug testing programs. In addition, the Athletic Director or his or her designee may impose additional corrective or disciplinary actions pursuant to this policy as the result of a positive test from either the NCAA or Big Ten Conference drug testing programs. Any additional corrective or disciplinary action will be at the Athletic Director or his or her designee's discretion and may include, but is not limited to, any corrective or disciplinary action that may be taken as a result of a positive test pursuant to this policy.

A positive test result as part of any NCAA or Big Ten Conference drug testing program will generally follow the following process (unless such process is otherwise addressed by the NCAA):

NCAA/Big Ten Conference Positive Test Result

- The student-athlete and his or her head coach will discuss with the Chief Medical Director for Athletics or his or her designee the result and relevant policy. The team physician(s) or his or her designee may refer the student-athlete for additional testing and/or screening.
- The student-athlete will be required to comply with all corrective or disciplinary action, including any recommended clinical care and counseling recommendations, pursuant to any applicable policy.
- If the student-athlete is materially non-compliant with any corrective or disciplinary action imposed as the result of a positive test, the Athletic Director will be notified. The Director or his or her designee may impose additional sanctions up to and including immediate suspension from athletic activities.

Additional Actions for Anabolic Agent Use: In addition to the sanctions set forth above under the

Corrective Actions for Banned Substance Use, a student-athlete that has a positive test resulting from Anabolic Agents is subject to the following additional sanctions. In the event a positive test results in multiple suspensions being applicable, such suspensions shall run concurrently meaning the more severe/lengthy suspension shall apply.

First Positive Test Resulting from Anabolic Agents

- The student-athlete will meet with the Athletic Director or his or her designee and head coach or his or her designee to discuss the policy, the applicable sanctions, and the ramifications for future positive tests.
- The student-athlete will immediately be suspended from all intercollegiate competition. The student-athlete's suspension shall encompass the period of competitions equal to fifty percent (50) of the maximum allowable regular season intercollegiate allowed by the NCAA. Should the regular season end prior to the competition, the student-athlete suspension will carry over to post-season competition, if any, and if necessary, to the next season. A fraction of .50 or above will be rounded to the next higher number and a fraction of .49 and below will be rounded to the next number lower (example: Number of computed contests equals 2.50, the number of contests suspended equals 3, the number computed contests equals 2.49, the number of contests suspended equals 2). The suspension will be delayed for any student-athlete that is redshirting, injured, and seeking medical hardship, or otherwise not available for competition. The suspension will begin upon the student-athlete being able to fully participate in his/her sport. Participation in further activities: practices, team activities, events and the like are at the discretion of the head coach and Athletic Director or his/her designee. However, the student-athlete must first be medically cleared by the team physician before being allowed to participate in any practice or competition.
- Mandatory testing will continue if the student-athlete continues to meet the definition of student-athlete under this policy and has eligibility remaining. Any subsequent positive test will advance the student-athlete to the subsequent sanction for banned substances. If such subsequent positive test results from the use of anabolic agents, then the sanctions for a second positive test from anabolic agents shall apply.

Second Positive Test Resulting from Anabolic Agents

- Notification of a positive test result will be given to the Athletic Director or his or her designee. The Athletic Director or his or her designee will then notify the student-athlete and then the head coach or his or her designee.
- The Athletic Department will permanently cancel the eligibility of the student-athlete's participation in Nebraska Athletics.
- The student-athlete will not be eligible for the renewal of any athletic grant-in-aid.
- The existing grant-in-aid will be canceled in accordance with the NCAA guidelines.
- The Athletic Director or his or her designee will notify the parents of the student-athlete of the test result and such cancellation of eligibility and/or athletic grant-in-aid.

IX. DRUG EDUCATION AND COUNSELING PROGRAM

Any drug education and counseling program ("DECP") as the result of a positive test will be designed for the individual student-athlete by the Director of Sports Psychology. The DECP will be led by the Director of Sports Psychology with input from sports medicine, sports performance, coaches, and administration. A student-athlete will be required to comply with his or her

individualized DECP.

The head coach shall inform the applicable sport administrator and may inform applicable assistant coach(es) (i.e., applicable coordinator, position coach, or strength coach) at their discretion on a need-to-know basis of a student-athlete's participation in the DECP program. Other staff will only be informed as necessary for the implementation of the program.

Biological specimen testing may continue throughout the program per the Director of Sports Psychology, and any positive results will not count against the participant if the values continue to decrease. The student-athlete must be substance-free (i.e., no positive test) within 90 days of the last positive test to complete the program. A student-athlete will be subject to accelerated testing, and it is expected that they present declining ng/mL levels to remain compliant with the program. Once the student-athlete has completed the program, he or she will be put back into the banned substance testing rotation.

Things such as unexcused, missed appointments will be considered non-compliance with the DECP. An unexcused, missed appointment includes, but is not limited to, a student-athlete missing an appointment without providing appropriate proof of a valid emergency to the Director of Sports Psychology or failing to reschedule the appointment with Director of Sports Psychology prior to the currently scheduled time.

The Athletic Director or his or her designee, the team physician(s), and the student-athlete's head coach will be informed of any student-athlete's non-compliance with DECP and the Athletic Director or his or her designee may impose additional corrective or disciplinary actions.

X. CONFIDENTIALITY:

Every effort will be made to maintain confidentiality within the program. While all related information and records will be protected from public access to the fullest extent allowed by law, it is understood that the law requires disclosure of such records in a health or safety emergency, and/or in response to a lawfully issued subpoena. Information may also be shared with medical staff as needed for the care of the student-athlete and with any pertinent members of the intercollegiate athletics staff, including but not limited to coaches, academic counselors, team physicians, and administrators.

XI. RIGHT TO MODIFY:

This policy may be modified by the Athletic Director or his or her designee.

Revised and effective 7/1/2024 for 2024-2025.

Appendix A

Substances Tested

The following are a list of substances for which the student-athlete may be tested for:

- Stimulants
- Cocaine
- Anabolic Steroids and Masking Agents
- Opiates and synthetic opiates (Morphine, Codeine, Demerol, Heroin, etc.)
- Barbiturates
- Natural and manufactured hallucinogens
- Drug analogs (designer drugs)
- Alcohol
- Substances banned by the NCAA, including but not limited to:
 - Stimulants
 - Anabolic agents
 - Beta blockers (banned for rifle only)
 - Diuretics and masking agents
 - Narcotics.
 - Peptide hormones, growth factors, related substances, and mimetics
 - Hormone and metabolic modulators
 - Beta-2 agonists

NCAA Nutritional/Dietary Supplements:

Before consuming any nutritional/dietary supplement product, review the product and its label with your athletics department staff!

- Nutritional/Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test.
- Student-athletes have tested positive and lost their eligibility using nutritional/dietary supplements.
- Many nutritional/dietary supplements are contaminated with banned substances not listed on the label.
- Any product containing a nutritional/dietary supplement ingredient is taken at your own risk.

APPENDIX B

Nebraska Athletics Drug Testing Consent Form

1. I hereby consent to be tested to determine if I have used any banned substances, to include but not limited to, those listed on the NCAA list of banned substances set forth in section 18.4.1.4.6 of the NCAA manual and in the University of Nebraska-Lincoln Department of Athletics Substance Use Policy & Procedure (Policy), by providing biological samples as requested by the University of Nebraska-Lincoln's Department of Athletics (Nebraska Athletics).
2. I agree to provide such biological samples at the time and location and under conditions for collection, as determined by the department, at various times throughout the year, with or without prior notice.
3. I hereby authorize Nebraska Athletics or its designee to send my samples to the laboratory of its choice for actual testing and authorize Nebraska Athletics or its designee to receive test results.
4. I hereby authorize Nebraska Athletics or its designee to release all information and records, including test results, that may be made or received relating to the screening and testing of my biological samples to Nebraska Athletics and my parents/legal guardians in Nebraska Athletics' discretion. I acknowledge that while certain medical information may be released to the media by virtue of my participation in Nebraska Athletics, the results of drug tests will not be released or reported by Nebraska Athletics. I further acknowledge and agree that my parent/guardian will be notified of the results of any positive test result(s).
5. I acknowledge that I have read the Policy and the NCAA list of banned substances set forth in Section 18.4.1.4.6 of the NCAA Manual, and that I have had an opportunity to ask questions regarding them. I understand the provisions therein and I agree to abide by those provisions including those specifically related to sanctions for positive test results.
6. I hereby release and discharge the University of Nebraska and its regents, officers, employees and agents from all claims and causes of action created by or arising out of any act or omission related to the implementation of the Policy.
7. I have read this Consent Form, understand the terms in it, their legal significance and sign voluntarily.
8. I understand that I may revoke my consent to participate in the testing program at any time. In doing so, I understand and agree that I will immediately be prohibited from participation in intercollegiate athletics program at the University of Nebraska-Lincoln resulting in the immediate and permanent loss of all applicable athletic grant-in-aid and irrevocably waive any right to appeal such decision.

Student Athlete Name

UNL ID Number

Student Athlete Signature

Date Signed

Sport

Date of Birth

Parent/Guardian (if under 19 years of age)

Date

APPENDIX C

Nebraska Athletics Reasonable Suspicion Form

I, _____, under the reasonable suspicion clause that is outlined in the of Nebraska Athletics Substance Use Policy & Procedures, report the following objective sign(s), symptom(s) or behavior(s) that I reasonably believe warrant be referred to the Athletic Director or his/her designee for possible drug testing.

Please check below all that apply:

The student-athlete has shown:

- | | |
|------------------------------------|--|
| _____ irritability | _____ physical outburst |
| _____ loss of temper | _____ emotional outburst |
| _____ poor motivation | _____ weight gain |
| _____ failure to follow directions | _____ weight loss |
| _____ verbal outburst | _____ sloppy hygiene and/or appearance |

The student-Athlete has been:

- | | |
|-----------------------------|--|
| _____ late for practice | _____ missing appointments |
| _____ late for class | _____ missing/skipping meals |
| _____ not attending class | _____ arrested for drug or drug |
| _____ receiving poor grades | paraphernalia related charges |
| _____ staying up too late | _____ positive on previous drug test (s) |

The student-athlete has demonstrated the following:

- | | |
|--|---|
| _____ dilated pupils | _____ excessive talking |
| _____ constricted pupils | _____ withdrawn and/or less |
| _____ red eyes | communicative |
| _____ smell of alcohol on the breath | _____ periods of memory loss |
| _____ | slurred speech |
| _____ staggering or difficulty walking | _____ recurrent motor vehicle accidents |
| _____ constantly running and/or red nose | and/or violations (give dates _____) |
| _____ recurrent bouts with a cold or the | _____ violations of university code of |
| flu (give dates _____) | conduct |
| _____ over stimulated or “hyper” | |

Other specific objective findings include:

Print Name of Athletic Dept. Staff: _____

Signature of Athletic Dept. Staff: _____

Date: _____

Reviewed by: _____

Athletic Director/Designee: _____

Date: _____

☐ Reasonable suspicion finding upheld

☐ Reasonable suspicion finding denied

Sport Psychology Services

Taking care of your mental, social and emotional health is a critical component of performing at your best as a student-athlete. Sport Psychology (SP) offers an array of services for Husker student-athletes to address psychological concerns and to aid in developing a high-performance mindset.

Crisis or Emergency Care

Dial 911 for emergency care if you or another student is in immediate danger of harming oneself or someone else. If you are struggling with these types of thoughts or feelings, but do not intend to act on those thoughts or feelings, you can schedule an appointment to discuss them with a licensed sport psychologist by emailing your assigned team provider or Dr. Ward at bward@huskers.com. If you would like to speak with someone immediately but do not plan to harm yourself right now, you can call the UNL crisis hotline, (402) 472-7450, or the national suicide hotline at 1-800-273- TALK (8255) or call/text the Suicide & Crisis Lifeline at 988.

Pre-Performance Screening:

Mental Health: All incoming freshmen and transfer student-athletes are required to complete a mental health screening questionnaire. This screening assesses mental health concerns typical of college students. The screening will aid the sport psychologists in determining which student-athletes may benefit from additional meetings to support their mental wellbeing.

Performance Evaluations: Teams can participate in psychological performance evaluations to help coaches and athletes identify individual strengths, areas for growth, learning styles and coaching preferences. These evaluations are utilized by the coaching and performance staffs to develop a tailored sport training program to optimize an athlete's potential.

Mental Health Care

The SP staff is comprised of a multidisciplinary treatment team. Treatment is holistic and comprehensive in nature. Approximately 50-60 percent of all Husker student-athletes seek sport psychology services per year. Consistent with the current NCAA medical initiatives, sport psychology services adhere to a multi-tiered approach targeting first the primary healthcare needs of student-athletes (mental health), followed by individual mental skill building and team mental toughness training. To schedule an appointment with one of our psychologists, please email your assigned team provider.

Counseling Services: Husker licensed mental health providers offer an array of confidential one-on-one treatment services for student-athletes coping with a mental health condition. Treatment services are available to address anxiety, depression, relationship difficulties, communication, attentional problems, substance use, mood changes, sleep difficulty, eating disorders and compulsive behavior among others.

Group counseling is also available. Groups are comprised of 8-10 student-athletes who want to cultivate coping strategies for better managing stress, dealing more effectively with emotions, improving interpersonal skills, and developing mindfulness strategies. Groups are limited and a referral is needed to join the group.

Psychological Assessment: Our licensed and board-certified neuropsychologist offers psychological assessments to help in the diagnosis and treatment recommendations for ADHD, learning disabilities, concussion, dyslexia and complex psychological conditions.

Psychiatric Treatment: The SP have a network of psychiatric care providers including psychiatrists and psychiatric nurse practitioners available for referral in the event a student-athlete might benefit from psychopharmacological care.

Performance Psychology Services

Individual Mental Skills Training: Husker sport psychology staff meet individually with student- athletes to create training plans for performance issues such as: composure, confidence, routines, focus and concentration, motivation, goal setting, physiological arousal regulation, stress management and performance under pressure to assist athletes in achieving peak performance on a consistent basis.

Biofeedback Training: SP offers biofeedback services for mental health and peak performance. Biofeedback is the use of technology to monitor our physiology. The purpose of biofeedback equipment is to gain a better understanding of how our mind and body operate in unison. In turn, we can use this knowledge to achieve greater control over our mental, emotional, and physical health.

Team Services: Each team has an assigned sport psychology staff member who collaborates with the sport coaches and performance staff to design a tailored performance program that can include team building/cohesion, leadership development, talent identification and strengths building, mental skills training, psychological assessment and coach consultation.

Inclusive Excellence and Leadership

Diversity and Inclusion

Nebraska Athletics values diversity and inclusion and aims to provide the best services for student-athletes, coaches, and staff from all backgrounds. Husker student-athletes hail from 25 countries and 42 states, and hold numerous identities, cultural backgrounds, and upbringings that we fully embrace and consider indispensable to our culture in athletics. We strive to maintain relationships with community partners, campus partners and experts in all areas of diversity, inclusion, and equity. These relationships ensure that we are providing the best experience for our student-athletes and staff and ensure that we understand best practices when serving a diverse population of staff, coaches, and student-athletes.

Nebraska Athletics Diversity and Inclusion Mission Statement:

Nebraska Athletics is committed to inclusive excellence and providing a welcoming and safe culture for all student-athletes and staff. Through ongoing education, programming, and initiatives within athletics, combined with campus partnerships, we ensure a strong commitment to celebrate diversity while always striving for inclusion. Nebraska Athletics encourages fans to join us in our efforts by taking the Diversity & Inclusion Pledge below.

Nebraska Athletics Diversity and Inclusion Vision:

Nebraska Athletics will ensure every student, staff member, supporter and fan is treated with the utmost respect and acceptance. We will maintain an environment of inclusion through programming, education, personal support and campus collaboration.

Nondiscrimination statement:

The University of Nebraska does not discriminate based on race, color, ethnicity, national origin, sex, pregnancy, sexual orientation, gender identity, gender expression, religion, disability, age, genetic information, veteran status, marital status, and/or political affiliation in its programs, activities, or employment.

Diversity

Individual differences, (e.g., personality, prior knowledge, and life experiences), group and social differences (e.g., race/ethnicity, indigeneity, class, gender, gender identity, sexual orientation, country of origin, and (dis)ability), historically underrepresented populations, and cultural, political, religious, or other affiliations – Adapted from the American Association of Colleges and Universities (AAC&U)

Inclusion

The active, intentional, and ongoing engagement with diversity — in the curriculum, in the co-curriculum, and in communities (intellectual, social, cultural, geographical) with which individuals might connect — in ways that increase awareness, content knowledge, cognitive sophistication, and empathic understanding of the complex ways individuals interact within systems and institutions. – American Association of Colleges and Universities (AAC&U)

Equity

The creation of opportunities for historically underrepresented populations to have equal access to and participate in educational programs that are capable of closing the achievement gaps in student success and completion. – American Association of Colleges and Universities (AAC&U)

Student-Athlete Programming

Inclusive Excellence and Leadership Summit

Nebraska Athletics has planned and executed the Inclusion Excellence and Leadership Summit since 2016, devoting time and resources to maintaining Diversity, Inclusion and Leadership as a consistent conversation in athletics. The goal is to expand the definition of diversity, spread awareness and educate student-athletes and staff on the concept of celebrating diversity and practicing inclusion. The Summit has received praise from NCAA administrators, University of Nebraska-Lincoln Administration, national experts on diversity and inclusion, coaches, staff, and student-athletes.

Student-Athlete Advisory Committee Diversity and Inclusion Subcommittee

The Student-Athlete Advisory Committee (SAAC) Social Justice Subcommittee aims to provide counsel, feedback and programming around Diversity and Inclusion for the greater SAAC and student-athlete body. Members collaborate with the Coordinator and Assistant coordinator for Strategic Initiatives on Diversity and Inclusion events, such as the annual Summits.

Diversity Conference Attendance

Opportunities may be available for student-athletes and staff to be sponsored to attend diversity and inclusion-related conferences. Previous conferences that have been available are the Black Student- Athlete Summit, Athlete Ally Leadership Summit and programs sponsored by the NCAA Office of Inclusion.

Big Ten Anti-Hate and Anti-Racism Coalition

The goal of the Coalition is to seek tangible ways to combat racism and hate around the world while also empowering student-athletes to express their rights to free speech and nonviolent protest actively and constructively. The Coalition is comprised of student-athletes, staff members, coaches, faculty, and administrators from the 14 institutions across the Big Ten Conference. The Coalition is consistently working to create content, programming and policies that can be distributed and implemented across the Big Ten Conference. Members of each Coalition take the information and explore ways to implement it to their specific campuses.

Student Athlete Affinity Groups

There are currently three established affinity groups within the athletic department. These groups are open to all student athletes.

Black Student Athlete Alliance

Advisors: Sports Psychology Representatives

Athlete Ally

Advisor: Dr. Heather Keifer

International Student Athlete Alliance

Advisor: Sports Psychology Representatives

Cultural Celebrations

Nebraska Life Skills frequently partners with campus and community partners to host, sponsor and co- manage programming for several cultural celebrations. Some programs include:

- **Black History Month Celebrations**
- **Hispanic Heritage Celebrations**
- **Native American Heritage Celebration**

- **Asian American and Pacific Islander Heritage Month Celebrations**

Faces of Nclusion Video Spotlights

Athletics features video spotlights of student-athletes and staff from diverse backgrounds. The following spotlights/celebrations have been honored:

- Asian American and Pacific Islander Heritage Month
- Black History Month
- Hispanic and Latinx Heritage Month
- International Student-Athlete Support

Inclusive Excellence annually plans an international student-athlete welcome program for incoming international student-athletes, as well as collaborative programs with The International Student and Scholar Office (ISSO). ISSO provides support and materials to international student-athletes on an ongoing basis.

Specific Workshops, Dialogue, and Trainings

Workshops, dialogues and trainings are available for teams, as well as bystander intervention programs to learn how to address problematic language and diversity and inclusion related issues. Lastly, educational sessions are available, please work with the Coordinator and Assistant Coordinator for Strategic Initiatives to schedule a session.

Academic Support

The University of Nebraska Athletic Department offers a comprehensive academic support program that is integrated with other campus resources. Specific academic support services available to all student-athletes focus on their transition, retention and graduation. Services are administered by 14 full-time staff members and approximately 50-75 tutors and learning assistants. The full-time staff includes a director, two associate directors, four academic counselors, one learning specialist, three academic specialists, two assistant academic counselors and an administrative assistant. The director has a direct reporting line to both the Faculty Athletics Representative and the Athletic Director.

Nebraska's academic support program has been certified by the National Association of Academic Advisors for Athletics (N4A) as meeting the standards established by the N4A. In addition, the University of Nebraska Faculty Senate's Intercollegiate Athletics Committee conducts annual reviews of specific components of the academic support program or other academic topics current in intercollegiate athletics.

Academic Monitoring

Each member on the academic support staff utilizes available services and resources with student-athletes to develop tailor-made academic plans. Utilizing these plans while monitoring academic progress, staff members help student-athletes maximize academic achievement and opportunity for graduation.

Academic support staff monitor and provide assistance with NCAA initial eligibility and University of Nebraska admissions to prospective student-athletes. Academic support staff work in conjunction with university advisors to assist student-athletes with major exploration, course registration and an understanding of university, Big Ten Conference and NCAA academic rules and policies.

Academic progress is monitored each semester through frequent meetings with individual student-athletes and supplemented by academic progress reports from instructors. Academic progress reports are sent electronically to the instructors of all student-athletes three times each semester. Course instructors typically comment on attendance, class participation and estimated grade. This information is utilized to determine additional services and resources that may be beneficial.

Academic support staff review the progress toward graduation and NCAA progress-toward-degree requirements for athletic eligibility on an ongoing basis. The Assistant Registrar for Athletic Certification is consulted regularly to review the eligibility certification of student-athletes.

Finally, academic support staff refer and make student-athletes aware of numerous University of Nebraska campus resources.

Academic Services

Orientation

All new student-athletes are required to attend an orientation at the beginning of their academic career.

Student-athletes are introduced to staff, faculty, administrators and a variety of resources that will help facilitate the transition into college while enhancing awareness of support services in the Athletic Department and across campus. The student-athlete orientation is provided in addition to other new student orientation/enrollment programs offered by the University of Nebraska.

Educational Assessments

Informal and formal educational assessments are administered to student-athletes upon request from a student-athlete or recommendation from an academic support staff member, coach or faculty member. Referrals are

made to a consulting psychologist who conducts the more in-depth assessments. If it is determined that a student-athlete meets criteria for a learning disability or another medical condition that impedes the student's ability to reach their academic potential, appropriate accommodations are implemented by the Office of Services for Students with Disabilities.

Mentoring

Academic support staff serve as mentors to all incoming student-athletes and a select group of returning student-athletes. Student-athletes in the mentoring program meet with their mentor weekly to develop time management and organizational skills, gather and report academic progress information and discuss academic success strategies.

Tutorial Support

Student-athletes have access to both individual and group tutoring. Tutorial sessions are designed to guide the student to learn and achieve within the course content, develop study skills, promote independent learning, encourage academic success and improve student retention. Additionally, writing consultants trained by the University of Nebraska English Department are available to assist student-athletes. The tutorial program is certified as a model tutoring program by the College Reading and Learning Association (CRLA). CRLA certification requires that each tutor receive extensive training, which includes instruction regarding relevant NCAA rules, tutorial policies and procedures, information regarding academic ethics and honesty and individual tutor annual evaluations.

Study Hall

Academic support staff determine which student-athletes are required to attend study hall based upon test scores, class rank, grade-point average, probation status, present class schedule and past academic record in addition to consulting with coaches. Student-athletes are required to complete a designated amount of study time, complete objective-based study hall or a blended approach of objectives, tutoring and study time.

Life Skills

Overview

Initiated in 1987, Nebraska's Life Skills Department proactively educates and fosters student-athletes' acclimation to the University of Nebraska and promotes total person development to best prepare student-athletes for life after sports through service opportunities, leadership, and personal, professional, and career development.

Student-Athlete Advisory Committee (SAAC)

The Student-Athlete Advisory Committee was established to ensure student-athletes have a voice, two elected representatives from each of Nebraska's 24 teams meet once a month to discuss various issues and related to student-athlete welfare and community service.

Inner Circle

Established in 2014, Inner Circle is one of the top student leadership organizations on campus. Inner Circle consists of student-athlete emerging leaders who meet once a month to focus on leadership, personal, and professional development, while connecting with prominent alumni, community members, and business leaders.

Husker Healers

Husker Healers is for all student-athletes pursuing or considering a career in healthcare after college. The group meets monthly where student-athletes can network with other athletes and share similar aspirations after college, learn more about the process to get admitted into graduate/professional schools, develop skills needed for applications, volunteer in the community and share knowledge with their peers.

N-volved

N-volved is a discussion-based social climate leadership group that provides student-athletes with a safe space to discuss and explore current events and have difficult conversations. The group focuses on developing meaningful relationships that enhance understanding, connectedness, and personal growth.

Husker Outreach Program

Nebraska student-athletes from all 24 sports have combined efforts with coaches, former student-athletes and other campus leaders to be a positive influence on youth on a statewide basis. The Life Skills staff will work with student-athletes one-on-one to identify areas that best align with student-athlete strengths and interests.

Career Planning

Student-athletes receive individual and personalized career planning assistance from their designated Life Skills representative. Student-athletes have the opportunity to attend the Student-Athlete Career Fair each February and other opportunities on campus. Life Skills also hosts a Student-Athlete Networking Night for second-year student-athletes.

Post-Eligibility Opportunities

Nebraska student-athletes who graduate, letter, and exhaust eligibility at Nebraska can receive a \$7,500 scholarship to use upon graduation for an internship, study abroad experience, graduate school or an approved entrepreneurial endeavor. To receive funds, student-athletes must meet the above-mentioned criteria. For more information you can contact PEO Director Tom Lemke.

Careers & Graduate School

Student-athletes receive guidance in the process of securing internships and full-time employment as well as acceptance into advanced-degree programs. Regardless of post-graduate plans, student-athletes can connect with numerous offices on campus who are area experts in those fields: UNL Career Services, individual college career services, or UNL Graduate Studies. Student-athletes are made aware of resources, such as Husker Hire

Link, an online internship/job platform, which provides students exposure to numerous internship and full-time job postings related to academic and professional pursuits.

In Their Words

"Nebraska's Life Skill department has been pivotal in my professional development and preparation for life beyond sport. They have equipped me with key leadership and career skills, while also emphasizing the importance of community involvement. These experiences have given me a solid foundation and set me up for success beyond sport."

Callin Hake, Women's Basketball

"Nebraska Life Skills has been instrumental in helping me develop essential skills for life both within and beyond the realm of sports. Their support, extensive resources, and wealth of knowledge have played a crucial role in my growth and development as I navigated the challenges of being a student-athlete. I am grateful for their guidance which has equipped with the confidence and competence to succeed in all areas of my life."

Micaylon Moore, Men's Track & Field

"THE ABSOLUTE GOLD STANDARD- the Nebraska Life Skills Department is the best of the best, nationwide, for providing consistent, high-level education and programming for developing the total person. Our student-athletes have endless opportunities to grow as people, enhance their skills professionally, make a positive impact by serving in the community. In talking with student-athletes and alumni about their experience at Nebraska, they always rave about our Life Skills Department and their gratitude for the people that invested in them."

Rhonda Revelle, Nebraska Softball Head Coach

Staying Connected

Nebraska offers a lifetime pledge to Husker student-athletes extending far beyond exhausting their eligibility and college graduation. As the saying goes.... "Once a Husker....Always a Husker!" The Life Skills staff offers continuous support as student-athletes transition into the working world and endure future career changes. Life Skills also involves many letterwinner alums into career programming on a regular basis.

Teamworks

Teamworks is the leading athlete engagement platform, built by athletes for athletes. This software and app make everything easier for elite athletic teams- from scheduling and communication, to sharing files and managing travel. Upon hiring or enrollment, you will be added and will receive an email at your UNL address to log in for the first time.

Performance Nutrition

Purpose

The purpose of the UNL Performance Nutrition department is to provide services that enhance the student athlete's overall health and recovery. Our Training Table operates and sets its menus with a student athlete first mentality. We seek to provide healthy, accommodating nutrition options for all our athletes at breakfast, lunch, and dinner.

Goals

- To offer a variety of food and beverage products that are readily available and accessible for all student athletes.
- To provide a wealth of education and resources that each student athlete can utilize to enhance their overall level of knowledge and awareness as it pertains to fueling their body for competition and recovery.

Description of Services

Performance Nutrition seeks to provide fueling options and education to Husker student athletes, so they are adequately prepared and knowledgeable on the impact nutrition can have in their lives as athletes and after sport.

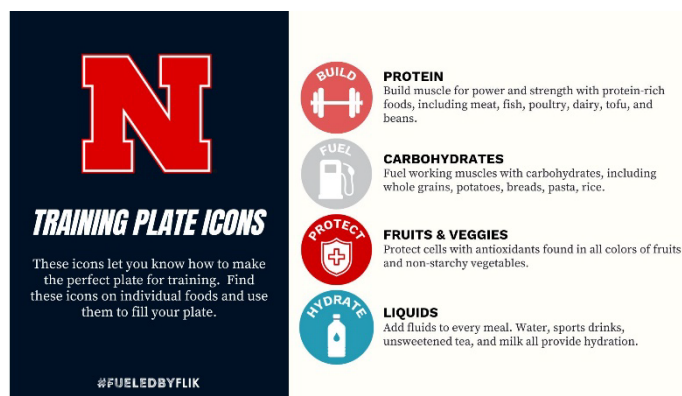
Nutrition Overview

Our Training Table is the primary resource for student athletes to seek out holistic fueling options. Our Training Table operates and sets its menus with a student athlete first mentality. We seek to provide healthy, accommodating nutrition options for all our athletes at breakfast, lunch, and dinner.

Our fueling stations are the secondary resource for student athletes to fulfill their fueling needs. The primary goal of our fueling stations is to provide quick and easy sources of nutrition and hydration to supplement training and competition.

Team rooms and competition fueling are an additional asset our student athletes can utilize. Each team has a dietitian that coordinates additional nutrition options to team rooms and around competition.

Husker Bucks are provided to student-athletes to supplement meals on their own. Athletes have the chance to purchase a meal at local restaurants or choose to use the dollar value on groceries.



Strength and Conditioning

The Athletic Department has established a comprehensive strength and conditioning program to improve performance and lessen the possibility of injury. The strength and conditioning staff provides the best program available while maintaining the highest safety standards.

All intercollegiate athletic teams have a strength and conditioning program designed specifically for the rigors of their individual sport. Each program addresses mobility, conditioning, strength, power, speed and body composition on an individual, team member basis. These programs are then carried out under the direction of the certified strength and conditioning staff. Individual and team assessments are carried out periodically during the year. A schedule of use for weight room facilities may be arranged through and at the discretion of the Head Strength Coach assigned to each sport. At no time will scheduling of individual time supersede team use of the facilities.

Work Environment

The work that takes place in the weight room is serious in nature. All student-athletes who use the strength and conditioning facilities should do so productively. You should arrive at your scheduled time, obtain your workout program, and go through the session with a positive attitude and minimal waste of time. Approach your workout session as an opportunity to improve yourself so you can perform better at your sport.

Safety

Safety in the strength and conditioning facilities depends upon following facility rules. Always think cautiously when performing any exercise. The weight rooms were established so you would have the opportunity to become stronger and more injury resistant. Injuries should not occur in the weight room.

Spotters serve two basic purposes: (1) To motivate or encourage you to give it your all and (2) to supervise your workout in order to make it safe for you. Always have someone spot you when performing any exercise. The spotter should be prepared to assist the lifter when the weight cannot be raised.

Be aware of other people around when performing any exercise. If people are in the way, there is always the possibility of dropping a weight on them or hitting them with a barbell. On machine exercises, make sure a spotter has his/her hands clear of the machine before beginning to exercise. If an injury should occur, immediately contact the nearest strength coach.

Weight Room Policies

Note: To all persons using University of Nebraska Weight Rooms. These rooms are provided to improve the performance of Nebraska athletes. The following rules are presented so the weight rooms will remain clean, neat and ready for athletes to safely use the equipment. Your cooperation is appreciated.

1. No student-athlete is allowed to lift until they have medical clearance. Guests must sign a waiver.
2. Student-athletes are required to use collars once there is any weight on the bar.
3. Student-athletes should show respect at all times; spitting in or defacing the facility is not tolerated, horseplay, loud, offensive language, or temper tantrums are not permitted.
4. The staff offices and telephones are off limits to student- athletes.
5. Everyone should wear proper adidas training attire.
6. Student-athletes should utilize spotters when necessary.

7. Immediately report any facility-related injury or facility/equipment irregularity to the supervisors on duty.
8. The Nebraska Strength and Conditioning Department is not responsible for users' personal belongings or lost or stolen items.
9. Equipment is not to leave the Nebraska Strength and Conditioning facilities without permission from the Strength and Conditioning staff.
10. The on-duty supervisors have the authority over all weight room conduct and use of equipment and may expel a student-athlete from the facility for failure to follow instructions.

N Club

N Club

The N Club provides opportunities to letterwinners from all sports for connection, engagement and involvement through events, special reunions and regular communication while supporting the athletic, academic and career success of current student-athletes. Over 6,000 letterwinners from across the country are involved with this distinguished group.

For more information, visit Huskers.com/NClub or email nclub@huskers.com with any questions.

Major National, Conference and Institutional Academic Awards

NCAA Today's Top 10 Award

Regarded as the nation's most prestigious academic award, Nebraska has a nation-leading 18 recipients of the Top 10 Award. To be nominated, students must have exhausted their athletic eligibility. The award is based on the criteria of athletic achievement, academic achievement and community involvement.

Academic All-Americans

Nebraska's rich tradition of academic excellence is solidified on the national level through the University's dominance of the Academic All-America Award. To be considered for the award, student-athletes must be sophomore status or above, maintain a minimum 3.50 cumulative grade-point average, be a team starter or key reserve and be active in the community.

Big Ten Medal of Honor

The conference's most exclusive award was the first of its kind in intercollegiate athletics to recognize academic and athletic excellence. The Big Ten Medal of Honor was first awarded in 1915 to one student-athlete from the graduating class of each university who had "attained the greatest proficiency in athletics and scholastic work." Big Ten schools currently feature more than 9,500 student-athletes, but only 28 earn this prestigious award on an annual basis. The Medal of Honor was expanded in 1982 to include a senior female student-athlete from each institution.

Big Ten Distinguished Scholar Award

At the conclusion of each academic year, the Big Ten announces its Distinguished Scholar Awards. To be eligible, student-athletes must be at least in their second year of residence and carry a GPA of 3.7 or higher for the current academic year, excluding summer school.

Academic All-Big Ten

To be eligible for Academic All-Big Ten selection, students must be on a varsity team (as verified by being on the official squad list), have been enrolled full time at the institution for a minimum of 12 months and carry a cumulative grade-point average of 3.0 or higher.

Postgraduate Scholarships

Postgraduate scholarships are available for those who wish to pursue advanced degrees and meet select criteria. To apply, student-athletes must be in their final season of athletic eligibility along with meeting additional academic, athletic and service requirements. To learn more about available postgraduate scholarships, contact the Nebraska Life Skills Department.

Academic Medallions

The athletic department celebrates student-athlete excellence in athletics, academics and service at "A Night at the Lied" held annually in April. The event, which celebrated 30 years in 2020, is a result of an endowment created by Dick and Dale Herman. Student-athletes who have completed at least one year of school can earn a bronze, silver or gold medallion based on either their cumulative grade-point average at the end of the semester preceding the event, or their grade-point average earned during the previous calendar year.

Most Outstanding Student-Athlete

Honored annually at "A Night at the Lied," faculty members from the Intercollegiate Athletics Committee vote on and select one male and one female student-athlete each year. Criteria for nomination include candidates being enrolled in the academic year in which the final season of athletic eligibility occurs; having a minimum cumulative grade-point average of 3.30; performing with distinction in a varsity sport; and acting both on and off the field in a manner that has brought credit to the student-athlete, the institution and intercollegiate athletics.

Outstanding Scholar Award

The Outstanding Scholar Award is presented annually at “A Night at the Lied” to student-athletes in their final season of athletic eligibility or enrolled in their final hours for the May or August graduation following the awards show and who have maintained a cumulative GPA of 3.90 or above.

Herman Team Grade-Point Average Awards

The Herman Team Grade-Point Average Awards are presented to the one men’s and one women’s team with the highest team cumulative grade-point average in the previous calendar year.

Heart and Soul Award

The Heart and Soul Award is bestowed upon senior student-athletes who have been passionate about service and leadership throughout their career as a Husker.

Sam Foltz 27 Hero Leadership Award

Student-athletes have the opportunity to be recognized for their commitment to community service and leadership throughout the year. The Sam Foltz 27 Hero Leadership Award is presented to the top 27 student-athlete leaders who provided outstanding leadership and community service.

Tom Osborne Citizenship Team

Student-athletes who complete a minimum of six new service projects and two enrichment activities within the academic calendar year, while maintaining good academic and athletic standing, earn a spot on the prestigious Tom Osborne Citizenship Team.