



University of Missouri

Student-Athlete Compliance Newsletter

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Dining Hall Changes

Starting August 1, 2014, the NCAA has granted Division I schools more leeway to provide student-athletes with additional nutritional opportunities. What does this mean for you? More Snacks! Starting in Fall 2014, there will be snacks available for all student-athletes from 7am-2pm, Monday through Friday, in the Sells Family Dining Hall. Student-athletes will need to use the hand scanner to gain access to the dining hall during the open snack time, but will not have meals deducted from their Athletic Dining Hall plan. There will be a break from 10:30am-11am when snacks are not available, so the staff can transition the type of snacks available.

Dinner will remain the same, being served from 4:30-7:30pm on Sunday through Thursday during the fall semester. Student-athletes will need to use the hand scanner to have the meals charged to their Athletic Dining Hall plans. If you would like to purchase an Athletic Dining Hall plan, please visit the Compliance Office.

Past Due Balances

The Cashier's Office has changed their policy regarding a student's outstanding past term balances. If a student-athlete has a balance from a previous term (i.e. \$100 balance from Fall Semester 2013), the student-athlete needs to pay that balance in full or risk cancellation which could cause the student-athlete to be ineligible for practice and competition.

The Cashier's Office will allow a student to set up a payment plan in which the student will be required to pay a minimum amount until the previous term balance is paid in full. If the student misses any required payment, he or she may be cancelled from the payment plan and have a stop-registration hold placed on his or her account. If the student misses multiple payments, they will be in danger of being canceled from their classes. **The Cashiers Office will no longer allow students to set up a second, third, or fourth payment plan.** The student is responsible for the outstanding account balance and needs to have this balance paid in full by the specified date every semester.

For any questions you may have regarding this new policy or your student account, please contact Bob Nolte in the Compliance Office at 882-2076 or Jennifer Johnson in the Cashier's Office at 882-8682.



Off-campus room and/or board stipend checks will be available on the last business day of the month.

Off-Campus Room & Board Stipends

To receive your check, you must be enrolled in a minimum of 12 credit hours and have completed all paperwork related to your athletics participation as required by the Athletics Compliance Office. This year, all checks will be equal amounts, to help you better plan your budget. Checks are available beginning the first day of school (August 25th) and subsequent checks will be available on the last business day of the month (i.e. September checks will be available on August 29th). Checks are available at Bob's desk at the front of the Compliance Office in Mizzou Arena.

Textbooks

If you have a book scholarship, follow these steps to acquire your textbooks for the Fall 2014 Semester:

- 1) Go downstairs to the Textbooks area and print out your schedule (There will be 4 print stations in the textbooks area).
- 2) Find a University Bookstore Customer Service Representative and **Identify yourself as a Student-Athlete.**
- 3) You and the Customer Service Rep will walk through the aisles to pull your **required** books from the shelves.
- 4) The Customer Service Rep will check the books to see if it matches your course schedule.
- 5) Go to the **SPECIALTY CHARGE LINE** to check out (there will be signage to direct you to the proper location).

But, what if my schedule changes?

If you **ADD** a class after picking up your books, obtain an Added-Class form from your TPP Academic Coordinator. Take this form to the MU Bookstore to get your new book(s).

If you **DROP** a class after picking up your books, return to your TPP Academic Coordinator the book(s) you no longer need.

Travel Policy

The MU Athletics Department takes into careful consideration the health and safety of our student-athletes including during travel to off-campus competition sites. Therefore, an institutional policy was created relative to team travel. For instance, when traveling by van, there is a ten passenger limit per van. Such vans may be driven within 500 miles of campus by an institutional staff member, however, if the distance to the competition exceeds 500 miles, a professional driver shall be leased. Under no circumstances will a student-athlete be considered a permissible driver. Decisions for poor driving conditions due to weather are left to the judgment of the head coaches. In the event of an accident, the University is self-insured for general liability and the student-athletes have their own insurance or, if not, will be covered by the University insurance policy.

Eligibility for Practice and Competition

Day-to-Day Eligibility: To practice and compete, you must be enrolled in at least 12 hours of coursework (or 9 hours if a graduate student) leading to a degree and be in good academic standing. If you are in your final semester and need less than 12 hours to graduate, the Dean of your college must submit a letter to the Registrar and carbon copy the Compliance Office. See your Total Person Program advisor for assistance.

ATTENTION FOOTBALL!! To be eligible to compete for the full season in the next academic year, you must successfully complete nine (9) credit hours during the fall and earn the APR eligibility point.

ATTENTION SENIORS!! To be eligible for post-season competition (e.g., bowl game), competition that takes place between terms, and competition in the next regular term, you must successfully complete six (6) credit hours in the preceding academic term unless you need less than six hours to meet graduation requirements.

Semester-to-Semester Eligibility for ALL Student-Athletes: To be eligible for competition that takes place during the next regular academic term, you must successfully complete at least six (6) credit hours (exclusive of intersession or summer credits) of degree applicable work. (14.4.3.1) Football please see note above.

Questions about your eligibility? Contact the Compliance Office or the Total Person Program.

Parking Issues

Parking is a great concern for all MU students and employees. So as to not get ticketed or towed this year at the MATC:

 1. Get a student parking permit! The MUPD will be aggressive in checking for student parking permits at the MATC! **ALL VEHICLES NOT PARKED IN A PARKING SPACE WILL BE TICKETED OR TOWED!**

2. Use the overpass! Lot C (the lot immediately southeast of the overpass) will be available for use by student-athletes. You should park here and use the overpass to cross Providence Road to get to the MATC.

3. Do not park in the reserved/numbered spaces in front of the Memorial Stadium Press Box. Only staff permits are valid there and MUPD will be checking these spots regularly.

4. Do not loan your parking permit to friends to use in their vehicles. If they receive a ticket, the charges will be assessed to YOUR MyZou account.

Any parking fines received must be paid before you may enroll for the next semester!

Free Application for Federal Student Aid (FAFSA)



All student-athletes are **strongly encouraged** to complete the Free Application for Federal Student Aid (FAFSA). The FAFSA is necessary to assess your eligibility for state grants and federal loans and/or grants during the 2014-2015 academic year. FAFSA instructions and worksheets for 2014-2015 are available on the website (www.fafsa.ed.gov).

Contact Nick Prewett (882-6200) or Charlie Brunette (882-3240) for assistance in completing the FAFSA.

Student Assistance Fund

ALL student-athletes are eligible to receive money from SAF. SAF may be used to purchase or pay for clothing, personal necessities, travel, medical expenses, and many other personal and educational expenses. **Please contact the Athletics Compliance Office for more information.**



Employment and Private Lessons

Student-athletes may earn on-and off-campus employment income during the regular academic year and summer months. All employment must be legitimate, and earnings must be commensurate to the going rate for work actually performed. Before beginning any employment opportunity, an Intent to Work form must be completed and approved by the Compliance Office.

Student-athletes may teach or coach sport skills in their sport on a fee-for-lesson basis, in accordance with the following rules:

- Lessons must occur at off-campus locations.
- Playing lessons are not permitted. (Lessons must involve instruction and cannot be paid to play a “match lesson” with recipient).
- Compensation must be reasonable for the duties performed and solely for the instruction received at the lesson, and must be paid by the lesson recipient (or the recipient’s family) and not another individual or entity.
- If providing lessons to more than one person at a time, each individual must receive instruction comparable to what would be provided in an individual lesson;
- You may not use your name, picture or appearance to promote your availability for lessons – e.g., NO ADVERTISING.
- You must submit the MU Fee-For-Lesson form for each lesson you give, indicating when and where the lesson took place, the cost of the lesson and who paid for the lesson.

Necessary Forms:

**Intent to Work
&
Fee-for-Lesson**

**Get yours today
by visiting the
Compliance
Office or your
TPP Coordinator!**



Have you gotten your MMR shot?

All incoming students are required to have an MMR shot. If you have already received one, make sure your MMR shot documentation has been sent to the Student Health Center to avoid registration holds when you register for Fall Semester 2014. If you have not had the shot, you need to schedule an appointment at the Student Health Center (4th floor of the University Physicians Building next to the hospital parking lot) as soon as possible.

Student Host Rules

Acting as a student host is an important service to the MU Department of Athletics. Appropriate conduct is required of you by MU, SEC and NCAA standards.

Some rules to remember:

- No cash may be given to the prospect or anyone else.
- Entertainment is restricted to a 30-mile radius.
- No contact may occur with an MU booster.
- You shall receive no more than \$40/day to cover the entertainment expenses of yourself and the prospect. You may receive an additional \$20/day for each additional prospect you host.
- You may not use this money to purchase gifts of value (e.g., visor, shirt) for the prospect.
- The prospect may workout on-campus provided it is not organized or observed by members of the coaching staff and not designed to test the prospect's abilities.
- Do not incorporate drugs, alcohol or adult entertainment activities while hosting the prospect.
- No benefits may be provided during unofficial visits!

Final Transcripts

If you recently graduated from high school or are transferring from another college, you must request that institution to forward your final transcript to the MU Admissions Office. **If one is not received by the end of Fall Semester 2014, you may not enroll for Spring Semester 2015.** If unsure whether your final transcript has been received by the MU Admissions Office, please check with Bob Nolte at 882-2076 or Andrea Benna at 884-2960.



Pregnancy and Athletics Participation



Pregnancy and participation as a student-athlete at the University of Missouri does not have to be incompatible. With routine professional healthcare monitoring, plentiful hydration, an adequate diet and freedom from any contraindications, pregnancy as a student-athlete can be manageable. First and foremost, under the provisions of HIPPA all student-athlete medical information is protected. As a participant in athletics it is generally accepted that high level training and competition are safe within the first 14 weeks of pregnancy. However, training should be discontinued if there is abnormal bleeding, dizziness, shortness of breath, chest pains, pre-term labor or lack of fetal movement. It is important to note that as a pregnant student-athlete or in the event of any of the above symptoms, athletics related insurance will only cover the costs associated with athletically related medical treatment. However, as a student of the University of Missouri there is an option to obtain student health insurance directly through the university which will cover pregnancy costs. If the student-athlete is the recipient of athletically related financial aid, such aid will continue through the academic year unless the student-athlete voluntarily withdraws from the team and forfeiture of athletic aid occurs. Also, to further accommodate pregnant student-athletes, the University of Missouri may approve a one-year extension toward a student-athlete's eligibility for athletics participation.

Complimentary Tickets for Student-Athletes



For student-athlete admission to home athletic events, ALL student-athletes must present a valid MU student ID. The ticket office will have an alphabetical list of all current (at that time) eligible student-athletes at Gate 5W for football games and the Missouri Basketball entrance for men's basketball games. The list will have the sport that you are affiliated with and you must sign your name along with providing a valid MU student ID. At that time you will receive a stubbed ticket or wristband for admission to the event. Do not misuse your admission to gain admission for a friend or family member!

ALERT!! "Print Smart"

Print Smart is a print accounting service that manages printing quotas, tracks the number of pages printed by students in public computing sites and charges a per-page cost for every page beyond the fixed quota.

MU students will automatically obtain a print quota of \$35 (equal to 700 pages of 8 1/2 x 11 black on white paper). Each 8 1/2 x 11 page with black ink printed deducts 5 cents from your quota and with color print deducts 50 cents from your quota. 11 x 17 pages are 10 cents for black and white and \$1 for color. One impression (side) is equivalent to one page. If a student wishes to print on both sides of the paper, then two pages are counted towards the quota.

Students will be charged the previously referenced amounts for every page printed beyond your quota—this charge will be the your responsibility!!

Frequently check your quota by visiting
<http://iatservices.missouri.edu/pawprint.html>.

Agent vs. Advisor

As a Student Athlete you:

May not:

Hire an agent to negotiate your contract, represent you to teams, or speak on your behalf about your draft status and contract

May:

Hire an advisor to assist you in questions you may have about your contract or your draft status.

Requirements of an Advisor:

- Must be compensated
- Must only speak with you and your family
- May give opinion and advice on all contract issues
- May give opinion and advice on all issues pertaining to your draft status.

An Advisor may not:

- Volunteer services/work for no or lowered compensation
- Work for the promise of future employment as an agent
- Have contact with any professional team on your behalf
- Directly negotiate your contract
- Speak with anyone except you and your family about your draft position or contract status

Possible Issues:

- You are responsible for the actions of your advisor, and his actions may be detrimental to your future eligibility
- Someone that calls them self an advisor may still be seen as an agent in the eyes of the NCAA
- Make sure you have a contract with your advisor strictly regulating: compensation, no promise of future employment, no contact with major league teams, and no direct negotiation of your contract
- NCAA allows free counseling through the MU Professional Sports Counseling Panel if you are unsure about hiring an advisor.



2014-2015 NCAA Banned Drugs

NCAA Nutritional and Dietary Supplements Warning!

Before consuming any nutritional or dietary supplement product, please check with Rex Sharp (884-0639) or Jana Heitmeyer (882-9820) to determine its permissibility under NCAA rules.

1. Dietary supplements are not well regulated and may cause a positive drug-test result.
2. Student-athletes have tested positive and lost their eligibility using dietary supplements.
3. Many dietary supplements are contaminated with banned drugs not listed on the label.
4. Any product containing a dietary supplement ingredient is taken at your own risk.

It is your responsibility as a student-athlete to check with the appropriate athletics staff prior to using any substance!

Drugs and Procedures that are Restricted by the NCAA

The following list of actions or substances is regulated by NCAA rules.

1. Blood Doping.
2. Local Anesthetics (under some conditions).
3. Altering of Urine Samples.
4. Beta-2 Agonists permitted only by prescription and inhalation.
5. Caffeine if concentrations exceed 15 micrograms/ml.

NCAA Banned Drug Classes

1. Stimulants
2. Anabolic Agents
3. Alcohol and Beta Blockers (rifle only)
4. Diuretics and Other Masking Agents
5. Street Drugs
6. Peptide Hormones and Analogues
7. Anti-estrogens
8. Beta-2 Agonists

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