



STANFORD UNIVERSITY

STUDENT-ATHLETE HANDBOOK

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Student Services is comprised of the Compliance Services Office and DASH. These groups serve to assist student-athletes in their academic and athletic pursuits during their time as a student-athlete.

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Dear Stanford Student-Athlete:

First and foremost, welcome to Stanford! We're excited to have you be a part of our program and feel confident that your time on The Farm will result in positive experiences and life-long memories.

We are mindful of the many challenges you face as a student- athlete, with effective time management likely at the top of the list. There is an extensive support system available to help guide you through this process, and we encourage you to take full advantage of these resources. We want you to feel comfortable in approaching your coaches, sport administrator, support staff, academic services and all members of the senior management team with any questions or suggestions. Our department staff takes great pride in being accessible to student-athletes and places an emphasis on maintaining open dialogue.

Just as you are committed to attaining a high level of success in the classroom and during competition, we are equally devoted to providing you with unparalleled resources to assist you in achieving your goals.

We greatly appreciate you reviewing the important information included in this handbook, and hope it serves as a valuable resource throughout the year.

We look forward to a tremendous campaign for Stanford both in competition and in the classroom. You are a critical component of our success, and we wish you all the best!

Sincerely,

DAPER

“

From its founding in 1891, Stanford University's leaders have believed that physical activity is inherently valuable for its own sake and that vigorous exercise is complementary to the educational purposes of the university. Within this context for human development, it is the mission of Stanford's Department of Athletics, Physical Education and Recreation to offer a wide range of high-quality programs which will encourage and facilitate all participants to realize opportunities for championship athletic participation, physical fitness, health and well-being.

“



Each team has its own unique culture, values, and behavior expectations. However, as a department, there are certain guiding principles and skills that we believe are needed for a successful experience and are developed from participation in Stanford athletic programs. These principles support our mission to “Inspire Champions in Life.”

Grounded Self-Awareness & Growth Mindset

- **Innovation** – Ability to respond nimbly and innovatively in a rapidly changing world.
- **Self-Awareness** – Developing the skills to self-reflect and understand one’s own emotions, strengths, limitations, values, and motives to develop emotional intelligence.
- **Joy** – A positive, optimistic outlook, finding opportunities to celebrate multi-faceted contributions to the team and Stanford community.

Selfless Teamwork

- **Collaboration** – Respect for diversity, ability to put team first, and to work democratically/cooperatively in high stress environments.
- **Humility** – Genuine regard for the team/community and our limited role in its success, willing to play any role to advance the team’s/community’s goals.
- **Acknowledging Scarcity** – Attending Stanford entails embracing the meritocracy that rejected 95% of applicants. Once here, contributing to the Stanford community must supplant self- promotion.

Personal & Team Integrity

- **High-Integrity Role Model** – Embracing the importance of being a great citizen of Stanford, acting with absolute integrity, demonstrating the courage to lead in alignment with values and pursuing excellence as a habit without boundaries.
- **Communication Skills** – Visual (body language) and verbal (“open and substantive,” per Bill Walsh), efficacy in responding to conflict, recognizing primacy of face-to-face over virtual communication.
- **Responsibility for Personal Success** – Acknowledging tradeoffs in any decision, setting and adhering to priorities.



Competitive Greatness

- **Resilience** – Equipped to respond to crisis/setback/loss, mindset of gratitude, ability to reframe negatives into positives.
- **Competitive Success** – Embracing the value of and celebrating competitive excellence, maintaining poise, focus, and self-control under pressure.
- **Aspiration** – Applying a growth mindset to the pursuit of globally relevant excellence. Committed to constant improvement, teaching and learning, and having an uncommonly high work ethic.



DEPARTMENT OF ATHLETICS POLICIES AND KEY INFORMATION



Athletic Department Rules

While each team can establish individual team rules, the Athletic Department has established the following guiding principles. Student-athletes will:

- Conduct themselves in such a manner as to represent their team, the Athletic Department and the University with integrity and pride whether in competition, in the classroom or in the community, and both while on campus and while away.
- Adhere to all University policies and state and federal laws including but not limited to, those relating to hazing, gambling, academic integrity, harassment, and to the use of alcohol and illegal/unprescribed/ performance enhancing drugs.
- Adhere to all rules and expectations established by athletic department support units (e.g. sports performance, athletic training, DASH).
- Participate in their sport free and clear of all NCAA banned substances.
- Treat their teammates, coaches, staff, opponents, competition officials, members of the Stanford community and hosts with dignity and respect and without prejudice.
- Report suspected or actual violations of any NCAA or University rules to any of the following they deem appropriate: Compliance Services, Faculty Athletic Representative, Sport Administrator, Institutional Compliance, or head coach.
- Follow team rules, participate in required team activities, and communicate conflicts/issues as they arise.
- Be on time for all Stanford athletic and academic activities.
- Be individually and personally accountable for their own academic progress, health, and eligibility to practice, compete, and receive financial aid. It is the student-athlete's sole responsibility to understand their obligations, communicate issues as they arise, and take appropriate actions. This includes but is not limited to reporting injuries and illnesses to Stanford athletic training personnel.
- Wear Stanford issued and approved apparel while participating in team activities and competition, unless otherwise instructed by coaching staff.

Being on a Stanford varsity team is a privilege, not a right. Student-athletes may be removed from the roster at the team's discretion at any time.



Recommended Penalty Guidance

The stages that may be followed when discipline is deemed necessary include the following:

1. Verbal warning
2. Official written warning
3. Disciplinary meeting with coaches, staff and administrator
4. Final written warning
5. Individual penalty up to and including scholarship suspension and/or expulsion from the team

While a progressive penalty approach is generally preferred, DAPER reserves the right to bypass intermediate steps and proceed directly to the final disciplinary action in response to **egregious violations**. Examples of egregious infractions include but are not limited to:

- Threats of violence or abusive language targeting an individual or group
- Grossly inappropriate comments that cause immediate harm to team safety or culture

Each case will be evaluated on its own facts and merits, with decisions made in consultation with the Sport Administrator.



Responding to Emergencies

In the event of a medical emergency, it is important that a university official be notified, after responding with the appropriate medical attention (i.e., calling 911, the resident dean, team athletic trainer). No matter how potentially damaging the situation may be to a team's activities and a student's future status with the Athletic Department, remember that the health and safety of your teammates is, and should be, more important than a possible Athletic Department or University response. Do not risk the health of a team member because you think your team's status with the Athletic Department is at risk, or that it is more important. Failure to respond quickly and honestly could lead to serious injury, or even death. In the event of an emergency, team members present should do the following:

1. Call appropriate emergency services by dialing 911 or 9-911 from a campus phone. Never attempt to move or transport a victim yourself unless failure to move the victim could place the victim in further peril.
2. If the emergency occurs in on-campus housing, immediately notify a resident dean at (650) 723-0778 (daytime phone) or by pager by calling the university operator at (650) 723-2300.
3. Notify your athletic trainer and head coach of the situation.



Hazing and Team Initiation

Stanford is committed to fostering experiences, relationships and environments that contribute to the good of our community and ensure that every student feels a firm sense of belonging. Hazing of any kind is antithetical to these goals; therefore, Stanford prohibits hazing activities.

Hazing is any activity expected of someone joining or participating in an organization that humiliates, degrades, abuses, or endangers them, regardless of a person's willingness to participate. All students have the right to be free from such experiences.

There are two key elements when an individual is attempting to become a member of, or maintain membership in a student organization/team:

Humiliating, degrading or endangering behavior

Happens regardless of an individual's willingness to participate Because of the socially coercive nature of hazing, implied or expressed consent is not a defense under this policy.

Conduct that constitutes hazing may also be found to violate other university policies, such as Sexual Harassment, the Fundamental Standard, or the alcohol and other drugs policy.

Learn more: [Stanford University Hazing Policy](#)

Hazing may result in serious individual and/or organization consequences including, but not limited to: disciplinary action up to and including expulsion for individuals and permanent loss of recognition for organizations. Any individual who plans or intentionally assists in hazing activity has engaged in hazing, regardless of whether that individual is present when the hazing activity occurs.

Stanford's hazing policy is distinct from and broader than California Penal Code section 245.6, which prohibits: "any method of initiation or pre-initiation into a student organization or student body, whether or not the organization or body is officially recognized by an educational institution, which is likely to cause serious bodily injury to any former, current, or prospective student of any school, community college, college, university or other educational institution in this state." A violation of Penal Code Section 245.6 that does not result in serious bodily injury is punishable as a misdemeanor, while a violation that results in death or injury is punishable as a felony or a misdemeanor.

Nothing in this hazing policy prevents Stanford from taking institutional action against hazing activity that falls outside the narrower definition of Penal Code section 245.6.

To report acts of hazing, visit:

https://cm.maxient.com/reportingform.php?StanfordUniv&layout_id=21



Equity in Athletics Disclosure Act

Effective October 1996, Federal legislation requires that NCAA institutions make available to students, potential students, and the public a report on participation rates, financial support, and other information on the men's and women's athletic programs. Please contact the Athletic Director's office if you have questions regarding this information or go online to <https://ope.ed.gov/athletics/#/> to search for institutional data on Stanford or any other institution.

Class Conflict Policy

Student-athletes must attend all class sessions and complete course requirements according to course syllabi. When scheduling conflicts occur, the following requirements apply.

- Per NCAA bylaws, student-athletes can only miss class for competition. They cannot be excused from classes to attend other activities such as practice, workouts, physical therapy, or other team related activities (RARA). If Stanford is hosting a conference or NCAA championship, student-athletes may miss class time to attend practice activities conducted the day before the competition.
- Certain courses may offer alternative attendance policies (asynchronously, recorded, or not require attendance). These courses do not require any students to attend class at a certain time and may have separate requirements such as viewing an instruction video within a certain amount of time. In the event a course has an alternative attendance policy, a student-athlete may miss the designated class time within the class policy. Alternative attendance policies must be applied equally to all students in the class, albeit it may be to accommodate a wide variety of reasons outside of participation in athletics. If the policy is not written in the course syllabus, it must be confirmed, in writing, by the professor or teaching assistant. The professor or teaching assistant must note the exception is not only for athletics; an exception would also be made for a variety of other conflicts. The student should submit an ARMS form to be approved by Compliance.

POLICIES & KEY INFORMATION



- Student-athletes must follow the regular schedule for final exams, unless competing in conference or NCAA Championships events. Coaches may not schedule regular season competitions during the [End-Quarter Period](#): dead week (one week prior to the first day of finals period) or finals period, unless approved by the C-USP (Committee on Undergraduate Standards and Policies). In instances where an athletics competition conflicts with a final exam, per Stanford Final Exam Policy, faculty will make alternative arrangements for a student-athlete to complete an exam. UADs for student-athletes will work directly with faculty to arrange appropriate accommodations based on the circumstances.
- Student-athletes must communicate with the instructors when scheduling conflicts exist. Student-athletes may request an accommodation that is available to all students enrolled in the course; an exception may not be made specifically for student-athletes. The instructor has the discretion to determine what academic accommodations for athletic commitments are appropriate.
- If a student-athlete is excused from course attendance, they are still responsible for submitting assignments on time or making alternative arrangements.
- While home competitions do not require extensive travel, student-athletes still have numerous pre-game obligations such as: (a) receiving medical treatment from athletic training; (b) all-team meetings and pre-game meals; (c) pre-game warm up and preparation activities; (d) travel from campus to the site of competition. Coaches may require student-athletes report a reasonable amount of time prior to a home competition, the day of a competition, resulting in a student-athlete missing class. In these circumstances, student-athletes are required to communicate with their professors prior to missing class. The UADs for student-athletes can share language and tips on reaching out to faculty regarding competition conflicts.
- In the event a student is going to miss class for an away competition, the student-athlete is responsible for communicating with their professor. As in the case with home competitions, the student-athlete's UAD can share language and tips on reaching out to faculty regarding competition conflicts. If required by the professor, student-athletes are responsible for providing a travel letter.

POLICIES & KEY INFORMATION



Before a student-athlete is permitted to miss class for practice unrelated to competition, student-athletes must submit an Alternative Class Attendance Method Approval form located in the ARMS forms hub. The form requires the following:

- The academic year, term, course number, course name, and professor name;
- An acknowledgement that the student-athlete has read the Class Conflict Policy;
- An acknowledgement that the student-athlete's UAD has been informed of the conflict;
- The student-athlete must obtain and attach a course syllabus. If the syllabus does not outline any attendance exceptions, an email from the Professor or Teaching Assistant approving the student-athlete to miss class and a copy of the course syllabus will also be required; and
- Approval from Stanford Compliance.

STANFORD NON-DISCRIMINATION POLICY



Stanford University admits qualified students of any race, color, national or ethnic origin, sex, age, disability, religion, sexual orientation, gender identity, veteran status, or marital status to all the rights, privileges, programs, and activities generally accorded or made available to students at the University. Consistent with its obligations under the law, Stanford prohibits unlawful discrimination on the basis of race, color, national or ethnic origin, sex, age, disability, religion, sexual orientation, gender identity or expression, veteran status, marital status or any other characteristic protected by applicable law in the administration of the University's programs and activities; Stanford also prohibits unlawful harassment including sexual harassment and sexual violence.

The following person has been designated to handle inquiries regarding this nondiscrimination policy: Director of the Diversity and Access Office, Kingscote Gardens, 419 Lagunita Drive, Suite 130, Stanford, CA 94305; (650) 723-0755 (voice), (650) 723-1791 (fax), equal.opportunity@stanford.edu (email).

Stanford's Title IX Coordinator, Adrienne Lyles, has been designated to handle inquiries regarding sexual harassment and sexual violence: Kingscote Gardens, 419 Lagunita Drive (2nd floor), Stanford, CA 94305, (650) 497-4955 (voice) or titleix@stanford.edu (email).

Individuals may also file complaints directly with the Office for Civil Rights, within the United States Department of Education, by calling the Office of Civil Rights hotline at (800) 421-3481 or following the information on this web site: <https://www2.ed.gov/about/offices/list/ocr/complaintintro.html>



About OCS

The Office of Community Standards coordinates the student conduct system, including administering the formal disciplinary processes and the informal resolution of concerns.

The Stanford community strives to create meaningful change both on campus and in the world. A commitment to integrity permeates all aspects of campus life, and OCS supports this mission by upholding two of Stanford's foundational principles: the Fundamental Standard and the Honor Code. Together, these standards articulate the values that unite us and outline the responsibilities that attend the great privilege of being at Stanford. Every member of the Stanford community plays an integral role in espousing these ideals and sustaining our culture of excellence.

Fundamental Standard

The Fundamental Standard has set the standard of conduct for students at Stanford since it was articulated in 1896. It states: Students at Stanford are expected to show both within and without the University such respect for order, morality, personal honor and the rights of others as is demanded of good citizens. Failure to do this will be sufficient cause for removal from the University.

Honor Code

The Honor Code is an undertaking of the Stanford academic community, individually and collectively. Its purpose is to uphold a culture of academic honesty.

Stanford Student Conduct Charter

Facilitated by the Office of Community Standards (OCS), the Charter establishes the system for adjudicating allegations that a Stanford student has violated the Honor Code or Fundamental Standard, including through other applicable law or University policy.

Stanford Group Accountability Process (SGAP)

Facilitated by the Office of Community Standards (OCS), SGAP addresses alleged violations of university policies by student groups, which includes all voluntary student organizations, Row Houses, sports teams (both club and varsity), fraternities, and sororities ("Groups"). The goals of SGAP are to identify problematic conduct and behavioral issues within a Group and to provide a combination of educational and disciplinary sanctions to help the Group self-correct their behavior.



What Happens in the Conduct Process

Learn [more](#) about the typical steps of the conduct process, as indicated in the [Stanford Student Conduct Charter of 2023](#). If you are involved in a conduct process and you would like to request additional support, you may specifically request to meet with Conduct Counselors Kristen Azevedo, Asst. AD/Asst. Dean Student-Athlete Success & Well-Being or Meredith Basil, Associate Dean for Academic Advising, to review your situation with consideration to your varsity student-athlete experience.

STUDENT-ATHLETE RESPONSIBILITY



Stanford has traditionally placed a great deal of responsibility on the student-athlete in the realm of choices surrounding substance use. As a Stanford student-athlete there is an increased responsibility as your actions reflect not only your individual choices, but those of your team, the Athletic Department, and the University. Your high visibility in the community requires that you are accountable for your choices both within the athletic arena and in non-athletic associated circumstances. California State Law requires that individuals be 21 years of age to consume alcohol, and the NCAA requires that individuals comply with the banned substance list. The NCAA categorizes banned substances and applies specific penalties based on the substance detected and the number of positive tests.

I. Cannabinoids (e.g., THC/Marijuana):

- A. NCAA Testing Status:** As of the 2024-2025 academic year, the NCAA **no longer tests for cannabinoids** during any NCAA championship or postseason football drug-testing event. This is a significant shift, recognizing that cannabis is not considered a performance-enhancing drug and encouraging a harm-reduction approach at the institutional level.
- B. Institutional Policies: Individual institutions (your university) retain the authority to establish and enforce their own drug policies regarding cannabinoids.** This means your university *can* still have rules and consequences for cannabinoid use. These policies should typically focus on education, harm reduction, and support for substance misuse.
- C. NCAA Penalties for Cannabinoids (if a student-athlete *does* test positive for cannabinoids *after* a previous positive for a different banned substance):** While direct NCAA testing for cannabinoids has ceased, if a student-athlete has a previous positive test for a *different* NCAA banned substance and then tests positive for cannabinoids (e.g., through an institutional test that is then reported to the NCAA for review in this specific scenario), they *may* be required to engage in an education and management plan for substance misuse.

Note: The shift is towards institutional management of cannabinoids, emphasizing education and well-being over national-level punitive action for recreational use.



II. Narcotics (e.g., Heroin, Fentanyl, Morphine, Oxycodone):

A. First Positive Test for Narcotics:

1. The student-athlete is ineligible for competition during **50 percent of a season** in all sports (i.e., 50 percent of all contests or dates of competition in the season following the positive test).
2. They remain ineligible until the prescribed penalty is fulfilled and they test negative according to NCAA procedures.
3. Often, the institution will require the student-athlete to undergo an education and management plan for substance misuse.

B. Second Positive Test for Narcotics:

1. The penalty escalates to the standard second positive test penalty for other banned drugs (loss of all remaining eligibility).

III. Substances Other Than Cannabinoids and Narcotics

(Performance-Enhancing Drugs like Stimulants, Anabolic Agents, Peptide Hormones, etc.):

A. First Positive Test for these Substances:

1. The student-athlete is **ineligible for competition in all sports until they have been withheld from the equivalent of one season of regular-season competition.**
2. They also remain ineligible for **365 consecutive days** after the positive drug test and until they test negative according to NCAA procedures.

3. Year of Competition Used:

- a) If the positive test occurs during a year in which the student-athlete **did not use a season of competition**, they will lose one season of competition in all sports.
- b) If it occurs during a year they **did use a season**, they will lose an additional season of competition unless they use a season of competition in the academic year immediately following the positive test.

B. Second Positive Test for these Substances:

1. Loss of **all remaining regular-season and postseason eligibility** in all sports. This typically means permanent ineligibility from NCAA competition.

STUDENT-ATHLETE RESPONSIBILITY



Beyond specific substances, the NCAA also addresses other critical violations.

I. Refusal to Test:

A student-athlete who refuses to submit to a drug test, fails to appear for a test without valid reason, or leaves the testing site without permission is treated as having a **positive test for a banned drug other than a cannabinoid or narcotic**, leading to the same ineligibility penalties (e.g., 365-day ineligibility, loss of season).

II. Tampering with an NCAA Drug Test Sample:

A student-athlete found to have tampered with an NCAA drug test sample (e.g., altering a specimen, substituting another urine sample, or otherwise affecting the validity of the test) is subject to severe penalties:

- a. **Ineligible for competition in all sports until they have been withheld from the equivalent of two seasons of regular-season competition.**
 - i. They remain ineligible for **730 consecutive days** after the student-athlete was involved in tampering and until they test negative according to NCAA procedures.
 - ii. **Loss of two seasons of competition** in all sports. If the student-athlete used a season of competition in the year they tampered, they could be charged with the loss of two *additional* seasons unless they use a season of competition in one of the next two academic years (in which case it's one additional season).

The NCAA provides avenues for addressing positive tests through Appeals and Medical Exceptions.

- **Appeals:** The NCAA provides an opportunity for student-athletes to appeal sanctions resulting from a positive drug test or protocol breach. Institutions can submit appeals on behalf of student-athletes, which are reviewed by a subcommittee of the Committee on Competitive Safeguards and Medical Aspects of Sports (CSMAS).

STUDENT-ATHLETE RESPONSIBILITY



- **Medical Exceptions (Therapeutic Use Exemptions - TUEs):** The NCAA recognizes that some banned substances are used for legitimate medical purposes.
 - **Pre-Approval Required:** For certain highly performance-enhancing substances like **anabolic agents, hormone and metabolic modulators, and peptide hormones, growth factors, related substances and mimetics**, a medical exception *must be submitted by the school and approved by the NCAA before* the student-athlete competes while using the medication.
 - **Post-Test Documentation:** For other banned classes (stimulants for ADHD, beta blockers, beta-2 agonists, diuretics, and narcotics), pre-approval is *not* required. Instead, the institution should maintain thorough documentation in the student-athlete's medical record. If a positive test occurs, the institution can then submit this documentation for a medical exception review.



The University's sexual harassment policy can be found in Administrative Guide Memo 1.7.1 (<https://adminguide.stanford.edu/chapter-1/subchapter-7/policy-1-7-1>). Stanford defines Title IX Sexual Harassment involves conduct, on the basis of sex, that satisfies one or more of the following:

- Unwelcome conduct determined by a reasonable person to be so severe, pervasive, AND objectively offensive that it denies a person equal educational access; **OR**
- An employee of the University conditioning the provision of an aid, benefit, or service of the recipient on an individual's participation in unwelcome sexual conduct.

Determining what constitutes sexual harassment depends on the specific facts and context in which the conduct occurs. Sexual harassment may take many forms; subtle and indirect or blatant and overt. For example, it may:

- Be conduct toward an individual of the same or different gender, gender expression, gender identity or sexual orientation.
- Occur between peers or between individuals in a hierarchical relationship.
- Be aimed at coercing an individual to participate in an unwanted sexual relationship or it may have the effect of causing an individual to change behavior or work performance.
- Consist of repeated actions or may even arise from a single incident if sufficiently egregious.

The University's policy on Prohibited Sexual Conduct may also apply when sexual harassment involves unwanted physical contact. Under Title IX, sexual violence (sexual misconduct and sexual assault) is a severe form of sexual harassment.

The University's consensual relationship policy can be found in Administrative Guide Memo 1.7.2 (<https://adminguide.stanford.edu/chapter-1/subchapter-7/policy-1-7-2>)



More generally, there are special risks in any sexual or romantic relationship between individuals in inherently unequal positions, and parties in such a relationship assume those risks. In the university context, such positions include (but are not limited to) teacher and student, supervisor and employee, senior faculty and junior faculty, mentor and trainee, adviser and advisee, teaching assistant and student, principal investigator and postdoctoral scholar or research assistant, coach and athlete, attending physician and resident or fellow, and individuals who supervise the day-to-day student living environment and their students.

Because of the potential for conflict of interest, exploitation, favoritism, and bias, such relationships may undermine the real or perceived integrity of the supervision and evaluation provided. Further, these relationships are often less consensual than the individual whose position confers power or authority believes. In addition, circumstances may change and conduct that was previously welcome may become unwelcome. Even when both parties have consented at the outset to a sexual or romantic involvement, this past consent does not remove grounds for a charge based upon subsequent unwelcome conduct.

Such relationships may also have unintended, adverse effects on the climate of an academic program or work unit, thereby impairing the learning or working environment for others – both during such a relationship and after any break-up. Relationships in which one party is in a position to evaluate the work or influence the career of the other may provide grounds for complaint by third parties when that relationship gives undue access or advantage, restricts opportunities, or simply creates a perception of these problems. Additionally, even when a relationship ends, there may be bias (even if unintentional) for or against the former partner, or there could be an ongoing impression of such bias; in other words, the effects of a romantic or sexual relationship can extend beyond the relationship itself.

For all these reasons, sexual or romantic relationships--whether regarded as consensual or otherwise--between individuals in inherently unequal positions should in general be avoided and in many circumstances are strictly prohibited by this policy.



It is the policy of Stanford University to comply with Title IX of the Education Amendment of 1972 and its regulations, which prohibited unlawful discrimination on the basis of sex. The Title IX Office is responsible for coordinating the University's efforts to comply with the law. Anyone who believes that Stanford is not in compliance with Title IX and its regulations should contact the University Title IX Office at (650) 497-4955 or https://titleix@stanford.edu.

The Title IX Office is responsible for responding to matters of sexual assault, relationship (dating) violence and stalking (collectively prohibited conduct). The Title IX Office serves as a resource to review allegations of prohibited conduct and may provide interim accommodations relating to housing, academics, or no-contact letters while a matter is being reviewed.

You are advised to consult the Sexual Harassment Policy website at <https://harass.stanford.edu> for more information on Stanford's Sexual Harassment and Consensual Relationships Policy. These sites also provide contact information of numerous professional and confidential counselors who can answer any questions you may have concerning sexual harassment.

**Stanford University Campus Sexual Harassment Advisors:**

Adrienne Lyles
University Title IX Coordinator
tix_outreach@lists.stanford.edu
(650) 497-4955

Sexual Harassment Policy Office
harass@stanford.edu
(650) 723-1583

Department of Athletics, Physical Education & Recreation Sexual Harassment Advisors:

Jacquelyn Kulgevich,
Deputy Athletics Director, Student-Athlete Success
jduysen@stanford.edu

COUNSELING RESOURCES



Stanford Psychiatry and Behavioral Sciences offers student-athletes mental health support and counseling services through Sport Psychology. Student-athletes also may also utilize resources on campus through any of the avenues outlined below.

Mental Health Resources at Stanford

<https://studentaffairs.stanford.edu/mental-health-resources-stanford>

Counseling and Psychological Services (CAPS)

<https://vaden.stanford.edu/caps>

(650) 723-3785 (24/7)

Confidential Support Team (CST)

<https://vaden.stanford.edu/confidential-support-team-cst>

(650) 725-9955 (24/7)

Confidential resources available

The Bridge Peer Counseling

<http://www.stanford.edu/group/bridge/>

(650) 723-3392 (24/7)

Office for Religious & Spiritual Life

<http://religiouslife.stanford.edu>

Confidential resources available

Office of Substance Use Programs, Education, & Resources

<https://vaden.stanford.edu/super>

(650) 725-5947 (by appointment only)

COMPLAINTS/DISPUTE INFORMATION



If a student-athlete believes that they have received unfair or improper treatment regarding their Stanford athletic participation, they may pursue the following grievance procedure:

1. **Informal Resolution:** The Athletic Department believes that a part of the growth process for all student-athletes is learning to constructively deal with conflict. Therefore, it is the general practice that the student-athlete should first discuss the problem with the individual(s) most directly responsible (e.g., if the matter involves the coach or a team policy established by the coach, the student-athlete should contact the coach or the captain(s) of the team and work on an informal basis to resolve the issue with the coach). If the matter involves another student-athlete or non-coaching staff member of the team, the student-athlete is encouraged to discuss the matter with the coaching staff.

If no resolution results, the student-athlete should consult with their sport administrator. The sport administrator will work with the student-athlete to resolve the issue. If possible, serious efforts should be made to resolve the issues at an informal level without the complaint escalating to the status of a formal grievance.

Another informal resolution vehicle is the Office of the University Ombuds (<https://ombuds.stanford.edu/>).

2. **Formal Grievance:** If informal means of resolution prove unsuccessful, the student-athlete may elect to initiate the formal grievance process. To do so the student-athlete must set forth, in writing, the substance of the complaint, the grounds on which it is based, and the efforts taken to date to resolve the matter.

The grievance document will be submitted to the Director of Athletics. A grievance must be filed in a timely fashion, i.e., normally within thirty days of the end of the academic quarter in which the action that is the subject of the grievance occurred. A delay in filing a grievance may be grounds for rejection of that grievance. The Director of Athletics will initiate a review in a timely manner, which should normally be completed within thirty days. The Director of Athletics or his/her/their designee will issue a final decision in writing.

Further Information: Inquiries concerning the grievance procedure should be directed to a Compliance Services staff member, the Faculty Athletics Representative, Athletic Department Legal Counsel, or Institutional Compliance Hotline.



California has codified law to provide protections and privileges to student-athletes within the state. The law articulates protections in the following areas:

- Scholarship renewals for a permanently incapacitating injury or illness
- Scholarship terms
- Degree completion funds
- Life skills, financial literacy, and time management programming
- Due process rights
- Timely notice following a request to transfer
- Health insurance requirements for student-athletes
- Guidelines regarding concussions and rehydration
- Title IX adherence
(<https://gostanford.com/news/2019/5/8/athletics-title-xi-the-clery-act.aspx>)
- Clery Act reporting rights
(<https://gostanford.com/news/2019/5/8/athletics-title-xi-the-clery-act.aspx>)

For more information about the protections provided under the Student Athlete Bill of Rights, please visit the following link:

https://leginfo.legislature.ca.gov/faces/codes_displayexpandedbranch.xhtml?tocCode=EDC&division=5.&title=3.&part=40.3.&chapter=&article=

If a student-athlete believes that his or her rights under California law have been violated, he/she/they may pursue the following grievance procedure:

- 1. Informal Resolution:** The Athletic Department believes that a part of the growth process for all student-athletes is learning to constructively deal with conflict. Therefore, it is the general practice that the student-athlete should first discuss the problem with the individual(s) most directly responsible (e.g., if the matter involves the coach or a team policy established by the coach, the student-athlete should contact the coach or the captain(s) of the team and work on an informal basis to resolve the issue with the coach).

If no resolution results, the student-athlete should consult with their sport administrator. The sport administrator will work with the student-athlete to resolve the issue. If possible, serious efforts should be made to resolve the issues at an informal level without the complaint escalating to the status of a formal grievance.



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Further Information: Inquiries concerning the grievance procedure should be directed to a Compliance Services staff member, the Faculty Athletics Representative, Athletic Department Legal Counsel, or Institutional Compliance Hotline.

- 3. California Department of Education Complaint:** If the formal grievance means of resolution proves unsuccessful, the student- athlete may elect to initiate a complaint with the California Department of Education. The California Department of Education directs all individuals to pursue resolution through the institution first, so a student-athlete will be expected to have exhausted all previous grievance options before filing a complaint with the state. For information pertaining to this option, please visit <https://www.cde.ca.gov/re/cpl/>.

Should there be an inquiry into a possible violation of the Student Athlete Bill of Rights, Stanford is prohibited from intentionally retaliating against a student- athlete for his or her participation in any of the following manners:

- a. Making or filing a complaint, in good faith, about a violation;
- b. Testifying or otherwise assisting in any investigation into violations; or
- c. Opposing any practices that the student-athlete, in good faith, believes are a violation.



DASH: Academic Advising and Student- Athlete Success & Well-Being

ABOUT DASH



Who We Are

A nod to the hyphen, DASH is the connection between student and athlete, signifying the development that takes place between these intersectional identities. The DASH team includes professional advisors from VPUE and DAPER who specialize in Academic Advising and Student-Athlete Success & Well-Being. DASH advisors work alongside campus partners to ensure student-athletes feel a sense of belonging, connection, engagement, and support in the greater Stanford community.

Who We Serve

DASH advisors support student-athletes throughout their entire lifecycle at Stanford, from recruitment, orientation, graduation, and beyond.

What We Do

The collective work of DASH can be defined through the *Cardinal Compass* program, designed to empower and equip student-athletes at Stanford as they navigate their collegiate journey. Through holistic programming that integrates Academics, Community, and Career, we embrace scholar-athleticism and provide the tools and resources necessary for effective wayfinding at Stanford.

Why A Compass

The imagery of a compass serves as a powerful metaphor for the wayfinding journey that student-athletes make during their time at Stanford. Just like a compass provides direction, we recognize that the Stanford experience is a dynamic journey filled with opportunities for personal and professional growth.

Through the Cardinal Compass program, student-athletes will have the chance to explore and examine, and define their true north, supported by dedicated advisors, valuable resources, and targeted programming designed to guide them on a path to success.

Where to Find Us

Located on the second floor of Arrillaga Hall, the Athletic Academic Resource Center (AARC) serves as a community hub for Stanford student-athletes to study, create, and belong. In addition to a computer lab and free printing, the AARC features ample space for quiet study and social connection, as well as a satellite fueling station to supplement your nutrition needs. DASH advisor offices are located in the AARC, and a diverse array of staff and student-led programs are often hosted in the space.

The AARC is open daily (including holidays and weekends) from 7:00 a.m. - 11:00 p.m. via Stanford ID card.

Meet the DASH Team

Leadership:

Meredith Basil – Associate Dean, Academic Advising
mbasil@stanford.edu

Kristen Azevedo – Assistant Athletics Director/Assistant Dean, Student-Athlete Success & Well-Being
kristen.azevedo@stanford.edu / (650) 723-5013

Monique Holt – Lead Undergraduate Advising Director for Student-Athletes, Academic Initiatives
mholt8@stanford.edu / (650) 725-0790

Nick Combo – Lead Undergraduate Advising Director for Student-Athletes, Academic Operations
ncombo@stanford.edu / (650) 723-9650

Staff:

Celeste Brown - Director, Student-Athlete Success & Well-Being
cembrown@stanford.edu / (650) 723-1550

Tim Bryson – Student-Athlete Career Preparedness & Alumni Mentorship Coach
tfbryson@stanford.edu / (650) 441-0861

TJ Burnett - Undergraduate Advising Director for Student-Athletes
tj22@stanford.edu / (650) 721-2156

Sonia Chan – Student-Athlete Program Associate, schan23@stanford.edu /
650-723-1731

Tarik Hakmi – Student-Athlete Success Coach, thakmi@stanford.edu /
650-313-1859

Shannon Wilson – Undergraduate Advising Director for Student-Athletes
swilson3@stanford.edu / (650) 725-2240

Carina Thompson – Undergraduate Advising Director for Student-Athletes
carina.thompson@stanford.edu / (650) 723-9650



About Academic Advising

Academic Advising upholds the mission, standards, and requirements of the University, introduces students to the full intellectual richness of undergraduate study at Stanford, supports students in their academic and intellectual pursuits, and instills within them a sense of identity within and belonging to our community of scholars at Stanford. Academic Advising is responsible for facilitating new students' transition to Stanford, academic advising, and academic policy and progress.

About Your Academic Advisor

Undergraduate Advising Directors for Student-Athletes (UADs) are housed in the Athletic Academic Resource Center (AARC) and are the primary undergraduate advising contact for varsity student-athletes. Your UADs for Student-Athletes are full-time, professional staff within the Office of Academic Advising who partner closely with colleagues across campus to provide a comprehensive network of support that promotes a student's academic success and furthers his or her intellectual goals.

Degree Requirements

You must complete all bachelor's degree requirements prior to degree conferral, including requirements related to the following categories:

General Education (Ways/GERs), Writing, and Language Requirements

Check these requirements in [MAP](#) at least a quarter before you intend to graduate to ensure there are no deficiencies that might require you to take another course to fulfill the requirements. Please review the [Bulletin](#) for a complete description of each requirement.

Major Requirements

Check with the academic administrator in your department to ensure that your proposed course of study satisfies all requirements for your major. If you have multiple majors or a minor, you should visit [Undergraduate Majors and Minors](#).



Minimum Unit Requirement

You can check the status of your unit totals in [Axess](#). Candidates for a single bachelor's degree (B.A., B.S., or B.A.S.) must complete a minimum of 180 units of university work, with a minimum of 135 units completed at Stanford. Dual-degree candidates (concurrent B.A. and B.S. degrees) must complete a minimum of 225 units, with a minimum of 180 units completed at Stanford.

Activity Units

You may apply a maximum of eight units in activity courses to the minimum unit requirement.

Courses Taken on a Satisfactory/No Credit or Credit/No Credit basis

You may apply a maximum of 36 units of credit (including activity courses) taken at Stanford or its overseas campuses for a "CR" or "S" grade towards the 180 units required for the bachelor's degree (225 if you are completing dual degrees). The maximum for transfer students is 27 units.

Repeated Courses

If you enrolled in the same course more than once, remember that except for those Stanford courses specifically noted in [Navigate Classes](#) or on [Axess](#) as “repeatable for credit,” most courses may not be repeated for credit and have the units count for both enrollments. If you took a course and repeated it in a subsequent term, you only earn units for the second enrollment in the course. Also, you should not take courses for credit for which you received either Advanced Placement credit or transfer credit. See the section on [Repeated Courses](#) for the full policy.



NCAA Academic Eligibility

To be eligible to compete, you must be in good academic standing according to Stanford University, be enrolled in at least 12 units (graduate students may be enrolled in as few as 8 units), and maintain academic progress toward a baccalaureate degree. In addition, to meet the NCAA progress towards degree rules, student-athletes must meet the following academic requirements each fall (based on number of full-time quarters enrolled in during the regular academic year) and additional sport-specific academic requirements when applicable (e.g. football, baseball, wrestling)

6-Unit Requirement

All student-athletes must pass six degree-applicable units each term during the academic year (fall, winter, spring) to be eligible for competition in the following term. Please carefully consider the following notes:

- If you have already completed the maximum number of activity units accepted towards your degree, additional activity units will NOT be included into the six-unit calculation for the quarter.
- The six-unit requirement does carry over from year-to-year. Your academic performance in spring quarter will determine your eligibility for the fall quarter.
- Baseball student-athletes: In the sport of baseball, your academic performance during the spring quarter will determine your eligibility for the next academic year, not just the following fall quarter.
- Football student-athletes: In the sport of football, you are required to pass eight-degree applicable units during the fall quarter to be immediately eligible for the next fall season.



Progress Toward Degree Benchmarks

By the beginning of your fourth term in college:

- have completed 36 units during your freshman year (includes summer school)
- have completed 27 units during your freshman regular academic year (fall/winter/spring)
- maintain at least a 1.8 cumulative GPA (90% of Stanford's required 2.0) after each term.

By the beginning of your seventh term in college:

- have declared your major
- have completed 27 units during the previous academic year (fall/winter/spring)
- have completed at least 40% of your degree
- maintain at least a 1.9 cumulative GPA (95% of Stanford's required 2.0) after each term

By the beginning of your tenth term in college:

- have completed 27 units during the previous academic year (fall/winter/spring)
- have completed at least 60% of your degree
- maintain at least a 2.0 cumulative GPA (100% of Stanford's required 2.0) after each term

By the beginning of your thirteenth term in college:

- have completed 27 units during the previous academic year (fall/winter/spring)
- have completed at least 80% of your degree
- maintain at least a 2.0 cumulative GPA (100% of Stanford's required 2.0) after each term.



Stanford Academic Eligibility

To remain in good academic standing, undergraduate students must satisfy the minimum requirements below; [learn more](#) about academic progress.

- Earn at least 9 units of credit in a single quarter
- Earn at least 36 units over the most recent three enrolled quarters
- Maintain a cumulative grade point average (GPA) of 2.0 or above

COURSE REGISTRATION & AXESS



AXESS is a student information system available via the web. You will need a SUNet ID and Password, to use AXESS. Using AXESS, you will be able to complete the following tasks:

- file or adjust your study list and select your grading options
- review your grades
- request an official transcript
- declare your major and minor
- apply to graduate
- update your home address, permanent address, mailing address or email address
- apply for housing
- complete required trainings/procedures required by Stanford
- review your record for holds.

Registering for Classes

Once you have met with your academic advisor and chosen a schedule of classes for the quarter, you will need to go onto AXESS and enter the classes you will be taking. Any student who has an academic hold on their registration WILL have to meet with their advisor. AXESS will alert you if this is required for you to register. Also, a small number of departments require their undergraduates to secure approval codes, so when declaring your major you will need to ask if your department has such a requirement.



Enrollment Dates & Deadlines

- The Preliminary Study List deadline is the first day of classes of each quarter. These dates can be found in the Academic Calendar. By this deadline, all active students (including those on TGR) must enroll at a full-time status according to academic career.
- Up until the Final Study List deadline, you may add, drop, and swap courses — or adjust units if it's a variable unit course. Drops are not permitted beyond this point.
- Through the end of the eighth week of classes (or the sixth week of summer quarter), you may choose the grading option for courses in which an option is offered. You are responsible for checking your study list on Axess to confirm that the correct grading basis is selected for any courses which offer a choice.
- You may withdraw from a course after the drop deadline through the end of the eighth week of each quarter (or the sixth week of summer quarter). In this case, a grade notation of 'W' (withdraw) is automatically recorded on your transcript for that course. If you withdraw after that date, you are assigned the appropriate grade or notation by the instructor to reflect the work completed.

DASH TUTORING SERVICES



In collaboration with the Center for Teaching & Learning, DASH offers in- person and virtual tutoring services at times and locations accessible for student-athletes due to their unique scheduling constraints. All tutors are trained graduate or upper-class students who are available to help Stanford student-athletes achieve their academic goals.

Tutoring is not a replacement for student-athletes attending class or to do the homework for you. The tutor's role is to help you understand concepts and develop problem-solving approaches which will be effective in each class. Assistance greater than this could be considered a violation of the University's Honor Code and a violation of NCAA regulations. Students are advised to read their course syllabi fully and consult with their professor on collaborative efforts to avoid violations of the Honor Code.

Only tutoring arranged by DASH will be paid by Stanford Athletics.

Campus Tutoring Resources

Additional tutoring and student learning services are available for all Stanford students, including:

- Center for Teaching and Learning (subject tutoring in bio/bioengineering; chemistry; CME; computer science; economics; engineering; human biology; math; physics; statistics)
- SUMO: Stanford University Mathematical Organization (mathematics)
- Language Conversion Partners (foreign language)
- Hume Center for Writing and Speaking (written & oral communication)

ADDITIONAL ACADEMIC PROGRAMS



Co-sponsored by Academic Advising and the Department of Athletics, DASH's First-Year Course, *Designing Your Student-Athlete Experience*, is intended for incoming student-athletes and transfers to build community and receive more information about opportunities and resources available at Stanford.

Led by DASH advisors, this course focuses on three key pillars central to student-athlete success:

- Academics
- Community
- Career

Throughout the course, lecture sessions led by DASH advisors and campus partners provide student-athletes with information related to each pillar and opportunities to begin their wayfinding journey at Stanford. In addition to lecture sessions, the course is designed to augment the traditional first-year advising program through community-focused mentor groups that provide spaces for small group conversation and deeper relationship development.

Mentors have a significant role in the UAR 56 experience by leading small group sections. Student-athletes interested in this role focus on building community and leading group discussions that build on lecture materials. Mentor recruitment for the following academic year occurs each Spring Quarter. All mentors must be sophomores and above.

To enroll in this course, first-year student-athletes can register for the 1-unit class, "UAR 56 (section 1 or 2) via AXESS.

Please reach out to Celeste Maxwell Brown or Meredith Basil for more information about UAR 56.

Learn more: <https://undergrad.stanford.edu/programs>

ADDITIONAL ACADEMIC PROGRAMS



Civic, Liberal, and Global Education (COLLEGE)

Going to college is not just about acquiring the ability to make a living; it's also about developing the skills that empower and enable us to live together: in our own communities, in a diverse nation, and in a globally connected society.

Community Engaged Learning / Cardinal Courses

Cardinal Courses may feature service as an integral component of the academic course experience, focus on public service as subject matter, or offer preparation for public service internships or fieldwork.

Introductory Seminars

Introductory Seminars (IntroSems) are small, hands-on elective courses offered across all seven schools, designed specifically for Frosh and Sophomores.

Program in Writing and Rhetoric (PWR)

PWR courses focus on themes designed to inspire you as a writer and researcher -- from ethics and artificial intelligence to hip-hop culture, language and power, and Silicon Valley and the future of work, for example.

Sophomore College

SoCo's immersive, three-week residential classes often include field trips and hands-on learning outside the classroom, creating a connection with your SoCo faculty and life-long friendships. Enjoy small class sizes and the chance to focus deeply on a field that interests you.

ATHLETIC 10: Varsity Sport Experience

Athletic 10: Varsity Sport Experience is a course for the Varsity Student-Athlete. The coaching staff in each sport design the course for the student-athletes competing in their sport, and includes conditioning; practice; game preparation; and weight training. It is limited to 2 credits per quarter. Student-athletes must be currently participating in their sport, have athletic eligibility remaining, and must be able to satisfy the physical activity course requirements. *You are not permitted to enroll in ATH10 after your final quarter of competition, or if you are injured and unable to complete the requirements for the course. Students must enroll in the ATH10 section that corresponds with their head coach's name.*



Annual Programming:

New Student-Athlete & Family Welcome

This annual event welcomes the class of new student-athletes families for an introduction to Stanford Athletics.

GameFACES

Inspired by Faces of Community during NSO for all new Stanford students, GameFACES highlights the challenges, personal development, and stories of resilience of student-athletes in community with the broader Stanford campus.

Student-Athlete Send-Off

Annual reception hosted by the Director of Athletics recognizing the graduating student-athlete class.

Final Pre-Game Meal

Graduating student-athletes come together for one last time to eat, take photos, and get ready for Wacky Walk on their way to Stanford Stadium for Commencement.

New Student-Athlete Orientation & Transition Support

DASH advising staff provide individualized advising and onboarding support for all new Stanford student-athletes enrolling outside of Autumn Quarter.

Cardinal Scoop

Bi-weekly newsletter for varsity student-athletes with timely information, updates, and opportunities.



Faculty Athletic Fellows

Faculty Athletics Fellows represent a variety of academic disciplines with an interest in supporting the student-athlete experience. Fellows strengthen the ties between athletics and academics at Stanford, provide student-athletes with additional support and mentoring, advance relationships among faculty, student-athletes, and coaches, and build faculty awareness of athletics considerations and student-athlete experiences.

Student-Athlete Engagement Groups

Created by and for the Stanford student-athlete community, Student-Athlete Community Groups offer a tangible way for students to build relationships with each other and support both their personal and professional goals. All student-athletes are welcome to join groups that engage their identities and interests at any point during their Stanford journey.

- Athletes in Medicine (AIMS): Supports student-athletes interested in pursuing the field of medicine
- Cardinal BLCK: Fosters community among Black student-athletes at Stanford.
- Cardinal Pride: Fosters community among LGBTQIA+ and allied Stanford student-athletes.
- Community of International Student-Athletes (CISA): Fosters community and provides resources for international student-athletes.
- Student-Athletes in Finance (SAIF): Supports student-athletes interested in pursuing the field of finance.
- Stanford Maccabi: Fosters community among Jewish student-athletes at Stanford.
- Cardinal Community: Supports student-athletes interested in participating in community service opportunities.
- Cardinal Connections: Creates a space for student-athletes interested in mental health and wellness to engage with each other and on-campus resources.

CARDINAL COMPASS: COMMUNITY



- **Tree Talk:** Tree Talk is a podcast and social media content creation group focused on sharing the unheard and unique stories of Stanford student-athletes.
- **Social Events for Athletes (SEA):** Brings together Stanford's student-athlete body in fun and engaging ways. SEA ideates, plans, and executes events that provide student-athletes events.
- **Student-Athletes for Sustainability (SAS):** Supports student-athletes interested in promoting sustainability practices throughout the Stanford Athletics experience



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- The Student-Athlete Advisory Committee (SAAC) is a group of student-athletes passionate about policy and legislation impacting the student-athlete experience at the university, conference, and national level. The SAAC executive team meets regularly with Stanford Athletics leadership, university administration, and the ASSU cabinet regarding matters pertinent to the student-athlete experience. In addition, SAAC convenes quarterly C-House meetings, and provides support for groups that engage the entire student-athlete community, including: Cardinal Community, Cardinal Connections, Student-Athletes for Sustainability, Social Events for Athletes, and Tree Talk.
- Cardinal House (C-House) is a group of coach-appointed representatives from each of the 36 varsity sport programs. C-House plays an integral role in ensuring each varsity sport is represented in the voting and decision-making processes regarding policy and legislation affecting the student-athlete experience.



- ACC Unity Tour

- The ACC invites 6 representatives (4 student-athletes, 2 coaches or staff) per member institution to participate in the annual ACC Unity Tour every summer. Participants of this tour will engage in an immersive educational experience, in which the group will visit historical sites, learn from local leaders about history and culture, and engage with the community.

- Athlete Ally Summit

- The Athlete Ally Summit brings together college student-athletes, coaches, and administrators from across the country to convene and build community, gain knowledge, and commit to actions to help expand inclusion, allyship, and belonging on their campuses. The days are packed with panels, breakouts, community reflection moments, play, outings to local pro sports games, and special activities.

- Black Student-Athlete Summit

- The Black Student-Athlete Summit, held each May unites student-athletes, athletic professionals, and industry innovators for four days of dynamic programming. Participants engage in career development sessions, financial literacy workshops, and wellness activities designed to prepare them for life beyond sports. From the game-changing Pro Day to the ElevateXperience and Grad/Job Fair, the Summit equips athletes with tangible skills, strategic connections, and pathways to leadership in business, culture, and community.

- Career in Sports Forum

- The Career in Sports Forum is an annual educational program that brings together 200 selected NCAA student-athletes to learn about and explore potential careers in sports, particularly college athletics. This unique three-day forum helps student-athletes chart their career paths. Participants network with and learn from current athletics professionals.



- Student-Athlete Leadership Forum
 - Student-athletes selected to attend the forum return to campus with invaluable leadership skills, a refined understanding of the relationship among personal values, core beliefs and behavioral styles, and the support of a close personal network of like-minded peers to provide continued connection and dialogue after the program concludes.
- Women Leaders in Sports National Convention
 - The annual National Convention, hosted by the Women Leaders in Sports organization, is designed to develop, connect, and advance women in sports. Student-athlete convention attendees will have an opportunity to connect with women from various roles in sports, including CEOs, conference commissioners, and athletic directors. This is an amazing networking and development opportunity for student-athletes who have interest in getting into the sports industry

If you have an interest in any of these Leadership Development opportunities, please reach out to DASH's Student-Athlete Success and Well-Being team. All student-athletes must be nominated by Stanford Athletics and/or the ACC to participate in these events.

AWARDS & SCHOLARSHIPS



- NCAA Postgraduate Scholarship
 - The NCAA Postgraduate Scholarship provides a \$10,000 one-time award given to student-athletes who have excelled academically and athletically, and who plan to pursue graduate school. Up to 126 scholarships are awarded each year—split evenly between men and women—across the fall, winter and spring sport seasons.
- ACC Postgraduate Scholarship
 - The Weaver-James-Corrigan-Swofford and Jim & Pat Thacker postgraduate scholarships are awarded to selected student-athletes who intend to pursue a graduate degree after completing their undergraduate requirements. Each recipient will receive \$9,000 toward his or her graduate education.
- ACC Excellence Award
 - The ACC Excellence Award recognizes outstanding graduates from ACC member institutions. The goal of the award is to highlight the students embodying the student-athlete ideal. The awardees are exemplary students, athletes, and contributors to the community and society, and serve as an example to their fellow students.
- ACC Top Six
 - This award is presented annually to six student-athletes from each ACC conference institution who demonstrate outstanding dedication to community service and outreach programs.
- ACC UNITE
 - This award recognizes individuals affiliated with the ACC who have made an impact in the areas of racial and social justice. The UNITE Award will be presented annually to individuals who:
 - Best exemplify ACC CORE's mission to promote and encourage racial equity and social justice through education, partnerships, engagement and advocacy;

AWARDS & SCHOLARSHIPS



- Have helped create meaningful, lasting change by improving systems, organizational structures, policies, practices and attitudes;
- Have been a pioneer and/or helped pave the way for underrepresented social identities either at the institution or in the community.
- Dr. Pepper Go Teach
 - Each ACC institution has the opportunity to select one student-athlete to receive a Dr Pepper Go Teach Tuition valued at \$2,500. This program is open to student-athletes across all institutional sponsored sports programs and academic classification. Following all school selections, the ACC conference office will select one recipient to receive the grand prize of \$10,000.

If you have questions about any of these scholarship/award opportunities, please reach out to Celeste Maxwell Brown (cembrown@stanford.edu).

CARDINAL COMPASS: CAREER



Cardinal Compass - Career offers career coaching, career programming, and alumni mentorship.

The Cardinal Compass career preparedness program centers you—your identity, your interests, your journey, and your future. Designed with flexibility and intentionality, this program supports student-athletes in translating their lived experiences into meaningful careers. Whether you're just beginning to explore interests or actively pursuing opportunities, Cardinal Compass ensures you're never navigating your career journey alone.

We're constantly building and strengthening relationships with employers across industries—locally, nationally, and around the world—to open doors for Stanford student-athletes. If there's a company, organization, or industry you're excited about, let us know. We'll work together to create a strategy to connect, explore opportunities, and help you build meaningful professional relationships that align with your goals.

Career Coaching

Career journeys aren't linear and we're here to walk with you through every step and turn. Cardinal Compass offers one-on-one and small group coaching tailored to your goals, interests, and identity. Whether you're choosing a major, exploring industries, preparing for job interviews, or considering graduate school, you'll get support that's thoughtful, practical, and empowering.

To schedule an appointment, email Tim Bryson (Student-Athlete Career Preparedness and Alumni Mentorship Coach, tfbryson@stanford.edu)



Career Programming

Our workshops and events are built around real-world readiness. With Cardinal Compass, you'll engage in relevant, interactive career education that translates your Stanford experience into professional confidence. Whether you're preparing for your first internship or learning how to navigate a job offer, our programming is accessible, actionable, and guided by your feedback.

Alumni Mentorship

Tap into the powerful Stanford athlete-alumni network to learn from those who've been in your shoes. Cardinal Compass facilitates authentic, relationship-driven mentorship opportunities with alumni who reflect your values, goals, and lived experience. These connections help you envision possibilities, gather practical advice, and expand your professional network.

Block S Society

Block S Society is Stanford's dedicated digital platform designed to strengthen the lifelong bond between student-athletes and alumni. Rooted in community and powered by purpose, Block S Society serves as a virtual home where current and former Cardinal athletes can connect, share experiences, and support one another through career exploration, mentorship, and networking.

Stanford Career Education

In addition to the support you have in DAPER, you are also supported by Stanford University's Career Education (CareerEd) office. No matter what step you're taking on your career journey, CareerEd coaches can help you plan for your career success. They are currently offering coaching appointments via Zoom, phone, and in-person. *There are two types of coaching: Career Coaching and Education and Belonging, Access, and Career Equity (BACE).*



CareerEd Coaching and Education

A CareerEd Coach can help you with understanding what you want, supporting your job/internship search, and working with you on career skills. CareerEd Coaches serve students and recent alumni in teams based on their academic discipline and degree level, including:

- Frosh/Soph
- Humanities and Sciences (& Education)
- Engineering and Doerr School of Sustainability
- PhD and Postdocs
- Partner/Spouse of Student

Belonging, Access, and Career Equity (BACE)

BACE coaches support marginalized and underrepresented Stanford students with their career questions and concerns. Peer Career Coaches provide individual resume reviews for students.

[Schedule an appointment here.](#)

Experiential Learning

Experiential learning bridges the gap between the classroom and the real world. By engaging in hands-on opportunities like internships, service projects, research, global experiences, and campus leadership, students gain critical skills, expand their perspectives, and apply knowledge in meaningful ways. These experiences not only deepen learning but also build confidence, clarify career goals, and prepare students to lead with purpose in any field.



Handshake

Handshake is Stanford's career platform where students can discover job and internship opportunities, connect with employers, and register for career events. Whether you're exploring industries or actively applying, Handshake helps you take the next step with confidence—anytime, anywhere.

Rising Bird Fellows Program

Have you found an unpaid opportunity or internship and need funding? Let Stanford Career Education help.

The Rising Bird Fellows program, named for Dr. Tina Rising Bird '82 and Dr. Jeff Bird '82, MD '86, PhD '88, pays stipends of up to \$7,500 for qualifying full-time summer opportunities and up to \$2,815 for spring qualifying part-time opportunities.

Stipend amounts are calculated based upon the student time commitment to their opportunity during the quarter for which they are applying. The fellowships are open to eligible undergraduates, with priority going to students with financial need.

Nike Inc. Summer Internship Program

Nike hires at least two Stanford student-athletes every year for its highly competitive, paid summer internship program. Interns work on impactful projects across areas like marketing, strategy, operations, and product innovation – gaining real-world experience while bringing a high-performance mindset to a global brand

A red-tinted photograph of a university courtyard. In the background, a large building with a tiled roof and arched windows is visible. Several palm trees stand behind the building. In the middle ground, there are several statues of figures in robes. The foreground is filled with a dense field of red flowers. The text "STUDENT SERVICES" is overlaid in white, bold, sans-serif font in the center of the image.

STUDENT SERVICES

ATHLETICS BOARD AWARDS



Below is the list of the Stanford Athletics Board awards, which are presented annually at the end of spring quarter.

Al Masters Award – presented to the Stanford student-athlete attaining the highest standards of athletic performance, leadership, and academic achievement (highest award).

Biff Hoffman Award – presented to the outstanding senior who competes in a male sport.

Stanford Athletics Board Award – presented to the outstanding senior who competes in a female sport.

Donald Kennedy Award – presented to the Stanford senior student-athlete(s) who best exhibits the combination of excellent academics, strong athletic ability, and a commitment to community service.

Spirit of Stanford Award – presented to a charismatic student-athlete who excels at his/her/their sport and is an effective leader on and off the field. This student-athlete is an exemplary teammate, active across campus and in the community, and embraces the values of Stanford University. The award is given in memory of Frankie Albert, '42.

Jake Gimbel Award – presented to the senior with the best competitive attitude who competes in a male sport.

Pam Strathairn Award – presented to the senior with the best competitive attitude who competes in a female sport.

Block S Honors Award – Men's Team Student-Athlete – presented to the senior varsity letterwinner who competes in a male sport with the highest GPA.

Block S Honors Award – Women's Team Student-Athlete – presented to the senior varsity letterwinner who competes in a female sport with the highest GPA.

ATHLETICS BOARD AWARDS



Dick and Anne Gould Captain's Award – presented to the senior captain who exhibited uncommon leadership to his/her/their team. This award is presented by Dick and Anne Gould in honor of their three "Captain Children": Karin (USC swimming), Rick (Stanford swimming) and Kim (Harvard volleyball).

Block S Outstanding Junior Award – presented to the highest-achieving student-athlete(s) of the junior class.

Block S Outstanding Sophomore Award – presented to the highest-achieving student-athlete(s) of the sophomore class.

Conference Athlete of the Year – presented to a Stanford student-athlete who distinguishes himself, herself, themselves in conference competition.

Block S Outstanding Freshman Award – presented to the highest-achieving student-athlete(s) of the freshman class.

Bob Murphy Award – presented to the student-athlete whose unforgettable performance in an athletic contest secures a place in Stanford Athletics history.

Arthur F. Dauer Memorial Sports Performance Award – administered by the Director of Sports Performance, this award honors the student-athlete who not only displays maximum effort on and off the field of competition, but also brings out the best in his/her/their teammates through positive attitude, relentless work ethic, and consistent commitment to performance enhancement. The award is given in memory of Arthur F. Dauer, '69.

Thomas W. Ford Award - presented to the team whose student-athletes have demonstrated a special commitment to participation in local community outreach programs.

LETTER AWARDS



Letter awards are awarded to varsity athletes who meet the specified criteria for their particular sport, as determined by their coaches. Any changes, alterations, enhancements or upgrades to the award cannot be included with the initial award order and cannot be paid for by the Department of Athletics. Students must receive their award “as is” and must make their own arrangements for any adjustments.

The NCAA issued the following official interpretation regarding student-athletes and the selling of athletic awards: A student-athlete shall not sell any item received for intercollegiate athletics participation or exchange or assign such an item for another item of value, even if the student-athlete’s name or picture does not appear on the item received for intercollegiate athletics participation.

1 st Year Letter Award	4 th Year Letter Award
Jacket	Ring

To Receive Your Award

Once eligibility for a letter award is confirmed by the Compliance Services Office, the approved letter award form is sent to the Equipment liaison, who processes all requested orders. Each student-athlete is responsible for picking up his/her/their own award and is required to sign a form acknowledging receipt of that award.

All student athletes should pick-up or request their award, within 1 calendar year of the date they were notified of their award status. Any award requested after a calendar year has passed will need to be purchased by the student athlete.

If you wish to claim an award after that time frame, you or your sport must pay for it.

Student-athletes who participate in two (or more) sports may earn only one letter award per year, not one per sport. A student-athlete cannot earn more than one of each award (1 jacket and 1 ring), regardless of the number of sports they letter in. The criteria for each sport to receive a letter can be found on the following three pages.

LETTER AWARDS



Baseball

At the discretion of the coaching staff.

Men's Basketball

At the discretion of the coaching staff.

Women's Basketball

At the discretion of the coaching staff.

Beach Volleyball

At the discretion of the coaching staff.

Men's Crew

Participate on Varsity 8 in 2/3 of all races; row in Varsity 8 for championship races (Pac-12 or IRA); row in JV 8 that defeats Cal or Washington; coaches discretion.

Women's Crew

Compete in an NCAA lineup (1V8, 2V8, V4) during the Championship Season or at the discretion of the head coach.

Lightweight Crew

Participate in the Varsity 8 or Varsity 4 at the National Championships; at the discretion of the coaching staff.

Cross Country

At the discretion of the coaching staff.

Fencing

At the discretion of the coaching staff.

Field Hockey

At the discretion of the coaching staff.

LETTER AWARDS



Football

Participation in at least one game, even if the student athlete has retained their redshirt year; or at the discretion of the head coach.

Men's Golf

Compete in 1/2 of all events or compete at Conference Championships, NCAA Regionals or NCAA Championships; or at the discretion of the head coach.

Women's Golf

At the discretion of the coaching staff.

Men's Gymnastics

Participate in a competition as a team member, not as an individual; or at the discretion of the coaching staff.

Women's Gymnastics

All team members who complete the season; or at the discretion of the coaching staff.

Lacrosse

All team members who compete in and complete the season; or at the discretion of the coaching staff.

Sailing

Participation in a national championship; finishing in top 10% in more than one Intersectional regatta; or participation in more than 50% of scheduled events in the discipline the athlete is competing in.

Men's Soccer

All team members who complete the season, excluding redshirts.

Women's Soccer

All team members who compete in and/or complete the season; or at the discretion of the coaching staff.

LETTER AWARDS



Softball

All team members who complete the season; or at the discretion of the coaching staff.

Women's Squash

All team members who complete the season

Men's Swimming & Diving

ACC Championship seasons: all athletes. All other years: all official ACC squad members, unofficial members at the discretion of the coach.

Women's Swimming & Diving

ACC Championship seasons: all athletes. All other years: all official ACC squad members, unofficial members at the discretion of the coach.

Synchronized Swimming

Score in 2/3 of events entered and 1/2 of meets competed; or at the discretion of the coaching staff.

Men's Tennis

At the discretion of the coaching staff.

Women's Tennis

All team members who compete during the season.

Track and Field

At the discretion of the coaching staff.

Men's Volleyball

All team members who complete the season, excluding redshirts.

LETTER AWARDS



Women's Volleyball

All team members who complete the season; or at the discretion of the coaching staff.

Men's Water Polo

All team members who complete the season, excluding redshirts.

Women's Water Polo

All team members who complete the season; or at the discretion of the coaching staff.

Wrestling

Compete in at least one match while representing Stanford (i.e., not redshirting) and complete the season; complete the season as a graduating senior; or at the discretion of the head coach.

COMPLIMENTARY ADMISSIONS



Complimentary Admissions to Your Own Sport

NCAA rules permit every student-athlete to receive up to (4) four complimentary admissions to their sport's home regular season contests. Student-athletes must login to the ARMS student-athlete portal and request their complimentary admissions before each event, listing the four guests who will receive their complimentary tickets. This must be completed by a deadline set by the Ticket Office. Guests will be admitted through the designated pass gate and must present photo ID for admittance.

The Red Zone - free admission to all regular season events

As a Stanford student, you are automatically a member of the Red Zone, the official student fan group of Stanford Athletics and the most raucous section inside of all Stanford Athletics' venues. Being a member of the Red Zone, you'll enjoy a number of benefits, including FREE admission to all regular season athletic home events, automatic eligibility to our Cardinal Rewards Program which offers unique prizes and giveaways, and some of the best seats on The Farm! Visit www.gostanford.com/redzone for all you need to know!

Student admission to football games

All students (including student-athletes) must bring their active SUID to scan for admission into Stanford Stadium. There will not be exceptions made for student-athletes who do not bring their SUID. For more information, visit www.gostanford.com/redzone.

The Red Zone loyalty point system

The Red Zone Loyalty Point System is designed to allow the most loyal and dedicated student fans priority access to marquee game tickets (Football vs. Cal), subsidized postseason tickets, and special giveaways and prizes. Students will earn Red Zone Loyalty Points by scanning their SUID card at designated events throughout the year. Student-athletes can receive Red Zone Loyalty Points for events in which they are competing, but points cannot be awarded for events missed due to competition or travel due to NCAA regulations. For more information on the Red Zone Loyalty Point System, visit www.gostanford.com/redzone.

Pass List Locations

- Stanford Stadium/Red Zone (Football): Gate 3
- Roscoe Maples Pavilion (Basketball/Volleyball): Southeast Corner (gate facing football practice field). Women's Gymnastics: Northwest Corner
- Sunken Diamond (Baseball): Main Gate
- Laird Q. Cagan Stadium (Soccer): Main Gate
- Boyd & Jill Smith Family Stadium (Softball): Main Gate



DAPER Policy for Funding PTD Insurance

There are two types of disability insurance policies: permanent total disability and permanent total disability with a loss-of-value rider. Stanford's Compliance Services Office is here to assist Stanford student-athletes and their families when considering purchasing disability insurance.

DAPER may utilize institutional funds, under the conditions outlined in DAPER's Permanent Total Disability & Loss of Value Insurance Policy, to enable student-athletes to purchase Permanent Total Disability (PTD) insurance to protect against projected future loss of earnings as a professional athlete due to a disabling injury or illness that may occur during their intercollegiate career at Stanford.

Permanent Total Disability (PTD) - Protects student-athletes against future loss of earnings (subject to policy limits) as a professional athlete due to an injury or sickness that occurs during their collegiate career and permanently ends their athletic career.

Loss of Value (LOV) – Protects against the risk that a student-athlete's actual draft position (and earnings as a professional athlete) will be less than projected as a result of an injury or illness suffered during their collegiate career. This is an optional feature that may be added to a PTD policy at the student-athlete's expense.

DAPER's Permanent Total Disability & Loss of Value Insurance Policy is available [HERE](#). Student-athletes are responsible for reviewing and complying with this policy

A red-tinted photograph of a university courtyard. In the foreground, there is a dense field of orange flowers. In the middle ground, several statues of figures in robes are positioned along a path. The background features a large building with a tiled roof and multiple arches. Palm trees are visible behind the building. The text "FINANCIAL AID" is overlaid in white, bold, sans-serif capital letters across the center of the image.

FINANCIAL AID

ATHLETIC SCHOLARSHIPS



Stanford's commitment to its student-athletes on athletics scholarship is to provide support that will enable each student to complete their undergraduate degree in four years. Post-eligibility aid is not guaranteed for any student without prior written approval from the Director of Athletics.

Under NCAA rules, an athletic scholarship consists of the following items: required books, tuition, standard room and board, fees, and allowances for supplies, personal expenses, and travel. An athletic scholarship cannot exceed the institutional Cost of Attendance value. Athletic financial aid is awarded to a student-athlete based upon athletic ability or sports performance. This athletic scholarship is awarded for a minimum period of one academic year (some exceptions may apply), with the scholarship potentially extending up to four academic years.

Multi-Year Scholarship Agreements

Athletic scholarships may be awarded for multiple years, with varying scholarship percentages provided each year. If a student-athlete is offered an athletic scholarship during his/her/their initial year of enrollment at Stanford, the athletic scholarship agreement must be a multi-year agreement. To have a valid multi-year agreement, the student-athlete must receive athletic aid in the first year of the agreement (example of a valid multi-year agreement: Year 1 scholarship is 20%, Year 2 scholarship is 50%, Year 3 scholarship is 0%, and Year 4 scholarship is 0%).

If a student-athlete is recommended by the head coach for a multi-year athletic scholarship and the recommendation is approved by the Athletic Director, a letter of recommendation is sent by the Compliance Services Office to the Financial Aid Office for processing.

Single-Year Scholarship Agreements

If a student-athlete does not receive athletic aid during his/her/their initial year of enrollment at Stanford, a single-year agreement may be extended. Athletic scholarships awarded for a minimum period of one academic year may be renewed at the discretion of the head coach.

If a student-athlete is recommended by the head coach for a one-year athletic scholarship and the recommendation is approved by the Athletic Director, a letter of recommendation is sent by the Compliance Services Office to the Financial Aid Office for processing.

In subsequent academic years, each student who received an athletics scholarship for the previous year must be notified by the Financial Aid Office on or before July 1st about the renewal status of the scholarship for the following academic year. If the athletic scholarship is not recommended for renewal, the Financial Aid Office will offer each student an opportunity for a hearing to appeal this decision to a University Financial Aid Committee.

Please contact either your head coach or the Compliance Services Office if you have any athletic scholarship questions.

ATHLETIC SCHOLARSHIPS



Cancellation or Reduction of Athletic Aid

The following conditions may cause an athletic scholarship to be reduced or cancelled during the term of the grant:

- An individual becomes ineligible for intercollegiate competition by:
 - Failing to make satisfactory academic progress in the course of study;
 - Using illegal drugs or NCAA banned substances;
 - Failing to pay University financial obligations;
 - Violating written team rules (subject to appeal, see below).
- Information on the admission application, financial aid agreement, Letter of Intent, or NCAA Student-Athlete Statement was misrepresented by the student.
- The student engaged in misconduct and is placed on probation by the regular student disciplinary authority which prohibits participation in athletics.
- The student voluntarily withdraws from the team prior to, during, or after the sport season in which the athletic grant was awarded; or failure to enroll as a full-time student.
- The student enters the transfer portal.

A request for an appeal may be made to the FAR if an athletic scholarship is cancelled or reduced for any reason. The following conditions cannot be used as reasons to reduce or cancel your athletic scholarship during its term: illness or injury which prevents participation, and athletic ability, performance, or contribution to a team's success.

Mid-Quarter Withdrawals from Stanford and Athletic Aid

Should a student-athlete on athletic aid elect to withdraw from Stanford during the middle of a quarter (i.e., any time after athletic aid has already been dispersed onto the student-athlete's account), DAPER will be required to remove the athletic aid that has been placed on the student-athlete's account for the quarter. This is required per NCAA rules, as allowing the student-athlete to retain athletic aid despite not being enrolled in the university would constitute a NCAA violation.

Student-athletes withdrawing mid-quarter will be required to pay all fees associated with their time at Stanford prior to withdrawal. Such expenses may include, but is not limited to: prorated housing and dining charges for time occupying a dorm prior to the withdrawal, repayment of the quarterly athletic stipend intended to cover costs associated with being enrolled at Stanford, etc. The Compliance Services Office can answer questions about the impact of this policy should a student-athlete consider withdrawal from Stanford mid-quarter.

NON-ATHLETIC SCHOLARSHIPS



University Financial Aid

Student-athletes are encouraged to apply for the Federal Pell Grant and other financial assistance. The Financial Aid Office has information on the Pell Grant application. The Pell Grant is awarded on the basis of a family's financial situation, can range in value from \$700 to over \$7,395 for an academic year, and does not count towards any NCAA limits. The actual amount of the Pell Grant stipend will be determined by the Financial Aid Office.

University need-based aid is generally awarded at the same approximate amount on an annual basis for four years or 12 quarters, unless there is a significant change in the student's financial situation. University aid after 12 quarters is not guaranteed and must be petitioned for on an individual basis with the Financial Aid Office.

Please note, other forms of financial aid is limited for those students who are receiving athletically-related financial aid. There are individual and team limits imposed by the NCAA that may require limited use of other aid sources. The Financial Aid Office is responsible for making necessary adjustments to ensure compliance with NCAA individual financial aid limitations. Receiving excessive aid can result in a student-athlete being declared ineligible for competition or can create penalties for your team.

Non-Stanford Scholarships

The type and/or amount of non-Stanford scholarships that may be received by a student-athlete is also governed by NCAA rules. Non-Stanford scholarships are funds given to a student-athlete by sources other than the Athletics Department, the University, Government Grants/Loans, or someone upon whom you are naturally or legally dependent. The NCAA rules apply whether or not one is receiving an athletic scholarship.

A student-athlete questionnaire will be distributed each year (usually prior to a team's eligibility meeting) with one portion seeking information about any non-Stanford scholarships that are being received, or are expected during the year. Additionally, the Compliance Services Office must be notified of any unexpected scholarships, which develop during the year. The information provided should include both scholarships sent through the University and those that are received directly.

After submitting proper aid information to the Stanford Financial Aid Office and the Athletic Department, it is your responsibility to make sure both offices are promptly informed of any changes. Because the financial aid package of those receiving need-based aid is impacted by expected non-Stanford scholarships, it is also in your best interest to alert the Financial Aid Office and the Athletic Department if expected scholarships do not develop as planned since this could result in positive adjustments in other aid components. Please contact the Compliance Services Office with any questions about outside scholarships and awards.



Stipend Checks

Student-athletes who receive athletic scholarship aid may receive a portion of their scholarship in a quarterly stipend check.

Who receives a stipend?

Stipend checks are issued when the amount of a scholarship exceeds the charges from Student Financial Services. A full scholarship athlete living off-campus, without a meal plan, for example, will receive a stipend check.

Additional examples:

- Upperclassmen who live off-campus receive stipend checks for the full value of room and board costs each quarter
- Anyone who has a housing assignment that does not require a university meal plan will receive a stipend check for the value of the university meal plan
- Freshmen receiving a full scholarship who paid the \$200 “freshman deposit” will have this amount applied to their bill or refunded to them depending on charges incurred throughout the academic year

How can one determine if a stipend has been issued?

Student accounts on AXESS will indicate if a stipend check has been issued. If an amount is listed in a student account under the item “Refund/Stipend check,” a check has either been mailed or deposited to the checking account of those who enrolled in the “direct deposit” program.

When are stipends available?

Stipend checks are generated after the first day of registration at the beginning of each quarter provided a study list has been filed, the student account has been cleared, and there are no other “holds” on the account.

Your University Bill

Make sure to review your university bill! If you have any questions about athletically related aid, please bring your bill to the Compliance Services Office for review. It is important to review your bill on a consistent basis to ensure you are not charged late fees for unpaid bills, such as parking tickets, cable fees, etc.

STIPEND CHECKS AND UNIVERSITY BILLS



How do I receive a stipend?

Stipend checks are mailed from the Student Services Center (Tresidder) to the mailing address on record in AXESS. Be sure to confirm that the address listed on AXESS is the address to which University mail should be sent.

Enrollment in the Direct Deposit program is also available on axess.stanford.edu and is the recommended option by the Athletic Department. Participation in this program will result in stipend checks and any other university refunds or reimbursements being sent directly to the appropriate checking account.

What could prevent a stipend from being issued?

Any “hold” placed on the student account will prevent scholarship aid from being posted to the account. If a hold exists, for example, that prevents registration for that quarter, scholarship aid cannot be posted to the account, but tuition charges will appear. A stipend check cannot be issued until the scholarship aid is posted to the account.

What do I do if I think my stipend amount is incorrect?

If the amount of a stipend check seems incorrect, please contact the Compliance Services Office so that appropriate adjustments can be made. Remember, however, that the university computer system occasionally may generate a stipend check in error due to the timing of adjustments, which could result in a false “balance due to the University”. If you have any questions about your athletically related financial aid, please visit the Compliance Services Office.

TEXTBOOK POLICIES AND PROCEDURES



All student-athletes receiving any amount of an athletic scholarship have their required textbooks paid for by the Athletic Department. The NCAA permits athletic scholarship funds to cover the actual cost of required course-related textbooks or required course-related materials for major specific classes. Instructions for student-athletes receiving athletic scholarship aid to obtain their textbooks are as follows:

1. Register for courses by the deadline for bookstore pickup (quarterly deadlines will be communicated out by the Compliance Services Office).
2. If you registered prior to the deadline, your books will be packaged and available for pickup at the downstairs desk in the Stanford Bookstore on the day before the first day of the quarter. Pre-packaged textbooks must be picked up by the second Friday in the quarter, or the textbooks will be returned to the bookstore inventory.
3. If you did not register for courses by the deadline, add a course after the deadline, or are simply missing a textbook, the required book(s) may be purchased through the bookstore's website. After adding any required books to your shopping cart, proceed to check-out and select "Bookstore Charge Account" as your payment method. You must enter your student ID and omit all zeros at the start of your ID number.
4. If you receive non-required textbooks (including recommended, suggested textbooks), or drop a course after receiving your textbooks, you are required return the materials to the Bookstore, otherwise your Axess bill could be charged for the value of those books. Be sure to receive a receipt as proof of the returned materials.
5. If required course-related textbooks/course readers are not sold at the Bookstore, you may pay for the book/reader from a different vendor. After your purchase, please submit the Textbook Reimbursement workflow on ARMS and included all required documentation (receipt(s), course syllabus). Textbook reimbursements will be processed after the add/drop period each term. Reimbursements will be sent via direct deposit through your AXESS account.

TEXTBOOK POLICIES AND PROCEDURES



6. A student-athlete may be reimbursed for course-required materials other than textbooks if the class is a required course in the student-athlete's degree program (not an elective course). If the item is available for rent (e.g., a musical instrument, camera), Stanford will only reimburse the student-athlete for the rental cost.
7. Textbook transactions will be audited each quarter against the Bookstore's required textbook report and your study list. Any discrepancies could result in your being ineligible for practice or competition, having to repay the Athletic Department for the cost of the books, or having your athletic scholarship reduced or cancelled.

Textbook Reminders

- If a class is dropped, the textbooks must be returned to the Bookstore by the textbook return deadline each quarter.
 - If the textbooks are not returned by that date the cost of the books must be repaid to Stanford.
- Textbooks purchased online will be reimbursed at the cost of the textbook only – shipping & handling fees are not reimbursable.
- For questions regarding Stanford's textbook policies and procedures, please contact the Compliance Services Office.



The Student Assistance Fund (SAF) was established by the NCAA as a means to provide additional financial resources to student-athletes. For intents and purposes of this policy, “student-athlete” is triggered upon enrollment at Stanford or upon participation in required team athletic activities, whichever is earlier. The fund is intended to provide direct benefits to student-athletes and their families. The funds will be used to assist student-athletes in meeting financial needs that arise in conjunction with participation in intercollegiate athletics, enrollment in academic curriculum, or that recognize academic achievement.

Student-Athletes Eligible to Apply for SAF

All Stanford student-athletes participating on varsity sport programs, including international student-athletes, are eligible to receive SAF benefits, regardless of whether or not they are receiving athletic aid, have demonstrated need, have exhausted their eligibility, or no longer are able to participate due to medical reasons.

To receive SAF, all student-athletes must be in good standing with the University and the Athletics Department.

SAF Usage

DAPER has identified the following areas that will receive funding from the SAF:

- Academic Support Services
- Academic Tutoring
- Permanent Total Disability Insurance
- Emergency Travel
- Health Insurance for Pell Recipients
- International Taxes
- Medically-Related Golf Cart Rentals
- Stolen Personal Property



Criteria for Distribution of Funds

- **Permanent Total Disability Insurance** – Qualifying student-athletes may receive funding for PTD insurance in accordance with the criteria established in DAPER's Permanent Total Disability Insurance Policy.
- **Emergency Travel** – Student-athletes may receive up to \$1,000 in reimbursements to assist with either:
 - Expenses associated with parents to travel to campus (or other site of injury in conjunction with an away-from-home contest) for a student-athlete's emergency surgery; or
 - Expenses associated with a student-athlete's return home (or alternative location) for a family illness or death (i.e., funeral).
- **Health Insurance for Pell Recipients** – Domestic student-athletes may receive funding to cover costs associated with obtaining required health insurance in accordance with their financial aid award, as determined by Federal guidelines.
- **International Taxes** – International student-athletes may receive funding to cover tax charges (includes gross tax) resulting from the receipt of athletics financial aid.
- **Medically-Related Golf Cart Rental** – Student-athletes may receive a reimbursement to assist in covering costs associated with medically necessitated golf cart rental due to injury/illness.
- **Stolen Personal Property** – Student-athletes may receive a subsidy up to \$300.00 to assist in covering costs associated with the replacement of property stolen in conjunction with required team activities. Pell grant recipients are eligible for an additional \$200.00. Reimbursable items are limited to the following: Laptop; cell phone; tablet; bike/e-bike; scooter. A police report and proof of purchase for the property replacement are required for reimbursement. This policy does not cover items stolen or damaged as a result of negligence.



Requesting SAF from DAPER

To request funds, student-athletes must complete and sign a SAF Request form in ARMS.

- Reimbursements (Emergency Travel, Golf-Carts):
 - Reimbursement requires original receipts.
 - Online purchases require the order showing the cost, the packing list verifying receipt and proof-of-payment from a credit card or check card statement.
 - For air travel reimbursement, a student-athlete must submit (1) the original receipt and (2) the flight boarding passes. Emergency travel has the same requirements as flight travel and may require other documentation related to the emergency.
 - For golf cart reimbursement, a student-athlete must submit (1) the Medical Certification for Temporary Disabilities form (provided to the student-athlete by the Sports Medicine Clinic staff) (2) the original invoice and (3) proof of payment.
 - If reimbursement causes significant financial hardship for the student-athlete, please reach out to Compliance to determine alternative payment options.
 - Receipts must be for expenses incurred during the academic year (not during the summer).
 - Reimbursement for SAF will continue through the year until the last week of classes in spring quarter. No reimbursements from the SAF will occur after the deadline.
 - Student Assistance Fund (SAF) reimbursement is posted directly to the individual student account.
- Direct Payment (PTD Insurance, Health Insurance, International Taxes):
 - Student Assistance Fund payments for health insurance and international taxes will be posted directly to the individual student-athlete Axxess account.
 - For permanent total disability insurance, Compliance will work with Accounting and Finance to process payment directly to the insurer when applicable.

SUMMER SCHOOL ATHLETIC AID



Stanford awards athletic scholarship aid for summer school to a small number of student-athletes. **Summer school is not guaranteed for any student, including football and basketball student-athletes**, and aid awards are granted only when the necessary funding is available and all application requirements have been met.

Criteria When Funding is Available

1. The student-athlete received athletic scholarship aid in the academic year immediately preceding the summer session.
2. The student-athlete is taking classes that are degree applicable, excluding activity units.
3. The student-athlete's completed application and required information was received by the published deadline.
4. The athletic aid awarded can only be used for courses taken at Stanford University.
5. The request will be evaluated using the following criteria hierarchy:
 - units are needed to meet eligibility requirements
 - the student needs to be enrolled in summer school to take part in NCAA required summer workouts
 - extenuating circumstances will be considered on a case-by-case basis, including but not limited to objective academic considerations such as maintaining 4-year graduation pace and course sequencing/availability

How to Apply For Summer School Athletic Aid

The student-athlete must submit a request for summer aid in accordance with published application requirements and deadlines coordinated by the AARC Undergraduate Advising Directors (UAD's). Student-athletes are eligible for summer athletic aid if: 1) they are an active member of their varsity team; 2) they received athletic aid during the academic year preceding summer; and 3) are still pursuing their undergraduate degree. Information regarding summer school athletic aid and application deadlines will be published during the winter quarter each academic year.

All summer school requests are collected and evaluated by the Undergraduate Advising Director for academic requirements, and then submitted to the Associate Athletic Director for Compliance Services and the Associate Dean for Academic Advising for final review and approval.

SUMMER SCHOOL ATHLETIC AID



If summer school aid is approved, the following conditions apply:

1. The student-athlete must be enrolled in classes that are degree applicable, excluding activity units. Aid is not available for activity units (e.g., yoga, golf, etc.) during the summer.
2. Summer school aid covers charges for tuition, required fees and textbooks, and room & board. The amount of summer school aid should equal the percentage of athletic aid the student-athlete received in the preceding academic year. In the event that the student-athlete signed a combination award, including both athletics aid and need-based aid, the amount of summer school aid cannot exceed the percentage of athletic aid the student-athlete was scheduled to receive at the time of the need-based aid award determination.
3. If the student-athlete does not receive a passing grade in a course(s), the student will be required to provide a letter of explanation. The department reserves the right to assess a penalty, up to and including required reimbursement by the student-athlete for any summer units not passed. Any units taken over the approved unit amount must be paid for by the student-athlete.
4. A student-athlete is expected to communicate with their compliance liaison and UAD if they do not intend to enroll in some or all of the units they were approved to enroll in. Any changes to the units or courses listed on the student-athlete's application must be pre- approved by a UAD and Athletic Administration.
5. Stanford's Department of Athletics, Physical Education and Recreation (DAPER) prohibits active student-athletes and recipients of 5th year aid from residing in the home of, or entering into a rental agreement, with a representative of athletics interest. ***If living off-campus, a lease that includes rental costs must be submitted to Compliance Services for approval prior to entering into housing agreement.***

SUMMER SCHOOL ATHLETIC AID



6. Student-athlete must enroll in approved courses by the stated deadline in order for aid to be applied on time and when applicable, to receive stipend check on time.
7. Student-athletes approved for summer school who subsequently enter the transfer portal or whose roster status changes (i.e. inactive, quit/cut, otherwise removed from the team) may have summer aid rescinded at the sole discretion of DAPER.

Summer School Athletic Aid Reminders

- Summer school aid cannot be awarded by a coach. You must submit a written application prior to the deadline to have your request considered. No coach or team staff can guarantee summer aid.
- Summer school aid is not guaranteed for football, men's basketball, or women's basketball student-athletes who intend to take part in required summer workouts with their teams. If the student-athlete does not receive a passing grade for a class(es), he/she/they will be required to provide a written explanation to the Athletic Department and may forfeit the opportunity to receive summer athletic aid in the future.

MEDICAL DISQUALIFICATION



Periodically, a current Stanford student-athlete may be deemed as unable to participate further in intercollegiate sports due to an injury or illness. This situation is commonly referred to as “medical disqualification.”

The Stanford sports medicine staff determines if a student-athlete has suffered an injury or has an injury or illness which prevents further participation in any collegiate sport because of its incapacitating nature. If the sports medicine staff decides that a student is “medically disqualified,” the student-athlete is not able to participate in any varsity sports for the remainder of their time at Stanford.

Student-athletes who are receiving athletic aid but are deemed medically disqualified due to an athletically related injury sustained while a student-athlete at Stanford will continue to receive aid (subject to all provisions of the aid agreement and Athletic Department policies), typically through the fourth year of collegiate enrollment; however, the student-athlete will be a part of the same annual renewal process as with all other student-athletes who receive athletic aid. Also, the student will need to meet the following conditions:

- The student-athlete is required to maintain the minimum enrollment requirements mandated by the NCAA. He/she/they must be enrolled in a minimum of 12 units for each quarter with the exception of the last quarter of collegiate enrollment.
- The student-athlete is required to remain NCAA eligible throughout the duration of the award.
- The student-athlete is required to continue to stay within the individual limits of financial aid according to the NCAA.
- If the student-athlete qualifies for reduced tuition through the Registrar’s Office, he/she/they must complete the appropriate application.

OVERSEAS STUDY & ATHLETIC AID



If you are planning to study and/or train abroad, please visit the Compliance Services Office in advance of leaving campus. Due to the unique athletic systems overseas and strict NCAA regulations regarding professional teams, it is important to work proactively with the Compliance Services Office to ensure you are eligible to return to your Stanford team when you arrive back on campus. If you receive an athletic scholarship, please review the following reminders about studying overseas:

- **Stanford Program:** If you are studying abroad in a Stanford program of studies you may be eligible to receive your athletic scholarship, as long as you obtain the approval of the head coach and the director of athletics.
- **Non-Stanford-Program:** Student-athletes studying abroad in a program not directly affiliated with Stanford University are NOT eligible for financial aid or an athletic scholarship.

A red-tinted photograph of a university courtyard. In the foreground, there is a large, dense field of red flowers. In the middle ground, several statues of figures in robes are positioned along a path. The background features a large building with multiple arches and a tiled roof. Two tall palm trees are visible behind the building. The overall scene is bathed in a deep red light, creating a monochromatic effect.

NCAA RULES AND REGULATIONS



Stanford University Commitment to NCAA Regulations

Every student-athlete is subject to NCAA, Conference, and Stanford University rules and requirements that can affect your collegiate eligibility. These policies, some of which are outlined in this section, may change on a yearly basis. The Athletic Department's Compliance Services Office will meet with you in the fall to discuss NCAA rules and regulations and share updates and reminders throughout the year. It is your responsibility to be knowledgeable of the rules and regulations, and to know when to ask before you act.

Stanford is charged with following the rules and regulations set forth by the NCAA and the Conference. Specifically, the NCAA constitution provides that each institution shall be responsible for:

- Controlling its intercollegiate athletics program in compliance with NCAA rules and regulations;
- Monitoring its programs to ensure compliance, identifying and reporting to the NCAA instances in which compliance has not been achieved, and taking appropriate corrective measures; and
- Ensuring that members of the institution's staff, student-athletes, and other individuals or groups representing the institution's athletics interests comply with all applicable NCAA rules.

All individuals associated with DAPER (coaches, staff, student-athletes, donors, alumni, former student-athletes, etc.) must act with honesty and sportsmanship at all times. Failure to do so is considered "unethical conduct."

Unethical conduct is a serious charge and can be cited due to a number of reasons, not limited to the following: refusal to furnish information relevant to a possible NCAA violation, providing misleading information, knowingly arranging for or providing fraudulent academic credit for a prospective or enrolled student-athlete, knowingly providing a prospect (e.g., recruit) or enrolled student-athlete with extra benefits, or knowingly furnishing false or misleading information during an NCAA investigation.

PROCESS FOR REPORTING POTENTIAL VIOLATIONS



If you, or a teammate, believe a potential violation may have occurred, it is your responsibility to report the violation to your sport administrator, Faculty Athletics Representative, Athletic Department Legal Counsel, Athletics Director, Institutional Compliance Hotline, a Compliance Services staff member, or your coach as soon as possible. The Compliance Services staff will review the situation to determine if a NCAA or conference violation has occurred, and, if so, the appropriate action steps.

Below are the general steps followed in regard to a potential NCAA violation:

1. Potential violations are reported to the head of Compliance Services, who reports it to the sport's administrator or manager.
2. Compliance Services conducts the preliminary inquiry or, when appropriate, seeks assistance from the sport administrator and/or outside party to conduct the inquiry.

Level I/Level II Violations

Below are the general steps followed in regard to a potential Level I or Level II NCAA violation:

1. After conducting a preliminary inquiry and it is determined to likely be a Level I or Level II violation, Compliance Services, along with consultation by the Executive Associate Athletics Director for Student- Athlete Success or the Director of Athletics, determines who is best to conduct the investigation.
2. The Director of Athletics notifies the President's Office for an outside review when deemed necessary.
3. For violations when a student-athlete's eligibility is affected, a reinstatement request is prepared by the Compliance Services Office and submitted to the NCAA for approval.
4. Once the investigation is complete, notes are reviewed and a draft of the violation report is prepared by the head of Compliance Services.
5. The completed violation report is provided to the NCAA.
6. Once the investigation is complete, notes are reviewed and a draft of the violation report is prepared by the head of Compliance Services.
7. The completed violation report is provided to the NCAA.



Level III Violations

Below are the general steps followed regarding a potential Level III NCAA or Conference violation:

8. If it is determined to likely be a Level III violation, Compliance Services determines who within the Compliance Services Office is best to conduct the investigation.
9. For violations when a student-athlete's eligibility is affected, a reinstatement request is prepared by the Compliance Services Office and submitted to the NCAA for approval.
10. Once the investigation is complete, notes are reviewed and a draft of the violation report is prepared by the applicable Compliance Services Office staff member.
11. The FAR is notified of the violation.
12. The completed violation report is provided to the NCAA.

Ask Before You Act!

The easiest way to avoid an NCAA rules violation is to ask a coach or staff member before you enter into any situation or accept any sort of potential benefit. Involvement in a rules violation can have serious effects on your eligibility to practice, compete, or receive an athletic scholarship. Protect yourself and your team by talking to your coaches, sport administrator, or Compliance Services whenever a question arises.

Anonymous Reporting

Concerns may be reported confidentially, and even anonymously, although the more information given, the easier it is to investigate the concerns. If you would like to anonymously report a violation of NCAA rules, Stanford policy, or to share other concerns, e-mail stanfordcompliance@stanford.edu.

You may also reach out to the Stanford Ethics and Compliance helpline. Additional information can be found [here](#).

The following information is intended to educate you on NCAA rules regarding activities and interactions involving athlete agents and professional athletics. The goal of this information is to help you protect yourself from jeopardizing and potentially losing your eligibility. Please refer to the [Stanford University Policy for Athlete Agents](#) for more information on DAPER and team-specific policies regarding athlete agents. The following information is not exhaustive, so please contact your sport's compliance staff liaison for additional information and assistance on NCAA rules and Stanford policies.

Student-athletes may seek representation from a professional service provider for name, image, and likeness ("NIL") representation opportunities only.

NCAA rules prohibit student-athletes from entering into an agreement with anyone, written or verbal, for current or future professional contract negotiation/representation. Entering into an agreement with a professional service provider for anything other than permissible NIL representation will result in permanent ineligibility.

The receipt of or arrangement for any benefits from an agent (e.g., gifts, meals, lodging, transportation expenses, cash, etc.) are considered extra benefits and constitute NCAA violations. Agents, including NIL agents, wishing to speak with student-athletes must first register with the state of California and the Compliance Services Office. If you plan to meet or speak with an agent, please notify your head coach and compliance staff liaison prior to the meeting or conversation to ensure compliance with all regulations and to protect your eligibility.

Men's Basketball Exception: Following the completion of the season and under very specific circumstances and conditions, NCAA rules permit men's basketball student-athletes to sign with agents who meet all NCAA requirements and for a limited period to explore the NBA draft. Student-athletes seeking to sign with an NCAA-Certified agent should contact Compliance Services for further information on NCAA rules, applicable laws, and Stanford procedures prior to signing with the agent.

Student-athletes should be aware that signing with an agent without first completing the proper steps jeopardizes all future NCAA eligibility.



Permissible Activities

- You may request information from a professional team or organization concerning your professional market value.
- You are permitted to use your head coach to contact agents, professional sports team or organizations on your behalf for organizational reasons. However, your coach is not permitted to receive any compensation for these services, may not facilitate negotiations, and cannot market or promote your athletics ability.
- You may secure advice from an attorney or third party concerning a proposed professional contract, provided the attorney or third party does not represent you in negotiations for that professional athletics contract.
 - An attorney may not be present during discussions of a contract offer with a professional team, nor may the attorney have direct contact (in person, by telephone, by regular mail or email) with the professional sports organization (this would be considered impermissible representation representation).
 - You are required to pay such an individual at their normal rate.
- You may participate in a tryout with a professional athletics team provided you do not miss class to participate and receive permission from your compliance staff liaison to ensure your NCAA eligibility will not be compromised by participating in the tryout.
 - You may receive actual and necessary expenses to participate in the tryout provided it lasts no more than 48-hours.
 - You are required to pay for tryouts longer than 48 hours.
 - If you have eligibility remaining and are scheduling a tryout with a professional athletics team, you must contact your compliance staff liaison to gain approval prior to participating in the tryout.



Impermissible Activities

- Once an agreement (verbal or written) is made with a professional sport organization to compete in professional athletics, you are ineligible for participation in that intercollegiate sport, regardless of the legal enforceability of the contract.
- You may not enter into an agreement (verbal or written) to be represented by an agent for professional athletics representation until after your eligibility has ended, including your team's postseason competition.
- You, your relatives, or your friends may not accept benefits related to athletics ability or future professional earning potential from an agent, financial advisor, runner or any other person associated with an athlete agent unless that arrangement is specifically addressed as part of your professional representation contract.
 - These benefits include (but are not limited to) transportation, money and gifts, regardless of the value of the benefit or whether it is used.
- You may not retain professional legal services for personal reasons at less than the normal rate.
- A coach or other member of the athletics staff at your institution may not, directly or indirectly, negotiate or market your athletics ability or reputation to a professional sports team or organization (except as allowed by the head coach noted in the previous section).
- If you reach an agreement with an agent for the purposes of professional athletics, you will become permanently ineligible for collegiate athletics and Stanford has the right to cancel your athletics scholarship.

Key Takeaway: Always err on the side of caution and notify your compliance staff liaison before participating in a professional tryout or entering into an agreement with a professional service provider.

AMATEURISM



After becoming a student-athlete, you are not eligible to participate in intercollegiate athletics if you have ever been paid, or promised compensation, for competing, agreed to participate in professional athletics, played on a professional athletics team, entered into an agreement for current or future professional contract representation with a professional service provider, or used your athletics skill for pay in any form in a particular sport.

There are also NCAA rules governing your amateur athletic activities prior to your initial enrollment at Stanford. If you have any questions regarding athletic participation prior to or after your enrollment at Stanford, please contact the Compliance Services Office.

Athletic Recognition/Awards and Events

Various local, regional and national organizations often recognize student-athletes for their athletic, academic, or other achievements. Before accepting any award, please check with the Compliance Services Office to see what you may accept in conjunction with the award.

This is particularly important if the awarding organization wants you to travel to a ceremony to accept the award and pay for your travel expenses. The NCAA regulates the expenses you may receive; acceptance of expenses in excess of the actual and necessary costs to attend the event may threaten your eligibility.



Name, Image, and Likeness (NIL)

NIL refers to a student-athlete's ability to earn compensation in return for allowing individuals or outside entities to use their name, image, or likeness. NIL also refers to a student-athlete's ability to use their name, image, or likeness in exchange for compensation.

Student-athletes are required to operate per Stanford Athletics Name, Image, & Likeness Policy. This is the guiding policy for all NIL opportunities. This policy addresses areas such as identifying a legitimate NIL opportunity, acquiring professional service representation, when NIL activities may take place, and more.

Student-athletes are required to disclose all NIL agreements to the Compliance Services Office via NILGo.

Stanford Athletics has created a comprehensive website to educate student-athletes and professional service providers on permissible NIL activities and representation.

[Stanford Athletics Name, Image & Likeness Website](#)

International students on an F1 visa should consult with an immigration attorney prior to engaging in NIL activities while located in the United States. Engaging in NIL activities may jeopardize a student's F1 visa status.

Learn More

Want to learn more about NIL? Visit [Stanford NIL Resources](#) and reach out to the staff with your questions and opportunities.



Non-Stanford Team Competition

Student-athletes in sports other than basketball and wrestling may compete on a non-Stanford, amateur team anytime outside their sport's playing season. Keep mind, there are limits on how many student-athletes from the same collegiate team may participate on an outside team together. It's important student-athletes never participate in outside competition (team or individual) without first receiving Compliance approval. Some additional sport-specific restrictions and exceptions also exist.

Additional Restrictions:

- Student-athletes cannot miss class time to participate in outside competition.
- Beach volleyball and volleyball are not considered the same sport for the purposes of the outside competition legislation.
- Cross Country and Triathlon are considered the same sport for the purposes of the outside competition legislation.
- Maximum number of Stanford student-athletes participating on same outside team
 - Baseball: 4
 - Beach Volleyball: 2
 - Cross Country: 2 (academic year). Unlimited (summer).
 - Fencing: 4 (academic year). Unlimited (summer).
 - Field Hockey: 5
 - Golf: 2 (academic year). Unlimited (summer).
 - Gymnastics: 2 (academic year). Unlimited (summer).
 - Rowing: 4 (academic year). Unlimited (summer).
 - Soccer: 5
 - Softball: 4
 - Swimming and Diving: Unlimited
 - Track & Field (Indoor/Outdoor): 7 (academic year). Unlimited (summer).
 - Tennis: 2 (academic year). Unlimited (summer).
 - Wrestling: 2 (academic year). Unlimited (summer).
 - Water Polo: Unlimited
 - Volleyball: 4

NON-STANFORD COMPETITION



Unless a legislated exception is met a student-athlete who competes as a member of any outside team **during their sports playing season** will become immediately ineligible for Stanford competition.

Always notify your head coach and submit an Outside Competition/Participation Form via ARMS to obtain approval from Compliance Services before participating in outside competition. Competing without approval from Compliance could jeopardize your NCAA eligibility.

Baseball student-athletes seeking approval to participate in summer leagues must submit the Baseball Summer League Approval Form via ARMS, rather than the Outside Competition/Participation form.

In all sports, competing on a professional team is never permissible.

Basketball and Wrestling - Non-Stanford Competition Rules

In basketball, the general rule is that you lose all NCAA eligibility if you participate in organized, outside basketball competition after becoming a student-athlete.

- *Exception:* Basketball student-athletes may compete in an NCAA-approved summer league between June 15 and August 31, only if prior approval is granted by Compliance.
- Basketball student-athletes seeking approval to participate in these leagues must submit a Basketball Summer League Approval Form via ARMS.

NON-STANFORD COMPETITION



In wrestling, the general rule is you must present a 2.0 term or cumulative GPA and have been enrolled for at least one full academic term to compete in outside competition. Please see additional restrictions below:

- Student-athletes may not participate in outside competition (team or individual) from the start of the academic year through October 31st
- Starting November 1st through the NCAA Wrestling Championships, student-athletes may compete in outside competition as an unattached individual only
- After the NCAA Wrestling Championships through the remainder of the academic year, a student-athlete may participate in outside amateur competition:
 - As an unattached individual; or
 - As a member of an outside team provided it's outside the sport's playing season and no more than two Stanford student-athletes compete on the same outside team (i.e., RTC).
- During the summer vacation period, there are no limits on the number of student-athletes who compete on the same outside team. Student-athletes may also compete as an unattached individual.

NON-STANFORD COMPETITION



Unattached Individual Outside Competition

In sports other than wrestling, outside competition as an unattached individual is permissible at any time provided you:

- Represent only yourself in the competition (aka, no affiliation with an outside team);
- Do not engage in such competition as a member of or receive expenses from an outside team; and
- Do not miss class.

Wrestling student-athletes are subject to the aforementioned restrictions when participating in outside competition as an unattached individual, as well as the additional wrestling specific restrictions outlined on the prior page.

Additional Restrictions (All Sports)

- Student-athlete cannot wear/use institutional apparel provided for the current academic year or equipment that includes Stanford identification (i.e., permissible to wear Stanford uniforms from previous years but not current year);
- Student-athlete cannot receive expenses from Stanford to participate in the outside competition; and
- Student-athlete cannot receive instruction or coaching from a Stanford coach.

Limited exceptions for approved elite international and national team events may apply. Connect with your sport's compliance liaison to review these exceptions.

Always notify your head coach and submit an Outside Competition/Participation Form via ARMS to obtain approval from Compliance Services before you participate. **Competing without approval could jeopardize your NCAA eligibility.**

NON-STANFORD COMPETITION



Always notify your head coach and submit an Outside Competition/Participation Form via ARMS to obtain approval from Compliance Services before you participate. Competing without approval could jeopardize your NCAA eligibility.

National Team and Olympic Participation

There are several NCAA rules governing practice and competition with a national team (at any level). Please see the Compliance Services Office prior to your participation to (1) complete the Outside Competition/Participation Form via ARMS, and (2) review specific guidelines in the following compliance areas:

- [National Team Participation & Expense Policy](#)
- Collegiate enrollment status
- Eligibility and academic progress
- Permissible expenses
- Exceptions for the Olympic Games and other International Competitions
- Practice eligibility with your Stanford team while not enrolled at Stanford

GAMBLING AND SPORTS WAGERING



Per NCAA bylaws, all forms of gambling and sports wagering by student-athletes, Stanford coaches and athletic department staff are prohibited. Sports wagering includes placing, accepting or soliciting a wager (on a staff member's or student-athlete's own behalf or on the behalf of others) of any type with any individual or organization on any intercollegiate, amateur or professional team or contest. This prohibition extends to all sports, both at the collegiate and professional levels, in which the NCAA conducts championship competition, Division I football, and emerging sports.

- Examples of sports wagering include, but are not limited to, the use of a bookmaker or parlay card; Internet sports wagering; auctions in which bids are placed on teams, individuals or contests; skins play in golf, and pools or fantasy leagues in which an entry fee is required and there is an opportunity to win a prize.

Additionally, Stanford student-athletes, coaches, and athletic department staff members are prohibited from providing health or medical information about Stanford student-athletes that others can use to engage in gambling or sports wagering or impacting the outcome of performance in a competition for gambling purposes.

As always, all student-athletes, coaches and staff have a collective responsibility for knowledge of and compliance with all NCAA and Conference rules. If you have any questions about this rule or other regulations, please see a member of the Compliance Services staff.

The NCAA's position on Gambling & Sports Wagering

“The NCAA opposes all forms of legal and illegal sports wagering. Sports wagering has the potential to undermine the integrity of sports contests and jeopardize the welfare of student-athletes and the intercollegiate athletics community. Sports wagering demeans the competition and competitors alike by sending a message that is contrary to the purposes and meaning of “sport.” Sports competition should be appreciated for the inherent benefits related to participation of student-athletes, coaches and institutions in fair contests, not the amount of money wagered on the outcome of the competition. “

ELIGIBILITY REQUIREMENTS



Eligibility Certification

To participate in varsity athletics at Stanford, you must be certified as eligible under NCAA, conference and Stanford University rules and regulations. Eligibility certification must be completed prior to joining a team and taking part in any athletically-related activities. If you have any questions regarding your eligibility, please contact the Compliance Services Office or your AARC advisor.

All student-athletes must:

- Receive a copy of the Student-Athlete Handbook;
- Complete a digital copy of the Beginning of the Year Package, which includes but is not limited to: the NCAA Student-Athlete Statement, the NCAA Drug-Testing Consent Form, the Stanford Eligibility Questionnaire, and the Stanford Consent Package;
- Meet the applicable NCAA progress toward degree requirements;
- Be certified by the NCAA Eligibility Center;
- Register and enroll as a full-time student (i.e., 12 units for undergraduates unless approved for less than 12 units, 8 units for graduate students); and
- Complete a physical examination with the Stanford Sports Medicine Clinic.

*Requirements may vary for non-NCAA sports

Required Full-Time Enrollment

Student-athletes must be enrolled in at least 12 units to travel, practice, and compete during each regular quarter of the academic year. The NCAA allows you to practice for five days at the beginning of each quarter without being enrolled in 12 units, provided you are not competing during this time. However, student-athletes must be enrolled in at least 12 units at the beginning of the sixth day to remain eligible for practice. It is ultimately the student's responsibility to ensure they are enrolled full-time. Enrollment updates are provided to coaches on a regular basis. Non-eligible students cannot travel, practice, or compete until the coach receives notification from Compliance Services stating that the individual is enrolled full-time.

ELIGIBILITY REQUIREMENTS



Permissible Less Than 12 Unit Enrollment

A student-athlete can enroll in less than 12 units under limited circumstances. The Compliance Services Office must approve your enrollment in less than 12 units prior to being eligible for travel, practice, and competition.

- **Terminal Term of Attendance:** A student-athlete who is in their final term of attendance and is planning to graduate at the end of the quarter may enroll in the number of units required for graduation. Student-athletes must complete the Terminal Term Form and obtain approval from the Compliance Services Office prior to enrolling in less than 12 units.
- **Winter Term Graduates:** Student-athletes who graduate at the end of winter quarter may continue to participate in collegiate athletics during the spring quarter, without being enrolled, to complete their competitive playing season. In this situation, a Terminal Term Form must be completed and submitted to Compliance Services to demonstrate that the student-athlete has completed all necessary requirements for an undergraduate degree during the winter quarter.
 - Student-athletes receiving athletics aid while continuing to participate in their sport following a winter quarter conferral should speak with their coaches and the Compliance Services Office during the fall quarter (if not before) to discuss potential implications to aid during the spring quarter.
- **Co-Term Student Status:** Student-athletes enrolled in a co-term program, and who have undergraduate coursework remaining, are required to meet the undergraduate full-time enrollment requirement (i.e., 12 units). Once all undergraduate degree requirements are met, and only graduate coursework remains, student-athletes may then enroll full-time in accordance with their respective graduate program requirements (typically 8-10 units).

ELIGIBILITY REQUIREMENTS



- Post-Baccalaureate/Graduate Student Status: A student-athlete who has conferred their undergraduate degree and is taking is either pursuing a graduate degree or enrolling into additional non-degree coursework may enroll in the full-time course load approved by the specific graduate department, which is often 8-10 units.

Activity/Sport Units

Activity/sport units include credits awarded for varsity sport participation, physical education classes, and some music and dance classes. Only the first eight units of activity/sport units noted on your transcript can count toward six-unit eligibility and degree completion certification. **DO NOT COUNT ON ACTIVITY UNITS FOR ACADEMIC ELIGIBILITY CERTIFICATION!**

ELIGIBILITY REQUIREMENTS



Overseas Study & Training

If you are planning to study and train abroad, please contact the Compliance Services Office prior to your departure. Due to the unique athletic systems overseas and the strict NCAA regulations, it is important to review your compliance checklist (eligibility, amateurism, benefits) to ensure you are eligible to return to your Stanford team when you arrive back on campus. Here are a few important housekeeping issues to consider before your overseas departure:

Financial Aid

- **Stanford Program:** If you are studying abroad in a Stanford program of studies, you may be eligible to receive your athletic scholarship, if you obtain the approval of the head coach and the Director of Athletics.
- **Non-Stanford-Program:** Student-athletes studying abroad in a program not directly affiliated with Stanford University are not eligible for financial aid or an athletic scholarship.

Housing

If you move out of your housing unit earlier than your Residence Agreement specifies, you remain responsible for rental payments unless you have obtained a written statement, as specified in the Termination of Agreement section, from the Housing Assignments Office releasing you from your rental obligations.

Enrollment Status

Enrollment status, including full-time or part-time enrollment in a Stanford or Non-Stanford program, should be on file in the Compliance Services Office.

Training/Competing

Please inform that Compliance Services Office of any anticipated training or competition activities that may occur during your time abroad to ensure your participation will not impact your eligibility to participate with your Stanford team upon your return.

TRANSFERS



Transferring to Stanford

If you have ever attended another two- or four-year institution as a full-time student, you are considered a transfer student under NCAA rules, even if you did not participate in athletics. Before you are eligible to participate with a Stanford Varsity team, you must complete the Compliance Beginning of the Year packets via ARMS, have your NCAA transfer eligibility verified, receive a physical from Stanford Sports Medicine, and file all appropriate information with the Stanford Registrar's Office.

Transferring from Stanford to another Institution

NCAA rules prohibit a student-athlete from contacting, directly or indirectly, a coach or staff member of another NCAA institution without being placed into the NCAA Transfer Portal ("Transfer Portal"). Coaches from Division I institutions are prohibited from contacting, directly or indirectly, a student-athlete who attends another NCAA institution unless the student-athlete is in the NCAA Transfer Portal. Institutions that do not use the Portal (e.g. NAIA), are required to receive permission to contact from Stanford prior to communicating with a student-athlete regarding a potential transfer.

1. Written Notification of Transfer

Before you discuss transferring with another institution, that school must first confirm your name has been entered into the Transfer Portal. The Transfer Portal is a national transfer database that coaches from other institutions can access to verify that they are permitted to speak with you about the possibility of transferring.

To formally request that your name be added to the Transfer Portal, you must complete the Notification of Transfer Form in ARMS. When completing the Notification of Transfer Form, student-athletes will be prompted to complete the NCAA required transfer educational module and must attach proof of module completion prior to submitting the form. The Compliance Services Office will have two (2) business days after receiving the completed Notification of Transfer Form (that must include confirmation of module completion) to enter your name into the Transfer Portal. You will be notified automatically via email once your name has been entered into the Portal. Your coach will also be made aware, so it is recommended that you have a discussion with your coach prior to submitting the form in ARMS.

TRANSFERS



2. Transfer Portal “Windows”

Notification of transfer for undergraduate students must be initiated during a period specified for the applicable sport (“transfer windows”).

- **In fall sports other than football**, the student must provide written notification of transfer during:
 - A 30 consecutive-day period beginning seven days after championship selections are made in the sport; or
 - May 1-15.
- **In football**, the student must provide written notification of transfer during:
 - A 20 consecutive-day period beginning the Monday after the first Saturday in December; or
 - April 16-30
 - Exception: Participants in FBS College Football Playoff Championship may provide written notification of transfer during a period that extends 5 consecutive days beginning the day after the championship game.
- **In winter sports**, a student must provide written notification of transfer during a 45 consecutive day period beginning seven days after championship selections are made in the sport.
- **In basketball**, a student must provide written notification of transfer during a 30 consecutive day period beginning the after day after championship selections are made in the sport.
- **In spring sports**, the student must provide written notification of transfer during:
 - December 1-15; or
 - A 30 consecutive-day period beginning seven days after championship selections are made in the sport.

TRANSFERS



- **Exceptions to the transfer windows**, A student-athlete may initiate notification of transfer during a 30 consecutive-day period beginning the day after either:
 - The head coach of the student-athlete's team departs or announces departure from the institution; or
 - The student-athlete's athletics aid is reduced, canceled or not renewed
 - (except as permitted per Bylaws 15.3.4.2 or 15.3.5.1).

Notification of transfer for students transferring after completing their undergraduate degree (“Graduate Transfers”): Graduate Transfers can enter their name into the Transfer Portal any time between October 1 (of the academic year in which their degree will be conferred) and the last day of the final undergraduate transfer window for their sport.

3. **Submitting the Notification of Transfer Form is not deemed a specific “Intent to Transfer”**

A student-athlete may submit the Notification of Transfer Form (being mindful of sport-specific transfer windows to qualify for the one-time transfer exception) and does not need permission to do so from their coach, staff member, or DAPER Administrator. However, once your name has been entered into the Transfer Portal you will no longer continue participating with your team in any athletically-related activities and will no longer have access to the majority of DAPER varsity athletics resources and facilities unless your sport administrator in consultation with the Senior Woman Administrator grant an exception to allow continued participation and/or access to resources and facilities.

- A student-athlete who enters the transfer portal will retain access to academic, sports psychology, and athletic training/sports medicine for pre-existing conditions as determined by the athletic trainer.

TRANSFERS



- A student-athlete who enters the transfer portal will lose access to all other DAPER resources and facilities, including but not limited to: varsity weightrooms, varsity fields/courts/ pools/etc.*, locker rooms*, athlete dining & farmstand, athletics aid for summer school, foreign tours, SA development events, SAF, national team reimbursements, equipment* and letter awards, disability Insurance, and medical Insurance.
- Exception: In the instance of a head coaching change, a student-athlete may retain access to DAPER resources for a period not to exceed 14 days after the new head coach is named. At the conclusion of 14 days, if the student remains in the transfer portal, they will lose access to DAPER resources as outlined above.
*It is the student-athlete's responsibility to remove their personal items from team common areas and to return any borrowed gear/equipment in a timely fashion (i.e., 7 days) after entering the transfer portal.

Additionally, after submitting the Notification of Transfer form, your athletic scholarship will be cancelled or reduced starting the term immediately following the term in which the Written Notification of Transfer form is received (e.g., if you submit the form in fall quarter, your athletic aid agreement may be cancelled starting that following winter quarter). If you submit the Notification of Transfer form between regular academic terms (e.g., winter break, summer break), DAPER may reduce or cancel your financial aid immediately. It is at the discretion of your sport administrator, in consultation with the Senior Woman Administrator, to allow you to continue receiving athletically-related aid and summer school financial aid.

TRANSFERS



A Written Notification of Transfer expires at the time you:

- provide a request for withdrawal in writing to the Compliance Services Office,
- return to Stanford for the ensuing academic year or the team's report date for the next academic year (whichever is earlier), or
- begin classes at another institution in the ensuing academic year.

If, after submitting the Notification of Transfer form via ARMS, you decide you would like to have your name withdrawn from the NCAA Transfer Portal, please send an email requesting your name be removed to the Compliance Services Office.

EXTRA BENEFITS



An extra benefit is any special arrangement by a Stanford employee or a representative of Stanford's athletics interests (i.e., a booster, alumni, former student-athletes, etc.) to provide you, your relatives, or your friends with any benefit not expressly authorized by NCAA regulations. Receipt of a benefit is not an NCAA rules violation only if it is demonstrated that the same benefit is generally available to all Stanford students, or if it is available to a particular segment of the student body on a basis unrelated to athletics ability. Accepting an extra benefit or preferential treatment can have serious effects on your athletic eligibility. If you are ever in doubt about a gift, benefit, or service, ask a member of the Compliance Services staff or your coach.

Examples of Impermissible Extra Benefits:

- The use of an automobile
- Giving a loan or helping to secure a loan
- Discounts on services, like dry cleaning or car repair
- Discounts on purchases, such as a car, clothing or airline tickets
- The use of a cell phone or phone card
- Receipt of services from businesses, like movie tickets or dinner
- Providing a student-athlete or their family member with rent free or below fair market value housing

Examples of Benefits the University May Provide:

- Athletic scholarships
- Appropriate equipment for practice and competition
- Travel expenses for practice and competition
- Complimentary admissions for games
- Awards to recognize participation and achievement
- Medical treatment
- Academic support services

EXTRA BENEFITS



Boosters, Donors, Alumni, and Friends of Your Sport's Program

As a student-athlete at Stanford University, you will come into contact with many of our support groups and/or individuals who have made financial contributions to the Athletic Department or to the Buck/Cardinal Athletic Scholarship Fund. These groups of individuals, also known as “boosters,” or athletic representatives, may want to associate with you.

The Stanford University Department of Athletics is responsible for the control and conduct of the intercollegiate athletics program, and this responsibility includes accountability for the acts of athletic representatives. Once an individual has been identified as an athletic representative, he/she/they retain that identity forever and is governed by the same NCAA and Stanford University rules and regulations as our athletic staff members.

NCAA rules permit boosters to:

- Invite student-athletes for an occasional meal or special occasion meal on an infrequent basis in the locale of the institution.
- Provide transportation to occasional meals that is not excessive.
- Provide summer employment for enrolled student-athletes at the going rate for similar positions.

NCAA rules prohibit boosters from:

- Providing cash or loans in any amount, or signing or co-signing for a loan for a student-athlete or parents;
- Providing gifts of any kind, including birthday cards and holiday gifts, clothing and entertainment, or cars to student-athletes;
- Providing special discounts for goods and services (e.g., car repairs, legal services, meals) to student-athletes or their families;
- Providing free housing or reduced-rent housing to student-athletes or their families;
- Purchasing complimentary admissions from a student-athlete;
- Providing an honorarium to a student-athlete for a speaking engagement;
- Allowing usage of free cell phone, automobile or other property by a student-athlete or a student athlete's family member; or
- Providing room, board, transportation or any other special arrangement for a student-athlete's family or friends.

EXTRA BENEFITS



Receiving Benefits from Former Stanford Student-Athletes

Extra benefit rules include benefits that may be provided to you by former Stanford student-athletes, including former teammates. In general, you may only accept benefits from former student-athletes if the person was a teammate of yours at Stanford and if the benefits are similar in nature as that provided when you were both in school. For example, if a former teammate wishes to return to campus on an occasional basis and treat you to dinner, that would not be considered an extra benefit.

Examples of activities that are not permissible include:

- A former student-athlete paying transportation, lodging and meal expenses for you to attend a professional athletics contest in which the former student-athlete will be a participant.
- A former student-athlete providing you with rent-free, or discounted, housing.
- A former student-athlete providing you with a vehicle or use of a vehicle (or bicycle, scooter, etc.).
- Attending a draft party that is hosted by a former student-athlete or teammate and includes expenses paid for by an agent.



Student-athletes are not permitted to have personal packages shipped to the Stanford Equipment Office or any place in the Athletics Department. Student-athletes will need to send their personal packages to either his/her/their Stanford P.O. Box or the FedEx Office at Tresidder Union. The Equipment Office will turn away any student-athlete packages that arrive at their office. Acceptance of personal packages could be considered an NCAA “extra benefit” and could jeopardize the recipient’s eligibility.

For more information about shipping packages to Stanford, please visit:
<https://mps.stanford.edu/>



Student-Athlete Employment Form

A student-athlete must complete the Student-Athlete Employment form in ARMS prior to starting a job, internship, research, providing a fee-for-lesson, or any other type of employment whether paid or unpaid. Please contact the Compliance Services Office if you have a questions regarding employment.

Important points to remember about your employment

- Student-athletes must immediately report to the Compliance Services Office any offer or receipt of a benefit not made regularly available to other employees performing similar work in the same locale, including, but not limited to, transportation, loans and advances.
- A violation of this policy may result in the loss of your eligibility for competition, the loss of your athletic scholarship, and your sport being precluded from participation in post-season competition.

Private Lessons (fee-for-lesson)

The NCAA permits student-athletes to be paid for providing lessons in the sport in which they compete. The Athletic Department must maintain year-round records for any private lessons. To receive compensation for giving private lessons (teaching or coaching sport skills or techniques in your sport), you must meet ALL of the following:

- ***Institutional facilities cannot be used*** (this means anywhere on campus, not just recreational facilities and varsity facilities);
- Playing lessons are not permitted;
- The Athletic Department must receive documentation of the lessons and fee provided BEFORE the lessons occur;
- Compensation must be paid by the lesson's recipient, not another individual or entity; and
- Lessons are designed to be individual in nature and cannot include more than two recipients at any one time.

COMPETITION AND PRACTICE LIMITS



Countable Athletically-Related Activities

The NCAA defines countable athletically-related activities (CARA) as any required activity with an athletics purpose involving student-athletes at the direction of, or supervised by, one or more of an institution's coaching staff (including sports performance coaches). These activities must be included in the weekly and daily limitations.

Examples of countable athletically-related activities include, but are not limited to:

- Required practice, weight training, and/or conditioning activities at the direction of or supervised by an institutional staff member;
- Competition and any associated activities on the day of competition (always counts as three hours regardless of the actual duration of the competition);
- Film or videotape reviews of athletics practices or contests required, supervised or monitored by staff members;
- Individual or team meetings with an athletics purpose (e.g., game plan, implementing new offensive scheme, strategy session)
- Required participation in camps or clinics or promotional/charitable activities with an athletics component;
- Visiting the competition site (applicable to Cross Country and Golf);
- Involvement by Stanford's sports performance staff with enrolled student-athletes in required conditioning programs.

Head coaches are required to submit a weekly record of their team's countable athletically-related activities to the Compliance Services Office via an ARMS CARA Log. Compliance Services will then send the CARA Logs to student-athletes for review. The ARMS CARA Logs are an opportunity for student-athletes to notify Compliance Services of any discrepancies between reported and actual countable athletically-related activities, or any other related concerns.

COMPETITION AND PRACTICE LIMITS



The Athletic Department places a strong emphasis on compliance with these rules to ensure student-athletes succeed in all aspects of the collegiate experience. If you ever have any questions about your sport's activities, please talk to your Sport Administrator, Compliance Services, the Faculty Athletics Representative and/or your head coach.

NCAA Limits on Countable Athletically-Related Activities (CARA)

The NCAA restricts a student-athlete's participation in countable athletically-related activities (CARA) to:

In-Season

- Maximum of four hours per day;
- Maximum of 20 hours per week, with each day of competition counting as three hours; and
- At least one required day off per week.

Out-of-Season

- Maximum of four hours per day;
- Maximum of eight hours per week;
 - In all sports other than Football, not more than four hours per week (as part of the eight maximum) may be spent on required individual skill instruction
 - In Football, not more than two hours per week (as part of the eight maximum) may be spent on film review/walk-through. Skill instruction may not be conducted.
- At least two required days off per week;
- CARA may not occur during Dead Week or Finals Week.
 - It is not permissible for student-athletes to participate in voluntary workouts with their coaches during Dead Week or Finals Week. A coach may be present only if you participate in a sport that utilizes the safety exception. Further, if a coach uses the safety exception to be present during a workout, then the coach may provide safety instruction but cannot conduct or provide technical assistance.

COMPETITION AND PRACTICE LIMITS



Voluntary Workouts

Student-athletes may participate in voluntary conditioning workouts and activities supervised by a sports performance staff member during the academic year and/or summer without counting toward CARA limitations. For a workout to be considered “voluntary” under NCAA rules, **all** of the following conditions must be met:

1. Sport-specific coaches and/or staff (e.g., director of operations) may not be present;
2. Student-athletes must not be required to report back to the sport-specific coach or other staff member (e.g., strength coach, trainer, manager) any information related to the activity, and no athletic department staff member may report back to the coach any information related to the activity that they may have observed;
3. The activity must be initiated and requested solely by the student-athlete(s);
4. Attendance and participation in the activity may not be recorded for the purpose of reporting back to coaches or other student-athletes; and
5. Student-athletes must not be subject to penalty if they elect not to participate in the activity, and no recognition or incentives may be provided based on attendance or performance in the activity.
6. Individual sports only: During any institutional vacation period and/or the summer, student-athletes may request to work out with their coach. The request must be initiated by the student-athlete.

If you have any questions or concerns about whether an activity is voluntary, please contact a member of the Compliance Services Office, your Sport Administrator, the Athletic Director, the Institutional Compliance Hotline or the Faculty Athletic Representative.

COMPETITION AND PRACTICE LIMITS



Safety Exceptions

A coach may be present during voluntary individual workouts in Stanford's regular practice facility, without the workouts being considered as countable athletically-related activities, in the following situations (the coach may spot or provide safety or skill instruction, but cannot conduct the workouts):

- Fencing - When the student-athlete uses fencing equipment
- Gymnastics - When the student-athlete uses gymnastics equipment
- Rowing - When the student-athlete uses rowing equipment
- Swimming and Diving - When the student-athlete is swimming or diving
- Track and Field - When the student-athlete is engaged in field events, jumping hurdles, or the jumping element of steeplechase
- Water Polo - When the student-athlete is engaged in water polo
- Wrestling - When the student-athlete is engaged in wrestling

Hour Limitations for Multi-Sport Student-Athletes

If you participate in more than one sport, the NCAA restricts the total amount of time spent in all countable athletically-related activities to 20 hours total per week and four hours per day. If you are participating in multiple sports, then please talk to your coaches about your activities to help ensure you stay within the NCAA daily and weekly limits.

Required Athletically-Related Activities

The NCAA defines required athletically-related activities (RARA) as any activities, including countable athletically-related activities, that are required of a student-athlete as a result of their participation in athletics. Such activities include, but are not limited to:

- compliance meetings
- organized team promotional activities
- recruiting activities, including student-host duties
- media activities and fundraising events
- travel related to away competitions

Required athletically-related activities may not occur on a required day off; however, non-CARA activities don't count towards overall limitations.

TIME MANAGEMENT PLAN



Student-Athlete Time Management Plans

NCAA rules require each team to develop a student-athlete time management plan (TMP). The TMP is intended to increase transparency regarding the time demands of participation in the sport. The TMP should inform student-athletes when and how they will receive their schedules of required and countable athletically-related activities, as well as notifications of changes to schedules. In addition, the TMP should include any other information related to scheduling in the sport, such as times of year when deviations from normal scheduling practices might occur.

Creation of the TMP should be a collaborative process among the head coach, sport administrator and student-athlete representatives.

On an annual basis, student-athletes should receive a copy of their TMP by the first day of required athletically-related activities in their sport or the first day of classes, whichever comes first.



Athletic Department Mission Statement for Student-Athlete Recruitment

As one of the recognized leaders in intercollegiate athletics, the Athletic Department of Stanford University is committed to maintaining the highest standards of integrity in all of its endeavors. In the recruitment of prospective student-athletes, the Department should serve as a role model in maintaining principles of institutional and personal responsibility. The Athletic Department expects all student-athletes, prospective student-athletes, and department personnel to act honorably and ethically during the recruiting process. In particular, all participants in the recruiting process must abide by Stanford's Fundamental Standard, which states: "Students at Stanford are expected to show both within and without the University such respect for order, morality, personal honor and the rights of others as is demanded of good citizens. Failure to do this will be sufficient cause for removal from the University."

Your Role in Recruiting

Part of your duties as a student-athlete may include recruiting activities, including hosting prospects on a campus visit. Please treat these recruiting responsibilities with the proper care and attention and review the following points regarding the NCAA and university recruiting rules. If you have any questions about these policies or your role as a student-athlete host, please see your head coach or the Compliance Services Office.

Student-athlete hosts (regardless of age) may not consume alcohol while hosting a prospective student-athlete during an official visit or unofficial visit. Student-athlete hosts and prospective student-athletes may not engage in any activities related to sex. This includes, but is not limited to, activities involving nudity, simulated sexual activity, sexually explicit acts, erotic dancing or other similar activities. For example, student-athlete hosts may not take prospective student-athletes to strip clubs, adult movie theaters, or other sexually-oriented establishments.



Stanford Athletic Department Policy for Campus Visits by Prospective Student-Athletes

Campus visits by prospective student-athletes are intended to reflect actual student life at Stanford and assist the prospect in making an informed decision about their college attendance. Coaches are encouraged to schedule visits so that prospective student-athletes have the opportunity to attend classes, meet with professors, and participate in student life and the Stanford community.

During campus visits by prospective student-athletes, all individuals (prospect, student-athlete hosts, coaches, department staff and other institutional personnel) are expected to maintain the highest standards of behavior and integrity. This includes adhering to all relevant NCAA rules, as well as abiding by the standards of appropriate behavior that have been established by the Department of Athletics. All individuals should note that the use of alcohol, drugs, sex and gambling during campus visits is strictly prohibited.

Prior to any official visits occurring during the academic year, each head coach must hold a team meeting to discuss NCAA rules, these department policies, and any additional team rules related to official visits. In addition, coaches should follow-up after each visit by discussing the activities that occurred with each student-athlete host. Any violations of NCAA rules or department policies related to recruiting are treated very seriously. Penalties for violations range from practice/game suspensions to loss of eligibility or athletic aid.

The following guidelines are in place for campus visits by prospects:

- Student-athlete hosts (regardless of age) cannot consume alcohol while hosting a prospective student-athlete. Student-athlete hosts and prospective student-athletes should avoid visiting establishments that serve alcohol or parties where alcohol is served, but in any case, alcohol may not be consumed by either hosts or prospects.
- Student-athlete hosts and prospective student-athletes cannot engage in any activities related to sex. This includes, but is not limited to, activities involving nudity, simulated sexual activity, sexually explicit acts, erotic dancing, etc. For example, student-athlete hosts may not take prospective student-athletes to strip clubs, adult movie theaters, or other sexually-oriented establishments.

STUDENT-ATHLETE INVOLVEMENT WITH RECRUITING



- Student-athlete hosts and prospective student-athletes cannot participate in any gambling or sports wagering during a campus visit (student-athletes are not permitted to participate in sports wagering activities at any time).
- Student-athlete hosts and prospective student-athletes may not participate in any activity that violates criminal law.
- Student-athlete hosts are prohibited from using their personal vehicles to transport prospective student-athletes. An exception to this policy may be granted if the student-athlete host has completed a Driver's Background Check through the University, and the travel is approved in advance and in writing.
- Student-athlete hosts cannot transport and engage in entertainment activities with prospective student-athletes outside a 30-mile radius of Stanford's campus. DAPER must account for all expenses incurred for entertaining a visiting prospective student-athlete and their guests (i.e. receipts for activities), not to exceed \$60 per person.
- During any "free time" when coaches or staff members are not present, student-athlete hosts and prospective student-athletes are expected to exercise their best judgment and abide by the department guidelines when determining what activities will occur.
- The department has not established a curfew for student-athletes or prospective student-athletes during campus visits. However, coaches are encouraged to discuss appropriate time frames for all activities during a campus visit, including an expected time for all visit activities to conclude.



NCAA Recruiting Rules for Student-Athletes

Correspondence: You may write/email/text message/direct message to a prospect, provided it is not done at the direction and/or expense of the coaching staff or athletic department.

Phone Calls: You may receive phone calls from a prospect at any time as long as there is no direct or indirect involvement by Athletics Department staff to initiate the call. You may participate in telephone calls with a prospective student-athlete initiated by an institutional staff member, provided the call does not occur on your required day off. You may make phone calls to a prospect at your own expense and not at the direction of the coaching staff.

Publicity/Comments in the Media, Facebook, Twitter: As a Stanford student-athlete, you are permitted to make any comments or post images on Facebook, Twitter, or other social media regarding a prospect so long as the comments or images you post are self-initiated and are not made at the direction of a Stanford staff member. Any questions as to what can be posted on social media regarding prospects should be directed to the Compliance Services Office.

NCAA Recruiting Rules for Hosting a Recruit on an Official Visit

Extra Benefits: You may not provide a prospect with any benefit not expressly permitted in this section. You may not provide them with any of your own or your team's athletic apparel or equipment or supplement the entertainment money with any of your own funds.

Host Entertainment Money: Stanford may provide a student-host with up to \$60 in cash to cover the cost of entertainment for the host and prospect during an official visit. If cash is provided to a student-host, the amount must be counted towards the student-host and prospect's \$60 limit for entertainment expenses during the official visit, and no other entertainment may be provided.

- This money may NOT be used to purchase souvenirs, such as t-shirts or other institutional mementos. You will be required to sign a Host Entertainment Form via ARMS when you spend entertainment money.



- The Athletic Department reserves the right to require reimbursement for any entertainment money used for inappropriate or impermissible activities.
- At the conclusion of the visit, you'll be required to sign the Official Visit Request form in ARMS. You'll need to fill out all required information, which includes:
 - o Entertainment Money Spent
 - o How and where you spent the host entertainment money on each day of the Official Visit
 - o Student-Athlete Host signature

Meals: You may receive complimentary meals when you are serving as the Student Host for the prospect.

Events: You may receive complimentary admissions to an athletic event when you are accompanying the prospect to the event.

Entertainment: You may show the prospect around the Bay Area, but you are limited to staying within a 30-mile radius of campus. This radius includes San Francisco and San Jose, but NOT Santa Cruz, or across the Golden Gate Bridge.

Boosters: Representatives of the University's athletics interests (i.e., donors, alums) are not allowed to be involved in recruiting a prospect. If, during the official visit, you and the prospect come into contact with a booster or alum, the conversation must be limited to an exchange of greetings, and you should then excuse yourself and the recruit immediately.

Host Duties on a Required Day Off: Student-host duties are Student-host duties are not permitted on a student-athlete's required day off.

A red-tinted photograph of a university courtyard. In the foreground, there is a dense field of red flowers. In the middle ground, several statues of figures in classical attire are visible. In the background, a large building with a tiled roof and arched windows is seen, with palm trees rising behind it. The text "SPORTS MEDICINE" is overlaid in white, bold, sans-serif capital letters in the center of the image.

SPORTS MEDICINE

ABOUT SPORTS MEDICINE



Stanford Sports Medicine Purpose & Locations

The sports medicine program is designed to provide the best possible medical care for your injuries and illnesses. The sports medicine team at Stanford consists of many individuals including athletic trainers, team physicians, orthopedic surgeons, physical therapists, clinic staff, and sports nutrition specialists. Typically, one of the first people you will interact with on the sports medicine staff is your team's athletic trainer. Among the many services provided by your athletic trainer, one of the most important is being the center of communication. Your athletic trainer is responsible for reporting the team's injury and illness status to your coach each day and for that reason they need to be aware of your medical conditions and injuries that affect your participation. Physical therapists design specific programs for your rehabilitation and communicate directly with your athletic trainer, physician, and sports performance staff regarding your progress. The team physicians provide diagnosis, treatment, arrange consultations, order lab tests, x-rays and MRIs, and make decisions on your participation status. The sports nutrition staff provide resources on appropriate supplements, performance fueling, weight maintenance, and general nutrition concerns. All Stanford sports medicine program locations are included below.

- **Lacob Family Sports Medicine Clinic**
Arrillaga Center for Sports & Recreation
 341 Galvez Street
 Stanford, CA 94305
 Main Phone Number: 650/725-8202

- **Phillip & Penelope Knight Athletic Training Center**
Arrillaga Family Sports Center
 641 East Campus Drive
 Stanford, CA 94305
 Email: su_sportsmedat@stanford.edu

- **Sports Nutrition Suite**
Arrillaga Family Sports Center
 641 East Campus Drive
 Stanford, CA 94305

ABOUT SPORTS MEDICINE



Phillip & Penelope Knight Athletic Training Center

The main athletic training facility is home to the certified athletic trainers within the Stanford Sports Medicine program. This staff of full-time athletic trainers is responsible for the recognition and management of developing and ongoing medical conditions. They specialize in evaluation, management, treatment, and rehabilitation of athletic injuries and illness sustained during participation in intercollegiate athletics.

- **Location & Hours**

Located at 641 East Campus Drive, on the ground level of the Arrillaga Family Sports Center. During the academic year, the ATC will be open Monday to Friday, 8:00 a.m. to 7:00 p.m. On weekends and holidays, competitions and practices will dictate hours. During the summer, the athletic training room operates on a reduced schedule.

- **Contact Information**

The main ATC point of contact is su_sportsmedat@stanford.edu. You can leave a message for your team athletic trainer, or they can be contacted directly through their desk line.

- **Facility Use**

Student-athletes may use the facility during pre-arranged times with their team athletic trainer or may receive walk-in services from available staff during business hours.

- **Services**

In addition to the recognition and referral of student athletes for further medical testing and diagnosis, the Athletic Training Staff provides multiple services in preparation for athletic participation. These include taping, bracing, soft tissue work, stretching and treatments such as ultrasound, electrical stimulation, oscillatory therapy, and laser therapy. Except for urgent care, student-athletes must be showered prior to receiving care in the ATC. Athletic trainers also provide acute injury care such as primary evaluation, management, and coordination of emergency medical services. All athletic training personnel are first aid, CPR, and AED certified and work under the direct supervision of Team Physicians.

ABOUT SPORTS MEDICINE



Lacob Family Sports Medicine Clinic

The Lacob Family Sports Medicine Clinic (SMC) is a state-of-the-art facility offering comprehensive health services for sport and non-athletic injuries and illnesses. The SMC has a medical clinic with x-ray, diagnostic ultrasound, rehabilitation space, and Human Performance Lab (HPL). The SMC is staffed by physicians, physical therapists, and exercise scientists. Psychological services are also available.

- **Location & Hours**

The SMC is in the Arrillaga Center for Sports and Recreation (lower level). During the academic year, SMC is open Monday to Friday, 8:00 a.m. to 6:00 p.m. (excluding university holidays). During the summer SMC operates on a reduced schedule.

- **Contact Information**

The Sports Medicine Center's main phone number is 650/725-8202 and the email is SMC@stanfordhealthcare.org. All calls will be answered during business hours. If you call outside of business hours to book an appointment, your call will be promptly returned the next business morning.

- **Facility Use**

Entrance to the Arrillaga Center for Sports & Recreation requires a Stanford University ID card. Student-athletes should enter the SMC through the main lobby entrance located at the bottom of the stairs and elevator. All visitors must check in at the front desk. Except for urgent care, student-athletes must be showered prior to their scheduled appointments.

- **Services**

Medical referrals for injuries or illnesses to student-athletes are coordinated through the SMC. Team physicians at the SMC will see all injuries and illnesses, regardless of whether they are athletically related. The student-athlete's primary medical insurance will be billed for these services. The student-athlete will not be responsible for the secondary costs (costs that your insurance will not cover) when care is provided on site at the SMC. Nutrition, physical therapy, and psychological consultation can also be arranged through the SMC. To access these services, student-athletes may contact the front desk directly or arrange through their team athletic trainer.

ABOUT SPORTS MEDICINE



Contact Information:

- **Director, Sports Medicine**
Dr. Geoff Abrams..... Phone: (650) 725-8202
- **Associate Athletics Director Sports Medicine**
Tamara Moreno..... Phone: (650) 723-7593
- **Assistant Athletics Director Athletic Training**
Sarah Lyons..... Phone: (650) 724-3303
- **Assistant Athletics Director, Sports Nutrition**
Joseph Gatewood..... Phone: (602) 578-6734
- **Team Physicians**
Physician General Contact..... Phone: (650) 725-8202
-Dr. Marc Safran -Dr. Mike Fredericson
-Dr. Calvin Hwang -Dr. Seth Sherman
-Dr. Gerry Keane -Dr. Jeremy Chan
-Dr. Eugene Roh -Dr. Marc Safran
- **Physical Therapists**
Debbie Iwasaki..... Phone: (650) 497-9312
Floyd Vito Cruz..... Phone: (650) 736-4042
Chelsea Cooman..... Phone: (650) 497-5071

Tamara Moreno..... Phone: (650) 723-7593
- **Sports Medicine Clinic Staff**
Front Desk..... Phone: (650) 725-8202
-Jesse Hernandez
-Susan Hock
-Rachel Mlakar
Health Insurance Coordinator
Charlene Dow (650) 736-8979
- [Athletic Training Staff & Contact Information](#)

CARDINAL CARE AND HEALTH INSURANCE



To ensure that you are protected by health insurance, all registered students are automatically enrolled in Cardinal Care at the beginning of each quarter. This ensures that everyone meets the University requirement for all students to have health insurance. You must have primary insurance in place to waive this fee and must do so by the first day of each quarter. Athletic scholarships do not cover the university health insurance fee. However, Stanford will pay your health insurance premiums if you are Pell eligible.

How to waive Cardinal Care

If you choose not to enroll in Cardinal Care and use your own health insurance, you must provide proof of coverage by completing the health insurance waiver in AXESS (<http://axess.stanford.edu>).

- You must do so prior to the deadline at the beginning of the academic year.
- You may waive any number of quarters during that academic year.
- A health plan name and group policy number will be required.
- Many managed health care plans provide only for emergency care outside their local service area. Please check policy details carefully.

Waiver Deadlines

Enrollment Term	Deadline to Waive
Fall	September 15
Winter	December 15
Spring	March 15
Summer	June 15

Health Insurance

Stanford University requires that every student provide evidence of current health insurance, family or individual, and always maintain that coverage while a student at Stanford. Cardinal Care is the insurance offered by Stanford University and is now administered by Aetna.

CARDINAL CARE AND HEALTH INSURANCE



The policy's effective period is in accordance with Stanford University's academic schedule, which begins September 1 through August 31. To inquire about the cost of Cardinal Care, contact Vaden Student Health Services via <https://vaden.stanford.edu/insurance>.

Scholarship Coverage

International students are institutionally required to enroll in Cardinal Care; therefore, Cardinal Care expenses are factored into international student's costs of attendance (COA). As a result, international students receiving a full athletic scholarship (100% of Cost of Attendance) will have their cardinal care insurance premiums covered by their athletic aid (not applicable to dual citizens). In limited instances, international students may be eligible to waive Cardinal Care coverage if it is determined that the student's current insurance is comparable to Cardinal Care coverage.

Student-athletes receiving the Pell Grant are eligible for Stanford Athletics to pay their health care premiums. For a student-athlete to take advantage of this, the student-athlete and parent(s) or legal guardian(s) must complete the FAFSA forms for the corresponding academic year.

Summer Participation

Those participating in summer practices require active insurance coverage during that time. Incoming student-athletes enrolled for summer quarter classes are automatically enrolled in Cardinal Care. If they are covered under their parent's plan, they can waive cardinal care as long as their health plan meets Stanford University's minimum insurance requirement (see above). This is important – do not skip this step. Access the website here to waive Cardinal Care if the student athlete has another active and current insurance plan (i.e. parent/guardian insurance plan) which meets Stanford University's minimum insurance requirement.

<https://vaden.stanford.edu>

- Insurance & Referral Office
- Access Cardinal Care information for 2024-2025
- Other options for health insurance and minimum health insurance coverage requirements
- Minimum health insurance coverage requirements.

CARDINAL CARE AND HEALTH INSURANCE



If your health plan meets the requirements, you can open a SERVICE NOW ticket to waive cardinal care. Log in to axess.stanford.edu account and click on waive cardinal care, enter your health plans name and ID number. You will receive an email informing you that your waiver is pending, upon approval you will receive a second email. Please keep these emails for your records. The Cardinal Care waiver deadline for those enrolled in summer school is June 15, 2025. The summer quarter Cardinal Care insurance is effective 6/1/25 – 8/31/2025.

For student athletes who have to be on campus for the month of July 2025, you must have health insurance on file either as a dependent on your parent's plan or enroll in another health insurance plan of your choosing. If you are not in summer school, you must have your own health insurance coverage.

Early Start Cardinal Care is an option for new Stanford students to enroll in Cardinal Care (Stanford University's annual student health insurance plan) starting August 1, which is prior to the typical plan year effective date of September 1. Students are eligible to enroll in Early Start only if they are participating in official University business (including but not limited to Stanford University sponsored events such as athletic team training, orientation activities, classes, research). A separate application will be emailed to you by mid-May. (if you have more than one email check them often for the application) The waiver deadline is July 15, 2025. There is no option for Early Start Cardinal Care coverage to begin before August 1.

If you are enrolled in summer school courses and you elect to remain in enrolled in cardinal care, the coverage period is 6/1/25-08/31/25. You must re-enroll again September 1st. The health insurance plan you have must remain active from 6/1/2025 – 08/31/2026.

If you are choosing cardinal care for the Autumn quarter, it is not effective until 9/1/25. If you are a returning student-athlete with Cardinal Care-Aetna from the previous year 2024-2025, your policy is effective until 8/31/25. You must re-enroll for the academic year 2025-2026 effective September 1, 2025 – August 31, 2026. The deadline to re-enroll in Cardinal Care or waive the coverage if you are a dependent or your parents plan is 9/15/2025.



Financial Responsibility

The student-athlete is financially responsible for all medical expenses incurred during any lapses in insurance coverage, regardless of whether the injury is caused through participation in athletics or not. Stanford University does not assume financial responsibility for student-athlete medical expenses when the student-athlete is uninsured. We strongly recommend that student-athletes maintain insurance coverage when participating in any sport-related activity or training, and regardless of their enrollment status when the student may not be enrolled in classes.

Health Care Provision

The team physicians at the Sports Medicine Center (or other providers at Stanford Health Care if needed) are able to evaluate injuries and illnesses. The student athlete's primary insurance will be billed for these services. For injuries and illnesses sustained 1) during participation in Stanford required events or practices and/or injuries that significantly restrict the ability of the student-athlete to participate in Stanford required events or practices and 2) occur when the student athlete is included on the official team roster, the student athlete will not be responsible for the secondary costs (the costs your insurance won't pay) when care is provided at the Sports Medicine Center or referred to Stanford Health Care for further treatment. Treatment and associated costs incurred outside of the Sports Medicine Center and/or Stanford Health Care are not covered and are the responsibility of the student-athlete and/or guardian.

Pre-Existing Injuries and Illnesses

The student-athlete is financially responsible for medical expenses related to pre-existing injuries and illnesses. Every incoming athlete will have a complete history and physical examination. Pre-existing illnesses or injuries will be identified at this time. While the Sports Medicine Clinic may provide treatment for such conditions, the Department of Athletics assumes no financial responsibility for their management. Pre-existing injuries or illnesses not disclosed during the pre-participation evaluation which are later exacerbated by intercollegiate sport participation are the financial responsibility of the student-athlete.



Non-Athletic Injuries

As with pre-existing injuries, non-athletic injuries and illnesses are the financial responsibility of the student-athlete. In the case of these injuries or illnesses, the student-athlete is responsible for medical costs beyond those covered by their primary insurance. These costs would include deductibles and co-payments for durable medical equipment, and services provided outside of the Sports Medicine Center.

The following examples may help to illustrate how these injuries are classified:

<i>Athletic Injuries</i>	<i>Non-Athletic / Pre-Existing Injuries</i>
Knee Injury during off-season sanctioned practice	Knee Injury from bike accident riding to class
Ankle Injury during NCAA match	Ankle dislocation during “pick-up” basketball
Broken teeth in baseball game	Broken teeth from intramural broomball
Back injury sustained while weight training	Chronic back pain associated with scoliosis
Hematuria (blood in urine) from a collision	Hematuria (blood in urine) from kidney stone

Insurance Records

The student-athletes complete primary medical insurance information must be on file in the Sports Medicine Center. Student-athletes are not permitted to train, practice or compete without this information. Insurance information must be completed and submitted via the online ePPE website by August 1st.

To complete the student athlete insurance questionnaire, please follow the instructions in the “Online Medical History and Insurance Questionnaire” section of the pre-participation evaluation. Click for more info: <https://stanford.e-ppe.com>

In the event of an injury or illness, Stanford’s medical providers will bill your primary insurance directly from this information so be sure to advise the Sports Medicine Clinic if your coverage changes. Failure to do so may result in charges billed directly to the student athlete and they can be pulled from practice/competition until their health plan has been verified and updated with the Sports medicine clinic.



Authorization for Medical Care

Stanford's financial responsibility is limited to those cases in which medical care is authorized by our physicians within Stanford Health Care. If a student athlete seeks services from an outside provider, or pursues services recommended by an outside consultant, the student is financially responsible for all costs associated with their care.

Requests for Information from your Health Insurance Plan

Please reply immediately to any insurance company requests for information such as birth dates, previous medical conditions, coordination of benefits or requests for explanations on services rendered. If the information is not forwarded in a timely manner, you may become responsible for payment on these services.

Prescription Medication

The Sports Medicine Center stocks some common prescription medications and can dispense these if ordered by one of our team physicians. Costs for these medications may incur no charge to the student athlete. Medications prescribed by Stanford physicians and sent to a pharmacy may or may not be covered/reimbursable depending on the clinical situation.

Dental Work and Vision Care

Stanford Health Care only covers dental/vision work directly related to athletic related injuries that occur to the teeth/eyes during practice or competition, subject to copays and/or deductibles. We highly recommend student athletes acquire dental/vision coverage along with their health insurance coverage.

**Foot Orthoses**

Stanford Sports Medicine will pay for one pair of custom orthotics every two (2) years if prescribed by a Stanford sports medicine physician, for an athletic related injury, and only when provided by Stanford Sports Medicine Physical Therapy. The physical therapist will be responsible for the evaluation and design of the customized orthotic devices, and they can be refurbished at the physical therapist's discretion. Custom orthotics referred to providers outside of Stanford Sports Medicine physical therapy are not covered by Stanford Sports Medicine.

Braces, Custom and Non-Custom

Your primary insurance is billed, and remaining balances are covered by Stanford Athletics/Sports Medicine for an athletically-related injury when the brace is ordered by a Stanford sports medicine physician. Regardless of the nature of the injury or illness, if you receive a bill or an explanation of benefits related to medical services provided by Stanford Sports Medicine, please promptly forward copies of these documents via fax or scan to Charlene Dow to ensure that all paperwork is properly managed.

STUDENT-ATHLETE USE OF GOLF CARTS



Golf carts can only be rented for medical conditions that are determined to be “incapacitating” in nature. See your athletic trainer for the process of ordering a golf cart for this reason.

Student-athletes may request reimbursement for the cost of an approved medically necessary golf cart rental through the Student Assistance Fund (SAF) reimbursement process. However, additional expenses resulting from stolen or damaged carts, late return fees, and similar charges are not eligible for reimbursement. Inappropriate behavior or misuse of a golf cart (including, but not limited to, violation of any of the policies below or reckless or unsafe use) will jeopardize your ability to receive the SAF reimbursement. Per university policy, student use of golf cart-type vehicles for personal transportation, other than for disability-related need or DisGo Cart Service, is PROHIBITED on campus.

Golf carts can also be used for designated university business purposes, which could include transportation during official recruiting visits. In order to operate a golf cart, the user must sign the Medical Certification for Motorized Card permit. This form and instructions can be obtained from the office/department sponsoring the business need for the golf cart. Only the student-athlete assigned the golf cart is permissible to operate it – it cannot be loaned to teammates or friends for use at any time.

When operating a golf cart or golf cart-type vehicles on campus for these approved purposes, all students must obey the policies related to their use, including:

1. Approved and Prohibited Areas

- Golf cart-type vehicles are restricted to designated streets/paths on campus;
- Golf cart-type vehicles are prohibited from the inner quad courtyard of the Main Quad and all covered arcades of campus buildings.

2. Parking

- Parking is allowed only on hard, covered surfaces (asphalt, concrete, brick);
- Parking is prohibited on soft surfaces (landscaping, unpaved surfaces, tan-bark covered areas);

STUDENT-ATHLETE USE OF GOLF CARTS



- Parking is prohibited from blocking entrances to buildings, stairways, disability ramps or main thoroughfares;
- Parking vehicles to/against trees is prohibited.

3. Identification

- All Stanford owned golf carts must bear a university logo with departmental identification. Rental golf carts must have a temporary identification placard on the vehicle at all times of operation.

4. Safety

- Vehicles shall not be operated in a manner that may endanger passengers or other individuals or harm Stanford University;
- Operators must not exceed any posted speed limits and shall operate the golf carts at a reduced speed on walkways and pedestrian areas;
- The vehicle may only transport the number of passengers for which there are seats. Passengers must remain seated during the vehicle's operation.

5. Electric vehicle charging

- Electric vehicles may only be charged at locations designated for such use;
- The areas can be identified by the University Electric Shop and Housing's Maintenance Shop;
- Use of extension cords from inside buildings to vehicles is prohibited.

6. Enforcement

- Public Safety enforces the appropriate and safe operation and parking of golf cart-type vehicles and may issue tickets accordingly. Improperly parked vehicles may be towed, 'booted' or otherwise disabled by Public Safety;
- Failure to follow this policy may result in disciplinary action and a referral to the Judicial Affairs Office for investigation as a possible violation of the Fundamental Standard.

SPORTS NUTRITION



The mission of the Stanford's Sports Nutrition Department is to provide evidenced-based performance nutrition expertise to Stanford University varsity athletes based on individualized strategies as part of a collaborative team to enhance sport performance by improving nutrient intake, supporting health, and optimizing recovery from sport or injury.

Sports Nutrition Suite

Location & Hours: Located at 641 East Campus Drive, on the ground level of the Arrillaga Family Sports Center, office Suite 001. The Sports Nutrition Suite houses the Sports Dietitian office and a waiting area for student-athletes prior to appointments.

Sports Dietitians are available upon appointment. During the academic year, the Nutrition Suite is typically accessible between 9:00am - 5:00 pm.

Contact Information: Olympic Sports: 650/723-7593 Football: 602/578-6734

Facility Use: Arrillaga Family Sports Center requires ID card access to enter the building.

Farwell Family Fueling Station

Location & Hours: Located at 641 East Campus Drive, on the ground level of the Arrillaga Family Sports Center, in the corner of the weight room. The Farwell Family Fueling station is a pre and post training tool provision for optimizing nutrition intake for performance.

During the academic year the Fueling Station is typically open the following hours:

Monday- Friday: 8 am-5pm

Hours are subject to change and are typically modified for holidays, dead week and finals week. Summer hours are adjusted based on training schedules.

SPORTS NUTRITION



Contact Information: Please reach out to your team sports dietitian with any questions or dietary needs. The fueling station staff is available during fueling station hours to assist with nutrition education and best choices for performance needs as well.

Facility Use: Arrillaga Family Sports Center requires an active student ID card access to enter the building. Nutrition items are available to all current varsity student-athletes during Fueling Station operating hours. The student-athlete will be asked to enter their name upon ordering snacks at the counter.

Nutrition Services

Provide for additional pre-, intra- and post-training snacks to help close the gap of calorie needs between meals for varsity-student athletes. The fueling station provides an array of options based on nutrition need and preference, some examples are as follows, though items are subject to change:

- Pre-and during training options: apple sauce packet, fruit snacks, fresh fruit, Luna bar, Gatorade
- Post training options: Muscle Milk, Kinera, Orgain (vegan and regular) shakes and chocolate milk
- Snack options: Sandwich, overnight oats, cut fruit, oatmeal, pretzels, trail mix, nuts, a variety of granola and protein bars etc. Staff are readily available to answer questions and assist with optimal choices for specific training needs and individual goals.

SPORTS NUTRITION



Sport Specific	<ul style="list-style-type: none"> • Body composition changes & muscle gain • Weight management: making weight (weight class sports), improving power to weight ratio • Hydration, cramping prevention • Pre, during & post workout recovery • Fueling timing & optimization • Travel eating • Meal coaching & planning • Supplement safety & recommendations
Life & Wellness	<ul style="list-style-type: none"> • Lifestyle diets, navigating needs for performance • Preventing nutrient deficiencies • Meal timing/ navigating dining options on campus • Grocery store tours • Energy balance • Fatigue prevention
Medical Nutrition Therapy	<ul style="list-style-type: none"> • Food allergies & intolerances • Altered nutrition related lab values (ie: low iron or vitamin D) • Peri-operative/ injury needs • Disordered eating/ eating disorders • Gastrointestinal discomfort or disorders

If you have an eating concern not listed, or are worried about a teammate's eating, please feel free to reach out to your team dietitian.

Body Composition Assessment and Interpretation

We have several mechanisms available for measuring body composition for use at the team sports dietitian's discretion. All body composition measures for Olympic sports will be conducted by Sports Medicine or Sports Nutrition Staff. We reserve the right to deny measurement to any athlete we feel would not benefit from this information.

Team Education

Provisions include team talks/ discussions on specific team nutrition needs or life skills for healthy eating and performance fueling, such as grocery store tours or cooking demonstrations.

STUDENT-ATHLETE USE OF DIETARY SUPPLEMENTS



Before consuming any nutritional/dietary supplement product, it is strongly advised that you consult your team sports dietitian. All Stanford Athletics Sports Dietitians are designed supplement advisers.

Please note the following NCAA warning if considering supplementation:

- Dietary supplements are not well regulated and may cause a positive drug test result.
- Student-athletes have tested positive and lost their eligibility due to using dietary supplements.
- Many dietary supplements are contaminated with banned drugs not listed on the label.
- Any product containing a dietary supplement ingredient is taken at the student-athlete's own risk. This includes, but is not limited to protein powders, vitamins, minerals or pre/post workout supplements.

Note: there are no specific "NCAA approved" supplements. Supplement store employee recommendations and approval do NOT take the place of a Stanford Sports Nutrition product review.

Definition of a dietary supplement: A product intended to supplement the diet that contains one or more of the following:

- Vitamin
- Mineral
- Herb or other botanical
- Amino acid
- Dietary substance intended to increase total calorie intake
- A concentrate, metabolite, constituent, extract, or combination of any of the above ingredients

Supplements are not typically used/recognized as a conventional food or as a stand-alone meal item and may or may not be labeled as a dietary supplement.

Common Athletic Supplements include:

- Vitamins
- Minerals
- Any specialty hydration products besides Powerade and Gatorade
- Powders
- Gels/gummies Bars



The NCAA bans the following classes of drugs:

- Stimulants
- Anabolic Agents
- Alcohol and Beta Blockers (banned for rifle only)
- Diuretics and Other Masking Agents
- Street Drugs
- Peptide Hormones and Analogues
- Anti-estrogens
- Beta-2 Agonists

Note: *Any substance chemically related to these classes is also banned.* The student-athlete will be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified on the label.

Drugs and Procedures Subject to Restrictions

- Blood Doping
- Local Anesthetics (under some conditions)
- Manipulation of Urine Samples
- Beta-2 Agonists permitted only by prescription and inhalation
- Caffeine if concentrations in urine exceed 15 micrograms/ml

Some Examples of NCAA Banned Substances in Each Drug Class

- Stimulants: Such as amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexanamine, “bath salts” (mephedrone) etc.
 - *Exceptions:* phenylephrine and pseudoephedrine are not banned.
- Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione)
 - Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi- trenbolone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; ostarine; stanozolol; stenbolone; testosterone; trenbolone; etc.
- Alcohol and Beta Blockers (banned for rifle only)
 - Alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

STUDENT-ATHLETE USE OF DIETARY SUPPLEMENTS



- Diuretics (water pills) and Other Masking Agents Bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.
- Street Drugs
Heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073)
- Peptide Hormones and Analogues
Growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.
- Anti-Estrogens
Anastrozole; tamoxifen; formestane; ATD; clomiphene; etc.
- Beta-2 Agonists
Bambuterol; formoterol; salbutamol; salmeterol; etc.

Additional examples of banned drugs can be found at:
www.ncaa.org/drugtesting.

Any substance that is chemically related to the class, *even if it is not listed as an example*, is also banned. Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting the Resource Exchange Center, REC, 877/202-0769 or www.drugfreesport.com/rec password ncaa1, ncaa2 or ncaa3. These lists are subject to change.

It is your responsibility to check with Sports Nutrition staff before using any supplements.

A red-tinted photograph of a university courtyard. In the background, a building with a tiled roof and arched windows is visible. Several palm trees stand behind the building. In the foreground, a large, dense bed of red flowers is in bloom. The text "SPORT PSYCHOLOGY" is overlaid in white, bold, sans-serif capital letters in the center of the image.

SPORT PSYCHOLOGY

ABOUT SPORT PSYCHOLOGY



Purpose

We are licensed psychologists with specialized training and expertise in sport & performance psychology and student-athlete mental health. Our team is committed to providing holistic, integrative psychological and performance interventions tailored to the unique needs of student-athletes. We individual counseling and serve as liaisons to specific varsity teams, providing consultation and team-based support. Student-athletes may request to work individually with any provider based on their schedule availability and needs/preferences. Postdoctoral psychology fellows also provide individual counseling under the supervision of licensed psychologists.

Location:

Sports Medicine Center, 341 Galvez Street
Arrillaga Center for Sports & Recreation (lower level)
Main Phone Number: 650/725-8202

Contact Information:

Dr. Kelli Moran-Miller, Associate Athletics Director for Mental Health & Performance Psychology, is a licensed psychologist and Certified Mental Performance Consultant. She uses an integrative, strengths-based, student-centered approach grounded in cultural humility to assist student-athletes in the achievement of personal, educational, and sport goals.

Dr. Sonali Wason, Assistant Director of Sport Psychology for Stanford Athletics, is a licensed clinical and sport psychologist. She uses a collaborative, strengths-based approach grounded in multicultural humility when working with teams and individuals towards their personal, sport, and academic goals.

Dr. Uma P. Dorn, Licensed Clinical and Sport Psychologist for Stanford Athletics. She supports athletes in reaching their potential through a strengths-based, multicultural, and ecosystemic approach. She helps clients stay connected to their authentic selves while navigating high-performance environments, offering practical tools for growth, resilience, and recovery.

Dr. Lisa Post, Chief of Sports Medicine in Psychiatry (Dept of Psychiatry & Behavioral Sciences), is a licensed psychologist who specializes in working with athletes and coordinates psychiatry referrals. Her office is on campus at 401 Quarry.

SPORT PSYCHOLOGY



The mission of Stanford Sport Psychology is to provide comprehensive sport psychology services and resources that support you in thriving and becoming your best; promote mental wellbeing, and optimal performance; and contribute to an inclusive athletic department.

Our services include confidential individual counseling and performance psychology, team-based services, educational outreach, and consultation on mental health concerns and performance psychology. To further assist our student-athletes, we offer specialized care referrals and medication evaluation and management through the Department of Psychiatry and Behavioral Sciences Athlete Mental Health Clinic.

Individual Counseling & Performance Psychology

Individual meetings are provided with no out-of-pocket costs to you. They are an opportunity to build on your strengths, address challenges that may be limiting your athletic, academic, or personal success, and develop strategies to thrive in all areas of life. Meeting length and frequency are flexible and focus on personalized goals and skill development.

Student-athletes meet with us individually for a range of reasons that include, but not limited to:





Team or Group Services

Team sessions and workshops address the unique needs of the team and provide engaging active learning experiences that build team unity, reinforce team mission and vision, clarify team goals, roles, and responsibilities, and teach mental skills to enhance both team and individual performance.

Sample topics include, but are not limited to:

- Understanding Sport Psychology and Its Benefits
- Achieving a championship mindset
- Maintaining focus and composure
- Building confidence
- Goal Achievement
- Optimizing self-talk
- Effective communication
- Mindfulness/Staying in the present moment
- Improving team dynamics
- Effective imagery and visualization
- Leadership Development
- Stress Management

Scheduling An Appointment

As part of Stanford Health Care, these services are provided to you with no out-of-pocket expenses. Appointments can be made by:

1. Requesting an appointment through our website:
<https://gostanford.com/student-athlete-performance-team/sports-psychology>
2. Calling us at 650.725.8202.
3. Reaching out with questions to a Sport Psychology Team Member
 - a. Dr. Kelli Moran-Miller kmoranmiller@stanford.edu 650.736.7748
 - b. Dr. Sonali Wason drwason@stanford.edu 650.497.1539
 - c. Dr. Uma P. Dorn upd@stanford.edu 650.402.6419



Confidentiality

Trust and safety are essential for personal growth and relationship building, which is why confidentiality is treated with the utmost importance. **ALL** conversations and correspondence between you, the student-athlete, and your sport psychology provider remain confidential except where disclosure is required by law. Any information discussed will **NOT** be shared with coaches, sports information, media, or any other member of DAPER without your explicit written consent or in situations where disclosure is mandated by law.

What to Expect

Services are provided with no out-of-pocket cost to currently enrolled Stanford student-athletes. The initial meeting typically lasts about an hour and includes time to discuss current concerns, relevant history, and goals. Follow-up sessions typically last 45 to 50 minutes and occur every one to two weeks. Appointment times, length, frequency are flexible. Performance psychology consultation also may include brief discussions at practice or in passing. All sessions focus on developing strategies and skills to achieve established goals. Student-athletes are encouraged to collaborate and provide feedback to make sure that services are effectively meeting their needs and expectations.

A red-tinted photograph of a building with arches and palm trees, with the text "SPORTS PERFORMANCE" overlaid in white.

SPORTS PERFORMANCE

ABOUT SPORTS PERFORMANCE



Purpose: The mission of the Stanford University Sports Performance program is to create the most comprehensive player development program in collegiate athletics with emphasis on injury prevention, athletic performance enhancement and mental discipline development.

Location:

Arrillaga Family Sports Center
Maples Pavilion
Arrillaga Practice Gymnasium and Weight Room

Contact Information:

Ryan Deatrick –
Kissick Family Assistant Athletics Director, Football Sports Performance
deatrick@stanford.edu 650/498-9014

Ray Tam –
Assistant Athletics Director, Olympic Sports Performance
rtam@stanford.edu



Training Facility Expectations

1. Our Code of Conduct focuses on four main areas: technique, effort, attitude, and mental discipline.
 - a) **Technique**: Safety is our number one priority in all aspects of training and proper lifting technique is always required. Free weight exercises always require the use of collars and spotters when appropriate. Use caution when loading and unloading weights, do not drop weights or leave weights on the floor. Most importantly, know your limitations as communicated prior with you by the sports performance and athletic training staff.
 - b) **Effort**: Your best effort is expected every day. Establish consistent work habits and be accountable to your teammates. Positive energy will help you overcome adversity.
 - c) **Attitude**: Align your choices with your goals. Seek coaching and challenge yourself to improve. Excuses are not accepted and will only erode your self-respect and confidence.
 - d) **Mental Discipline**: Invest in the process of your development. Concentrate on what you can control by focusing on the task at hand.
2. Only current and approved former Stanford athletes as well as Athletic Department staff are allowed to train in the weight rooms. Prior communication with the sports performance staff must be made for former student-athletes and athletic department staff so usage will not interfere with current student-athlete training sessions.
3. Any student-athlete, sport coach, or staff member using a sports performance facility must be in good physical condition and provide proof of a passed physical exam with a licensed medical doctor within the last 12 months.



4. Student-athletes must not train unsupervised. All student-athletes must be scheduled by their sports performance coach. Please conduct yourself in a manner that will not endanger you, the athletes around you or disrupt a training session. Use all equipment as it is intended to be used. If you are unfamiliar with a piece of equipment, ask for assistance from the sports performance staff. Please report any broken, damaged, or malfunctioning equipment immediately
5. For safety purposes, all hats and jewelry (rings, chains and watches) must be removed before each training session.
6. All training cards/folders, weight plates and dumbbells are to be returned to the proper place when finished. Strip all bars and plate loaded equipment down when finished.
7. Stanford issued training attire must be worn at all times. Proper footwear must also be worn – no open-toe shoes allowed.
8. With the exception of approved sports supplements, food, drink, chewing gum and tobacco products are not allowed in the weight room.

ATHLETICS COMMUNICATIONS

Location:

Arrillaga
Family Sports
Center, Suite
116

Contact

Information:
[LINK](#)

ATHLETICS COMMUNICATIONS



COMMUNICATIONS OFFICE LOCATION:

Arrillaga Family Sports Center, Suite 116

CONTACT INFORMATION: [Link](#)

Brian Risso | Assistant Athletics Director, Communications | brisso@stanford.edu | 650-200-9513

About Athletics Communications Department

Stanford's athletic communications office serves as the liaison between the constituents of Stanford's 36 varsity sports and the local, national and international media.

The office strives to showcase the academic and athletic accomplishments of all Stanford student-athletes while growing the Stanford brand and serving as the chief public relations branch of Stanford Athletics.

Specific responsibilities include, but are not limited to: leading and executing all publicity aspects for Stanford's intercollegiate athletic program, managing sport-specific social media platforms, providing facilitating and overseeing all media interviews; content creation; handling credential requests; nominating student-athlete and coaches for a variety of awards, coordination of on-site gameday operations; producing informational and promotional publications; writing and distributing press releases and compiling and distributing statistical information; updating GoStanford.com and any other external communications.

The department works collaboratively with all divisions of Stanford's intercollegiate athletics program, particularly in the areas of marketing, fan experience, video services and ticket sales to advance an integrated public relations platform that reflects positively on the image of Stanford University.

The athletic communications office is staffed by professionals who strive to represent Stanford Athletics and the University by creating a positive, friendly, cooperative, service-oriented and professional environment for the many customers it serves on a daily basis.



Key Communication Strategies

- Maintain existing and cultivate new relationships with student-athletes, coaches, administrators, alumni and media.
- Create dynamic online editorial and video content across social media platforms.
- Promote Stanford student-athletes for various academic and athletic awards.
- Proactively pitch stories to local and national media.
- Provide guidance and training to student-athletes and coaches in dealing with the media.
- Promote Stanford's rich history of athletic success in order to strengthen ties with alumni.
- Provide a professional, efficient and friendly working environment for all media partners covering events on our campus.

Our Policy

- We firmly believe it is in the best interest of Stanford and our student-athletes to provide optimum services to the media and public at large. At the same time, we realize that a student-athlete's commitments, team practice, competition schedule and social life come first. We will do our best to coordinate interviews and other media requests accordingly.
- If a student-athlete feels overloaded with too many interview requests or wants advice on how to conduct an interview, please speak with a member of our team. We are here to assist student-athletes and coaches in the way they handle themselves with the media.
- We are at your service and encourage you to reach out anytime a media-related question arises.

INTERVIEWING WITH THE MEDIA



The primary way you will deal with the media is through interviews. Most interview topics are about your team and yourself. Interviews should be looked at as part of the educational experience offered at Stanford. Interviews can help you develop communication skills that can assist you not only in the classroom but in future professional and business careers. The more interviews you do, the better you will become at doing them and the more fun they will be. We encourage you to make yourself available for media interviews, especially because as student-athletes you have the opportunity to be tremendous representatives of Stanford University.

Our Guidelines For You

Only conduct interviews which have been arranged by a member of the Athletics Communications team. Phone interviews should be conducted in the Athletics Communications office unless other arrangements are made.

If you have an interview scheduled, show up, be on time and wear appropriate attire that properly represents you as a Stanford student-athlete. Because of deadlines, the media relies on you to be on time. Should you ever have a problem making a scheduled appointment, always call the athletics communications office as soon as you become aware of the issue.

Tips To Consider When Doing Interviews

- Notify the Athletics Communications team if there are subject areas that are off limits. You have the right to know something about both the reporter and the subject matter before agreeing to the interview. You don't have to do an interview that you don't feel comfortable doing, but there is an appropriate way of denying the request.

INTERVIEWING WITH THE MEDIA



- Remember your audience. You may be speaking to one reporter, but the real audience for your remarks is the many fans who will read or listen to your comments through the representative of the media outlet with which you are speaking.
- Your goal with the media should be to place yourself in the best possible light with the real audience -- the fans. You can do this by always delivering a positive message no matter the circumstances. When you win, don't be arrogant and cocky. When you lose, don't criticize others.
- It is perfectly fine for a media member to ask just about any question, no matter how much it might offend you. You can't control the questions, but you can control the answers. Think carefully before answering a question. Think about how it will affect others. Always remember that you choose how to answer a question or whether to answer at all. You can often avoid answering a question at all and still be considerate by changing the subject matter in your answer.
- Appreciate tough questions and prepare answers beforehand. Don't be caught off guard. Pause and collect your thoughts. You'll earn more respect from the media and the public if you talk after losses or bad performances.
- Think before you speak. If you don't have something nice to say, don't say it. Speak positively about teammates and coaches ... and opponents. You don't want your comments to become bulletin board material.
- Don't let negative questions lead you down the wrong path.
- You will be more effective in your interviews if you take the offensive with the media in a positive manner. It starts with being prepared. Prepare your thoughts in advance, take a deep breath and relax.
- Be colorful. Be likeable. Show your personality.

INTERVIEWING WITH THE MEDIA



- Be honest in your replies, but also realize that you have the right to protect your privacy. When possible, steer reporters to topics you want to talk about and keep an emphasis on the positive rather than the negative.
- If you're asked a question of a sensitive nature, you don't have to answer it. It's fine to say, "I'd prefer not to discuss the subject." But do not say, "No comment." That implies guilt and suspicion.
- Don't make "off-the-record" comments to reporters. This means that you tell them something confidentially in exchange for asking them not to use it in their stories.
- Appearance can say more than words. Much of the impression you make in on-camera interviews results from your personal style and body language. This includes your attire and facial expressions.
- When doing television and radio interviews, keep your answers short and simple (20 seconds or less is a good rule of thumb). Speak louder than normal and really try to enunciate clearly as the microphone may also pick up background noises. For on-camera interviews, look at the interviewer and not the camera. If the interview isn't live, do not hesitate to stop and ask if you can repeat your answer.

INTERVIEWING WITH THE MEDIA



Media Policy Reminder

We ask the media to direct all interview requests to the Athletics Communications office. We will contact the student-athletes and work around your schedule. If several members of the media want to interview you, we'll arrange for them to all interview you at the same time (possibly through a conference call) to help save you time.

Following the conclusion of games, coaches and student-athletes are expected to make themselves available for media interviews within a reasonable amount of time (generally after a 10-minute "cooling-off" period). Postgame interviews will normally be conducted either in front of a group of media, as a one-on-one interview, or a live interview on radio or television. While it is understood that after a tough loss talking to the media may be difficult, you are still expected to be cordial and available to the media after all wins and losses no matter what has transpired in the event.

Interview DO's and DON'T's

<p>DO:</p> <ul style="list-style-type: none"> • Be prepared • Be positive • Praise your teammates • Keep it short and simple • Smile • Be enthusiastic • Be personable • Be available and cooperative • Be polite in difficult situations • Turn negatives into positives 	<p>DON'T:</p> <ul style="list-style-type: none"> • Say "No comment" • Be negative • Hide • Lose your cool • Use "um, you know, like" • Go "off the record" • Be sarcastic • Have an attitude • Use slang • Be late
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A photograph of a university campus scene, featuring a large building with a tiled roof and arched windows, palm trees in the background, and a field of red flowers in the foreground. The entire image is overlaid with a semi-transparent red filter. The text "UNIVERSITY RESOURCES: CAMPUS LIFE" is centered in white, bold, sans-serif font.

UNIVERSITY RESOURCES: CAMPUS LIFE

CAMPUS RESOURCES



Dean of Students

The Dean of Students Office team provides oversight for the case management of student-related incidents and issues, facilitates implementation of certain student policies, and engages students in activities to build community and inspire a sense of belonging.

Centers for Equity Community and Leadership

The [Centers for Equity Community and Leadership](#) (The Centers) are a collective of cultural and resource centers at Stanford. Each center's work has been and continues to be integral to the advancement of equity, the deepening of intellectual engagement, and the cultivation of well-being for all Stanford students.

- Asian American Activities Center
- Black Community Services Center
- El Centro Chicano y Latino
- First Generation and/or Low-Income Student Success Center
- The Markaz Resource Center
- Native American Cultural Center
- Queer Student Resources
- Women's Community Center

Stanford Career Education

[Stanford Career Education](#) (CareerEd) provides career services to students and recent alumni, help individuals explore and pursue meaningful careers. CareerEd offers a range of services, including career coaching, workshops, assessments, career fairs, and networking opportunities.

Haas Center for Public Service

The [Haas Center for Public Service](#) connects Stanford students with opportunities to serve communities locally, nationally, and around the world. The Haas Center serves as the hub of Cardinal Service, a university-wide effort to make service an essential feature of a Stanford education.

CAMPUS RESOURCES



Bechtel International Center

The [Bechtel International Center](#) is Stanford's hub for international students, scholars and families. Bechtel staff includes student and scholar advisors, immigration analysts, program and event managers to provide the Stanford community with immigration support, advising, scholarship administration, cultural exchange opportunities, community building events, and more.

Office for Religious & Spiritual Life

The [Office for Religious and Spiritual Life](#) nurtures spiritual life at Stanford by hosting religious services and celebrations, supporting vibrant religious student organizations, fostering religious engagement, and providing resources and a supportive environment for individuals to explore and deepen their spiritual and religious journeys.

Student Services

Tresidder Memorial Union, Suite 4 (2nd Floor)
459 Lagunita Drive

Learn more: studentservices.stanford.edu/my-finances

Explore these resources to understand Stanford tuition and fees, your student bill and payment system, other funding sources, and more.

Office of Accessible Education

The [Office of Accessible Education](#) (OAE) promotes an accessible and inclusive environment for all students with disabilities at Stanford. Through both academic and housing accommodations, OAE works to mitigate physical and attitudinal barriers that students might face while giving them the opportunity to perform at their highest academic potential.

SHARE Title IX and Title VI Office

The [SHARE Title IX and Title VI Office](#) is the University's central resource for redressing and preventing sexual harassment, violence, and harassment/discrimination issues experienced by all Stanford community members. In addition, the SHARE Education and Outreach team coordinates programs, projects, and events to increase awareness about sexual and relationship violence, stalking, sexual harassment, and gender-based discrimination for the Stanford community.

CAMPUS RESOURCES



Office of Student Engagement

The [Office of Student Engagement \(OSE\)](#) supports all Stanford student organizations, including student government (ASSU) and sophomore and junior class councils, through leadership development and training.

Fraternity and Sorority Life

[Fraternity and Sorority Life \(FSL\)](#) at Stanford offers a vibrant and diverse community for students, encompassing both housed and unhoused organizations. These organizations, which include fraternities and sororities, have a long-standing presence at the university, dating back to its founding.

Mind Over Money

Stanford's financial wellness education program, [Mind Over Money](#), exists to empower students to flourish through accessible, relevant, and research-informed financial education, meaningful engagement with positive influences on financial well-being, and a campus culture of healthy financial behaviors and conversations.



Stanford Housing

Stanford's Residential & Dining Enterprises (R&DE) is the university auxiliary that manages and operates student housing. R&DE offers a diverse system of undergraduate housing at Stanford, providing students with a variety of educational settings including academic theme and focus houses, self-managed houses, apartments, and suites, in addition to traditional dormitories. All houses are staffed with student resident assistants. First-year students are required to live on campus and approximately 90 percent of the upper-class students choose on-campus housing.

Stanford Dining

Stanford's Residential & Dining Enterprises (R&DE) is the university auxiliary that manages and operates student dining (Stanford Dining). Stanford Dining is providing meal plans that offer significant value, the highest quality, and maximum flexibility of dining across campus, along with a daily variety of delicious, nutritious options including vegetarian, vegan, nut-free, kosher and halal. The Food Allergies@Stanford program offers support and dining accommodations to students with food allergies or other dietary concerns.

Most dining halls provide pre-arranged (by you) late plates for those who will miss lunch and/or dinner that day (e.g. because practice ends outside of the meal period). Ask the staff at your dining hall for details. If you live off-campus or at Mirrielees, and are on full-scholarship, you will be provided with a stipend check for the board element of your scholarship for that quarter.

Residential Education

Residential Education (ResEd) provides programming in the residences to community engagement. ResEd oversees a myriad of opportunities for both the student body, as well as for the professional university staff by bringing both groups together to engage in the development of intellectual, educational and community building policies, programs, and activities.



Note: Stanford Psychiatry and Behavioral Sciences offers student-athletes mental health support and counseling services through Sport Psychology. Student-athletes also may also utilize resources on campus through any of the avenues outlined below.

Mental Health Resources at Stanford

This [website](#) serves as a go-to hub for navigating the many mental health and well-being resources at Stanford.

Counseling and Psychological Services

Stanford's [Counseling and Psychological Services \(CAPS\)](#) is comprised of a diverse range of cross-disciplinary providers who are committed to clinical excellence and culturally responsive care. 24/7 on-call phone: 650.723.3785

The Bridge Peer Counseling Center

The [Bridge Peer Counseling Center](#) is Stanford's student run peer-counseling center, offering anonymous 24/7 peer counseling to members of the greater Stanford community. Staffed by trained undergraduate and graduate Stanford students, Bridge Peer Counselors are available to listen and support.

Weiland Health Initiative

The [Weiland Health Initiative](#) promotes mental health and wellness across the spectrum of gender identities and sexual orientations through education, training and clinical services.

Office of Substance Use Programs Education & Resources

The Office of Substance Use Programs Education & Resources ([SUPER](#)) provides research-based alcohol and drug prevention and early intervention programs, education and resources for the Stanford community via peer educators and professional staff.



Well-Being Coaching

[Well-being Coaching](#) at Stanford provides personalized support to individuals seeking to enhance their well-being. Professional staff (coaches) work with students to design individual visions for well-being, navigate uncertainty, explore new patterns of thinking, and become more aware of their values and needs. Coaches can also help with various challenges, such as feeling stuck or lost, working through grief, or building capacity.

Confidential Support Team

The [Confidential Support Team \(CST\)](#) offers free and confidential support to Stanford students impacted by sexual assault and relationship violence, including domestic abuse, intimate partner abuse, stalking, and sexual or gender-based harassment and discrimination.



Endowments

Endowments provide a permanent source of financial support for the athletics department. Endowed scholarships, likely the most recognizable endowment, allow Stanford to recruit the best possible student-athletes. Once established, these scholarships exist in perpetuity and are named after the donor or after someone the donor wishes to honor.

The athletics department awards the equivalent of more than 350 full scholarships. Of the Cardinal's nearly 900 student-athletes, over 500 receive support, in various amounts, from at least one of these funds. If you'd like to find out if you have a scholarship donor or wish to meet your scholarship donor, please inform your head coach and the development staff can work with them to set this up.

Other types of endowments, such as coaching and program endowments, have also been established to help fund different aspects of your student-athlete experience.

Buck/Cardinal Club and Sport Specific Giving

The Buck/Cardinal Club is Stanford Athletics' annual fund and is a top priority for the athletics department. It provides scholarship aid and program support to all varsity programs and student-athletes. Program support includes, but is not limited to, summer school tuition, recruiting, travel, nutrition, equipment, and sports performance. Donations to the Buck/Cardinal Club and our varsity programs are critical in providing the best possible experience for student-athletes.

Nearly 4,700 families support our student-athletes each year through the Buck/Cardinal Club or sport specific gifts. Former student-athletes, alumni, parents, friends, and fans all donate to the annual fund in a show of support for Stanford student-athletes.



How You Can Help

From time to time, you may have a chance to interact with the development team and donors. We want these opportunities to be meaningful for you during your time at Stanford and we appreciate your willingness to be an ambassador for your programs. Some of the ways you may be involved include:

- Get to know your scholarship donor! As a scholarship recipient, you are encouraged to make these connections. Over the years many of these connections have grown into meaningful, lifelong relationships.
- You may be asked to participate on a student-athlete panel at a volunteer board meeting or other donor event.
- Your team may participate in a call night to thank donors to the Buck/Cardinal Club and your sport.
- We often request quotes or video content from student-athletes for use in Buck/Cardinal Club collateral—mail pieces, social media posts, or other circulated material.

If you have any questions or would like more information, please visit us in the development suite in the Arrillaga Family Sports Center, email buckcardinal@stanford.edu, or call us at 650-721-2410