

Christopher Newport University

Student-Athlete Handbook



2007-08

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ACADEMIC CALENDAR FOR 2007-2008

Fall Semester 2007

Aug.	24	Fri	Freshman Convocation and Honor Code Induction Ceremony
	27	Mon	Classes Begin
	27-31	Mon-Fri	Add/Drop Period
	31	Fri	Last day to Add/Drop and elect Audit Status
Sept.	3	Mon	Labor Day - CLASSES MEET
Oct.	6	Sat	Fall Recess (begins after last class meets)
	10	Wed	Classes Resume
	15	Mon	Freshman Mid-Term Grades - Entry Begins - 8:00 a.m.
	16	Tue	Freshman Mid-Term Grades Due (Keyed) - 12:00 Noon
	31	Wed	Last Day to Withdraw and Elect Pass/Fail Option
Nov.	20	Tues	Thanksgiving Recess (begins after last class meets)
	26	Mon	Classes Resume
Dec.	7	Fri	Classes End
	8-9	Sat-Sun	University Reading/Study Day
	10	Mon	Final Examinations Begin
	10	Mon	Final Grade Entry Begins - 8:00 am
	12	Wed	University Reading/Study Day
	15	Sat	Final Examinations End
	17	Mon	Final Grades Due (Keyed) - 12:00 Noon

Spring Semester 2008

Jan.	21	Mon	Classes Begin
	21-25	Mon-Fri	Add/Drop Period
	25	Fri	Last day to Add/Drop and elect Audit Status
March	3	Mon	Freshman Mid-Term Grade Entry Begins - 8:00 am
March	7	Fri	Freshman Mid-Term Grades Due (Keyed) - 12:00 Noon
	8	Sat	Spring Recess (begins after last class)
	17	Mon	Classes Resume
	31	Mon	Last Day to Withdraw and Elect Pass/Fail Option
May	2	Fri	Classes End
	3-4	Sat-Sun	University Reading/Study Day
	5	Mon	Final Examinations Begin
	5	Mon	Final Grade Entry Begins - 8:00 am
	7	Wed	University Reading/Study Day
	10	Sat	Final Examinations End
	12	Mon	Final Grades Due (Keyed) - 12:00 Noon
	16-17	Fri-Sat	Commencement Weekend Activities
	18	Sun	Commencement



Fall 2007

Welcome!

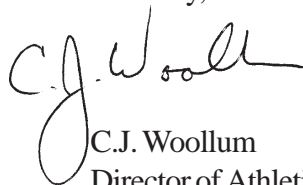
We are excited you are with us and we're anxiously anticipating another great year in CNU athletics. We are growing fast and positive things are happening. It's a great time for all of us.

We want to do everything in our power to enhance your chances of success here at CNU. We hope this **Student-Athlete Handbook** will be helpful to you as you prepare for another academic and athletic year. Our goal is simple: to provide opportunities and a structured system of support to assist you in having your best academic and athletic experience ever.

We are very proud of the great tradition in our Athletic Department. We're eager to keep building on that tradition and view you as a key to that continued effort. Please establish your priorities early and join us in shaping a wonderful future.

Thank you for all that you do for Christopher Newport University and please don't hesitate to stop by for anything I might help you with.

Sincerely,



C.J. Woollum
Director of Athletics

Department of Athletics

1 University Place Newport News, Virginia 23606-2998

Voice (757) 594-7025 TDD (757) 594-783 FAX (757) 594-7839

ATHLETIC STAFF

Name	Title	Location	Phone	e-mail
Andrus, Tracy	Grad. Asst. Trainer	RATC	594-7784	
Antolik, Dan	Asst. Head Football Coach	RATC 154	594-7977	dantolik@cnu.edu
Ashworth, Scott	Athletic Turf/Grounds Manager	FC 221	594-8878	ashworth@cnu.edu
Bailey, Chip	Assistant Softball Coach	RATC 159	594-7352	coachbailee@cs.com
Bakian, Melissa	Asst. Volleyball Coach	FC 212	870-2943	melissa.bakian@loyola.com
Berry, Jason	Assistant Cross Country Coach	FC 228	594-7213	tanime@tanime.net
Birch, Lindsay	Head Volleyball Coach	FC 212	594-7890	sheppard@cnu.edu
Block, Wayne	Asst. to AD/Communications	FC 208	594-7382	wblock@cnu.edu
Boward, Todd	Asst. Men's Lacrosse Coach	RATC 159	594-7849	todd.boward@cnu.edu
Carney, Hillary	Asst. Women's Soccer Coach	RATC 153	594-7381	
Chezem, Justin	Asst. Men's Soccer Coach	RATC 151	594-7383	
Clevenger, Jason	Director of Intramurals and Rec. Services	FC 104	594-8815	jason.clevinger@cnu.edu
Cole, Rush	Head Men's Tennis Coach	FC 218	594-7372	rucole@cnu.edu
Dale, Greg	Asst. Dir. - Freeman Center	FC	594-8243	gdale@cnu.edu
Dean, Jonathan	Asst. Football/Strength Coord.	RATC 186	594-7893	jdean@cnu.edu
Dearth, Sonny	Volunteer Men's Tennis Coach	FC 218	594-7372	sdearth@dailypress.com
Drake, Richard	Asst. Track Coach	FC 223	594-7892	
Ellis, Shanika	Business Manager	FC 224	594-7288	sellis@cnu.edu
Fitzgerald, Tommy	Asst. Football Coach	RATC 160	594-8307	
Flanigan, Erica	Cheerleading Coach	FC 223	594-7034	flanigan@cnu.edu
Fraser, Chad	Asst. Athletic Trainer	FC 129A	594-7889	cfraser@cnu.edu
Frazier, Ron	Asst. Baseball Coach	RATC 156	594-7856	cnu.pitch.coach@juno.com
Garay, daniel	Athletic Turf Asst.	CNU Track Shed	594-7977	
Giles, Brenda	Admin. Program Specialist	FC 101	594-8823	bgiles@cnu.edu
Gosselin, Dave	Asst. Dir. Athletic Communications	FC 202	594-7886	dgosseli@cnu.edu
Hagerty, Ryan	Asst. Men's Soccer Coach	RATC 150	594-7758	
Hanks, Micheal	Asst. Track	FC 223	594-8036	
Harvell, John	Head Baseball Coach/ Assistant Supportive Services	RATC 157	594-7054	jharvell@cnu.edu
Hunter, Carolyn	Head Women's Basketball Coach/ Senior Women's Administrator	FC 214	594-7103	chunter@cnu.edu
Iman, Kim	Asst. Field Hockey Coach	RATC 154	594-7751	fhgoaliecoach@juno.com
Johnson, Louis	Asst. Track Coach	FC 223	594-7892	jjbiglou2@aol.com
Johnson, Sandra	Program Support Tech.	RATC 161	594-7291	sandraj@cnu.edu
Jones, Chris	Head Athletic Trainer	FC 129A	594-7023	cjones@cnu.edu
Kelchner, Matt	Head Football Coach	RATC 163	594-7584	kelchner@cnu.edu
Kihara, Tina	Head Golf Coach	FC 223	594-7978	
Krzyzanowicz, Ryan	Grad Asst. Trainer	RATC	594-7784	
Lloyd, Kwame	Head Women's Soccer/Lacrosse Coach	RATC 153	594-7381	klloyd@cnu.edu
Low, Emily	Asst. Cross Country Coach	FC 228	540-230-4351	elowruns@gmail.com
Maurer, Keith	Head Cross Country Coach/Asst. Track	FC 228	594-7213	coachkwm@aol.com
Morris, Jessica	Asst. Field Hockey Coach	RATC 154	594-7751	jess9m@cox.net
Moura, Carrie	Head Field Hockey Coach/ Asst. Dir. Supportive Services	RATC 155	594-7920	cmoura@cnu.edu
Murray, Amanda	Asst. Strength & Conditioning Coord.	RATC 186	594-7893	
Nordsiden, Lacey	Head Football/Men's Lacrosse Trainer	FC 173A	594-7787	lacey.nordsiden@cnu.edu
Nuttycombe, Jenny	Head Women's Tennis Coach/ Director of Academic Support	FC 216	594-8751	jnutty@cnu.edu
Nuttycombe, Susan	Asst. Academic Support	FC 216	594-8751	susan.nuttycombe@cnu.edu
Pall, Kevin	Assistant Men's Lacrosse Coach	RATC 159	594-7976	kevin.pall@cnu.edu
Parr, Keith	Head Softball Coach	RATC 159	594-7352	joykeith1@juno.com
Perrin, John	Asst. Track Coach	FC 223	594-7892	jperrin@cnu.edu
Query, Michael	Asst. Strength & Conditioning Coord.	RATC 186	594-7893	
Rangel, Kelly	Assistant Cheerleading Coach	FC 223	594-7034	
Redick, Dr. Kip	NCAA Faculty Representative			kredick@cnu.edu
Rohde, Andrea	Assistant Softball Coach	RATC 159	594-7352	diveandcatch@msn.com
Ross, Roland	Coord. Athletic Outreach Prog./ Assoc. Head Men's Basketball Coach	FC 222	594-7041	rcross@cnu.edu
Santomauro, Mike	Football Video Specialist	RATC 161	594-7291	
Schmidt, Bob	Asst. Football Coach	RATC 160	594-8318	wshsbs@aol.com
Serio, Lou	Athletics Materials Mgr.	FC 130	594-7968	lserio@cnu.edu
Shaw, Steve	Head Men's Soccer Coach/ Director Supportive Services	RATC 151	594-7383	sshaw@cnu.edu
Shipley, Doug	Director of Auxilliary Support	FC 101B	594-7444	dshipley@cnu.edu
Shumate, Brian	Asst. Men's Soccer Coach	RATC 151	594-7383	
Stenzhorn, Judy	Administrative Asst.	FC 215	594-7290	jstenzho@cnu.edu
Sullivan, Laura	Asst. Equipment Mgr.	FC 130	594-7968	
Sutphin, Cindy	Program Support Tech.	FC 220	594-8821	csutphin@cnu.edu
Sutphin, Joey	Asst. Women's Tennis Coach	FC 216	594-8751	joey-sutphin@cnu.edu
Swanenburg, Chris	Head Men's Lacrosse Coach	RATC 159	594-7976	cswanenburg@cnu.edu
Tolbert, Chris	Asst. Football Coach	RATC 160	594-8318	
Tommasino, Francis	Dir. Athletic Communications	FC 210	594-7884	ftommasi@cnu.edu
Vaganek, Brian	Asst. Football Coach	RATC 165	594-7891	brian.vaganek@cnu.edu

Waters, Jon	Associate Athletic Director/ Asst. Men's Basketball Coach	FC 221	594-8895	jwaters@cnu.edu
Weiss, Sarah	Study Hall Monitor	FC		
White, Jim	Asst. Sailing Coach	Sailing Center	886-2838	jwhiteii@cox.net
Williams, Eric	Asst. Football Coach	FC 223	594-8036	
Williams, Santa	Asst. Track Coach	RATC 153	594-7381	wwilson@ycsd.york.va.us
Wilson, Wendy	Asst. Women's Lacrosse Coach	RATC 159	594-7352	
Winegrad, Todd	Assistant Softball Coach	FC	594-7289	twingard@cnu.edu
Wingard, Tyler	Head Track Coach			
Wingfield, Lisa	Trieshmann Health & Fitness Pavillion Director	FC	594-7882	lwing@cnu.edu
Winters, Dan	Head Sailing Coach	Sailing Center	886-2838	cnusailing@aol.com
Wissinger, Andy	Asst. Baseball Coach	RATC 153	594-7856	wissinger@cnu.edu
Wood, Justin	Asst. Football Coach	RATC 160	594-7291	
Woollum, C.J.	Director of Athletics/ Head Men's Basketball Coach	FC 217	594-7217	cjwoollu@cnu.edu

QUICK REFERENCE

For Information About:

	<u>Contact:</u>	<u>Where</u>	<u>Phone:</u>
Absences.....	Individual Professor.....		
Academic Advising.....	Wade Oliver.....	SU3125	594 - 8763
Academics.....	Jenny Nuttycombe.....	FC216.....	594 - 8751
Add/Drop.....	Registrar's Office.....	A205.....	594 - 7155
Address Changes.....	Judy Stenzhorn.....	FC215.....	594 - 7290
Appointments with C.J. Woollum.....	Judy Stenzhorn.....	FC215.....	594 - 7290
Athletes' Advisory Council.....	Carolyn Hunter.....	FC214	594 - 7103
Athletic Trainers.....	Head Trainer Chris Jones.....	FC129A.....	594 - 7023
	Asst. Trainer Chad Fraser.....	FC129A.....	594 - 7889
	Lacey Norsiden.....	RATC 173 A	594- 7787
Battery Jump Start/Car Trouble.....	CNU Police Department.....	340 Prince Drew Rd... 594 - 7053	
Books.....	CNU Bookstore.....	SU175	594 - 7932
Bus Schedule.....	HRT.....		723 - 3344
Campus Ministry.....	St. Stephen's Episcopal Church	Hidden Blvd.	595 - 7604
Captains Card Office.....	Student Union.....	SU380	
Career Planning.....	Office of Career Development.	SU3100.....	594 - 8887
Check Cashing/Check Pick-up.....	Cashier's Office.....	A210.....	594 - 7354
Clubs & Organizations.....	Office of Student Activities.....	SU330.....	594 - 7125
Community Outreach.....	Roland Ross.....	FC222	594- 7260
Copying.....	Student Center.....	SU.....	594 - 7125
	Library.....	Lib.....	594 - 7133
Counseling/Stress Management Clinic...	Center for Counseling, Coaching & Consulting	SC146.....	594 - 7047
	Academic- J. Nuttycombe... 594 - 8751	FC216.....	
Crisis Services.....	Center for Counseling, Coaching & Consulting.....	SC146.....	594 - 7047
Declaring a Major/Minor.....	Academic Advising Center	SU3125	594-8763
Degree Plan.....	Academic Advisor.....		
Disability Support Services	Academic Advising Center....	SU3125	594 - 8763
Doctor's Appointments.....	Chris Jones.....	FC129A.....	594 - 7023
Employment/Jobs.....	Career & Development.....	SU3100.....	594 - 8763
Faculty Representative.....	Dr. Kip Redick.....	ADMN359	594 - 7349
Fee/Bill Information.....	Business Office.....	A219.....	594 - 7354
Financial Aid.....	Financial Aid Office.....	A201.....	594 - 7170
Freeman Center.....	Front Desk.....	FC Fitness	594 - 7980
Health Services.....	Univ. Health & Wellness.....	James River Hall	594 - 7661
Insurance/Medical.....	Chris Jones.....	FC129A.....	594 - 7023
Library Hours.....	Monday – Thursday 8:00 a.m. – midnight.....		594 - 7133
	Friday 8:00 a.m. – 8:00 p.m.		
	Saturday 9:00 a.m. – 8:00 p.m.		
	Sunday 1:00 p.m. – midnight		
Math Lab.....	Math Department.....	G114.....	594 - 7194
Meal Plan/Centers/Hours.....	Dining Services.....		
Mentor Services.....	Jenny Nuttycombe.....	FC216.....	594 - 8751
Parking Permits.....	Parking Services.....	Parking Deck.....	594 - 7129
Registrar.....	Lisa Duncan Rains.....	A205	594 - 7155
Registration/Pre-Registration.....	Registrar Office.....	A205.....	594 - 7155
	Jenny Nuttycombe.....	FC216.....	594 - 8751
Study Hall/Study Skills Seminars.....	Jenny Nuttycombe.....	FC216.....	594 - 8751
Student Accounts (Tuition & Fees).....	Business Office.....	A210.....	594 - 7195
Student Affairs.....	Dean of Students.....	SU	594-7160
Student Union.....	Information Desk.....	SU.....	594 - 7100
Student Government.....	Student Activities.....	SU367.....	594 - 7197
Theft.....	University Police.....	340 Prince Drew Rd... 594 - 7053	
Transcripts.....	Registrar's Office.....	A205.....	594 - 7155
University Housing/Meal Plans.....	Janine Kennell.....	12399 Warwick Blvd... 594 - 7754	
Weight Room.....	Jonathan Dean.....	Ratcliffe.....	594 - 7893
Writing Center.....		RATC 110.....	594 - 7684

2006-2007 ACADEMIC & ATHLETIC ACHIEVEMENTS

2006-2007 USA SOUTH ALL-ACADEMIC

Devon Alston	Women's Track & Field	Alexander Lundberg	Men's Lacrosse
Heather Ashworth	Softball	Amber Marsh	Field Hockey
Kimberly Baldy	Women's Soccer	Kyle Martin	Men's Soccer
Elizabeth Bartelmes	Women's XC/Track & Field	Daniel McCaslin	Men's XC/Track & Field
Rebecca Bond	Softball	Christine Mike	Women's Lacrosse
Logan Boon	Women's Soccer	Rachel Monroe	Women's XC/Track & Field
Randi Brisbane	Women's Soccer	Danielle Moran	Field Hockey
Kelly Broadhurst	Field Hockey	Kyle Morgan	Golf
Chelsea Brown	Women's Soccer	Taylor Morgan	Softball
Hannah Brown	Softball	Megan Morris	Softball
Kristen Bruce	Softball	Megan Murray	Sailing
Michael Caro	Men's Soccer	Steven Myers	Men's Tennis
Shannon Centrelli	Cheerleading	Parker Neal	Baseball
Kristen Conques	Women's Lacrosse	Kristina Neighbour	Women's Tennis
John Corser	Men's Soccer	Jerrica Nichols	Sailing
Zachary Crump	Men's XC/Track & Field	Kristin Nickloy	Softball
Dana Curtas	Cheerleading	Kyle Oakes	Men's XC/Track & Field
Samantha Davis	Women's Basketball	Matthew Page	Men's Soccer
Christin Didlake	Women's Track & Field	Lauren Pleveich	Softball
Brandon Duke	Men's Basketball	Meghan Puckli	Volleyball
Megan England	Softball	Christopher Quigley	Men's Lacrosse
Ashley Ezell	Women's XC/Track & Field	Nathan Rater	Golf
Johanna Faroe	Sailing	Brittany Revels	Women's Soccer
Brittani Fletcher	Women's Soccer	Megan Roberts	Women's XC/Track & Field
Andrew Geary	Golf	Alex Robinson	Football
Ashley Glover	Women's Soccer	Brooke Rowe	Women's XC/Track & Field
April Grigg	Cheerleading	Courtney Russ	Field Hockey
Lenora Harper	Softball	Timothy Shaughnessy	Men's Track & Field
Ashley Hay	Field Hockey	Derek Shaw	Men's Soccer
Melanie Hose	Softball	Trystan Sill	Cheerleading
Kathryn Hottel	Cheerleading	Joshua Simmons	Men's Track & Field
Zachary Howerton	Golf	Eric Smialek	Golf
Elizabeth Hund	Sailing	Kimberly Solheim	Women's Lacrosse
Karen Hymes	Women's XC/Track & Field	Nicole Sperlazza	Volleyball
Jason Jenkins	Baseball	Danielle Steel	Softball
Mia Johnson	Softball	Amy Suddarth	Women's Lacrosse
Lindsay Kelly	Softball	Daniel Swale	Men's XC/Track & Field
Jackson Kibler	Men's Lacrosse	Michael Turk	Men's Lacrosse
John King	Football	Audra Underwood	Softball
Jay Kirland	Football	Amy Wampler	Women's XC/Track & Field
Michael Kurbjeweit	Baseball	Cynthia Watterson	Cheerleading
Alexandra Lathrop	Cheerleading	Clifford Weddle	Football
Lindsey Lienau	Women's Soccer	Erin Wojtkun	Women's Soccer
Kenzie Lockie	Volleyball	Dylan Young	Men's Tennis

Dean's List – Fall 2006

Heather Ashworth	Softball	Megan Morris	Softball
Kimberly Baldy	Soccer	Megan Murray	Sailing
Elizabeth Bartelmes	Cross Country/Track	Kristina Neighbour	Tennis
Logan Boon	Soccer	Kristin Nickloy	Softball
Randi Brisbane	Soccer	Kyle Oakes	Cross Country/Track
Chelsea Brown	Soccer	Matt Page	Soccer
Michael Burns	Lacrosse	Lauren Pleveich	Softball
Shannon Centrelli	Cheerleading	Nathan Rater	Golf
Ashley Ezell	Cross Country/Track	Brittany Revels	Soccer
Andrew Geary	Golf	Megan Roberts	Cross Country/Track
Ashley Glover	Soccer	Alex Robinson	Football
Elmon Gray	Sailing	Brooke Rowe	Cross Country/Track
Zachary Howerton	Golf	Joseph Schmitt	Sailing
Elizabeth Hund	Sailing	Margit Severin	Softball
John King	Football	Derek Shaw	Soccer
Michael Kurbjewit	Baseball	Kimberly Solheim	Lacrosse
Alexander Lundberg	Lacrosse	Anna Stout	Field Hockey
Amber Marsh	Field Hockey	Amy Suddarth	Lacrosse
Lauren McGehee	Tennis	Marion Thedford	Tennis
Katlin Milne	Cheerleading	Amy Wampler	Cross Country/Track
Brittney Mitchell	Lacrosse	Erin Eojtkun	Soccer
Bianca Moreno	Lacrosse		

Winter 2006 Graduates

Lindsey Baskin	W. Soccer
Oren (Trey) Collier	Baseball
David Deibler	Baseball
Michael Dorn	Football
Steven Mingee	Baseball
Lindsay Naill	W. Soccer
Andrea Rohde	Softball
Megan Fogarty	XC/Track
Terri Kaminsky	W. Soccer
Y'Hoshua Weekes	Football

Dean's List – Spring 2007

Elizabeth Bartelmes	XC/Track & Field	Howard McEntee	Football
Daniel Berry	Track & Field	Megan Morris	Softball
Logan Boon	Soccer	Megan Murray	Sailing
Randi Brisbane	Soccer	Kristina Neighbour	Tennis
Jonathan Bunker	Track & Field	Jerrica Nichols	Sailing
Michael Caro	Soccer	Kristin Nickloy	Softball
Shannon Centrelli	Cheerleading	James Nugent	Soccer
Brookelynn Constant	Sailing	Matt Page	Soccer
John Corser	Soccer	Emily Renkin	Soccer
Shawn Cotter	XC/Track & Field	Megan Roberts	XC/Track & Field
Samantha Davis	Basketball	Brooke Rowe	XC/Track & Field
Johanna Faroe	Sailing	Joseph Schmitt	Sailing
Andrew Geary	Golf	Derek Shaw	Soccer
Natalie Gilbert	Field Hockey	Eric Smialek	Golf
Lenora Harper	Softball	Nicole Sperlazza	Volleyball
Brendan Heisler	XC/Track & Field	Matthew Tengs	Soccer
Melanie Hose	Softball	Jaclyn Trono	Soccer
Zachary Howerton	Golf	Michael Turk	Lacrosse
Elizabeth Hund	Sailing	Cynthia Watterson	Cheerleading
John King	Football	Joseph Wilbur	Sailing
Alexandra Lathrop	Cheerleading	David Woodson	XC/Track & Field
Alexander Lundberg	Lacrosse	Dylan Young	Tennis
Amber Marsh	Field Hockey		

Spring 2007 Graduates

Kimberly Baldy	Soccer	Melanie Hose	Softball
Adele Billngs	Tennis	Kathryn Hottel	Cheerleading
Simon Blecher	Soccer	Steven Inge	Tennis
Larry Broach	Football	Branden Jones	Football
Emmett Bruner	Baseball	George Jones	Football
Hudson Bryant	Football	Dee Luck	Basketball
Chris Cardamone	Football	Julie Mader	Football Manager
Meredith Clements	Cheerleading	William McCabe	Sailing
Trey Collier	Baseball	Kyle Morgan	Golf
Kristen Conques	Lacrosse	Michaela Morton	Track
Zachary Crump	Cross Country/Track	Megan Murray	Sailing
Dana Curtas	Cheerleading	Mark Newman	Sailing
Nastassja Davis	Cheerleading	Natalie Pitts	Tennis
Samantha Davis	Basketball	Nick Robinson	Track
Michael Dorn	Football/Track	Emily Renkin	Soccer
Ashley Ezell	Cross Country/Track	Ed Riley	Basketball
Gregory Farquhar	Lacrosse	Marcus Rivera	Football
Michael Fawley	Baseball	Kathleen Ross	Lacrosse
Kelvin Franklin	Basketball	Kristine Schreiner	Track
Andrew Geary	Golf	Tim Scott	Cross Country/Track
Megan Gehlsen	Cross Country/Track	Hannah Seidl	Lacrosse
Ashley Glover	Soccer	Trystan Sill	Cheerleading
Nicole Greenberg	Soccer	Eric Smialek	Golf
April Grigg	Cheerleading	Jenna Williams	Volleyball
Kristyn Hankins	Lacrosse	Mara Winters	Track
Matthew Hopkins	Golf		

ATHLETIC GOVERNING BODY

USA South Athletic Conference/NCAA

The USA South Athletic Conference (formerly known as the Dixie Conference) has 11 member institutions: Averett University, Christopher Newport University, Ferrum College, Greensboro College, Methodist College, North Carolina Wesleyan, Shenandoah University as well as Peace College, Mary Baldwin College and Meredith College for women's sports only and Maryville College for football only. These schools have similar athletic and academic philosophies. The conference is a Division III member of the National Collegiate Athletic Association (NCAA). Division III offers no athletic scholarships. The USA South is considered one of the strongest Division III conferences in the nation.

2006-2007 ACADEMIC & ATHLETIC ACHIEVEMENTS

Sport

Women's Soccer
Men's Soccer
Football
Volleyball
Field Hockey
Men's Cross Country
Women's Cross Country
Women's Basketball
Men's Basketball
Cheerleading
Women's Track & Field
Men's Track & Field
Sailing
Baseball
Golf
Softball
Women's Lacrosse
Men's Lacrosse
Women's Tennis
Men's Tennis

Academic MVP

Ashley Glover
Matt Page & Derek Shaw
John King
Megan Puckli
Anna Stout
Kyle Oakes
Megan Roberts
Samantha Davis
Brandon Duke
Shannon Centrelli
Megan Roberts
Zachary Crump
Megan Murray
Michael Kurbjweit
Zachary Howerton
Megan Morris
Kimberly Solheim
Alex Lundberg
Kristina Neighbour
Dylan Young

Athletic MVP

Hillary Carney
Daniel Fogarty
Team
Brittany Collins & Jenna Williams
Rhiannon Thomasson
Nate Huffman
Ashley Ezell
Nikki Rowland
Dontá Selden & Korey Lewis
Katie Milne
Devon Alston
Leroy Harper
Mark Newman
Kenny Moreland
Matt Hopkins
Team
Kristen Conques
Team
Lindsey Pantele/Francis Shivar
John Mook

Academic Awards

Douglas K. Gordon Academic Excellence Award – Women's Cross Country
Robert M. Usry Scholar-Athlete Award – Megan Roberts - Women's Cross Country and Track
Most Improved Academic Award - Women's Cross Country

Special Athletic Awards

Kraemer Award - Outstanding male distance runner - none
Humphrey Award - Outstanding female distance runner - none
Track - Bahr Memorial Award - Most Outstanding Track Athlete - Rachael Clark

ACADEMIC SUPPORT PROGRAM

PHILOSOPHY

The Athletic Department offers an academic support program to help student-athletes succeed in the classroom. This program is designed to prevent and respond to academic difficulties, and to ensure progress toward a degree.

STUDY HALL

Certain student-athletes are required to attend study hall at least one semester.

Student-athletes who participate in study hall sessions are expected to come to study hall with all the materials necessary for completing assignments for studying.

Student-athletes who are required to participate in study hall include:

- All freshmen
- Designated first semester transfers
- Any student-athlete on academic probation.
- Any student-athlete earning a term GPA **below a 2.0.**
- Any student-athlete recommended by the Director of Academic Support or their coach.

It is optional for all other student-athletes.

Study Hall is offered Sunday-Friday each week for the entire semester. There are two monitored study hall sessions a day except on Fridays and Sundays.

- Session I: 9:30am-2:30pm (Monday-Thursday)
- Session II: 5:30pm-10:00pm.
- Friday morning study hall 9:30am-2:30pm.
- Sunday session will occur from 6:00p.m.-10:00p.m., in the fall semester only.

Student-Athletes are asked to choose 3 days and only one hour and thirty minute session a day that fits their schedule best. Monitors are responsible for checking attendance and supervising study hall. Freshman and designated first semester transfers will take part in a structured study hall their first semester at CNU. They will be required to attend a second semester if they do not obtain a cumulative GPA of 2.3 at the end of their first semester or fulfill their study hall obligations.

NOTE: In the fall of 2008, the overall GPA for being in study hall will change!

BASIC STUDY SKILLS SEMINARS

Basic study skills seminars are offered to all of our student-athletes. The study hall students who attend the seminars are dismissed from their study hall session for that day. A few of the seminars we offer are:

1. How to Take College Tests
2. How to Read a College Textbook
3. Time Management
4. Research Skills

MENTOR PROGRAM

This program encompasses **all returning student-athletes who are on academic probation with the University.**

These student-athletes are required to attend the basic skill seminars and to meet with a mentor in study hall. The student-athlete would be a part of this program until he/she is no longer on academic probation.

CLASS ATTENDANCE

Class attendance is required for all student-athletes when not traveling to, or representing Christopher Newport University in, a University sponsored athletic event. Each semester, all student-athletes will be responsible for hand delivering a team schedule and a letter provided by the Director of Academic Support to each of their professors informing them of the missed class time for the semester because of athletic competition.

Program Policy for missed class or study hall:

- Excessive Absences -
- Conference between student-athlete and coach. Director of Academic Support or Director of Athletics will determine consequence.
 - Conference between the student-athlete, Coach and the Director of Athletics. Consequences may include suspension from practice or competition or dismissal from the program.

ACADEMIC SUPPORT PROGRAM (cont.)

MISSED CLASSES

All student-athletes should meet with their professors and obtain all assignments he/she will miss because of traveling to University sponsored athletic events. If at all possible, student-athletes are advised to try to attend another section of the class which they will miss before leaving. Classes missed due to an injury and/or illness should be reported to the head coach and academic support director.

The University Handbook states: Students who miss classes to represent the university must notify the class instructors in advance of those absences. Given prior notice, instructors will allow students to make up class work or to complete work in advance of class absence.

PROGRESS REPORTS

The Director of Academic Support sends Progress Report forms to professors two times during the semester. The reports are evaluated by the Director of Academic Support and the coaches and will be used to inform student-athletes on their progress in their classes during the semester.

MENTOR, ACADEMIC ADVISING AND CAREER COUNSELING PROGRAMS

The athletic department, in conjunction with the different academic entities at the University, will provide mentoring services, academic advising and career counseling, as well as regular monitoring of the student's academic progress. Those interested in obtaining a mentor/tutor need to contact the Director of Academic Support.

STUDENT-ATHLETE ADVISORY COUNCIL

Mission Statement: The mission of the National Collegiate Athletic Association Student-Athlete Advisory Committee is to enhance the total student-athlete experience by promoting opportunity, protecting student-athlete welfare and fostering a positive student-athlete image.

Goals for CNU's SAAC

- Promote communication between athletics administration and student-athletes.
- Disseminate information.
- Provide feedback and insight into athletic department issues.
- Generate a student-athlete voice within the campus athletics department formulation of policies.
- Build a sense of community within the athletics program involving all athletic teams.
- Solicit student-athlete responses to proposed conference and NCAA legislation.
- Organize community service efforts.
- Promote a positive student-athlete image on campus.

ATTENDANCE SHEETS

Attendance sheets will be given to any student-athlete that has acquired too many absences. The student-athlete will be responsible for carrying the attendance sheet to each class and have the professors sign their sheet at the end of each class. Failure to have the sheet signed and turned in by **Mondays at 12 noon** to the Director of Academic Support will result in suspension from their next athletic competition.

ACADEMIC SUPPORT PROGRAM (cont.)

STUDY HALL POLICY:

- All freshmen and designated 1st semester transfers will be required to attend 3 study hall sessions (1.5 hours per session) per week.
- All upperclassmen who are on academic probation will be required to attend study hall.
- Coaches will not be permitted to monitor their athlete's study hall.
- Athletes may attend only one study hall per day.
- Session times may not be divided.
- Study hall athletes will only be **allowed to miss a total of 4 study hall** sessions per semester. Athletes that attend only two study hall sessions per week will only be **allowed to miss a total of 3 per semester**. (Athletes may not save their 4 misses till the end of the semester. An athlete must attend all 3 study halls the final week of study hall).
- Those athletes that finish the semester over the allotted misses must return the following semester for the number of weeks over 4. Example: An athlete misses a total of 10 study halls. Athlete is allowed 4, therefore the athlete must return to study hall for **6 weeks** the following semester.
- Freshmen that finish the 1st semester at a 2.30 GPA (overall) or better and have not missed more than 4 study hall sessions will not have to return to study hall the following semester.
- If an athlete has a semester with a GPA below a 2.00 (**overall GPA not considered**), they will return to study hall the following semester. Any athlete with an overall GPA of a 2.30 or below, will have progress reports sent to their professors. Any progress report returned to the Director of Academic Support that is not acceptable could possibly result in carrying to each class an attendance sheet and/or returning to study hall.

NOTE: In the Fall of 2008, the overall GPA for being in study hall will change!

Academic Support / Study Hall Excessive Miss Policy

- If an athlete misses the entire week of study hall he/she will be **suspended from all athletic competition** the following game week (Monday-Sunday). However, he/she must continue to attend all scheduled practices and/or meetings.
- The entire week of missed study halls will count as 3 missed study halls and will be included in the total count of study halls missed. Example: A softball player misses an entire week of study hall. She is suspended the following week from competing in softball competitions. During the week of suspended competition, she only attends 1 of the required study halls. She now has a total of 5 missed study halls. Therefore, the following week she will miss 1 softball competition.
- If an athlete misses the entire week of study hall due to illness, he/she must turn in a doctor's note to the Head Athletic Trainer/Chris Jones, to be excused from study halls. Chris Jones will contact the Director of Academic Support about the athlete's illness. Late doctor notes **will not** be accepted.
- If an athlete misses more than their allotted 4 study hall sessions, he/she will then be suspended from the next competition. (He/she can not miss any more study halls once they miss their allotted number. Suspension from athletic competition will continue each week). This will continue throughout the semester. So therefore, it is possible for an athlete to miss an athletic event a week, if they continue to miss study hall sessions.
- The Excessive Miss Policy will carry over from year to year, not just the semester. Example: A tennis player misses the entire week or misses over the allotted number of study halls in the fall. In the spring, he/she will miss the first week of competition or match. If a soccer player misses an entire week after their session is completed, he/she will be suspended from the first week of competition or first game of the fall.
- If a student-athlete cannot attend study hall because of medical reasons, he/she must notify the Director of Academic Support as well as the Head Athletic Trainer immediately. If he/she continues to miss study hall, and fails to communicate with the Director of Academic Support, he/she will be suspended from their athletic contests.

ACADEMIC SUPPORT PROGRAM (cont.)

ACADEMIC RECOGNITION

The athletic department wants to recognize not only athletic accomplishments, but academic success as well. The following individual and team awards will be given to those who meet the criteria set by the athletic department, the University and the USA South Athletic Conference.

Robert Usry Award (Named for the late Assistant Professor of History who was a major supporter of Christopher Newport Athletics in the early years)

Awarded to the student-athlete with the highest cumulative GPA at the end of the year.

Academic MVP

Awarded to the student-athlete with the highest fall term GPA from each team.

Most Improved Academic Award

Awarded to the team with the greatest improvement in the fall term team GPA.

Douglas K. Gordon Academic Excellence Award (Named for the CNU English Professor and Dean who has served the university for many years and also served as CNU's Faculty Athletic Representative to the NCAA) Awarded to the team with the highest team GPA in the fall term.

USA South Athletic Conference All-Academic Award

Awarded to student-athletes that have achieved a GPA of 3.00 or greater for both fall and spring semesters and retained full-time status through the completion of each semester.

ACADEMIC SUPPORT PROGRAM (cont.)

REGISTRATION AND PRE-REGISTRATION

In order for athletes to receive priority scheduling, the following procedures must be followed:

- Beginning in the Fall 2002 semester, courses transferred to CNU from another college or university will be awarded credit towards the degree, but the grade will not be part of the CNU academic record. This means that the cumulative grade point average will not include the courses and grades earned at another university. If you have transfer credit on your transcript *prior to the beginning of the Fall 2002 semester*, those grades and courses will continue to be part of your cumulative grade point average.
- Please note: It is a privilege for us to receive priority scheduling. All activity must be done through the Director of Academic Support. Do not go directly to the Registrar's Office and do not abuse or flaunt this privilege.
- Prior to pre-registration, check with your coach about workout times and scheduled commitments so you can eliminate schedule conflicts.
- Make an appointment to see your adviser or someone in the advising center to be advised. The student's class schedule is determined through a conference with a faculty advisor in your major area of study.
- Registration is done online.
- Director of Academic Support will be available to assist you during the registration period.
- **The athletic department cannot guarantee schedule times or changes.**
- Athletes must not drop below 12 hours without permission from the Director of Academic Support.
The athletic department is responsible for monitoring full-time status of each athlete to insure his/her athletic eligibility (as determined by the NCAA). Note: Dropping below 12 hours makes the athlete ineligible for participation in practice and competition.
- To drop or add a class, student-athletes must obtain the signature of the Director of Academic Support on the add/drop form. Once the add/drop period has been completed at the beginning of each semester, the registrar will place a hold on all athletes' accounts and will not allow a student-athlete to drop or add a class without the signature of the Director of Academic Support.

ACADEMIC SUPPORT PROGRAM (cont.)**SECOND SEMESTER REGISTRATION HINTS:**

(REPRINTED FROM FIRST-YEAR GUIDEBOOK)

Before Early Registration:

The following will **prevent** your on-line registration:

- Be sure you have submitted your Certificate of Immunization;
- Return books and materials to the library and pay any fees;
- Pay any outstanding balance with Student Accounts;
- Pay any outstanding balance with the Bookstore;
- If the Admissions office was still waiting on a transcript for your file, check to see that it has arrived;
- Pay any parking fines you have received.

During Early Registration:

- The appropriate Departmental Approval Signature on the Registration form is required for some majors.
- On-line Registration occurs according to class standing. Seniors and graduate students are processed the first day, juniors the second, sophomores the third, and freshmen the fourth day.
- **If you have a hold on your record (see items listed above under *Before Early Registration*), your registration will not be processed until it is removed.**

After Early Registration:

- You will get a schedule confirmation in the mail. When you receive it, check it carefully. If you want to make any changes, you may do so on the dates indicated in the letter. It is very important to take advantage of the Schedule Adjustment Period. Classes fill on a first come, first served basis.

OTHER ADMINISTRATIVE ISSUES:**Add/Drop**

The add/drop period is the first week of class. After the add/drop period you CANNOT add a class, and you must withdraw, not drop.

Withdrawals

You must fill out a withdrawal form and have it signed by the instructor and the Director of Academic Support if you wish to withdraw from a class. If you stop attending class, but do not fill out any paperwork, the instructor will give you a grade of *F* for non-attendance.

Students **cannot** withdraw from any course **after the ninth week of the semester**. Course withdrawals in excess of five will be recorded with a grade of *F* on the student's academic record.

Five (5) course withdrawals (grades of *W*) are permitted during a student's academic career at CNU. The sixth, and subsequent *W*'s will be computed as *F*s in the grade-point average. Please note that courses carrying zero credit hours, and/or courses taken on an audit basis, are not counted against the limit of five. Note that the limit of five course withdrawals begins with the Fall semester 2002 enrollment. During the withdrawal period, students may withdraw by completing a *Withdrawal from Course* form obtained in the Office of the Registrar or available on the Office of the Registrar's website. *Course withdrawals* will be recorded with a grade of *W*. Course withdrawals in excess of five will be recorded with a grade of *F* on the student's academic record. Course withdrawal periods are published on the Office of the Registrar website and in the Academic Calendar (University Catalogue or CNU website).

In addition to medical withdrawals from the semester, administrative withdrawals may be approved. Medical and administrative withdrawals are **total semester withdrawals**; they cannot be applied to individual courses taken within a semester. Medical and administrative withdrawals are **not counted** toward the maximum five withdrawals allowed.

ATHLETIC ELIGIBILITY/NCAA RULES

ELIGIBILITY

A student-athlete must carry a minimum of 12 credit hours throughout his/her season.

A student-athlete becomes ineligible immediately if he/she withdraws from or audits a class and drops his/her attempted credit hours below 12 hours. When a student-athlete withdraws from or audits a class, those credit hours are immediately dropped from his/her records. If an athlete wants to request an incomplete in a class, he/she should come by the athletic office first. This way, we can ensure through the Registrar that his or her eligibility will not be penalized. When a season carries through two semesters, please note the following. If the athlete drops below 12 credit hours in the first semester of the sport, the following takes place:

1. He/she is ineligible immediately.
2. He/she may not practice with or near the team, which includes wearing practice gear.
3. No coaches can work with the athlete.
4. He/she may not participate in any contests.
5. If the athlete is expected to continue in the second semester as a full-time student and is accepted as such, the student-athlete becomes eligible the 1st day after the last day of exams.

Information regarding eligibility between terms can be reviewed in the NCAA MANUAL. These courses of action are applicable to any student-athlete who becomes ineligible. A copy of this manual is available in the Athletic Department.

Participation while ineligible could cause the University team to forfeit contests as well as any other sanctions that the Conference or the NCAA want to place on the University. Any change in an athlete's academic status must be reported to your coach immediately. The athlete should see his or her coach **first** if he or she still wants to participate on the team, **before** any changes are made in the academic status. Should an athlete have **any** questions regarding eligibility, please feel free to come by the main office and we will be happy to help.

WITHDRAWAL FROM CLASS

Please note that the last day to withdraw from a class for the fall semester with a "W" grade is October 31, 2007, and the spring semester is March 31, 2008. **It is important to remember that all student-athletes must be carrying a minimum of 12 hours in order to be eligible.** The moment an individual drops below 12 hours, he or she becomes ineligible immediately and can cause his or her team to forfeit a contest.

Any student-athlete who attempts to withdraw from a class after (fall) October 31, 2007, or (spring) March 31, 2008, regardless of the date given and signed by the professor, will be turned away. Only withdrawals in the Registrar's Office by October 31, 2007, or March 31, 2008, will be accepted. **All student-athletes must have the signature of the Director of Academic Support before dropping a class. Student-Athletes have a responsibility not to jeopardize his or her team's standing.**

AUDIT

For general information on auditing a course refer to the 2007-2008 Undergraduate Catalog. **The policy states audit to credit status or credit to audit must be done only during the schedule change period. The last day to change Audit status for the fall semester is August 31, 2007, and the spring semester January 25, 2008.**

ATHLETIC ELIGIBILITY/NCAA RULES

ACADEMIC CONTINUANCE (Reprinted from the University 2007-08 Catalogue)

The University expects students to make reasonable progress toward earning a degree. The University evaluates academic standing in terms of both academic progress and academic performance. Students must demonstrate the incentive and ability to meet the minimum progress and performance standards in order for the University to justify their continued enrollment.

Academic progress must be sufficient to support graduation within a maximum of six (6) years after matriculation as a full-time student. Such students who fail to meet this requirement may be academically dismissed from the University. In the event of extenuating circumstances, students may appeal to the Academic Status Committee for an extension of the graduation date. Complete written petitions (appeals) must be received in the Office of the Registrar at least one week prior to the next published Committee meeting. Forms for appealing academic progress are available in the Office of the Registrar and on the Office of the Registrar website. The six-year maximum does not apply to students whose initial matriculation at CNU is part-time.

Academic performance is measured by the grade point average (GPA). Students are expected to maintain a minimum grade point average of 2.0 each semester, both overall and in their major field of study. Students who do not maintain this minimum grade point average may be subject to enrollment restrictions as governed by the Academic Performance Policies. Note: Students should be reminded that some major fields of study require a higher academic performance standard. Consult the portion of the Undergraduate Catalog for your major for more specific information.

CLASSIFICATION OF DEGREE-SEEKING FULL AND PART-TIME STUDENTS

1-29 credits	Freshman
30-59 credits	Sophomore
60-89 credits	Junior
90 or more credits	Senior

MINIMUM STANDARDS FOR ACADEMIC CONTINUANCE

<u>Credit Hours Attempted*</u>	<u>Minimum Good Standing</u>	<u>Eligible for Probation</u>	<u>Eligible for Suspension</u>
1-30	2.00	1.99-1.61	1.60 Or Less
31-60	2.00	1.99-1.70	1.69 Or Less
61-75	2.00	1.99-1.80	1.79 Or Less
76-90	2.00	1.99-1.90	1.89 Or Less
91 Or More	2.00	1.99-1.98	1.97 Or Less

*Attempted credit hours are those hours for which a grade is earned at CNU (excluding I, M, AU, P, or W). Attempted credit hours are cumulative

Students receiving financial aid must use the CNU Financial Aid Guide to determine *Satisfactory Academic Progress*. Access www.cnu.edu for the latest update.

ACADEMIC WARNING - Refer to page 37 of 2007-08 CNU Undergraduate Catalogue

Any student whose semester or overall grade point average falls below 2.00 will receive an academic warning. The warning will appear on the grade report but not on the permanent academic record. Students who receive an academic

warning are strongly urged to consult with an advisor to develop strategies for improving performance.

ACADEMIC PROBATION - Refer to page 37 of 2007-08 CNU Undergraduate Catalogue

Students who do not academically progress according to the minimum standards for continuance may be subject to Academic Probation.

While on academic probation, students may not enroll in more than 14 credit hours. The notation “Academic Probation” will appear on the student’s web-based grade report and on the student’s permanent record. Students who are placed on academic probation are strongly urged to consult with an advisor or the Academic Advising Center to develop strategies for improving performance. Students whose performance continues to decline may be subject to academic suspension based on the minimum standards for continuance.

ACADEMIC SUSPENSION - Refer to page 37 of 2007-08 CNU Undergraduate Catalogue.

Academic suspension results from the cumulative grade point average (GPA) dropping below the minimum standard for continuance while the student is on academic probation. After students have been placed on academic probation and continue to perform below minimum standards, they will be placed on academic suspension. (Note: A student will not be placed on academic suspension unless s/he was on academic probation his/her last term of enrollment at CNU.) Students who are academically suspended may not register for any class at the University for at least one regular semester (fall or spring). The notation “Academic Suspension” will be placed on the suspended student’s web-based grade report and his/her permanent academic record. Credit for courses taken at other institutions while on suspension will not be transferred to CNU. Students who wish to return to CNU after their one semester suspension must:

- 1) Make an appointment to develop a plan of study with the Academic Advising Center before October 15 to return in the spring semester and before March 15 to return in the summer or fall semester;
- 2) Register for the semester immediately following their suspension semester; and
- 3) Register for no more than 14 credit hours.

Returning students must develop a plan of study (academic contract) in conjunction with the Academic Advising Center. This plan of study will indicate the credit hour limits the students must observe and a schedule of courses to be taken each semester. If the student follows this contract and earns at least a 2.00 term GPA, the student will not be suspended a second time even if the cumulative GPA is below the minimum standard for continuance. If the student does not follow the plan of study, or does not earn a 2.00 or higher term GPA, the student may be academically dismissed. Once a student’s cumulative GPA meets minimum good standing (2.00), the contract is considered complete. A cumulative GPA of 2.00 is required for graduation. Academically suspended students who do not return for two or more consecutive regular semesters (excluding summer terms) must apply for readmission through the Office of Admissions. These applications will be judged by the admission standards current at the time of application for readmission. Academic Dismissal Students who fail to meet

ACADEMIC DISMISSAL

Students who fail to meet minimum standards for continuance will be academically dismissed from the University upon receiving the second academic suspension. The notation *Academic Dismissal* will be placed on the dismissed student’s web-based grade report and permanent academic record. Students who have been academically dismissed from Christopher Newport University may not apply for readmission to the University for at least five calendar years. Such applicants’ academic records at CNU will be considered as part of the relevant materials for re-admission to the University.

GENERAL ACADEMIC POLICIES

IMMUNIZATION REQUIREMENTS FOR NEW STUDENTS

In an effort to provide a healthy environment in which to live and learn, CNU has created an immunization policy that incorporates the guideline for immunizations set forth in the Code of Virginia, Section 23-7.5. Students may have received these immunizations as a child or later in life. All entering full time students (including transfer students) must provide a completed Certificate of Immunization, which must be signed or stamped by a licensed health care professional. Failure to do so will result in the student's inability to register for and attend the next semester at CNU. In some cases, students may sign a waiver of the recommended immunization and be in compliance with University and state policy. The Certificate of Immunization form is required of all new students when they are admitted to the University. Copies may be obtained from the Office of the Registrar website (<http://registrar.cnu.edu/immunization04.pdf>) or by contacting the Office of the Registrar, Administration Building, Room 205, Christopher Newport University, 1 University Place, Newport News, VA 23606-2998. Questions about this requirement or the waiver should be directed to the Office of the Registrar at (757) 594-7155 or via email at register@cnu.edu.

FINANCIAL AID

All Sports:

It is permissible for a student-athlete to receive financial aid from the following sources:

- The institution which the student will attend.
- Money from anyone upon whom you are naturally or legally dependent.
- Financial aid that has been awarded to you on a basis other than athletics ability; or
- Financial aid from any entity outside your institution that meets the requirements specified in the NCAA Division III Manual. [Bylaw 15.01.3]

You must report to your institution any financial aid that you receive from a source other than your institution, except the aid received from anyone upon whom you are naturally or legally dependent.

ATHLETIC ELIGIBILITY/NCAA RULES

FINANCIAL AID

Undergraduate Student Policy

In order to receive financial aid, a student must, in addition to meeting all other eligibility criteria, make satisfactory academic progress toward his/her degree and be in good academic standing.

Satisfactory Academic Progress (SAP) - A student is allowed six academic years to complete a four-year baccalaureate degree program. The chart below shows the minimum number of credit hours that should be earned in each of the six academic years and the cumulative number of credit hours that must be earned by the end of each of the six academic years.

SATISFACTORY ACADEMIC PROGRESS

Students must be making Satisfactory Academic Progress (SAP) in order to continue receiving financial aid, including student loans.

In order to be considered as making SAR, students must:

- Complete 75 percent of all courses attempted.
- Demonstrate a minimum cumulative GPA of 1.61 at the conclusion of two academic semesters **OR**
- Demonstrate a minimum cumulative GPA of 2.00 at the conclusion of four academic semesters, and from that point forward.
- Attempt no more than 180 credits, including transfer credits.

A student is considered to be making satisfactory progress if he/she has cumulative credit hours equal to or greater than the figure shown for the corresponding years completed. In addition, students must have a cumulative GPA of at least 2.0 after attempting 48 credit hours. For example, if a student completed three academic years and has earned 60 or more credit hours and had at least a 2.0 cumulative GPA, he/she would be making satisfactory progress. Students who lose their eligibility due to a lack of progress may regain their eligibility. A student must earn enough credit hours so that their total credit hours are equal to or greater than the number shown on the “Required Cumulative Credit Hours” line above and earning at least a 2.0 cumulative GPA. Eligibility for financial aid ends after six academic years.

Academic Year - Full-time enrollment for two semesters equals one academic year. The academic year is prorated for less than full-time students. **IMPORTANT NOTE** - The number of hours the student is enrolled in at the end of the first week of classes will be used to determine full-time or part-time enrollment status for evaluating academic progress.

Transfer Students - The amount of time given a transfer student to complete his/her degree program is prorated based on the number of credit hours that are transferred to CNU. Transfer students need to check with the Financial Aid Office for specific details about receiving financial aid.

Academic Good Standing - Students on academic probation for a second term are not eligible to receive financial aid. Students who lost their eligibility due to a lack of good academic standing may regain their eligibility by raising their GPA to the level where they are no longer on academic probation.

Appeals - Students with extenuating circumstances may appeal their case to the Director of Financial Aid. A successful appeal requires the identification of a specific problem that prevented the student from meeting satisfactory progress or good academic standing and evidence that the problem has been eliminated.

Complete Policy - This is a synopsis of the complete policy that is on file in the Office of Financial Aid.

AMATEURISM

All Sports:

You are **not eligible** for participation in a sport if you have ever:

- Taken pay, or the promise of pay, for competing in that sport;
- Agreed (orally or in writing) to compete in professional athletics in that sport;
- Played on any professional athletics team as defined by the NCAA in that sport; or
- Used your athletics skill for pay in any form in that sport. [Bylaw 12.1.1]

You are **not eligible** in a sport if you have ever accepted money, transportation or other benefits from an agent or agreed to have an agent market your athletics ability or reputation in that sport. [Bylaw 12.3]

ATHLETIC ELIGIBILITY/NCAA RULES

ETHICAL CONDUCT

All Sports:

An athlete must compete with honesty and sportsmanship at all times so that he/she represents the honor and dignity of fair play. [Bylaw 10.01.1]

An athlete is **not eligible** to compete if he/she knowingly: provided information to individuals involved in organized gambling activities concerning intercollegiate athletics competition; solicit a bet on any intercollegiate team; accepts a bet on any team representing the institution or participate in any gambling activity that involves intercollegiate athletics through a bookmaker, a parlay card or any other method employed by organized gambling. [Bylaw 10.3]

An athlete is **not eligible** to compete if he/she has shown dishonesty in evading or violating NCAA regulations. [Bylaw 14.01.3.3].

USA SOUTH ATHLETIC CONFERENCE SPORTSMANSHIP RULES

Respect for the game in which the student-athlete competes also demands respect for the opponent. Student-athletes and conference institutions are expected to treat opponents in a sportsmanlike manner. There can be no tolerance for taunting and bating of opponents.

Student-athletes are perhaps the most visible representatives of their institutions. Their behavior is observed and emulated by many. Conference student-athletes must honor the responsibilities that accompany the privilege of representing their schools by acting with dignity and class in both in and out of competition.

Athletic competition in the USA South should be fun and competitive and should also be a significant part of a sound educational program, embodying high standards of ethics and sportsmanship while developing good character and other important life skills. USA South student-athletes are expected to meet the following standards:

1. Be respectful of coaches, teammates, opponents and officials.
2. Be gracious in victory and accept defeat with dignity.
3. Avoid disrespectful, or offensive, conduct of any sort, including profanity, obscene gestures, sexual remarks, trash-talking or taunting, boastful celebrations or other actions that demean individuals or the sport.
4. Be a worthy role model.
5. Exhibit self-control. Channel anger, and/or frustration, into a positive mode.
6. Choose the right behavior.

7. Remain in the bench area during games unless leaving to enter the game through an official substitution.
8. Follow the spectator Code of Conduct when a fan at an athletic event.
9. Sign a statement that he/she has reviewed the conference sportsmanship regulations and understands that it is his/her responsibility to know and uphold them and any violations can result in institutional, and/or, conference sanctions.

EJECTION FROM GAMES

For all sports: Any ejection of a player from an intercollegiate contest will result in an additional one game suspension.

THE HONOR SYSTEM

The reputation and credibility of an institution of higher education requires the commitment of every member of the community to uphold and to protect its academic and social integrity. As such, all members of the Christopher Newport University community (students, faculty, administrators and staff) agree to the following:

The Honor Code

“On my honor, I will maintain the highest possible standards of honesty, integrity and personal responsibility. This means I will not lie, cheat or steal, and as a member of this academic community, I am committed to creating an environment of respect and mutual trust.”

Under the Honor Code of Christopher Newport University, it is expected that all members of the university community will demonstrate honesty and integrity in their conduct. Intentional acts of lying, stealing or cheating are violations of the Code that can result in sanctioning.

Each member of the university community is responsible for upholding and enforcing the Honor Code. The Honor System cannot function unless each member of the university community takes action when he or she believes that any person may have violated the Honor System. Members of the University community are obligated to report violations to appropriate personnel in order to ensure efficacy of the system.

As printed in the Christopher Newport University Student Handbook.

STUDENT ACADEMIC RESPONSIBILITIES

CNU is a community comprised of students who:

- Value higher education and the community of scholars
- Understand the meaning and aims of liberal learning
- Establish the “job” of learning as their top priority;
- Take initiative to participate actively in their own learning;
- Prepare of class, and attend regularly and on time;
- Take learning seriously in thought, word, and conduct;
- Complete assignments on time and with care;
- Respect all members of the academic community;
- Follow proper procedures and lines of authority for pursuing concerns and complaints;
- Know, understand and follow the Code of Academic Work, the University Honor Code, and the General Requirements for Graduation;
- Take responsibility to seek help from faculty, staff, and fellow students as needed to succeed academically.

STUDENT-ATHLETE CODE OF CONDUCT

1. Student-Athletes are expected to be positive role models. Negative attitude and/or inappropriate behavior of any kind are unacceptable.
2. An attitude of respect for professors, teammates, athletic staff and coaches is essential for a good working relationship. Student-Athletes must be willing to communicate and work closely with each of them.
3. Student-Athletes must be diligent students. Attending classes and Study Hall is required. Tardiness is unacceptable. **Academic dishonesty (cheating, plagiarism, etc.), can lead to expulsion from the university.**
4. During any type of team travel, any participation in an athletic practice or contest or any other setting where a Student-Athlete interacts with coaches and fellow teammates in representing a particular team, **there is to be no consumption of alcohol or tobacco use of any kind by student-athletes.**
5. **Illegal drugs are not permitted.** Student-Athletes must be willing to take part in the drug-testing program administered by the Athletic Department.
6. Student-Athletes are to dress appropriately at all times on campus, and for travel and events. T-shirts with offensive slogans or pictures, and pants worn below the hips, are unacceptable. Do-rags and bandanas should be strongly discouraged as it only hurts their image on campus. All head attire should be removed upon entering buildings. Hair should be combed. Dying hair extreme colors for any reason is considered inappropriate behavior. Shirt, tie and dress pants for men, and similar dress for women, is expected at all award ceremonies.
7. Jewelry may not be worn during any athletic contest or practice. It must be completely removed, not taped over.
8. **Unauthorized possession or use of fireworks, explosives or weapons is prohibited.** Hazardous chemicals, which could pose a health risk, are also prohibited from campus. This includes chemicals which, when combined with other substances, could be hazardous or present a danger to others.

Unauthorized possession, storage, or control of firearms and weapons on University property is prohibited. This includes storage in vehicles on campus as well as in the residence hall. Firearms are defined as any gun, rifle, pistol or handgun designed to fire bullets, BB's, pellets or shot, regardless of the propellant used. Other weapons are defined as any instrument of combat, or any object designed as an instrument of combat but carried for the purpose of inflicting or threatening bodily injury. Examples include, but are not limited to, knives with fixed blades or pocket knives with blades longer than four inches, razors, metal knuckles, blackjacks, hatchets, bows and arrows, num chahkas, foils or explosives and incendiary devices.
9. The Athletic Department **will not tolerate** any form of hazing. Hazing is defined as any action taken, or situation created intentionally, whether on or off university premises, to provide physical or mental discomfort, ridicule, harassment or embarrassment. Any violation, or suspected violation, of the hazing policy, should be reported to the coaching staff or administration of athletics immediately. Any student-athlete suspected of any type of hazing will automatically be suspended from their program pending thorough investigation.
10. It is the responsibility of each student-athlete to read and adhere to all the procedures and rules outlined in this handbook.

**FAILURE TO ABIDE BY THIS CODE OF CONDUCT COULD
LEAD TO DISMISSAL FROM YOUR TEAM**

POLICY ON THE USE OF ABUSIVE DRUGS

Introduction

The following policy statement has been adopted and shall be administered by the Christopher Newport University Athletic Department. Christopher Newport University reserves the right to make changes to this policy as needed, and this policy should not be construed to create a contract between a student-athlete and Christopher Newport University. Please note that this policy represents the Christopher Newport University substance abuse/testing policy, which is separate and distinct from the NCAA drug testing program (including all sanction phases). Information regarding the NCAA drug testing program is available at www.ncaa.org.

Christopher Newport University is concerned with the health, safety and welfare of the student-athletes who participate in its programs and represent the university in competitive athletics. Substance abuse is one of the most important issues facing athletics and society today. The use of illegal drugs, misuse of legal drugs and dietary supplements, use of performance-enhancing substances, use of alcohol and tobacco are inconsistent with the standards expected of student-athletes at Christopher Newport University. Substance use and abuse in sport can pose risks to a student-athlete's health/safety and negatively affect his/her academic and athletic performance. Substance use and abuse in sport will compromise the integrity of athletic competition and the ideals of Christopher Newport University.

Purpose

The Athletic Department believes that random drug testing and testing based on reasonable suspicion are appropriate to ensure the health, safety and welfare of our student-athletes, to promote fair competition in intercollegiate athletics, to affirm compliance with applicable rules and regulations on drug and alcohol abuse, to identify student-athletes who are improperly using drugs or alcohol and to assist them before they harm themselves or others. Furthermore, the Athletic Department recognizes its responsibility to provide educational programming that will support a positive decision-making process.

The intent of these policies is to prevent substance use and abuse by student-athletes through education, testing, and professional guidance.

- Education – providing student-athletes and athletics staff with accurate information about the problems associated with substance use in sport, promoting health and safety in sport,
- Testing –includes analyzing biological specimens to detect prohibited substances student-athletes may introduce to their bodies and associated punitive consequences resulting from use detailed in this policy; and
- Professional Referral – facilitating appropriate treatment and rehabilitation of student-athletes.

Alcohol, Tobacco and Other Drug Education

Participants who are educated about substance use in sport are more likely to make informed and intelligent decisions about usage. Christopher Newport University will conduct a drug and alcohol education program for student-athletes at least twice a year. These educational programs will be designed to review athletic department, institutional, conference and national governing body policies related to alcohol, tobacco and other drugs. Appropriate educational materials will be made available to participants including the Alcohol, Tobacco and Other Drug Education and Testing Policy and a list of banned substances. **All student-athletes and athletics staff members are required to attend.** In addition to educating student-athletes and athletics staff about the various policies, a review of the institutional drug-testing program will be conducted. Dietary supplements and their inherent risks will be discussed. Time will be allowed for questions from participants. In addition, special educational programs may be arranged to provide participants the opportunity to learn more about the dangers of specific substances.

Consent to Participate

As a condition of participation in intercollegiate athletics at Christopher Newport University, each student-athlete will be required to sign a consent form agreeing to undergo drug testing and authorizing release of test results in accordance with this policy. Failure to consent to or to comply with the requirements of this policy will result in suspension from participation or termination of eligibility to participate in intercollegiate athletics at Christopher Newport University. Each student-athlete will be given a copy of the institutional policy annually.

**** New Policy ******BEHAVIORAL POLICY (to include Alcohol and Tobacco Violations)**

Alcohol use, including by those of legal drinking age, on the campus of Christopher Newport University is not permitted. It is the responsibility of every member of the university community to be aware of the risks associated with alcohol and tobacco abuse. Student-athletes are required to conduct themselves in accordance with university policies, and federal, state and local laws. This extends to the recruitment of prospective Christopher Newport University student-athletes. Prospective student-athletes visiting campus and socializing with current students are not permitted to participate in any activities that involve the use of alcohol or tobacco. It should be understood that possession or consumption of alcoholic beverages by individuals under the age of 21 is a violation of state liquor laws. (*Minor in Possession/MIP*). Likewise, it is illegal for anyone to supply alcoholic beverages to persons under the age of 21.

Any type of behavior that is deemed to be inappropriate will be dealt with swiftly and decisively. The following are the consequences for violating the “**Behavioral Policy**.” This policy includes any verifiable alcohol or tobacco violation. Alcohol and tobacco use is inconsistent with the goals and expectations of Christopher Newport athletics.

1. For a first offense, an athlete will be suspended from 10% of the contests on their schedule. The athlete will continue to practice and meet all other demands of their coach.
2. Second offense, the athlete **will be dismissed** from the program.

Additionally, if a student-athlete is charged with a felony offense, they will be suspended from any, and all, activity with the Athletic Department until their case is resolved (departmental committee).

1. Driving under the influence (DUI/DWI) or other motor vehicle violations involving alcohol or drugs
2. Public intoxication
3. Drunk and disorderly
4. Other violations of local, state, or federal law involving alcohol or drugs, including possession
5. Other violations of local, state, or federal law involving acts of violence
6. Violations of the Christopher Newport University Student Code of Conduct involving alcohol or drugs
7. Minor in Possession

This does not preclude dismissal from the program if the circumstances are such that the Administration deems immediate dismissal is appropriate.

Finally, no form of hazing will be tolerated and may lead to immediate dismissal from the program. This includes any activity on websites that reflects such behavior. We caution you as to your use of various websites as they have led to some programs nationally forfeiting their seasons. These sites have very dangerous repercussions and you need to stay off of them.

Dietary Supplements

Christopher Newport University Department of Athletics personnel will not distribute or encourage the use of any dietary supplements or ergogenic aids. Many dietary supplements or ergogenic aids contain banned substances. Often the labeling of dietary supplements is not accurate and is misleading. Terms such as “healthy” or “all natural” do not mean dietary supplements do not contain a banned substance or are safe to take. Using dietary supplements may cause positive drug tests. Student-athletes who are currently taking dietary supplements or intend to take any are required to review the product with the Training Staff.

Prohibited Drugs/Substances

The drug screening process may include analysis of, but is not limited to, the NCAA list of banned-drug classes. For an ongoing updated listing of the banned-drug list view the NCAA's web site at www.ncaa.org. Prohibited substances that Christopher Newport University may screen for include, without limitation, marijuana, PCP, opiates, MDMA (Ecstasy), amphetamines, cocaine, flunitrazepam (Rohypnol) and anabolic steroids. Christopher Newport University requires that all student-athletes keep the athletic training staff aware of any prescribed drugs and dietary supplements that he or she may be taking. Christopher Newport University reserves the right to test for substances not contained on the NCAA banned-drug list and may test at cut-off levels that differ from the NCAA program.

Selected Types of Drug Testing

Unannounced Random Testing

All student-athletes who have signed the institutional drug-testing consent form and are listed on the institutional squad list are subject to unannounced random testing. Students listed on the squad list who have exhausted their eligibility or who have had a career-ending injury will not be selected for testing.

The National Center for Drug Free Sport, Inc. will select student-athletes from the official institutional squad lists by using a computerized random number program. Observed urinalysis procedures will be used for unannounced random testing.

Pre-season Screening

Student-athletes are subject to pre-season drug testing and may be notified of such by the Director of Athletics or his designee at any time prior to their first competition.

Reasonable Suspicion Screening

A student-athlete may be subject to testing at any time when the Director of Athletics or his designee determines there is individualized reasonable suspicion to believe the participant is using a prohibited drug. Such reasonable suspicion may be based on objective information as determined by the Director of Athletics or by an Associate/Assistant Athletic Director, Head Coach, Assistant Coach, Head Athletic Trainer, Assistant Athletic Trainer, or Team Physician, and deemed reliable by the Director of Athletics or his designee. Reasonable suspicion may be found, but not limited to 1) observed possession or use of substances appearing to be prohibited drugs, 2) arrest or conviction for a criminal offense related to the possession or transfer of prohibited drugs or substances, or 3) observed abnormal appearance, conduct or behavior reasonably interpretable as being caused by the use of prohibited drugs or substances. Among the indicators which may be used in evaluating a student-athlete's abnormal appearance, conduct or performance are: class attendance, significant GPA changes, athletic practice attendance, increased injury rate or illness, physical appearance changes, academic/athletic motivational level, emotional condition, mood changes, and legal involvement. If suspected, the Director of Athletics or his designee will notify the student-athlete and the student-athlete must stay with a member of their coaching staff, the athletics administration staff, or the sports medicine staff, until an adequate specimen is produced.

Postseason/Championship Screening

Any participant or team likely to advance to post-season championship competition may be subject to additional testing. Testing may be required of all team members or individual student-athletes at any time within thirty (30) days prior to the post-season competition. If a student-athlete tests positive, he or she will not be allowed to compete at the post-season event.

Re-entry Testing

A student-athlete who has had his or her eligibility to participate in intercollegiate sports suspended as a result of a drug violation, may be required to undergo re-entry drug testing prior to regaining eligibility. The Director of Athletics or his designee shall arrange for re-entry testing after the counselor or specialist involved in the student-athlete's case indicates that re-entry into the intercollegiate sports program is appropriate.

Follow-up Testing

A student-athlete who has returned to participation in intercollegiate sports following a positive drug test under this policy may be subject to follow-up testing. Testing will be unannounced and will be required at a frequency determined by the Athletic Director or his designee in consultation with the counselor or specialist involved in the student-athlete's case.

Notification and Reporting for Collections

The student-athlete will be notified of and scheduled for testing by the Department of Athletics. The Director of Athletics or his designee will notify the student-athlete of the date and time to report to the collection station.

The Director of Athletics or his designee will be in the collection station to certify the identity of the student-athletes selected. The Director of Athletics or his designee must remain in the collection station until all student-athletes complete the collection process. **Failure to report for a test will be considered a positive result and an admission of guilt.**

Reporting Results

Urine samples will be collected and sent to an independent SAMHSA and/or IOC approved laboratory for analysis. Each sample will be tested to determine if banned drugs or substances are present.

If the laboratory reports a specimen as substituted, manipulated or adulterated, the student-athlete will be deemed to have refused to submit to testing and treated as if the test were positive for a banned substance.

All student-athlete information and records associated with the Christopher Newport University drug testing program will be confidential and will be released only to those individuals with a legitimate need to know, as noted in the student-athlete's consent letter.

Sanctions

Refusal to sign a consent form prohibits a student-athlete from participating in any intercollegiate sport at Christopher Newport University. Any student-athlete who tests positive for a banned substance or who refuses to submit to a required drug test as described in this policy shall be subject to the following sanctions:

First Offense

The Director of Athletics will schedule a confidential meeting with the student-athlete to review the positive drug test results. The student-athlete will be immediately suspended from all activities with his/her team through the next semester. This means the student-athlete cannot participate in any team activities (meetings, practices, contests, etc.) through the next semester. The Director of Athletics will notify the student-athlete's parent(s) or legal guardian(s) by telephone and in writing. The student-athlete will be required to attend drug counseling assessment session(s) as determined by the Director of Athletics. The counselor will ask the student-athlete to discuss the nature and extent of his/her involvement with prohibited drugs. The counselor shall determine the appropriate form(s) of intervention and rehabilitation needed by the student-athlete, based on the circumstances of the case. Failing to comply with the counselor's directions for treatment will be classified as a second offense. The student-athlete will be subject to follow-up testing. Testing will be unannounced and will be required at a frequency determined by the Director of Athletics or his designee.

Second Offense

The Director of Athletics will schedule a confidential meeting with the student-athlete to review the positive drug test results. The student-athlete will be immediately dismissed from participation in any intercollegiate sport at Christopher Newport University. The Director of Athletics will notify the student-athlete's parent(s) or legal guardian(s) by telephone and in writing.

Missing A Counseling Session

It is the responsibility of the student-athlete who makes an appointment with a counselor to keep that appointment. If the student-athlete is not able to keep the appointment, he or she is expected to cancel the appointment by telephone, preferably 24 hours in advance but at least by 8:30 a.m. on the day of the appointment. Prior to the appointment, the student-athlete will read and sign an informed consent for evaluation and treatment, which includes an agreement to follow the appointment policies.

Failure to keep or cancel an appointment as stated above may result in further sanctions.

General Policy

General guidelines have been stated in previously written sections. The Department of Athletics reserves the right to invoke other sanctions based on the severity of an offense. Ultimately, any return to a team will be decided by the head coach, if all requirements are met, in conjunction with the Director of Athletics. Fulfilling the previously mentioned obligations does not guarantee return to a team but does guarantee the opportunity for consideration of a return.

NCAA BANNED DRUGS LIST

NCAA Banned-Drug Classes 2007-08

The NCAA list of banned-drug classes is subject to change by the NCAA Executive Committee. Contact NCAA education services or www.ncaa.org/health-safety for the current list. The term "related compounds" comprises substances that are included in the class by their pharmacological action and/or chemical structure. **No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.**

Many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA drug test. The use of supplements is at the student-athlete's own risk. Student-athletes should contact their institution's team physician or athletic trainer for further information.

Banned Drugs

The following is a list of banned-drug classes, with examples of substances under each class:

- (a) Stimulants:**
- | | |
|---------------------------------|---|
| amiphenazole | methylenedioxymethamphetamine (MDMA, ecstasy) |
| amphetamine | methylphenidate |
| bemigrade | nikethamide |
| benzphetamine | octopamine |
| bromantan | pemoline |
| caffeine ¹ (guarana) | pentetrazol |
| chlorphentermine | phendimetrazine |
| cocaine | phenmetrazine |
| cropropamide | phentermine |
| crothetamide | phenylpropanolamine (ppa) |
| diethylpropion | picrotoxin |
| dimethylamphetamine | pipradol |
| doxapram | prolintane |
| ephedrine (ephedra, ma huang) | strychnine |
| ethamivan | synephrine (citrus aurantium, zhi shi, bitter orange) |
| ethylamphetamine | and related compounds. |
| fencamfamine | The following stimulants are not banned: |
| meclofenoxate | phenylephrine |
| methamphetamine | pseudoephedrine |

(b) Anabolic Agents:

anabolic steroids

- | | |
|--------------------------------|-------------------------------------|
| androstenediol | methyltestosterone |
| androstenedione | nandrolone |
| boldenone | norandrostenediol |
| clostebol | norandrostenedione |
| dehydrochlormethyltestosterone | norethandrolone |
| dehydroepiandrosterone (DHEA) | oxandrolone |
| dihydrotestosterone (DHT) | oxymesterone |
| dromostanolone | oxymetholone |
| epitrenbolone | stanozolol |
| fluoxymesterone | testosterone ² |
| gestrinone | tetrahydrogestrinone (THG) |
| mesterolone | trenbolone |
| methandienone | and related compounds |
| | <u>other anabolic agents</u> |
| | clenbuterol |

(c) Substances Banned for Specific Sports:

- Rifle:
- | | |
|------------|------------------------------|
| alcohol | pindolol |
| atenolol | propranolol |
| metoprolol | timolol |
| nadolol | and related compounds |

(d) Diuretics and other Urine Manipulators:

- | | |
|---------------------|------------------------------|
| acetazolamide | hydrochlorothiazide |
| bendroflumethiazide | hydroflumethiazide |
| benzhiazine | methyclothiazide |
| bumetanide | metolazone |
| chlorothiazide | polythiazide |
| chlorthalidone | probenecid |
| ethacrynic acid | spironolactone (canrenone) |
| finasteride | probenecid |
| flumethiazide | triamterene |
| furosemide | trichlormethiazide |
| | and related compounds |

(e) Street Drugs:

- | | |
|------------------------|---|
| heroin | tetrahydrocannabinol (THC) ³ |
| marijuana ³ | |

(f) Peptide Hormones and Analogues:

- corticotrophin (ACTH)
 growth hormone (hGH, somatotrophin)
 human chorionic gonadotrophin (hCG)
 insulin like growth factor (IGF-1)
 luteinizing hormone (LH)
(all the respective releasing factors of the above-mentioned substances also are banned.)
 erythropoietin (EPO) sermorelin
 darbepoetin

(g) Anti-Estrogens

- anastrozole
 clomiphene
 tamoxifen
and related compounds

(h) Definitions of positive depends on the following:

- ¹for caffeine—if the concentration in urine exceeds 15 micrograms/ml.
²for testosterone – an adverse analytical finding (positive result) based on any reliable analytical method (e.g., IRMS, GCMS, CIR) which shows that the testosterone is of exogenous origin, or if the ratio of the total concentration of testosterone to that of epitestosterone in the urine is greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition.
³for marijuana and THC—if the concentration in the urine of THC metabolite exceeds 15 nanograms/ml.

**Christopher Newport University
Department of Athletics
Drug Education & Testing Program
Student-Athlete Consent Form**

I, _____, hereby acknowledge that I have received a copy of, read and been given the opportunity to ask questions regarding the Drug Education & Testing Program implemented for the Department of Intercollegiate Athletics at Christopher Newport University. I understand the policies, procedures and my responsibilities as described in such policy.

As a condition to my participation in intercollegiate athletics at Christopher Newport University, I consent to participate in the Drug Education & Testing Program. I understand that my participation in this program includes the observed collection and testing of my urine at various times during the academic year for drugs, alcohol, and/or other banned substances.

I further consent to the release of the results of any drug test to the Director of Athletics or his designee, my Head Coach, appropriate counselors and my parent(s) or guardian(s). I acknowledge and understand that a copy of this consent form may be sent to my parent(s) or guardian(s) along with a copy of the Drug Education & Testing Program. To the extent set forth in this document, I waive any privilege I may have in connection with such information.

I fully understand that the Christopher Newport University Drug Education & Testing Program is separate and distinct from the NCAA drug-testing program and its sanctions, however, I also understand that sanctions may be imposed by Christopher Newport University under its Drug Education & Testing Program upon a positive result under the NCAA drug-testing program.

Christopher Newport University, its officers, employees, and agents are hereby released from legal responsibility and/or liability for the release of any information and/or record as authorized by this consent form. I fully and forever release and discharge the aforementioned parties from any claims, demands, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated or unanticipated, resulting from my participation in Christopher Newport University's Drug Education & Testing Program including those claims, demands, rights of action, or causes of action arising out of any positive result under such Drug Education & Testing Program.

Student-Athlete Signature

Date

Printed Name of Student-Athlete

Date of Birth

Social Security Number

Sport(s)

Parent/Guardian Signature (if under 18)

Date

STUDENT ATHLETE GENERAL RELEASE OF INFORMATION

I, _____,
agree to waive my rights under the *Family Rights and Privacy Act of 1974*. I assign to,
_____, The Christopher Newport University Athletic Director,
and, _____, my Christopher Newport University athletic coach, all rights
to receive information maintained by Christopher Newport University to include, financial information,
grades, notices of academic probation or suspension, disciplinary actions, etc., beginning on (date)
_____ and continuing until such time as I rescind this release in writing and
deliver such document to the Office of the Registrar and the Center for Honor Enrichment and Commu-
nity Standards. **I understand that the above named individual(s) will only receive this information
upon a written request for each document, except in the case of university disciplinary actions.**
Disciplinary records will be forwarded to the CNU Athletic Director upon resolution of the allegations.

*Assigning the above named individual rights to this information does not waive my liability of re-
sponsibility to Christopher Newport University.*

Student Signature

Date

Social Security #

CNU ID#

Assigned Individual Signature

Date

Social Security #

Assigned Individual Signature

Date

Social Security #

SPORTS MEDICINE SERVICES/PROCEDURES

ATHLETIC TRAINING POLICY & PROCEDURES

Each athlete must have an annual sport physical examination completed after July 1st of the coming school year. These will be provided by the Athletic Department at a cost of \$20.00. A medical insurance form must also be filled out and signed by the athlete's parents. Athletes cannot practice or compete until these requirements have been met.

Athletic Training:

- A member of the athletic training staff or a physician makes decisions regarding athletic injuries and health of the athletes. These people will determine when the athlete may return to activity and prescribe the level of activity allowed.
- Athletes are to attend practices unless excused for health reasons by the physician and/or athletic trainer.
- When an athlete gets hurt, she/he is to report this injury to the athletic training staff.
- After the injury is evaluated: (1) An injury report is filled out. (2) A treatment plan is designed. (3) An injury folder is made for that athlete.
- Each day an athlete comes in for treatment, she/he goes to a file and looks up what the treatment plan is for the day. Once she/he has completed the treatment, the athlete signs off and a member of the training staff signs off.
- Each injured athlete is responsible to come in for treatment each day as needed. The athletic training staff will not come looking for you.
- When somebody from the athletic training staff is not present and an injury occurs, the coach shall render care and obtain assistance (contact the trainer, physician, ambulance or drive to the ER).

Athletic Training Rules:

- The athletic training room hours will be posted on the outside of the door. Due to the ever-changing practice times, game times etc., the hours change week by week; therefore, hours will be posted weekly. This will be done in the format of the present week and the following week.
- The athletic training room can be used with permission only from the Head Athletic Trainer.
- The operation of therapeutic equipment must be authorized and supervised by a certified athletic trainer.
- Training room services are co-ed. Athletes should dress appropriately.
- No bags (gym bags, travel bags, backpacks etc.) or extra shoes will be allowed in the training room. They must be left outside in the hallway.
- The training room is not a lounge; therefore, do not hang out.
- NCAA and CNU regulations prohibit the use of any tobacco products at anytime.

SPORTS MEDICINE SERVICES/PROCEDURES

INSURANCE COVERAGE/MEDICAL EXPENSES

Student-athletes shall be covered by their primary care provider. However, for any student-athlete requiring medical treatment as a result of injury sustained while practicing, participating in or traveling to an athletic event sponsored by Christopher Newport University, the university's insurance covers any expenses not provided by the student-athlete's primary insurance carrier, once the deductible is met.

DRUG-TESTING CONSENT

Each academic year a student-athlete shall sign a form prescribed by the NCAA in which the student consents to be tested for the use of drugs prohibited by NCAA legislation. Failure to complete and sign the consent form prior to practice and competition shall result in the student-athlete's ineligibility for participation in all intercollegiate athletics.

The NCAA has adopted a list of banned drugs and will authorize methods for drug testing of student-athletes on a year-round basis. This list of banned drugs and the procedure for informing member institutions about authorized methods for drug testing are set forth in the NCAA manual (available on reserve at the Athletic Office). The student-athlete agrees to allow the NCAA to test him/her in relation to any participation by him/her in any NCAA championship or in any post-season football game certified by the NCAA for banned drugs.

The student-athlete is provided an opportunity to review the procedures for NCAA drug testing that is described in the NCAA Drug-Testing Program brochure. He/she must understand that this consent, and the results of the drug tests, if any, will only be disclosed in accordance with the provisions of the Buckley Amendment.

A student-athlete who tests positive shall face a penalty in accordance with the NCAA policy and the policy of the Athletic Department.

UNIVERSITY RESOURCES

CNU provides extensive support to ensure student success. Listed below are resources you may take advantage of as a CNU student:

Academic Advising Center - DSU 3125

Center for Counseling, Coaching and Consulting - The Center for Counseling, Coaching and Consulting provides an opportunity for you to help identify concerns, identify strengths and develop skills to effectively address your various educational and personal goals.

Computer Lab - The Media Center, located in McMurrin 128, Supports the multimedia needs of the university. Personal Computer labs are maintained at a variety of locations on campus including McMurrin Hall, all Residence Halls, Ratcliffe Hall, Smith Library and Gosnold Hall. Please contact the Computer Center at (757) 594-7079 for more information and departments for lab hours.

Canon Language Lab - Study aides are available for students taking foreign language at CNU.

Hours of operation vary each semester. Contact the Canon Language Lab at (757)594-7020 for more information.

Disability and Support Services - Any student admitted to CNU who has a disability may request formal accommodations through the Academic Advising Center, McMurrin Hall 101. If you would like to discuss your disability or concerns, please schedule an appointment with the Coordinator of Disability Services by calling (757) 594-8763.

Health & Wellness Service - All students have regular access to the health care services at the University Health and Wellness Center located in the James River hall - First Floor (757) 594-7661. Office hours: 8:30-5:00 Monday through Friday. Clinic hours: 9:00-4:15 Monday through Friday (by appointment only). The University Health & Wellness Center has a registered nurse who will assist you in choosing a physician and to offer health advice. Other services that are offered:

- * Immunization and flu shots
- * Access to a 24-hour toll-free health information service
- * Discounted Memberships to Riverside Wellness and Fitness Center
- * Personal health risk assessment

Library - Hours for the Captain John Smith Library are Monday through Thursday from 8:00 a.m.-midnight, Friday 8:00 a.m.- 8:00 p.m., Saturday from 9:00 a.m.-8:00 p.m., and Sunday from 1:00 p.m.-midnight. Contact the library at (757) 594-7132 for more information.

Placement Tests - See page 10 of the 2007-08 Undergraduate Catalogue.

Tutoring - Tutoring is available in most academic departments on campus. Contact the department for more information.

Writing Center - The Alice F. Randall Writing Center, located in Ratcliffe Hall Room 110, provides free writing assistance to all CNU students. Highly trained undergraduate writing tutors are available to help you with writing assignments for any course at CNU. Hours of operation vary. Contact the Writing Center at (757) 594-7684 for more information.

DEGREE REQUIREMENTS

See page 46 of the 2007-08 Undergraduate Catalogue.

SUPERIOR AND AVERAGE STUDENT PROFILES

Most students enter college with high, but sometimes unrealistic expectations. If you view each writing assignment and class meeting as an opportunity to learn and demonstrate your commitment, you will improve your chances of fulfilling your high expectations. Remember, your professor will also have high standards, likely higher than you have met before, and your grade on each assignment will give you a marker for your progress or your need to make changes to improve. While effort is important, your performance determines the grade. Because your professor is keenly interested in your progress, she/he will give your fair-but-demanding assessments of your writing. For your information, the following profiles will give you some idea of behaviors and qualities that characterize superior and average students.

The Superior Student

- Attends class faithfully
- Prepares carefully for each class
- Reads critically, inferentially and analytically
- Makes extra effort; goes beyond the “required”
- Participates in every class
- Asks thoughtful questions
- Makes insightful and constructive comments
- Respects learning and learners
- Values association with professors
- Is determined, disciplined and organized
- Puts college work first; sets good priorities
- Accepts responsibility for actions
- Hands work in on time; plans ahead
- Demonstrates mastery of written English
- Takes initiative
- Makes high grades consistently
- Seeks help regularly
- Views criticism as valuable
- Can apply, critique and synthesize ideas
- Develops writing topics that show originality and thoughtfulness
- Shows enthusiasm and energy in class
- Cares about performance and improvement
- Has plans and ambition

The Average Student

- Attends class periodically
- Prepares sometimes or not at all
- Reads indifferently and without commitment
- Is interested in just what is required
- Seldom participates in class
- Asks schedule questions almost exclusively
- Sees little need to participate; may “slouch” or “sleep”
- Is “bored” easily, discouraged
- Shows little respect for learning and learners
- Sees professor as tedious or an obstacle
- Lets personal moods or problems interfere with learning
- Tends to blame others for shortcomings; makes excuses
- Hands work in late, without careful attention to details
- May have some ability but lacks ideas and discipline
- Has margin skills in written English
- Makes mostly average grades
- Seldom takes initiative; lacks organization
- Resists criticism
- Has difficulty with applying and analyzing ideas
- Chooses vaguer and familiar writing topics
- Has little enthusiasm or energy in class
- Only occasionally cares about quality of work
- Is uncertain about plans; lacks ambition

