



Athletic Department Manual

**Part I: Intercollegiate Athlete Handbook
2011-2012**



Intercollegiate Athlete Handbook

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Covenant College Mission Statement

The mission of Covenant College is to explore and express the preeminence of Jesus Christ in all things. We educate Christians to engage culture and cultures, to examine and unfold creation, and to pursue biblical justice and mercy in community. With the student-faculty relationship and strong teaching and scholarship at the foundation, our Christ-centered community seeks to help students mature in three primary areas:

- Identity in Christ
- Biblical frame of reference
- Service that is Christ-like

We offer the world biblically grounded men and women equipped to live out extraordinary callings in ordinary places.

Our Core Beliefs

- Confession: We affirm our Reformed historic roots.
- Calling: We value our specific calling for teaching, mentoring, and learning, and for joyfully celebrating and stewarding the gifts and callings of our students.
- Creation & Culture: We affirm the value of God's creation and its development in and through human cultural forms.
- Church: We embrace the communities of faith in which we do our work and will serve the church through our academic mission.
- Community: We value God's covenant faithfulness to us and his calling on us to be faithful to him and to one another in a primarily residential community.

Covenant College Philosophy of Athletics

Covenant College values the positive contributions that athletics make to the mission and educational purpose of the institution. The College endorses the study of athletics in its academic curriculum and promotes co-curricular opportunities for athletic competition among its students to forward their progress toward achieving a maturing identity in Christ, acquiring a biblical frame of reference for all aspects of creation and human endeavors, and encouraging Christ-like service to edify its principal constituencies and the wider culture.

Within the curriculum, Covenant College supports a Physical Education Department to study the subject of athletics as an academic discipline. Sports and athletic competition are featured prominently in the Department's course offerings as its faculty members examine the role of sports in the broader culture, teach the theory and practice of holistic wellness, explore the social and ethical aspects of athletic competition, provide foundational instruction for students pursuing callings in coaching or sport ministry, and promote the benefits of lifelong participation in individual and group recreational sports from a Reformed perspective.

The College also provides its students with opportunities to participate in athletic competition on campus through three co-curricular programs: intercollegiate sports, club sports, and

intramurals. Each of these programs has its own objectives, yet shares a common goal to contribute positively to the overall educational purpose of the institution. Although subordinate to the priorities of academics, competitive athletic experiences funded by the College do complement and reinforce the academic enterprise when properly designed, administered, and assessed. Contrary to widely held cultural assumptions, Covenant does not believe that competitive athletics automatically produces positive character development among its participants. Athletics is part of fallen creation, and like all expressive human activities, can influence participants either positively or negatively. The College expects players, coaches, administrators, and spectators to critically evaluate athletics using a biblical frame of reference in order to reclaim it for the service of Christ and the edification of others. As a school subscribing to the Westminster Confession of Faith, Covenant views competitive athletics as a practical means of:

- glorifying God
- enjoying His physical gifts with gratitude
- increasing opportunities for service to others, and
- participating in God's global gospel mission

such that "being united to one another in love, they have communion in each other's gifts and graces, and are obliged to the performance of such duties, public and private, as do conduce to their mutual good, both in the inward and outward man" (Chap. XXVI, 1).

Intercollegiate sports offer students the highest level of athletic competition at the College. Under the direction of qualified coaches and administrators, this co-curricular program emphasizes that participants are students first, but recognizes the enormous potential for developing leadership skills, cultivating ethical and responsible action, and encouraging the pursuit of excellence to honor the gospel of Jesus Christ. Coaches are valued members in the academic fellowship of the College, fulfilling roles as educators and mentors. They are expected to understand the mission and values of the College, to articulate its priorities to recruits, and to promote the pursuit of godly academic achievement to all students who participate in intercollegiate athletics. As a highly visible ambassador representing the College and the Presbyterian Church in America to external audiences, the intercollegiate athletics program plays a significant role in advancing the reputation of the Covenant community.

Club and intramural sports provide students with competitive athletic experiences in a less structured environment than that required for intercollegiate sports. Volunteer coaches or advisors may furnish club teams with instruction and guidance, but the value of this program resides in the initiative and commitment of students who function not only as players, but as managers and even administrators for individual teams. Intramural sports are provided by the College to facilitate student, faculty, and staff opportunities to participate together in athletic competition. As co-curricular activities, intramural and club sports support the educational philosophy of the school and contain objectives consistent with those articulated in the academic program.

Regardless of the level of athletic competition, Covenant College promotes particular principles to guide participants (players, coaches, administrators, and spectators) in their quest to express faithfully the preeminence of Christ in all things. Athletic events are viewed as opportunities to engage in a joyful celebration of God's physical gifts that incorporate:

- a biblically-based understanding of their significance among larger priorities
- the importance of disciplined, conscientious preparation
- the value of intense effort, and
- a genuine appreciation for all participants as image-bearers of God.

The College believes that in striving for excellence to the glory of God, teams and individuals have an obligation to compete to win honorably, while understanding that success in athletics is not measured solely by the outcome of the contest. Covenant expects all of its athletic participants to experience winning and losing with appropriate demonstrations of humility and grace. Verbal or physical abuse of opponents or officials is never tolerated. Good sportsmanship and ethical behavior is expected to be displayed by all involved whatever the circumstances. The field or the arena are not venues for self-aggrandizing actions, but occasions to exhibit counter-cultural Christian virtues of self-control, kindness, gentleness, patience, joy, faithfulness, and love. Using this biblical frame of reference, athletic contests function as a tool to speak the truth of the gospel to a watching world.

Therefore, athletics at Covenant College operate legitimately and advantageously within the mission of the institution as a field of study and as co-curricular activities allowing members of this Christian academic community to practice their extraordinary callings in ordinary places.

NCAA Division III Philosophy Statement

Colleges and universities in Division III place highest priority on the overall quality of the educational experience and on the successful completion of all students' academic programs. They seek to establish and maintain an environment in which an intercollegiate athlete's athletic activities are conducted as an integral part of the intercollegiate athlete's educational experience, and in which coaches play a significant role as educators. They also seek to establish and maintain an environment that values cultural diversity and gender equity among their intercollegiate athletes and athletics staff. *(Revised: 1/10/95, 1/9/06 effective 8/1/06)*

To achieve this end, Division III institutions:

- a. Place special importance on the impact of athletics on the participants rather than on the spectators and place greater emphasis on the internal constituency (e.g., students, alumni, institutional personnel) than on the general public and its entertainment needs;
- b. Shall not award financial aid to any student on the basis of athletics leadership, ability, participation or performance; *(Revised: 7/24/07)*
- c. Encourage the development of sportsmanship and positive societal attitudes in all constituents, including intercollegiate athletes, coaches, administrative personnel and spectators;
- d. Encourage participation by maximizing the number and variety of athletics opportunities for their students;
- e. Assure that the actions of coaches and administrators exhibit fairness, openness and honesty in their relationships with intercollegiate athletes;
- f. Assure that athletics participants are not treated differently from other members of the student body;
- g. Assure that athletics programs support the institution's educational mission by financing, staffing and controlling the programs through the same general procedures as other departments of the institution. Further, the administration of an institution's athletics program (e.g., hiring, compensation, professional development, certification of

- coaches) should be integrated into the campus culture and educational mission;
(Revised: 1/9/06 effective 8/1/06)
- h. Assure that athletics recruitment complies with established institutional policies and procedures applicable to the admission process; *(Adopted: 1/12/04 effective 8/1/04)*
 - i. Assure that academic performance of intercollegiate athletes is, at a minimum, consistent with that of the general student body; *(Adopted: 1/9/06 effective 8/1/06)*
 - j. Assure that admission policies for intercollegiate athletes comply with policies and procedures applicable to the general student body; *(Adopted: 1/9/06 effective 8/1/06)*
 - k. Provide equitable athletics opportunities for males and females and give equal emphasis to men's and women's sports;
 - l. Support ethnic and gender diversity for all constituents; *(Adopted: 1/12/99)*
 - m. Give primary emphasis to regional in-season competition and conference championships;
 - n. Support intercollegiate athletes in their efforts to reach high levels of athletics performance, which may include opportunities for participation in national championships, by providing all teams with adequate facilities, competent coaching and appropriate competitive opportunities.

The purpose of the NCAA is to assist its members in developing the basis for consistent, equitable competition while minimizing infringement on the freedom of individual institutions to determine their own special objectives and programs. The above statement articulates principles that represent a commitment to Division III membership and shall serve as a guide for the preparation of legislation by the division and for planning and implementation of programs by institutions and conferences.

Great South Athletic Conference

The purpose of the Great South Athletic Conference is to provide an association through which the membership may encourage organized competition in intercollegiate sports. In particular, we recognize athletics as integral to the campus life program of our students and as essential to the total development of our intercollegiate athletes. We direct significant institutional resources to our athletic programs to assure that intercollegiate athletes have appropriate coaching, facilities, equipment and opportunities for travel to compete against other conference schools.

COVENANT COLLEGE SAAC CONSTITUTION

Mission Statement

Covenant College Student-Athlete Advisory Committee (SAAC) strives to make a difference in the lives of others through motivation, inspiration and a commitment to Christ. The SAAC successfully achieves this by promoting opportunity, protecting intercollegiate athlete welfare, providing a forum for communication between the intercollegiate athletes and the college community, as well as fostering a positive intercollegiate athlete image.

Membership

Composition of Committee

Any intercollegiate athlete who is on a current team roster and academically eligible for competition is eligible for membership as a representative. Each varsity sport may have two representatives who are either elected by team vote or appointed by the Head Coach.

Duties and Responsibilities

- Attend all called meetings.
- Report events of each meeting to teammates and bring back input from team to the committee.
- Serve on at least one sub-committee.
- Attend all SAAC sponsored events

Standing Sub-Committees

- ***Athletic Committee:*** This committee will consult with student senate on the selection of 3 students from the student body (representing athletics, club sports and intramural sports). These persons will represent the SAAC committee as a whole, not individually. This is an advisory committee of the Director of Athletics.
- ***New Sports & Facilities:*** The focus of this group is to address issues pertaining to all aspects of athletic facilities and the development of new sports.
- ***Academics:*** This group will look at issues involved with the relationship between athletics and academics; and to work on making a cohesive relationship between intercollegiate athletes and faculty members.
- ***NCAA/GSAC:*** The focus of this group will be addressing issues pertaining to the NCAA and or GSAC legislation. Members will represent Covenant College on the respective conference committees. This group will also work with any compliance issues.
- ***Campus Promotion:*** This committee will work on increasing awareness of the athletic department on campus and work to improve attendance at home events. Planning of special events will be a part of this committee. This group will work closely with Covenant Activities Board and Student Senate.
- ***Community Outreach:*** The focus of this group will be to increase community awareness through various activities and service projects.

SAAC Advisor

The advisor of the SAAC will be the Director of Athletics or an alternative designated person. Others serving as committee advisors include, but are not limited to, the following persons: FAR, Associate Director of Athletics, Assistant Director of Athletics and head coaches.

Student-Athlete Advisory Committee

The following students make up this year's Student-Athlete Advisory Committee. They serve as your voice to the College athletic department and the administration. Please let them know if you have any questions or concerns about the athletic department.

Baseball:	Tyler Smith David Lockwood
Basketball – Men's:	Paul Werkema Damien Chaney
Basketball – Women's:	Kiaira Cooper Mo Cross
Cross Country:	Aften Whitmore
Golf – Men's:	Alex Mosteller
Golf – Women's:	Jordan Agate
Soccer – Men's:	Garrison Dale John Eger
Soccer – Women's:	Mae Mae Johnson Dana Streufert
Softball:	Lauren Johns Beth Harris
Tennis:	Stephanie Sizemore
Volleyball:	Paige Cheney Jessie Jakes

SPORTSMANSHIP AND ETHICAL CONDUCT

Covenant College's Philosophy of Athletics recognizes that athletic pursuits have "enormous potential for developing leadership skills, cultivating ethical and responsible action, and encouraging the pursuit of excellence to honor the gospel of Jesus Christ." At the same time it also recognizes that athletic participation does not automatically foster these admirable character traits. The fruitfulness of athletics for character formation will be determined by how students act on the field, on the court, or on the bench. To this end, Covenant College expects and extols all its student, to extend themselves in athletics with ethical integrity, respect for teammates and opponents alike, and gratitude towards God. Thus we embrace the following list of core values as guiding our athletic pursuits at Covenant College:

Teamwork: We work collaboratively and work hard in a cooperative spirit, learning to depend on one another.

Respect: We show respect for ourselves and others, first as people and then as intercollegiate athletes.

Balance: We commit ourselves to academic pursuits and community involvement alongside our athletic endeavors.

Accountability: We hold ourselves and each other accountable for our words and our actions.

Integrity: We have a high regard for truth, fair play, and competition without ethical compromise.

Humility: We are grateful for our opportunities and mindful that our participation in athletics is a privilege and not an entitlement.

Sportsmanship: We are gracious competitors, conducting ourselves with dignity equally in victory and defeat.

Standards of Conduct for Covenant

Covenant College affirms the NCAA guideline that students, "shall act with honesty and sportsmanship at all times so that intercollegiate athletics as a whole, their institutions and they, as individuals, shall represent the honor and dignity of fair play and the generally recognized high standards associated with wholesome competitive sports." (NCAA DIII Manual 10.01.1) The core values stated above should be guiding principles for students whether competing at home or travelling on the road, in their actions, in their dress and demeanor, in the training room or in competition. At all times students should be guided by the knowledge that their integrity gives honor to the College and to the Lord Jesus. Basic guidelines for ethical conduct expected at Covenant College can be found in the [Student Handbook](#).

Gender Equity

Covenant College seeks to provide an environment of fair and equitable distribution of overall athletics opportunities for male and female students, where facilities and resources are equally available and in which students, coaches, and athletic administrators are not subject to gender-based discrimination. In this context it is inappropriate for students to seek or expect privileges or any form of superior status or treatment based on gender.

Sexual Harassment

In keeping with our belief that each individual, whether male or female, is an image bearer of God, and is therefore worthy of honor and respect, Covenant College will not tolerate any form of sexual harassment, discrimination, coercion, or abuse. Students should be careful to protect the honor of their own sexuality and that of others, and avoid practices that degrade or manipulate others on the basis of their gender. Definitions of what constitutes sexual harassment and the College's policies in dealing with it can be found in the [Student Handbook](#).

Hazing

Hazing, the demeaning and shaming of an individual as a means of initiation, is a practice that violates our core principles of respect and teamwork. It is not tolerated by the College and is an offense under Georgia state law. Hazing is defined as "any activity or action which subtly, flagrantly, recklessly, or deliberately demeans, embarrasses, threatens, invites ridicule or draws inappropriate or negative attention to a member, affiliate, and/or group, and/or attitude which implies one member/affiliate is superior to another or that membership in the group must be earned through personal services or meaningless activities. Furthermore, this definition includes any actions which result in the impairment of academic performance or cause failure to properly fulfill obligations to College sponsored groups or organizations." The College's policies in dealing with hazing can be found in the [Student Handbook](#).

Drugs and Alcohol

In accordance with the policies of Covenant College, as stipulated in the [Student Handbook](#), the possession or use of controlled substances (illegal drugs, alcohol, and tobacco) is forbidden for all students. Students are reminded that they are still "under contract" when they travel to participate in intercollegiate competition. A list of drugs banned by the NCAA can be found in Appendix A: NCAA Banned Substances.

MULTI SPORT INTERCOLLEGIATE ATHLETE

The choice to participate in two sports carries with it added responsibilities, expectations and commitments. The ability of the intercollegiate athlete to progress academically and work toward their degree while involved in two sports is of first and foremost importance. Secondly, the intercollegiate athlete must be aware of satisfying not only the academic expectations of both programs, but other responsibilities as required by the respective coaches of those programs as well. Listed below are several guidelines that will help the intercollegiate athlete, as well as the coaches involved with multi sport intercollegiate athletes:

1. Strong and honest communication is needed between the intercollegiate athlete and both head coaches at all times.
2. The intercollegiate athletes should inform both head coaches of their intent or interest to participate in two sports as soon as possible, usually in the recruiting process.
3. The intercollegiate athletes should seek permission from the coach that recruited them before talking with another coach about participating in another sport. Likewise, if an intercollegiate athlete approaches a coach that did not recruit them in that sport, that coach should ask the intercollegiate athlete if they have talked with their coach that recruited them.
4. The intercollegiate athletes will have academic responsibilities with both sports to meet the requirements of that particular coach/sport. If the intercollegiate athlete does not fulfill any part of the academic requirements set forth by each head coach, then appropriate sanctions will follow in accordance to each coach's academic policies. (Only one study hall is required.)
5. A VARSITY sport (in traditional season) has priority over a JV sport that an intercollegiate athlete may be participating in. Example: Volleyball and softball varsity season over a JV basketball player, except for game days for JV basketball.
6. Sport in the traditional season has priority over that intercollegiate athlete until that season is over unless the athlete can "fit" in his or her schedule to work with his or her other team/sport, assuming the primary coach agrees/allows the athlete to do so.
7. Dual sports are workable for intercollegiate athletes as long as strong communication takes place between the intercollegiate athlete and the two head coaches. Covenant College wants all of its intercollegiate athletes to be successful and reach their full potential both in the classroom and in their athletic endeavors.
8. Ultimately, it is the intercollegiate athlete and his or her family that will make the choice to participate in two sports at Covenant College. Coaches must have a cooperative attitude toward an athlete who desires and wishes to play two sports, with no penalty or other negative consequence for dual participation. Ongoing communication among all parties is the key to success!

ELIGIBILITY

Covenant College Academic Standards

1. **Good Academic Standing:** Reference Student Development Handbook
Students must be in good academic standing to be eligible to compete in intercollegiate athletics. Students on academic probation are ineligible for participation in intercollegiate athletics. The following guidelines will be used to determine eligibility:

Overall Hours Attempted	Institutional GPA
1.00-11.99 hours	1.80
12.00-25.99 hours	1.90
26.00 + hours	2.00

2. **Class & Chapel Attendance:** A student involved in intercollegiate athletics may miss the equivalent of one week of class for each course throughout the semester. All missed class periods are considered equal, therefore class absences for athletic participation are not in addition to the specific course attendance policy. All intercollegiate athletes are expected to attend all class periods when not traveling for competition. It is the responsibility of the intercollegiate athlete to inform instructors of any absence in advance and make arrangements for any missed assignments or tests.

Chapel absences follow these same guidelines. Intercollegiate athletes are expected to meet all chapel attendance requirements. Athletic competition does not serve as an excuse for not fulfilling chapel requirements in a given semester. Students who participate in intercollegiate athletics are held to the same standard as all other students.

3. **Plagiarism:** Plagiarism occurs when a paper or assignment uses unoriginal content without acknowledging the author or source of origin. Plagiarism is dealt with on a case-by-case basis and can result in a zero mark or possible failure of the course. See the [Student Handbook](#) for an expanded plagiarism policy.
4. **Grade Appeals:** Students will be notified if placed on academic probation. The notification will outline the process to appeal suspension and be accompanied by an Academic Suspension Appeal Form. The appeal form must be emailed or faxed to the Office of Records before the deadline noted on the form. The appeal will be considered based on the evaluation of the student's current and future capacity to perform up to the level of the academic standards required to make progress in the completion of a degree program. Students will be notified by phone or email, and in writing, of the action of the appeal committee. See the [Student Handbook](#) for further details.

NCAA Compliance and Eligibility

1. **NCAA Paperwork:** In order to be eligible to participate intercollegiate athletic practice or competition all NCAA paperwork must be completed and on file in the Compliance Office. Compliance meetings will be held prior to the first day of practice for fall sports; winter and spring sports will be completed when intercollegiate athletes arrive on campus for the start of the fall semester.

NCAA Compliance Paperwork Checklist:

- Student Athlete Consent Form
 - Agreement to Report All Injury & Illness
 - NCAA HIPAA Form
 - NCAA 10-3c: Student-Athlete Statement
 - NCAA 10-3f: Drug-Testing Consent
 - Historical Questionnaire
2. **Gambling:** In addition to Covenant College's student handbook, the NCAA has a clear, direct policy regarding sports gambling. The NCAA prohibits the participation in any form of legal or illegal sports gambling because of its potential to undermine the integrity of sports contests and jeopardize the welfare of the intercollegiate athlete and the intercollegiate athletics community. NCAA investigations have revealed that there is a very high incidence of gambling among college students. Student bookies are present at every institution. There is certainly no dispute that the impact of sports gambling is being felt on college campuses across the country. For this reason, the NCAA membership has adopted specific legislation prohibiting athletic department staff members, conference office staff and intercollegiate athletes from engaging in sports gambling activities as they relate to intercollegiate or professional sporting events.

As an intercollegiate athlete, you must follow the rules of the NCAA. One of the rules, NCAA Bylaw 10.3, specifically prohibits sports gambling. In clear, simple language the rules state:

- You may not place any bet of any sort on any college or professional sporting event.
- You may not give information to anyone who does place bets on college or professional sports.

THIS MEANS:

- **NO** wagers for any item (cash, shirt, dinner, etc.) on ANY professional or college sporting event, even those that do not involve your college.
- **NO** sports pools, even those run by your friends in the dorm.
- **NO** Internet gambling on sporting events.
- **NO** fantasy leagues that award a prize and require a fee to participate.
- **NO** sports wagering using 800 numbers.

- **NO** exchange of information about your team with ANYONE who gambles.

The consequences of gambling are clearly stated in the NCAA rules and regulations. Any athlete who is discovered to have made a bet of any kind on any collegiate or professional sport, or to have given information to someone who does gamble you are 1. Declared ineligible to compete in intercollegiate athletics, and off of the team. For additional information visit: www.ncaa.org.

3. **Amateurism:** NCAA Bylaw 14.01.3.1 states that an athlete shall not be eligible for participation in an intercollegiate sport if the individual takes or has taken pay, or has accepted the promise of pay in any form, for participation in that sport; signs a contract or commitment of any kind to play professional athletics; competes on a professional team after full-time enrollment.
4. **DIII Self-Release:** NCAA Bylaw 13.1.1.2.1: Using a form made available by the NCAA national office, an athlete who attends a Division III institution may issue, on his or her own behalf, permission for another Division III institution to contact the athlete about a potential transfer. The athlete shall forward this form to the Director of Athletics at the institution of interest. Contact between the athlete and institution may occur during the 30-day period beginning with the date the permission to contact form is signed by the athlete. An additional form must be issued for contact to occur or continue beyond the initial 30-day period. [DIII Self-Release Link](#)
5. [Summary of NCAA Regulations: NCAA Division III](#)

MEDICAL HARDSHIP WAIVER

An athlete may be granted an additional year of participation in intercollegiate athletics by the conference or the Committee on Student-Athlete Reinstatement for reasons of “hardship.” Hardship is defined as an incapacity resulting from a season-ending injury or illness under certain circumstances as defined by the NCAA. An athlete who wishes to pursue a hardship waiver to extend his or her playing career must collect and file the following information in the Compliance Office:

- 1) A written statement from the athlete describing circumstances surrounding the event
- 2) Medical documentation that demonstrates the injury or illness was “incapacitating” in nature and prevented the athlete from competing during a specific season
- 3) A letter from the treating physician describing the nature of the injury or illness and whether or not it was incapacitating
- 4) Any other documentation that is relevant to the discussion of the waiver

INSTITUTIONAL STUDENT SERVICES

Academic counsel/tutoring

Academic Support Services are available for all Covenant College students to ensure a positive transition for students into a highly rigorous academic environment. These resources exist to enhance students' understanding of their callings while enrolled at Covenant College.

The specific objectives are to teach students skills for note taking, reading and testing; complement faculty efforts to help students achieve their potential; enhance the academic abilities of the student body, provide convenient access to academic resources, and help students learn to manage their time.

The following resources are available to Covenant students during the academic year:

The Writing Center - located in Kresge Memorial Library

The Writing Center provides a place where students and tutors can talk about writing. Our goal is to help students take control of their own writing, develop confidence, and write effectively. To that end, we look at writing at any stage of the process - from brainstorming and drafting to final editing. A lot of people come into the Writing Center thinking we'll talk about commas, but we also talk about responding to the assignment, argument, organization, paragraphing, and much more. Come by with any kind of writing: papers, personal statements, or job application letters.

You and the tutor will read over the paper together and then address any questions you have and any problems or issues we see. After the session, the tutor will fill out a form letting the professor know that you came by.

The Language Lab

The Language Lab is available to students in French, German, Arabic and Spanish classes. Language tutors converse in the learned language, study vocabulary and conjugations with students and provide general support.

The Math Center

Professional tutors are available in the afternoons and evenings to help with these math classes: Intermediate Algebra, Precalculus, Math for Educators, Finite Math and Brief Calculus, Concepts in Mathematics, Calculus I, II, College Algebra, Calculus III. For more information call 706-419-1533.

Peer Tutoring - available through most academic departments

There are times when students of varying abilities will have need of assistance in clarifying and understanding a particular concept. As a part of the academic support services we offer at Covenant, peer tutoring is one way that students can receive assistance. We offer tutoring in most disciplines -- from math to history to physics -- and you'll be able to work with student peers who excel in these areas and are eager to help you.

Each academic department coordinates its own peer tutoring schedule, and the Academic Support Center consolidates and distributes the information. Tutoring schedules and contact information are available to current students on the intranet.

For any additional questions or individual support, contact Janet Hulsey, Director of Academic Support, at ext. 1262, or e-mail her at hulsey@covenant.edu.

Personal Counseling

Counseling Services at the Priesthill Center provides professional counseling from a biblical perspective. They are contracted individually through the Chattanooga Bible Institute. Counseling Services is open Monday through Friday for 46 hours per week. Services offered include: personal, premarital, marital and family counseling, small groups on various topics related to emotional, mental, physical and spiritual issues, referrals for psychiatric and mental concerns and psychological testing and evaluations.

Students may call ext. 1275 or go by the office to schedule a free, confidential appointment to see one of the counselors.

Career Services

The Center for Vocational Exploration and Career Services was established to provide comprehensive career services to Covenant College students and alumni. The major aim of the programs and services is to assist students and alumni in exploring their values, interests, and abilities within the context of a biblical framework while expanding their awareness of the world of work; and pursuing meaningful post-college callings (occupations or programs of further study) that most effectively utilize their God-given motivated abilities in service to God.

Career guidance is available to students through individual guidance, career testing, workshops, seminars, on-campus recruiters and various career fairs. These programs focus on self-assessment, career research, bridge building, job search skills and graduate studies assistance. All of the above services are available to students who desire assistance in clarifying and/or confirming their career path and then making progress on that path.

Students desiring an individual meeting for career guidance are encouraged to make an appointment at any point in their college career. The purpose of the individual meeting is to provide a time where their specific questions and concerns may be addressed, goals can be established, and practical "next steps" can be developed for accomplishing those goals.

Disability Accommodations

Covenant College offers students reasonable accommodations for disabilities in accordance with the guidelines of the Americans with Disabilities Act. A student must provide current documentation of the disability from a licensed professional and complete the Disability Accommodation Application. Once an accommodation has been approved, the student must contact the Office of Records at the beginning of each semester for which accommodation is requested. Approved accommodations will be made within a reasonable time period after receiving a written request. Students who are receiving disability accommodations are encouraged to establish a relationship with the Director of Academic Support to receive additional training and assistance in working with disabilities as a college student.

Extended Time for Testing

Students who have a psychological evaluation completed within the last three years that recommends extended time for testing shall be granted that accommodation on a case-by-case

basis at the recommendation of the Dean of Records (this evaluation must be on file in the Records Office). Students who provide verification that their primary language is not English may also be granted that accommodation on a case-by-case basis when the Office of Records determines that extended time for testing is warranted. Typically, extended time will entail 1.5 times the normal test period. The Dean of Records can make recommendation for additional accommodations on a case-by-case basis. If the professor cannot make arrangements to provide the additional proctoring, the Dean of Records should be contacted for assistance.

Library Resources

The Anna Emma Kresge Memorial Library represents the critical center of the academic enterprise at Covenant College. The Library exists to facilitate and promote learning through its physical facilities, dynamic collections, and services performed by professional and skilled support staff. It plays a significant role in fulfilling the mission of the College by providing bibliographic instruction, appropriate resources in a variety of media formats, personalized reference assistance, and information literacy competency training using a biblical frame of reference from within the Reformed tradition. The Kresge Memorial Library seats about 200 on two floors at reading tables, individual carrels, lounge chairs, and group study rooms. While the entire building is configured for wireless access to the campus network, the Library also provides wired network connectivity through public computers appropriately equipped for research purposes. Many of these electronic resources are available through GALILEO, Georgia's "Virtual Library." Through its membership in OCLC, the world's largest provider of bibliographic services, the Library networks with over 18,000 other institutions worldwide to provide interlibrary loan access and document delivery service to over 60 million library items. Please check the Library's website at <http://library.covenant.edu> for more detailed information on policies, collections, and services.

Athletic Study Hall

Study hall is offered for those intercollegiate athletes who are required to attend by their coach and those who wish to have a quiet, controlled environment to study.

Study Hall is offered Monday through Thursday and on Saturdays each week during the semester. There is one monitored study hall session on each of these days. The times are as follows:

- Monday – Thursday, 7:00 PM – 11:30 PM
- Saturday, 8:30 AM – 12:30 PM

STUDENT-HOST RECRUITING REGULATIONS

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

1. You must be enrolled at Covenant College to be a student host. The following expectations apply during the visit:
 - a. No activity that violates criminal law.
 - b. No use of alcohol or drugs.
 - c. No gambling/gaming activities.
 - d. All entertainment will meet college expectations and NCAA rules.
2. Only you shall be provided money with which to entertain only yourself, the prospect, the prospect's parents (legal guardian) or spouse. Other students may assist with hosting the prospect, but shall pay for their own entertainment.
3. A maximum of \$20 per day may be provided to cover the entertainment expenses of both yourself and the prospect. You may be provided an additional \$10 per day for each additional prospect you entertain. No cash may be given to the visiting prospect or anyone else.
4. You may not use entertainment funds to purchase or otherwise provide the prospect with gifts of value (e.g., souvenirs or clothing).
5. You may not use vehicles provided or arranged for by an institutional staff member or booster of the athletics program.
6. You may not transport the prospect or anyone accompanying the prospect more than 30 miles from the campus.
7. You should now allow recruiting conversations to occur, on or off campus, between the prospect and a booster of the athletics program.
8. The prospect should not be permitted to participate in any organized athletic activity involving or related to the sport for which the prospect is being recruited.
9. You may receive a complimentary admission when accompanying the prospect to a campus event.
10. You are responsible for turning in any receipts and/or remaining cash from the funds advanced. This should be completed on the day following the prospect's visit.

Student Host

Date

Recruiting Coach

Date

INTERCOLLEGIATE ATHLETE TRAINING ROOM / SPORTS MEDICINE

Athletic Training staff provides services of injury and illness prevention, evaluation, treatment and rehabilitation in conjunction with the team physicians. The Athletic Training staff must hold current certification by the Board of Certification for Athletic Trainers and be licensed by the state of Georgia. Further information on Athletic Training can be found in the *Athletic Training Policies and Procedures Manual* (see Head Athletic Trainer for details)

Rules of the Athletic Training Facility

1. Report all injuries to an athletic trainer IMMEDIATELY.
2. Athletic Training staff in conjunction with team doctors will determine the playing status of an injured intercollegiate athlete.
3. All Intercollegiate athletes MUST sign in
4. Intercollegiate athletes MUST SHOWER before receiving treatment (unless in an emergency).
5. NO self-treatment! Do not take any supplies without asking.
6. NO shoes allowed in the athletic training room.
7. The athletic training room is not an athlete's lounge.
8. NO horseplay or profanity.
9. Appropriate clothing must be worn at all time (including shirts).
10. It is the intercollegiate athlete's responsibility to allow enough time for treatment and still report to practice on time.
11. All intercollegiate athletes must check with a staff athletic trainer before seeing a physician about an athletic related injury.
12. No one is allowed in the staff athletic trainer's office without permission.

Policies and Procedures

1. General hours are Monday - Friday 2:30-7:00 pm.
2. From approximately 3:30-4:30 pm is practice/game preparation time.
 - a. During this time priority will be given to all intercollegiate athletes who are cleared to play, preparing for a game and/or in-season intercollegiate athletes (unless an injury or condition warrants immediate attention).
 - b. Evaluations for new injuries, especially injuries which may keep an intercollegiate athlete from playing, will not take place during this time unless an athletic trainer is available.
3. Saturday schedule will be dependent on scheduled athletic events.
4. The facility will be closed on Sundays.
5. During holidays, exam week, and school vacations the athletic training room will be open on an as needed basis to cover athletic events.
6. Any other time will be made by appointment at the discretion of athletic training staff.
7. All aspects of scheduling are subject to change without prior notification depending on staffing, school events, and / or uncontrollable environmental circumstances.

Pre-Participation Forms

Pre-participation forms are required for all Covenant College intercollegiate athletes and are completed on a yearly basis.

1. All new intercollegiate athletes must complete an Insurance Form, New Student Health History and a Pre-Participation Physical Examination before the start of participation.
2. Returning Intercollegiate athletes complete an Updated Health History form and a Pre-Participation Physical Examination during the summer. Insurance Forms are completed after January 1st of the calendar year and are due by mid February.
3. Pre-Participation Physical Examination
 - a. Must be performed by a Doctor (MD or DO) or a Physician's Assistant
 - b. Must clear an intercollegiate athlete for full or partial participation.
 - c. **Physicals must be dated after May 1st and returned before August 1st.**
 - d. For spring transfer students physicals must be dated within 6 months of the start of participation.
4. All intercollegiate athletes must sign a Intercollegiate athlete Consent form which informs the intercollegiate athlete of the risk of injury, gives permission to medical care providers to treat injuries, and a HIPPA release of information consent.
5. All intercollegiate athletes must read and sign the Consent to NCAA drug testing form
 - New Athletes Forms
 - Returning Athlete Insurance Forms
 - Returning Physical and Health History Form
 - Student Athlete Consent Form

Medication

1. No prescription medication will be kept in the athletic training room.
2. Intercollegiate athletes are responsible to purchase and maintain any prescription medication as directed by a doctor.
3. If an intercollegiate athlete's prescription medication is listed on the NCAA banned substances list (ADD/ADHD meds, stimulants, steroids etc.) it is the intercollegiate athlete's responsibility to inform the Head Athletic Trainer and proper NCAA documentation must be obtained from the prescribing physician and kept in the intercollegiate athlete's file.
4. Certain over the counter medications are available to intercollegiate athletes in the athletic training room on an as needed basis. Intercollegiate athletes must be at least 18 years old and are responsible for themselves not to abuse, or misuse over the counter medications from the athletic training room.
5. Intercollegiate athletes must sign for all over the counter medication they take from the athletic training room on the *Medication Sign-Out Sheet*.

Nutritional Supplements or Herbal Supplements

1. No nutritional or herbal supplements will be provided to intercollegiate athletes by any athletic training staff members.
2. Many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) **do 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, even if the banned substance is not listed on the label. Ignorance of ingredients will not excuse a student intercollegiate athlete from a positive drug test or the consequences of a positive drug test. **The use of supplements is at the intercollegiate athletes own risk.**
3. Intercollegiate athletes with questions regarding NCAA-banned substances should ask the athletic training staff or contact the Resource Exchange Center (REC) at

www.drugfreesport.com/rec or they can call 1-877-202-0769. Intercollegiate athletes should not look to sales people or dietary supplement manufacturers for information regarding banned substances.

4. Intercollegiate athletes should understand that excessive use of caffeine or caffeinated drinks may cause a positive NCAA drug test.

Insurance Policy:

1. All intercollegiate athletes are required to have primary insurance coverage while participating in athletics at Covenant College. Primary insurance coverage can be obtained in the following ways:
 - a. Covered under a parent/guardian's insurance plan
 - b. Purchase personal or self insurance plan
 - c. Participate in the American College Student Association Student Insurance Program (ACSA insurance). Forms and information may be obtained through the Priesthill Center.
2. Intercollegiate athletes are responsible to cover any fees related to the primary insurance including but not limited to premiums, deductable, co-pays and any other miscellaneous fees.
3. Intercollegiate athletes without primary insurance are ineligible to participate in intercollegiate athletics.
4. Primary insurance must provide benefits for athletic related injuries.
5. Primary insurance coverage must be active during the entire period of athletic participation including pre-season practices, in-season practices and games, post-season practices and games and out-of-season practices and scrimmages.
6. Primary insurance must provide benefits in the Chattanooga, TN or North Georgia area.
7. Every year all intercollegiate athletes must complete an *Insurance Information Form* and provide a front and back copy of their insurance card.

Forms are completed:

 - a. Current intercollegiate athletes between January and mid - February.
 - b. Freshmen and transfer students the summer or semester before enrolment.
 - c. Seniors who's insurance does not change for the new calendar year are not required to fill out new forms for the spring semester, however, they must inform the Head Athletic Trainer that no changes to their insurance has occurred.
 - d. If at any time during the year a student intercollegiate athlete's insurance plan changes they must inform the Head Athletic Trainer as soon as possible and fill out new insurance forms.
 - e. If there is a lap in coverage between the old insurance and the new insurance the intercollegiate athlete is ineligible to participate in intercollegiate athletics during that time.
8. There are four local hospitals; athletes should know which hospital emergency room(s) are covered by their insurance. In an emergency situation the staff may not have time to check the insurance form to determine eligibility. If the intercollegiate athlete does not know which hospitals are covered by insurance the athletic training staff or EMS will determine the best option for the injury. Going to an ER not covered by your insurance will result in higher out-of-pocket fees.

Secondary or Excess Intercollegiate Athletic Injury Insurance

1. Covenant College provides secondary insurance or excess insurance coverage.

2. Insurance claims should be filed with your primary insurance first and then filed with the secondary insurance.
3. If at any time an intercollegiate athlete quits or is officially removed from a team roster they are no longer eligible to receive secondary insurance coverage.
4. Intercollegiate athletes need to obtain secondary insurance claim forms for each injury from the athletic training room or the Priesthill Center. Forms need to be completed and returned to the Priesthill Center in a timely manner.
5. Intercollegiate athletes are responsible to make sure all medical providers are given a copy of the secondary insurance information. Medical providers may include doctors, physical therapy clinics, hospitals, diagnostic centers, laboratories etc.
6. Intercollegiate athletes are responsible to provide EOBs, office visit dates, and itemized bills from each provider and any other insurance related information to Covenant College in a reasonable and timely manner.
 - a. Failure to provide this information in a reasonable and timely manner could result in the denial of coverage by the secondary insurance provider.
 - b. If secondary insurance denies the claim the intercollegiate athlete becomes solely responsible for any expenses related to that specific injury.
7. If the primary insurance denies the claim the secondary insurance may still provide coverage but the intercollegiate athlete is responsible for the \$2,500 deductible along with any other co-pays or miscellaneous fees associated with the secondary insurance.
- 8. Covenant College is not financially responsible for medical bills or expenses. If the primary insurance denies the claim and the secondary insurance denies the claim the intercollegiate athlete becomes solely responsible to pay any medical bills related to that injury.**
9. For specific policy information concerning the secondary insurance plan, see the plan policy obtained by the Priesthill Center.
10. Should it be necessary Covenant College provides a Catastrophic Injury Insurance with a \$25,000 deductible and the NCAA provides Catastrophic Injury Insurance with a \$75,000 deductible. Intercollegiate athletes are responsible to meet each deductible which can be met concurrently. Money paid by the intercollegiate athlete or the primary insurance will count towards the deductible.
11. Covenant College does provide an Accidental Dental Insurance Coverage of \$250 per incident.

Secondary Insurance Coverage:

1. Only Athletic Department related intercollegiate events such as practices, games, or supervised conditioning sessions, where an intercollegiate athlete is currently listed on a team roster and is required to be present and participate by the team coach, will be covered by secondary insurance.
2. All non-intercollegiate athletic department related injuries or illnesses are not covered by secondary insurance. This includes, but is not limited to, intramurals, club sports, injuries in the dorms, illnesses or pre-existing medical conditions not specifically covered by the secondary insurance policy. Injuries occurring over the summer, even during summer workout programs provided by the coaches. Summer camps, sponsored by Covenant College or any other entity.
3. One year after the date of injury secondary insurance will no longer provide coverage for that specific injury.

4. Intercollegiate athletes are responsible to purchase any prescription or non-prescription medication necessary for the treatment of their injuries.
5. Durable medical equipment including but not limited to braces, orthotics, protective equipment etc. are not covered by the secondary insurance policy. Athletes are responsible to purchasing their own durable medical equipment or file claims with their primary insurance plan.
6. Intercollegiate athletes have the right to see their own doctor or seek a second opinion concerning an injury but Covenant College cannot guarantee that the secondary insurance will provide coverage for all doctors or second opinions.
7. For further information about Secondary Insurance coverage and procedures see the *Athletic Training Policies and Procedures Manual*.

Guidelines for Heat Illness

See the Flag Monitoring System for Heat Index from the athletic training room for further details.

1. The Athletic Training staff highly recommends that intercollegiate athletes help to prevent heat illness by:
 - a. Coming to school in good physical condition prepared to fully participate in your sports practices and games.
 - b. Acclimate yourself to the temperature for Lookout Mountain, GA. For those from northern states this may mean that you need to do summer workouts during hotter times of the day to be ready for hotter southern temperatures.
 - c. Stay hydrated, continually drink water or electrolyte replacement drinks during the day.
 - d. Avoid caffeinated drinks, carbonated drinks or drinks high in sugar.
 - e. Have a balanced and nutritious diet while in school and throughout the year.
2. **Heat Cramps:** mildest form of heat injury. Signs and symptoms include: muscle cramps, twitching, spasms
3. **Heat Exhaustion:** Signs and Symptoms include: skin is moist, cool, pale, or flushed, dry tongue / mouth, lack of coordination, headache, impaired mental state, excessive thirst, muscle cramps, twitching or spasm, weakness, nausea, abdominal cramps, dizziness, increased body temperature
4. **Heat Stroke:** Signs and Symptoms include: red, hot and shiny skin, rapid, weak pulse, confusion, disorientation, loss of consciousness, rapid shallow breathing
5. Treatment for heat illness
 - a. Contact the athletic training staff for assistance
 - b. If intercollegiate athlete is conscious, give cold water to drink
 - c. Get the athlete out of the heat and direct sunlight and into a cooler environment
 - d. Loosen tight clothing and discreetly remove excess clothing
 - e. Apply cool, wet towels to the skin, place ice bags on groin and armpits
 - f. Fan the athlete
 - g. ***Call for EMS in the case of heat exhaustion if athlete refuses water, vomits, or starts to lose consciousness.***
 - h. ***HEAT STROKE IS A MEDICAL EMERGENCY, EMS SHOULD BE CALLED IMMEDIATELY***

Nutrition

1. **Stay hydrated** –It is essential that intercollegiate athletes stay adequately hydrated in order to avoid heat illness and cramping. Even being slightly dehydrated can affect your speed, coordination, and decision making abilities, in other words your whole performance.

Athletes should drink liberal amounts of water and sports drinks throughout the day, during and after practice. Do not wait until you are thirsty, by then you are already starting to be dehydrated. One tip, carry your sports bottle with you at all times and continue to refill it throughout the day.

2. **Consume adequate calories and carbohydrates** – Food is our fuel. Complex carbohydrates including whole grain breads, cereals, pastas, fruits and vegetables should make up at least 50% of what you eat. A diet deficient in carbohydrates and calories can increase the risk of fatigue, injuries and a drastic decrease in performance.
3. **Eat adequate amounts of protein** – Protein is essential for rebuilding and repair of our body's tissue. Because athletes are continuously tearing down muscle tissue through regular workouts, they should consume adequate amounts of meat, beans, fish, poultry, nuts, peanut butter, eggs and dairy products. But excess protein can lead to dehydration and cause you to eat fewer carbohydrates, which you need for fuel. High-protein diets increase the amount of water your body needs to process the protein. A portion of protein with each meal should be enough; protein supplements are unnecessary and not recommended.
4. **Fat is needed** – Fat helps you absorb vitamins A, D, E, and K. Fat is also used as a fuel source when exercise lasts longer than one hour. Most balanced meals will already have fat, but avoid eating only fat free products. Having fat free salad dressing will decrease your body's ability to absorb the nutrients from the salad, try regular salad dressing or light salad dressing.
5. **Use the 1-2-3 Rule and Make a Fist** – In each of your meals, approximately 1 part should come from fat, 2 parts from protein and 3 parts from carbohydrates. Always eat a carbohydrate with a protein. Make a fist with your hand that is approximately one portion size or one cup.
6. **Regular meals and snacks** – intercollegiate athletes should eat minimum 3 meals a day. Supplement meals with snacks 2-3 times a day. It is OK to be hungry, but you should never be "starving". If you are "starving" when you wake up, mid day or during practice then you are not eating enough food throughout the day to provide the energy you need to compete.
7. **Don't skip meals** – Breakfast is for Champions. If you ate dinner at 7:00pm and don't eat lunch until 12:00noon you fasted for 17 hours of a 24 hour day. Fasting leads to decrease energy, decrease concentration during class and your body will store the food it does get rather than use it for energy. Another mistake athletes make is thinking that they don't have to eat adequately on "non-workout days." These "off" days should instead be treated as "re-fueling days" and athletes can take advantage of having more time to prepare well-balanced meals.
8. **Avoid new meals before competition** – If you've never eaten that meal before playing don't let the day of a game be an experiment. Some foods may make you sick or be hard to digest. Foods high in fiber can cause stomach pain during competition. Try a new meal on a practice day to see how your body reacts and eat what is familiar on competition days.
9. **Sweets are a treat not a meal** – The cookies and cake are good once and a while but not with every meal and should never make up your entire meal. Avoid sweets before competition. Foods high in sugar can boost your energy fast but they don't last long and can result in a "crash" of energy.
10. **Avoid fad diets and supplements** – Frequently looking for that extra edge, athletes are often targeted by the market industry with products promising special "energy boosting," "performance enhancing" or "muscle gaining" results. Frequently these products or diets have little (if any) scientific data backing them and can actually be damaging to an athlete's

performance. A balanced diet with a variety of food is often the key that athletes need to help them get that extra edge over their competition.

For further information contact the head athletic trainer to review a copy of the Athletic Training Policy and Procedures Manual.

SPORTS INFORMATION

The goal of the Covenant College Sports Information Department is to service the Covenant College community by providing information on intercollegiate athletic teams. This is accomplished in the following ways:

- Update and maintain the Covenant College Athletics Website.
- Write and design game programs
- Compile team rosters and team information.
- Compile statistics and records.
- Report statistics to the NCAA and the Great South Athletic Conference.
- Nominate intercollegiate athletes for various awards (All-American, Academic All-American, Player of the Week, etc.).
- Write press releases for local media
- Distribute information to websites, newspapers and other forms of media.

Notable Information:

- Scot Athletics
www.covenant.edu/athletics
- National Collegiate Athletic Association (NCAA)
www.ncaa.org
- National Christian College Athletic Association (NCCAA)
www.thenccaa.org
- Great South Athletic Conference (GSAC)
www.greatsouth.org
- Twitter
twitter.com/CovenantScots

GREAT SOUTH ATHLETIC CONFERENCE

Covenant College is a member of the Great South Athletic Conference which includes the following institutions:

- Agnes Scott College
- Huntingdon College
- LaGrange College
- Maryville College
- Piedmont College
- Salem College
- Spellman College
- Wesleyan College

TECHNOLOGY USE: MySpace and Facebook

Our athletic department staff encourages the use of computers by our intercollegiate athletes in all of their academic endeavors. We know that the intercollegiate athletes of today utilize the Internet for the gathering and sharing of various kinds of information.

Although we cannot dictate how you manage your personal page we ask that each of you demonstrate discretion in the information you provide in your Internet postings. If you post to personal web sites like MySpace.com or Facebook.com, we hope you remember that you are a proud ambassador of both Covenant College and more importantly of Christ.

Therefore we strongly suggest that your personal information, dialogue, and photographs be appropriate and in good taste. You should understand that Internet postings are not private, and others have access to these websites, including faculty, College administration, the NCAA, and potential employers. If an Internet posting by an intercollegiate athlete is reported and deemed inappropriate, necessary disciplinary actions will occur.

Intercollegiate Athlete Profile

One of the goals of the Sports Information Department is to include on the website brief biographies for every athlete involved in one of Covenant's intercollegiate sports. These bios contain general information related to the students' hobbies, interests, or personal facts about who they are. All incoming students are required to fill out this information through an online form. The instructions for filling out the form are as follows:

1. Visit <http://athletics.covenant.edu/user>
2. Log-in using the credentials: Username: student_athlete, Password: CovenantScots
3. Navigate to <http://athletics.covenant.edu/node/add/roster-profile>
4. The athlete should then fill in all required fields plus any others he or she feels fit.
5. Click the "Submit" link at the bottom of the page.

Please note: The form is final upon submission. Any desired changes to the profile must be brought to your coach.

Prior to publication, the form is sent to the Sports Information Office for editing. Any misspelled words, typos, or questionable material will therefore be corrected/ removed before the form becomes viewable to the public.

Employment Opportunities in the Athletic Department

At the beginning of each school year there are often positions available for Covenant students who have been awarded work-study. Interested students should contact the Director of Athletic Facilities & Operations for more information.

ATHLETIC FACILITIES

Hours of Operation

Academic Year

Monday – Friday: 6 AM – 11:30 PM

Saturdays: 8 AM – 10 PM

Sundays: Closed

Covenant College strives to provide the best possible facilities for its intercollegiate athletes and teams. At no time should intercollegiate athletes abuse or mistreat our facilities. Please remember to not only respect Covenant's facilities, but the facilities of our opponents as well.

Athletic Facility Policies

1. Exercise at your own risk.
2. Persons with known heart, asthmatic, hypertension or other related health problems should not utilize this facility and its equipment without consulting with their personal physician.
3. Cleats and spikes should not be worn in the building. The sides of the building should not be used to knock mud off cleats before entering
4. Shirts are required when using any of Covenant's indoor athletic facilities.
5. No sandals or open toe shoes are to be worn while exercising.
6. Read and follow any instructions that may be posted with the exercise equipment.
7. Wipe off equipment with towel after use.
8. Weights are never to leave the weight room.
9. Please return all weights to their designated spot when you are finished.
10. No food or beverages are to be consumed in the aerobic room. Plastic water bottles are permitted.
11. Always return the equipment you used to its designated place.
12. No loud music in the aerobic room: if you can hear it in the hall with the door closed, it is too loud.
13. Equipment is to stay in aerobic room.
14. No movies in DVD player in the aerobic room.

Locker Rooms

Keep your locker room clean – nothing should be left out on any floors (towels or soap etc.), as Facility Services will not clean your floors if you leave things out.

Laundry Service

Laundry will only be done for each team during their official practice / playing season. All daily practice laundry (undergarments including sock, boxers, sports bras etc.) will be washed in designated mesh laundry bags only. No personal items are to be placed in these mesh bags at any time. Game uniforms & team issued gear should not be placed in mesh bags. These items should still be placed in your team's laundry bin, but will be washed separately. Clean laundry will be returned by practice time the next day.

Reservations

All facility reservations for any team activities must be made through the head coach of your sport during your traditional season. All facility reservations for other campus activities (ex. nontraditional season open gym time, hall event, FCA etc.) should be made through the Director of Athletic Facilities and Operations, who can be reached at tim.sceggel@covenant.edu.

TRAVEL

Intercollegiate Athlete Responsibility

Intercollegiate athletes must understand that their choice of schedule — academic, athletic and extracurricular — may present them with scheduling conflicts. The dilemma over choosing one activity scheduled in conflict with another is theirs. While professors and coaches can be helpful in clarifying intercollegiate athlete thinking about the consequences of the choice he or she makes, it is the intercollegiate athlete who ultimately must decide. Intercollegiate athletes may not make their problem the responsibility of professors or coaches.

During the first week of class, it is your responsibility to notify your professors that you are an intercollegiate athlete and provide them with a copy of your travel schedule for the semester. Prior to each competition/travel date you should also remind your professors of the upcoming conflict with their class. It is your responsibility to remind them and not their responsibility to review the travel dates.

If you are unable to work out a solution for missing class and/or making up assignments with a professor, you must immediately notify your coach who will contact the Athletic Administration. The Athletic Administration will then contact the Faculty Athletic Representative who will attempt to assist in finding a solution.

You are required to make arrangements for missing exams, quizzes or assignments well in advance of the travel date. You should review your class syllabus before speaking with each professor so you know what work or exams will be missed. Intercollegiate athletes are always responsible for making arrangements with the professor.

Team Travel

All athletes are required to travel with the team both to and from competitions. Athletes may not drive personal vehicles unless requested to do so by the coach. The only exception for an athlete not traveling back with the team is if a parent is picking them up after they have been released from the team competition and/or activities.

All athletes must stay with the team on overnight trips. If parents want to stay at the same hotel as the team, the department will be happy to provide parents with the information so that they can reserve accommodations there. However, athletes are still required to stay with the team and participate in any outside activities designed for them.

Teams are responsible for making sure the bus or vans are clear of all trash immediately upon return.