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Aquinas College
MAKES ALL THE DIFFERENCE IN THE WORLD
Aquinas College 2015-16 Academic Calendar

**FALL 2015**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 24</td>
<td>Classes Begin</td>
</tr>
<tr>
<td>Aug. 28</td>
<td>Last day to add a semester or First Quad class</td>
</tr>
<tr>
<td>Aug. 28 &amp; 29</td>
<td>First Session of Directed Study Courses</td>
</tr>
<tr>
<td>Sept. 4</td>
<td>Last day to drop a semester or First Quad class without financial penalty</td>
</tr>
<tr>
<td>Sept. 7</td>
<td>Labor Day</td>
</tr>
<tr>
<td>Sept. 18</td>
<td>Last day to drop a First Quad class without academic penalty</td>
</tr>
<tr>
<td>Sept. 18</td>
<td>Last day to drop a Directed Study class without financial penalty</td>
</tr>
<tr>
<td>Sept. 18 &amp; 19</td>
<td>Second Session of Directed Study Courses</td>
</tr>
<tr>
<td>Oct. 9 &amp; 10</td>
<td>Third Session of Directed Study Courses</td>
</tr>
<tr>
<td>Oct. 16</td>
<td>First Quad ends</td>
</tr>
<tr>
<td>Oct. 19 - 23</td>
<td>Mid-Term Break</td>
</tr>
<tr>
<td>Oct. 26</td>
<td>Classes resume at 8 a.m.</td>
</tr>
<tr>
<td>Oct. 30</td>
<td>Last day to add a Second Quad class</td>
</tr>
<tr>
<td>Oct. 30</td>
<td>Last day to drop a semester long class without academic penalty</td>
</tr>
<tr>
<td>Nov. 6</td>
<td>Last day to drop a Second Quad class without financial penalty</td>
</tr>
<tr>
<td>Nov. 6 &amp; 7</td>
<td>Fourth Session of Directed Study Courses</td>
</tr>
<tr>
<td>Nov. 20</td>
<td>Last day to drop a Second Quad class without academic penalty</td>
</tr>
<tr>
<td>Nov. 25</td>
<td>Thanksgiving vacation (for 16-week class) begins after last class</td>
</tr>
<tr>
<td>Nov. 30</td>
<td>Classes resume at 8 a.m.</td>
</tr>
<tr>
<td>Dec. 4 &amp; 5</td>
<td>Fifth Session of Directed Study Courses</td>
</tr>
<tr>
<td>Dec. 18</td>
<td>Second Quad ends</td>
</tr>
<tr>
<td>Dec. 14 - 18</td>
<td>Final examinations according to printed schedule</td>
</tr>
</tbody>
</table>

*Due to Labor Day, Monday classes substitute a Saturday class, either 10/17/15 for exams OR an alternate Saturday during the Quad, possibly a Directed Study Saturday if rooms are available.

**Due to Thanksgiving, Thursday classes substitute a Saturday class, either 12/19/15 for exams OR an alternate Saturday during the Quad, possibly a Directed Study Saturday if rooms are available.
**Aquinas College**

**MAKES ALL THE DIFFERENCE IN THE WORLD**

**Aquinas College 2015-16 Academic Calendar**

**SPRING 2016**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 11</td>
<td>Classes begin at 8 a.m.</td>
</tr>
<tr>
<td>Jan. 15</td>
<td>Last day to add a semester long or Third Quad class</td>
</tr>
<tr>
<td>Jan. 15 &amp; 16</td>
<td>First Session of Directed Study Courses</td>
</tr>
<tr>
<td>Jan. 22</td>
<td>Last day to drop Third Quad or semester long class without financial penalty</td>
</tr>
<tr>
<td>Feb. 5</td>
<td>Last day to drop a Third Quad class without academic penalty</td>
</tr>
<tr>
<td>Feb. 5</td>
<td>Last day to drop a Directed Study class without financial penalty</td>
</tr>
<tr>
<td>Feb. 5 &amp; 6</td>
<td>Second Session of Directed Study Courses</td>
</tr>
<tr>
<td>Feb. 26 &amp; 27</td>
<td>Third Session of Directed Study Courses</td>
</tr>
<tr>
<td>March 4</td>
<td>Third Quad Ends</td>
</tr>
<tr>
<td>March 7 - 11</td>
<td>Mid-Term Break</td>
</tr>
<tr>
<td>March 14</td>
<td>Classes resume at 8 a.m. - Fourth Quad begins</td>
</tr>
<tr>
<td>March 18</td>
<td>Last day to drop a semester long class without academic penalty</td>
</tr>
<tr>
<td>March 18</td>
<td>Last day to add a Fourth Quad class</td>
</tr>
<tr>
<td>March 24</td>
<td>Last day to drop a Fourth Quad class without financial penalty</td>
</tr>
<tr>
<td>March 24</td>
<td>Easter vacation begins after the last class</td>
</tr>
<tr>
<td>March 28</td>
<td>Classes resume at 6 p.m.</td>
</tr>
<tr>
<td>April 1 &amp; 2</td>
<td>Fourth Session of Directed Study Courses</td>
</tr>
<tr>
<td>April 8</td>
<td>Last day to drop a Fourth Quad class without academic penalty</td>
</tr>
<tr>
<td>April 22 &amp; 23</td>
<td>Fifth Session of Directed Study Courses</td>
</tr>
<tr>
<td>May 2 - 6</td>
<td>Final Examinations according to schedule</td>
</tr>
<tr>
<td>May 6</td>
<td>Fourth Quad ends</td>
</tr>
<tr>
<td>May 7</td>
<td>Baccalaureate Mass and Commencement</td>
</tr>
</tbody>
</table>
Aquinas College Mission Statement

Aquinas College, an inclusive educational community rooted in the Catholic Dominican tradition, provides a liberal arts education with a global perspective, emphasizes career preparation focused on leadership and service to others, and fosters a commitment to lifelong learning dedicated to the pursuit of truth and the common good.

Dominican lives are rooted in the four Dominican charisms of prayer, study, community and service.

Prayer

The Dominican tradition is two-fold: contemplative and communal. At Aquinas we are committed to gathering for right liturgical prayer nourished by God's Word and the Spirit. Prayer leads us into the deeper Truth needed to live out God's call for us in the world.

Study

We commit ourselves to a love of learning, both formal and informal. This necessitates an openness to learn from the most unlikely sources as well as tried and true scholarship.

Community

We follow in the footsteps of St. Dominic, a 13th century preacher and founder of the Dominican order, with a commitment to building community through hospitality, inclusivity and dialogue. We have a long tradition of working together for the common good, both within the College and beyond for racial and social justice and outreach to persons and places in need.

Service

Aquinas encourages students to engage in service projects and service learning programs. It also offers preparation for careers that will enable graduates to spread the truths that they have learned "to make a difference in the world."
Mission Statement

We will offer student-athletes a quality experience which will allow them the opportunity to maximize their potential academically, athletically, and socially. We will emphasize personal responsibility and growth (emotional, social, physical, and mental) through development of a solid work ethic, interpersonal relations, and the positive aspects of competition.

Athletic Committee

The Athletic Committee is an advisory body consisting of faculty and staff. The committee is composed of six faculty members, two staff members, the Athletic Director and the Faculty Athletic Representative. The Athletic Committee advises the Athletic Directors and the University administration on matters of policy, procedures, and organization related to Intercollegiate Athletics. The Athletic Committee is involved with academic and fiscal integrity, governance and compliance issues, and student-athlete welfare matters related to the conduct of a NAIA and WHAC conference member.

Saints Club

The purpose of the Saints Club is to generate the philanthropic support necessary to put each of our 25 sports and over 500 student-athletes in a position to succeed academically and athletically. A contribution to the Saints Club is an investment in the future success of Aquinas College Athletics. Each donation is tax deductible. For more information regarding the Saints Club membership and its benefits, please call (616) 632-2474. We will be happy to answer your questions and assist you in developing a lasting, impactful relationship with Aquinas College Athletics. Join today.

Eligibility Monitoring

♦ Eligibility is your responsibility. The Academic Achievement Center is available to assist in academic progress.

♦ It is your responsibility to meet all appropriate NAIA and Aquinas College rules regarding academic eligibility.

♦ It is your responsibility to maintain full-time enrollment (minimum 12 credits) in every fall/spring term in order to be eligible for practice, aid and competition.

♦ Your GPA will be evaluated every semester; therefore, you must meet NAIA GPA requirements to be eligible to compete each semester.

♦ Courses can only count towards eligibility one time and only when they are successfully completed. If a course has a minimum grade requirement, you will not earn degree applicable credit until you earn the appropriate grade in the course for the major you are in for that term.

♦ You should not make changes to your schedule or major without talking to your Academic Advisor. Failure to do this could render you ineligible.

♦ If you have passed a class, but wish to take the same class over (repeat) to obtain a better grade this class can’t be used for either the 12/24 credit rule.
Play NAIA

All students participating at an NAIA Institution must register with Play NAIA thru the http://www.playnaia.org/

NAIA participation experience

In the NAIA, a student-athlete can compete during four “seasons of competition” within the first 10 semesters in college. A season of competition is counted when you participate in one or more intercollegiate contests whether at the varsity, junior varsity or freshman level. To compete, student-athletes must be enrolled in at least 12 hours every semester or quarter and be making normal progress toward a baccalaureate degree. They must also meet freshman and/or continuing eligibility rules.

NAIA Freshman Eligibility Requirements

<table>
<thead>
<tr>
<th>1. TEST SCORE REQUIREMENT</th>
<th>2. HIGH SCHOOL GPA REQUIREMENT</th>
<th>3. CLASS RANK REQUIREMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Achieve a minimum of 18 on the ACT or 860 on the SAT.</td>
<td>Achieve a minimum overall high school grade point average of 2.0 on a 4.0 scale.</td>
<td>Graduate in the top half of your high school class.</td>
</tr>
<tr>
<td>Tests must be taken on a state, national or international testing date; scores must be achieved on a single test. The SAT must be achieved on the Critical Reading and Math sections only. The Writing score cannot be used. You must pass the standardized test prior to the term in which you want to participate in athletics.</td>
<td>The NAIA accepts the grade point average determined by the high school, provided it is recorded and awarded in the same manner as for every other student at the school.</td>
<td>If a student’s class rank does not appear on the transcript, a signed letter from the principal or headmaster, written on the school’s letterhead and with the school’s official seal, stating the student’s final class rank position or percent may be submitted.</td>
</tr>
<tr>
<td>When registering for the tests, students should indicate the NAIA code “9876” to have their scores sent directly to the NAIA Eligibility Center. AQ code????</td>
<td><strong>HOME Schooled STUDENTS</strong></td>
<td><strong>TEST SCORE REQUIREMENT</strong> — Home school students who have a 20 on the ACT or 950 on the SAT are considered to have met the freshman eligibility requirement. If a home schooled student completes a home schooling program conducted in accordance with the laws of the student’s state of residence, but does not meet the test score requirement, a home school waiver may be requested from the NAIA Home School Committee.</td>
</tr>
</tbody>
</table>
Normal Progress Rule

The main goal of the Progress Rule is to ensure a student-athlete is progressing toward earning a degree. To ensure this progress, a student-athlete must have earned a minimum number of institutional credit hours prior to participating in each additional season of competition. The progress rule does not apply to a student-athlete’s first season in a sport. Freshman must complete 9 hours in order to compete during the 2nd semester of their freshman year. After the first year a 2.0 GPA is required by Aquinas College.

<table>
<thead>
<tr>
<th>Semester Hours Earned (Minimum Requirement)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Second Season*</td>
<td>24</td>
</tr>
<tr>
<td>Third Season (GPA Requirement applies)</td>
<td>48</td>
</tr>
<tr>
<td>Fourth Season (GPA Requirement applies)</td>
<td>72 (with 48 gen ed./major credits)</td>
</tr>
</tbody>
</table>

Transfer Students

If you are a transfer student from another college, see the athletic director with all previous college transcripts immediately. Transfer rules are very detailed. Students must register with PLAY NAIA.

Intra-Conference Transfer Rule

If a transfer student, whose immediate previous school of attendance was a WHAC member school, and he/she participated in a sport at the previous school and/or received athletic aid from that previous school, he/she will be required a residency of 365 days at the new institution. There will be a WHAC Letter Of Intent beginning 2014-15.

Enrollment

In order to participate, you must be enrolled in a minimum of 12 credit hours during your season to participate. Don’t ever drop below 12 credits during your season. Don’t drop classes without consulting your coach, counselor or athletic director.

Graduate School

You must be a full-time graduate student as per criteria set Aquinas College.

Summer Attendance

You may use summer school hours to bolster your eligibility. Summer school attendance does NOT count towards your 10 semesters of enrollment. Hours passed are added to your previous full time semester hours.

Repeat Classes

If you have passed a class, but wish to take the same class over (repeat) to obtain a better grade this class can’t be used for either the 12/24 credit rule.

Terms of Attendance

You must use your athletic eligibility (4 seasons of competition per sport) within your first 10 semesters of full time enrollment. Enrollment in 9 credits or more is considered a full time semester.

24 Credit Rule

You must have accumulated a minimum of 24 credit hours during your last two semesters of full-time enrollment to be eligible. Freshman must complete 9 hours in order to compete during the 2nd semester of their freshman year.
Student-Athlete Conduct Policy

A student-athlete shall be defined as any individual who is an Aquinas College student and is also participating as a member of any one of the intercollegiate athletic teams sponsored by the College. All student-athletes will be required to adhere to all of the rules and expectations defined in this handbook. Any student-athlete who, while a member of an Aquinas College intercollegiate/club athletics team, is convicted of a felony will be suspended from the team of which he or she is a member and thereby precluded from participation in games and all other benefits related to team membership. The student-athlete may request an exception to this rule. The President, upon recommendation of the coach and after consultation with the Director of Athletics, may grant such an exception.

Team

Each student-athlete will be responsible to abide by all rules unique to a particular team. Each coach may have specific rules governing that team and these must be followed. These rules, as pertaining to a particular sport, must be given by the coach in writing and explained fully at the start of the season. Penalties for violations of said rules will also be in writing and shall be administered by the coach. Copies of these rules will be on file in the athletic office.

Aquinas College Integrity Statement

Aquinas College is rooted in the Dominican traditions of prayer, study, community and service, combined with a deep respect for truth, honesty and integrity. In this spirit, we strive to create an environment in which integrity is prized and practiced. We expect all community members to uphold these values through honesty, fairness, and respect for others.

Plagiarism

At Aquinas, we see a difference between two kinds of plagiarism. The rules and regulations for quoting and citing material in college-level work are fairly complicated, and students new to this work can sometimes make mistakes that technically result in plagiarism. We call this unintentional plagiarism, and although it's serious, almost always professors will give you a chance to remedy the problem and learn from your mistakes.

But there's a more serious kind of plagiarism that involves a deliberate lie and an effort to cheat. Intentional plagiarism is a flagrant attempt to take the easy way out of an assignment by presenting a whole paper or parts of one that were written by someone else, and not telling where the material came from.

Credit for Participation

Each student-athlete is allowed to earn 2 credit hours for athletic participation (KN 143 and KN 144). These are pass/fail credits. You must register for these credits or add through an add slip procedure. You may not add either credit after the 9th week of the semester and you may not use both credits in the same semester unless you are a 2nd semester senior.
Safety

Behavioral Misconduct and Harassment

Aquinas College holds students accountable for their behavior and holds all members of the College community to the same behavioral expectations. The behavior of individuals must conform to community standards of health, safety, and noninterference with the living and learning environment of others.

A student shall take no action that threatens or endangers his or her own safety, health, or life; nor shall a student make any verbal threat of such action. Students are not to exhibit behavior which harasses, violates the rights of, or threatens any person; harms, or causes to place in harm, any person; or to conduct themselves in a lewd, indecent, obscene, or disorderly manner.

Harassment

Harassment is communication, whether spoken, written, physical, or pictorial, that could reasonably be understood as (1) having the purpose or effect of creating an intimidating, hostile, or offensive environment; (2) having the purpose or effect of interfering with an individual’s work or academic performance or access to College activities and programs; or (3) adversely affecting an individual’s employment or educational opportunities or access to College activities and programs.

Harassment is considered a violation of College policy when it has the purpose or effect of demonstrating disregard for the rights of or respect for others; when it shocks the sensibilities of the average person; or when it occurs after a warning that such communication or behavior is considered offensive.

Harassment includes, but is not limited to, abusive or humiliating speech or conduct relative to sex, race, national origin, age, disability, sexual orientation, physical or personal traits.

Intentionally inflicting bodily harm upon any person, taking any action for the purpose of inflicting harm on another person; taking any action (physically or verbally) with reckless disregard that harms another person; taking any action that creates a substantial risk of harm to another person; or the verbal, written, or other transmission of harassment or threatened use of force to inflict harm to another person is strictly prohibited.

All students are prohibited from engaging in conduct which threatens, harasses, or intimidates any person involved in a complaint or judiciary hearing.

Unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature constitute sexual harassment when they have the purpose or effect of interfering with or creating an intimidating, hostile, or offensive working, living, or educational environment. Such behavior is subject to disciplinary action.

If a student believes s/he has been the victim of harassment by a student, faculty or staff member of the College, or a third party affiliated with the College, s/he is encouraged to discuss the matter with a trusted College official, such as an Area Coordinator, someone in the Counseling Services Department or the Dean of Students. That person will assist the student in filing a report with the Director of Human Resources. If the reported harassment is by a student at the College, a report of such harassment should be filed with an Area Coordinator, the Director of Residence Life, Campus Safety or the Dean of Students.
Hazing/Initiations

Hazing is prohibited. Hazing is defined as any action or situation, regardless of the person’s willingness to participate, that (1) humiliates, degrades or risks emotional and/or physical harm, (2) destroys or removes public or private property, (3) involves the consumption of alcohol or drugs, or the consumption of other substances to excess, or (4) violates any College policy for the purpose of initiation, admission into, or affiliation with any organization or group.

Alcohol, Drugs, Tobacco and Smokeless Tobacco

Policies regarding alcohol, drugs and smoking are defined in the Aquinas College Student Conduct Code. In addition, in compliance with NAIA guidelines, the use of smokeless tobacco is prohibited by all student-athletes during practices and games. Each coach may have specific rules governing that team and these must be followed in and out of season. Use of alcohol and other mood altering drugs are not condoned by the athletic department and will be dealt with. We are concerned with your safety both on and off the court/field. Statistics prove that use and abuse of alcohol and drugs lead to potentially damaging and volatile situations. Suspensions will be given based upon the type of violation and level of violation per AQ student handbook. The NAIA will begin drug testing at National Championships beginning in 2017-18.

Student-Athlete Advisory Board

Each athletic team at Aquinas College, will be represented by a team member to serve on the Student-Athlete Advisory Board. The Student-Athlete Advisory Board members will be chosen by each coach. This group of individuals will be involved in several activities throughout the year including: promotion of events, community volunteer opportunities, educational forums, and other activities the group wishes to explore.

Athletic Financial Aid

1. All awards are one-year renewable at the discretion of the coach.

2. If an athlete becomes ineligible to participate for academic reasons, the award will be maintained for that year. However, renewal for the following year will not be made unless the student is recommended for renewal by the coach and the student meets eligibility.

3. An athlete who does not fulfill his/her obligation to a sport for reasons other than sickness, injury, or being dropped from a team through the initiative of a coach may have to refund a portion of the athletic award to the scholarship fund.

4. If a student withdraws from the College, the awarded will be prorated according to the College’s refund policy.

5. The student must maintain full-time enrollment status (minimum of 12 hours per semester).

6. If the student is eligible for other need-based assistance, he/she will be notified by the financial aid office. Eligibility for need-based financial aid is based on information the student provides on a confidential financial aid application.

7. Financial aid awards may be revised if any information was provided incorrectly or the student changes his or her status (applies only if student is receiving other need-based assistance).

8. Student-athletes are required to follow NAIA Champions of Character guidelines.
Student-Athlete Appeal Procedure

The appeals process procedure is formulated for the student-athlete who feels that he/she has been unjustly dealt with in a sport in which he/she is participating. The following steps have been established to deal with such circumstances.

Step 1: The student-athlete will meet with the specific head coach involved to discuss the situation. There will always be a third party (assistant coach or an athletic administrator) present to listen and moderate the situation. If the student-athlete feels that the results of this meeting have not remedied the problem, he/she may proceed to step 2.

Step 2: The student-athlete will meet with the Athletic Director or Associate Athletic Director for women to discuss the situation. The concerns of the student-athlete should be presented in writing. If the student-athlete feels that the results of this meeting have not clarified or remedied the situation, he/she may proceed to step 3.

Step 3: The student-athlete at this point should put his/her grievance in writing for distribution to the respective coach, the athletic director, and the chairman of the Athletic Committee. He/she should then request a hearing with the Athletic Appeals Board.

Appeals Board

The Appeals Board shall be comprised of three individuals: a neutral coach and two Athletic Committee members comprised of a faculty members. The Chairman of the Athletic Committee will preside over this meeting; he/she is a non-voting member in such cases. A report of the minutes from the hearing shall be filed with the Athletic Director. Recommendations of the hearing will be reported at the following Athletic Committee meeting. The Athletic Committee then makes the final decision.

Equipment

It is the athlete’s responsibility to properly maintain, clean and secure all equipment issued and return all issued equipment at the end of the season or pay the replacement cost for items not returned. A student-athlete not returning issued equipment/uniforms will be billed through the Aquinas College Student Accounts Department. Fees must be paid in order to register for classes. Also, graduating seniors will have transcripts held if there is an account balance.

Suspensions

If a student-athlete fails to adhere to guidelines established by Aquinas College, the WHAC conference, or specific team rules, suspensions may take place.

Team Fundraising

Major team trips (including spring trips for teams) and some other extras are only partially paid for by the college. Teams fundraise for the remainder of these costs. Coaches will give (in writing) the players responsibility for that event IN ADVANCE. Players are then responsible for that amount of money either through taking advantage of these fundraising opportunities or through out of pocket payment. This bill must be paid for before the time of the trip. Coaches will distribute a payment schedule sheet to all players. Unpaid debt can be placed on a student’s account through the business office.
Team Selection & Try-outs

Each athletic team at Aquinas College will offer open try-outs. Selection of the team is the responsibility of the coaches of those teams. Coaches should explain the criteria for gaining membership on the team before practice begins.

Guidelines for participation in scrimmages/contests

Before a student-athlete can participate in any scrimmage, or event against any outside competition a student-athlete must:

1. Go through the NAIA clearinghouse if you are a new student or a transfer student.
2. Sign the eligibility clearance form.
3. Have all transcripts on file for eligibility check.
4. Be enrolled in a minimum of 12 credit hours.
5. If a transfer student, the NAIA transfer form must be completed with the faculty representative or athletic director.
6. Completed a physical examination.
7. Have all insurance information on file. All student-athletes must have and maintain primary health insurance.

Class Attendance Policy

1) Student-athletes should take into consideration the practice and game schedules when scheduling classes.
2) Coaches will make every attempt to work with the class schedules in regards to practices.
3) Student-athletes are not to miss class for any practice, fund-raiser, scrimmage, and picture taking session or any other related activities.
4) If coaches are aware of his/her student-athletes missing class unnecessarily, they should be disciplined until the class attendance policy is adhered to.
5) In regards to scheduled competitions, the student can ask the individual professor’s in advance for permission to attend the game/competition. However, if the professor cannot or will not make special arrangements, the student-athlete is advised to attend the class or be ready to accept the consequences.
6) Remember when there is an academic-athletic conflict the academic take priority. This is one reason that we carry more than the minimum number of players on each squad.
7) There are no REGULAR SEASON competitions scheduled during the exam weeks.
8) Post season dates are set by regional and national offices years in advance and Aquinas has no control over these.

Quad Classes

It is recommended that you not take a quad course during your season. Attendance is mandatory.
Physical Exams

All incoming freshman and transfer students will be required to have proof of a physical examination on file with our athletic training staff prior to the start of classes in the fall. In addition, all freshman and transfer students will be required to have an athletic physical exam given by our team physician. This service will be provided on campus free of charge. Student-athletes are required to have a physical exam and health history form on file with the athletic trainer.

Insurance

All student-athletes are required to have primary health insurance coverage in order to compete on an Aquinas College athletic team. Students MUST notify the athletic training staff if there is a change in their insurance coverage. Failure to do so can make you liable for all medical expenses.

Training room treatment and rehabilitation

Student-athletes must communicate to the athletic training staff any injuries that may need attention. It is the responsibility of the student-athlete to report for treatment and rehabilitation sessions as scheduled. (Emergency situations will be dealt with on individual situations).
Aquinas College Social Media Policy

Social media has become part of our daily lives. However, because you work for/represent Aquinas College, what you do on social media matters to Aquinas. This policy is important because not following it could lead to prospective students not choosing AQ, donors stopping their support of Aquinas, the College getting into legal trouble, and students getting into legal trouble. Be nice.

You are a role model. As a student leader at Aquinas, other AQ students look to you and will model your behavior and judgment when posting online. Have sensitivity towards your fellow Saints and issues that may arise on campus. Your words carry weight. Think before you post.

Show your Saints Spirit. Be the first to say you’re an AQ Saint and show your Saints pride. But make it very clear that you are not an official Aquinas College spokesperson and not authorized to speak on the College’s behalf.

Be nice. The “Golden Rule” applies even more now than it did when you were a kid.

You can’t delete it. Think before you post and don’t post if you’re feeling really emotional about something. There’s really no such thing as “delete” on the Internet. So don’t let your emotions get the better of you and post something you may regret later.

Respect what others have created. If you didn’t record that song, take that picture, write that article or create that video, don’t copy it. Share it instead. Linking back to the original artist’s song/photo/article/video is the best way to spread your love for what they created while respecting their talent and U.S. Copyright laws.

AQ logos are for official College use. Use of the College’s logos is determined by the Marketing Department. If you want to use an AQ logo or other College-related graphic for any reason online, contact the Marketing Department first.

Understand confidentiality. Never share what you’ve seen/heard at your AQ job online. Student workers sometimes have access to very confidential data, documents and conversations. Think some information might be OK and not really confidential? Ask your supervisor before you post.

Keep your personal information personal. Never, ever disclose your residence hall information, cell phone number, personal email address or any other personal information online. Even if it’s only meant for a very close friend, remember all of their friends can see it too. If you need to send someone your personal information, do it via a private message.

The Moose requires an AQ login for a reason. If something posted on The Moose seems like it’d be good for social media, contact the person who posted it and ask them. Some information is posted only to The Moose because it’s not for the entire world to be invited to/know about.

Your AQ ID and ELM information is a secret. Your AQ ID number and ELM username and password are the keys to your online life at AQ. Keep them secret and never share your ID number or password, especially online.

Your job is your top priority. Unless you’re an admin on an Aquinas social media account, when you’re at work at AQ, your job is more important than social media. So log out, and wait to post until after your shift.

What if you mess up on social media? Take a deep breath. Then fix it right away and make sure that what you’ve done to correct it is clear. When in doubt, talk to your supervisor, advisor or coach and contact the Marketing Department immediately if you’re corrective actions didn’t work.

By signing this document, I agree that I have read and understand the Aquinas College Social Media Policy.
The National Association of Intercollegiate Athletics (NAIA), headquartered in Kansas City, Mo., is a governing body of small athletics programs that are dedicated to character-driven intercollegiate athletics.

Since 1937, the NAIA has administered programs and championships in proper balance with the overall college educational experience.

The student-athlete is the center of all NAIA experiences. Each year more than 60,000 student-athletes have the opportunity to play college sports at NAIA member institutions.

The seed of the NAIA began in 76 years ago with the tipoff of a men’s basketball tournament in Kansas City that has become the longest running event in college basketball. Out of the tournament grew the NAIA, an association that has been an innovative leader. The NAIA was the first collegiate athletics association to invite historically black institutions into membership and the first to sponsor both men’s and women’s national championships.

In 2000, the NAIA reaffirmed its purpose to enhance the character building aspects of sport. Through Champions of Character, the NAIA seeks to create an environment in which every student-athlete, coach, official and spectator is committed to the true spirit of competition through five core values.

Most recently, the association opened the doors to the NAIA Eligibility Center, where prospective student-athletes are evaluated for academic and athletic eligibility. It delivers on the NAIA’s promise of integrity by leveling the playing field, guiding student-athlete success, and ensuring fair competition.

**NAIA Champions of Character Program**

The *Champions of Character* five core values go well beyond the playing field to the daily decisions of our youth. These character values help young people - and those associated with their development - make good choices in all aspects of their life and reflect the true spirit of competition.
NAIA Live 5 & My Playbook Program (Please read carefully)

**NAIA Live 5 Program**

Student-athletes MUST take short, interactive courses to learn what the five *Champions of Character* core values mean and how to apply them to everyday life both inside and outside of competition.

The five courses are:

- Live 5 Course #1: Learn to Live 5
- Live 5 Course #2: Master the Fundamentals
- Live 5 Course #3: Live 5 & Lead
- Live 5 Course #4: Live 5 for Life

**FOLLOW THESE SIMPLE STEPS:** (MANDATORY THAT ALL STUDENT-ATHLETES COMPLETE THE APPROPRIATE COURSES—based on seasons of competition)

1. Go to naia.org website
2. Select “champions of character” link on the right side of page
3. Select “live 5 for student-athletes”
4. Select “#1...Live five online courses”
5. Log in with your “eligibility center” (EC) number
6. Use the password that you created.
7. Follow the directions and take the required courses based on your seasons of competition. Example: freshman need to take first course; sophomores need to take first & second course; juniors need to take first, second and third course. By the time you are a senior, you will have taken all of the courses.

**NAIA My Playbook Program**

What is the NAIA My Playbook Program?

After two years of research into the initiative by the Substance Abuse Education and Drug Testing Committee, the Council of Presidents was presented last September 2014 with the committee’s proposal. The COP approved mandatory annual substance abuse education for student-athletes and drug testing at national championships. The required education begins in August 2015 with drug testing to start with 2017-18 championships.

The NAIA will begin drug testing student-athletes at national championships beginning in 2017-18.
NAIA MY PLAYBOOK Program

The five courses are:

myPlaybook Course #1 Required: NAIA Rules and PED Awareness
myPlaybook Course #2 Required: Dietary Supplements & Sports Nutrition
myPlaybook Course #3 Required: Life Skills
myPlaybook Course #4 Required: The Transition from College Athlete to Healthy Adult Lifestyle

FOLLOW THESE SIMPLE STEPS: (MANDATORY THAT ALL STUDENT-ATHLETES COMPLETE THE APPROPRIATE COURSES—based on seasons of competition)

1. Go to naia.org website
2. Select “champions of character” link on the right side of page
3. Select “live 5 for student-athletes”
4. Select “#1...Live five online courses”
5. Log in with your “eligibility center” (EC) number
6. Use the password that you created.
7. Follow the directions and take the required myPlaybook courses based on your seasons of competition. Example: freshman need to take first course; sophomores need to take first & second course; juniors need to take first, second and third course. By the time you are a senior, you will have taken all of the courses.

The following courses are optional, but you can take them if you wish:

myPlaybook Optional: Alcohol Impact to Athletic Performance
myPlaybook Optional: Drug Prevention
myPlaybook Optional: Marijuana Impact on Athletic Performance
myPlaybook Optional: Sexual Assault Awareness and Prevention
myPlaybook Optional: Tobacco Impact on Athletic Performance
User ID Test Survey