



# Northwestern University Athletics 2013-2014

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# WELCOME

Welcome to all Wildcat student-athletes,

You will find that this planner is a great way to learn about the many resources available to you as a Northwestern student-athlete. To be certain, I would strongly encourage you to keep it available as a resource throughout the year. It is a tremendous guide and I refer to it often for planning purposes. It will provide you with valuable information to help you achieve both your academic and athletic goals.

Northwestern has a long tradition of excellence in both academics and athletics. We are consistently ranked among the NCAA leaders in the academic progress and graduation rates of our student-athletes, while competing at the highest level athletically. You should be very proud that you are part of this wonderful legacy.

Being a student-athlete at the Division I level is very challenging, but rewarding as well. In order to achieve both athletic and academic success, you will have to work hard, be disciplined and learn to manage your time wisely. This planner will assist you with all of these points. The skills you develop here will be invaluable in whatever career you choose to pursue after graduation.

You will find that everyone in the Department of Athletics and Recreation (NUDAR) is dedicated to providing you with a "World Class" student-athlete experience – academically, socially, and athletically! Please do not hesitate to contact any of our coaches, staff or me if you are ever in need of assist ance.

In closing, I sincerely wish you the best of luck in all phases of your life at Northwestern University!

#### Go Cats!

Jim Phillips, Ph. D.

Vice President for Athletics and Recreation

#### P.R.I.D.E. STATEMENT

The student-athletes have developed a values statement for the athletics community, called P.R.I.D.E. P.R.I.D.E. stands for Perseverance, Responsibility, Integrity, Dedication, and Education; all of which are values that guide the actions of the members of the athletics community. The following statement describes what it means to have P.R.I.D.E. as a Northwestern Wildcat:

#### P.R.I.D.E.

As a student-athlete at Northwestern University, I will be proud to be a member of a community that strives to embody and promote the following attributes:

#### **Perseverance**

As a Wildcat, I will strive to achieve in all aspects of my life, despite obstacles and challenges, through hard work, cooperation, and patience.

#### Responsibility

As a Wildcat, I will accept responsibility for my behavior and will hold all members of my team accountable for their actions.

#### Integrity

As a Wildcat, I will adhere to the highest standards of honesty, respect, and morality.

# **Dedication**

As a Wildcat, I will dedicate myself to being the best I can be in all aspects of my life and to the goals and aspirations of my team and the athletics program as a whole.

#### Education

As a Wildcat, I will commit to the pursuit of knowledge academically, athletically, and as a citizen of Northwestern University.

## CODE OF CONDUCT

As representatives of Northwestern University, student-athletes should remember that they are public figures both on campus and in the community. As such, student-athletes are expected to conduct themselves in an appropriate manner at all times. The actions of student-athletes are carefully scrutinized because individuals involved in competitive athletics are often in the public eye. As a result, student-athletes are held to a higher code of conduct and expected to rise to that expectation.

Student-athletes should keep in mind that their actions both on and off the playing field are a reflection not only of them individually but also of their team, Northwestern Athletics, and Northwestern University. As a student of Northwestern University, you are expected to abide by all university rules and regulations, in addition to state laws. Any violations of said policies will be subject to appropriate disciplinary action by both the university and the athletics department. Please refer to the Northwestern University Student Handbook: <a href="http://www.northwestern.edu/handbook/hand

#### ALCOHOL

At no time is it permissible for a student-athlete to consume an alcoholic beverage of an athletics department sponsored event, regardless of whether or not the student-athlete is of age. Student-athletes are also prohibited from purchasing an alcoholic drink from a "cash" bar at any event sponsored by the athletics department.

#### GAMBLING

Gambling threatens the integrity of competitive sports and compromises everyone who participates. Athletes are particularly vulnerable to the dangers posed by gambling. Their ability to affect the outcome of athletic contests by their action or inaction -- or even by providing information to individuals intent on fixing the results of an athletic event -- makes athletes prime targets for gamblers and bookies. The idea that gambling is a victimless crime is fallacious; the student-athlete who gambles risks irreparable damage to the University, self, family, and teammates.

No athletics program, including ours, is immune to the perils of gambling. Northwestern has learned all too well that "innocent" wagers can lead to mounting gambling debts and that those debts can have ugly consequences; threats against and intimidation of the participants, point shaving, and the like. We cannot and will not accept these corrupting influences. Therefore, the Department of Athletics and Recreation has instituted the following rule separate and apart from any governing the University community. This rule applies to student-athletes, student-trainers and managers, coaches, and all athletics department personnel.

There is zero tolerance for participating in any gambling activity prohibited by the NCAA. Prohibited gambling activities include, but are not limited to, the following:

- placing a wager on any college or professional athletic contest through legal means such as a casino sports book or internet
  gambling or illegal means such as a bookie or someone the bettor knows will transmit the wager to a bookie;
- participation in fantasy leagues, pools, or contests that involves a wager or entry fee in exchange for the opportunity to reap a reward;
- knowingly providing information directly or indirectly to a gambler or a bookie that might reasonably influence betting
  on an athletic event (including but not limited to information about injuries, game plans, or field conditions); or
- in the case of a student-athlete, altering his/her performance in a way designed to affect in a negative way the outcome
  of an athletic event in which the athlete participates.

A student found to have violated the above prohibitions will be nermanently inclicible for continued participation in any sport at Northwestern University in any manner and will be subject to the removal of all athletically-related financial aid. An athletics department employee found to have violated the above prohibitions would be subject to termination. In both cases, the Vice President for Athletics and Recreation at his/her discretion may review any gambling violations to determine if said consequences are justified and may amend said consequences.

Involvement in Northwestern's athletics programs, whether as an athlete, trainer, coach, manager, or employee, is a privilege, not a right. By participating in Northwestern athletics, student-athletes agree to abide by the rule stated here.

#### HAZING

The University forbids hazing and all other activities that interfere with the personal liberty of an individual. The Uni-

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versity defines hazing as any action taken or situation created, whether on or off University premises, to produce mental or physical discomfort, embarrassment, harassment, or ridicule for the purpose of initiation into, affiliation with, admission to, or as a condition for continued membership in, a group, team, club, or other organization. Such actions and situations may include but are not limited to the following:

- · paddling in any form;
- · creation of excessive fatigue;
- physical and psychological shocks;
- quests, treasure hunts, scavenger hunts, road trips, or any other such activities carried on outside the confines of the University;
- wearing apparel that is conspicuous and not normally in good taste;
- · engaging in stunts and buffoonery;
- · requiring sleepovers, degrading or humiliating games and activities;
- · late work sessions or activities that interfere with scholastic activities and/or normal sleeping hours;
- · forced consumption of alcohol;
- falsely leading an individual or individuals to believe that they will be inducted/initiated by participating in particular activities;
- · removing public or private property; and
- forcing individuals to participate in activities that are not consistent with the University's mission, rules, regulations, and policies or federal, state, or local law.

Acceptance of an activity on the part of a new member or individual does not justify participation in or sponsorship of the activity. Any violation of this policy should be reported to the Vice President for Athletics and Recreation, a sport administrator, the Dean of Students or the Office of Judicial Affairs.

Note: Hazing activities may also violate the Illinois Hazing Act, 720 ILCS §120/0.01 et seq.

#### **POSITIVE PURPLE P.R.I.D.E.**

The Northwestern Athletics department encourages each team to establish positive team building and leadership activities as a means to build team camaraderie and trust. In that regard, the department has created a grant program that will offer up to \$300 in funding on an annual basis to each varsity team that submits a "Positive Purple P.R.I.D.E." funding request that outlines its plan for positive team building and/or leadership activities (teams that have more than 25 on the roster are eligible to receive up to \$12 per person). The funding will be utilized to offset the cost of the positive team building activities. To receive an application, please see the Compliance Office website or contact Aaron Hosmon.

#### SOCIAL MEDIA POLICY

As representatives of the Northwestern University Department of Athletics and Recreation, student-athletes should remember that they are held to a high standard of behavior. This includes any activities conducted on any social media websites, apps, programs (e.g., Facebook, Twitter, etc) or any other online site (e.g., blogs, personal websites, etc). While we support and encourage individuals' freedom of expression and First Amendment rights, we are concerned about your safety, the well-being of all our student-athletes, and protecting the image and reputation of Northwestern University and its Department of Athletics and Recreation.

Educating and protecting our student-athletes are our primary concerns, so please keep in mind the following guidelines as you participate on social networking websites:

- 1. Before participating in any online community, understand that anything posted online is available to anyone in the world.
- 2. Do not post your home address, local address, phone number(s), birth date or other personal information (e.g., class schedule, social plans).
- Do not post any information that would violate Northwestern University, Athletics Department or student-athlete
  codes of conduct and/or state or federal laws.
- 4. Do not post any information, photos or other items online that could embarrass you, your family, your team, the Ath-

- letics Department or Northwestern University. This includes, but is not limited to, information, photos, quotes and other items that may be tagged to you from another user. Remember that you alone are responsible for the content that appears on your personal websites.
- 5. Do not add a "friend" unless it is actually someone you know. Many people are looking to expose student-athletes and/or gain information about your team that will assist in gambling activities or provide material for unsportsmanlike behavior from opposing fans.
- 6. You must fully participate in any system developed by your coaching staff to assist in monitoring your personal online networking pages (e.g., buddy system).

If you discover any inappropriate information on the networking page of any Northwestern student-athlete, be a good teammate – talk with the student-athlete and express your concern. If you need assistance with the matter, feel free to reach out to a coach, your sport administrator, or any other athletics department staff member for assistance..

Social networking websites may be regularly monitored by a number of sources within Northwestern University (e.g., Athletics Department, Student Affairs, University Police) as well as sources outside of Northwestern (e.g., potential employers, internship supervisors). In addition to potential employers, an increasing number of graduate programs and scholarship committees also search these sites to screen candidates.

Northwestern student-athletes should be very careful when using online social networking sites and keep in mind that sanctions may be imposed if these sites are used improperly or depict inappropriate, embarrassing or dangerous behaviors. Those sanctions can include, but are not limited to, public or private reprimand, suspension from practice or competition, dismissal from the program, and loss of athletics aid, if applicable.

# ONLINE SOCIAL NETWORKING GUIDELINES

The following information was developed to provide you with some guidance as to what type of behavior is appropriate relative to online social networking. These guidelines are not all inclusive; rather, they are intended to be used as a foundation for sound decision making.

Text Guidelines - words and/or phrases not permitted anywhere on your networking page, regardless of who posted them, include (but are not limited to) the following:

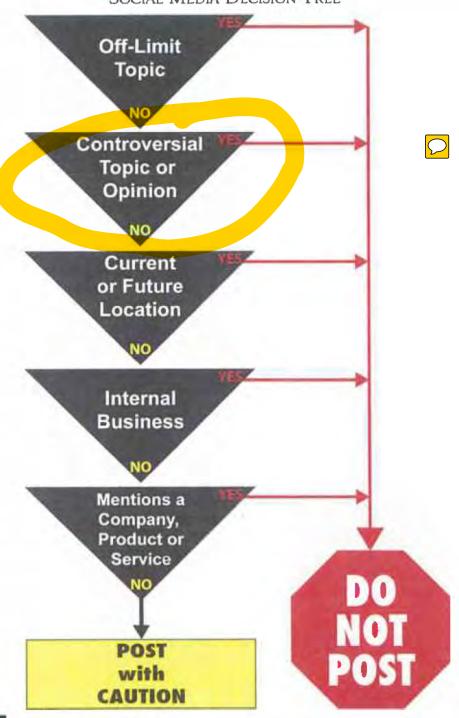
- 1. Any words or phrases considered to be harassing and/or discriminatory in nature on the basis of sex, race, color, religion, national origin, or sexual orientation.
- 2. Any demeaning statements about or threats to any third party.
- Sexually explicit language.
- 4. Curse words not permitted over the airwaves (e.g., George Carlin's 7 words).
- 5. Words or phrases to describe excessive social activities (e.g., partying, boozing and smoking are not appropriate hobbies for student-athletes who maintain a leadership role in the community.)
- Words or phrases you would not want attributed directly to you should they be released publicly (e.g., newspaper, television story).

Photo Guidelines – examples of inappropriate or offensive behaviors posted on social networking sites may include (but are not limited to) depictions or presentations of the following, regardless of who posted them:

- 1. Hazing, an activity that violates the Northwestern Student Code of Conduct.
- 2. Use of alcohol and drugs, regardless of age.
- 3. Lewd or lascivious behavior, including sexually explicit pictures.
- 4. Photos meant to demean the individuals included in the photo.
- 5. Any photos you would not want publicly released on television or in a newspaper.
- \*Please refer to social media decision tree before positing on anything online\*



SOCIAL MEDIA DECISION TREE





#### DISCRIMINATION

Northwestern University does not discriminate or permit discrimination by any member of its community against any individual on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, gender expression, parental status, marital status, age, disability, citizenship, veteran status, or genetic information in matters of admissions, employment, housing, services, or in the educational programs or activities it operates.

Harassment, whether verbal, physical or visual that is based on any of these characteristics, is a form of discrimination. This includes harassing conduct affecting tangible job benefits, interfering unreasonably with an individual's academic or work performance, or creating what a reasonable person would sense is an intimidating, hostile, or offensive environment. All reports describing conduct that is inconsistent with this policy will be promptly and thoroughly investigated. Complaints about violations of this policy will be handled confidentially, with facts made available only to those who need to know in order to investigate and resolve the matter. If an investigation confirms that a violation of this policy has occurred, the University will take appropriate corrective action. The University prohibits retaliation against anyone for registering a complaint pursuant to this policy, assisting another in making a complaint, or participating in an investigation under the policy. Anyone experiencing any conduct that he or she believes to be retaliatory should immediately report it to one of the individuals named below.

# Examples of Harassment

Such harassment may include, for example, jokes or epithets about another person's protected status, teasing or making practical jokes directed at a person based on his or her protected status. It may also include the display or circulation of written materials or pictures that are degrading to a person or group described above, or verbal abuse or insults about, directed at, or made in the presence of an individual or group of individuals in a protected group.

#### NORTHWESTERN UNIVERSITY'S POLICY ON DISCRIMINATION AND HARASSMENT

Northwestern University does not discriminate or permit discrimination by any member of its community against any individual on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, gender expression, parental status, marital status, age, disability, citizenship, veteran status, or genetic information in matters of admissions, employment, housing, or services or in the educational programs or activities it operates.

Harassment, whether verbal, physical, or visual, that is based on any of these characteristics is a form of discrimination. This includes harassing conduct affecting tangible job benefits, interfering unreasonably with an individual's academic or work performance, or creating what a reasonable person would perceive is an intimidating, hostile, or offensive environment. Prohibited sex discrimination includes sexual harassment and sexual violence.

#### Examples of discrimination and harassment may include:

- · Refusing to hire or promote someone because of the person's protected status
- Demoting or terminating someone because of the person's protected status
- · Jokes or epithets about a person's protected status
- · Teasing or practical jokes directed at a person based on his or her protected status
- Displaying or circulating written materials or pictures that degrade a person or group
- Verbal abuse or insults about, directed at, or made in the presence of an individual or group of individuals in a protected group

#### TITLE IX STATEMENT

It is the policy of Northwestern University to comply with Title IX of the Education Amendments of 1972, which prohibits discrimination (including sexual harassment and sexual violence) based on sex in the University's educational programs and activities. Title IX also prohibits retaliation for asserting claims of sex discrimination. Northwestern has designated Title IX Coordinators, listed under "Where to Get Advice and Help," to coordinate Northwestern's compliance with and response to inquiries concerning Title IX. A person may also file a complaint with the Department of Education's Of-Title visiting alleged violation of fice Civil Rights regarding an www2.ed.gov/about/offices/list/ocr/complaintintro.html or calling 1-800-421-3481.

## **POLICY ON SEXUAL HARASSMENT**

It is the policy of Northwestern University that no member of the Northwestern community - students, faculty, adminis-

trators, staff, vendors, contractors, or third parties - may sexually harass any other member of the community. Sexual advances, requests for sexual favors, and other verbal, physical, or visual conduct of a sexual nature constitute harassment when:

- Submission to such conduct is made or threatened to be made, either explicitly or implicitly, a term or condition of an individual's employment or education;
- Submission to or rejection of such conduct by an individual is used or threatened to be used as the basis for academic
  or employment decisions affecting that individual; or
- Such conduct has the purpose or effect of substantially interfering with an individual's academic or professional performance or creating what a reasonable person would perceive is an intimidating, hostile, or offensive employment, educational, or living environment.

# Examples of sexual harassment may include:

- · Pressure for a dating, romantic, or intimate relationship
- · Unwelcome touching, kissing, hugging, or massaging
- · Pressure for or forced sexual activity
- Unnecessary references to parts of the body
- · Remarks about a person's gender or sexual orientation
- · Sexual innuendoes or humor
- Obscene gestures
- · Sexual graffiti, pictures, or posters
- · Sexually explicit profanity
- · Stalking or cyberbullying
- · E-mail and Internet use that violates this policy



# SEXUAL VIOLENCE STATEMENT

Sexual violence is a prohibited form of sexual harassment. Sexual violence includes physical sexual acts perpetrated against a person's will or where a person is incapable of giving consent due to use of drugs and/or alcohol or to an intellectual or other disability. Some examples of sexual violence may include rape, sexual assault, sexual battery, and sexual coercion.

#### ADDITIONAL GUIDANCE

## Investigation and Confidentiality

All reports describing conduct that is inconsistent with the Policy on Sexual Harassment or the Policy on Discrimination and Harassment will be promptly and thoroughly investigated. Complaints about violations of these policies will be handled discreetly, with facts made available only to those who need to know to investigate and resolve the matter.

#### Retaliation

The University prohibits retaliation against anyone for registering a complaint pursuant to these policies, assisting another in making a complaint, or participating in an investigation under the policies. Anyone experiencing any conduct that he or she believes to be retaliatory should immediately report it to one of the individuals listed under "Where to Get Advice and Help."

#### Resolution

If a complaint of discrimination, harassment, or sexual harassment is found to be substantiated, appropriate corrective action will follow, up to and including separation of the offending party from the University, consistent with University procedure.

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#### Your Responsibilities

All members of the University community are responsible for creating a working, learning and living environment that is free of discrimination and harassment, including sexual harassment. It is important to contact one of the individuals listed under "Where to Get Advice and Help" if any of the following occurs:

- 1. You believe you have been subjected to conduct or comments that may violate these policies;
- 2. You believe you have been retaliated against in violation of these policies; or
- You hold a supervisory, managerial, or teaching position and have been told about or witnessed conduct that may violate these policies.

#### Vendors, Contractors and Third Parties

The University's policies on discrimination, harassment, and sexual harassment apply to the conduct of vendors, contractors and third parties. If a member of the University community believes that he or she has been subjected to conduct by a vendor, contractor or third party that violates these policies, the community member should contact one of the individuals listed under "Where to Get Advice and Help." The University will respond as appropriate, given the nature of its relationship to the vendor, contractor or third party.

#### Academic Freedom

While Northwestern University is committed to the principles of free inquiry and free expression, discrimination and harassment identified in this policy are neither legally protected expression nor the proper exercise of academic freedom.

#### If you believe you have been discriminated against or harassed:

Contact one of the individuals listed under "Where to get Advice and Help."

Don't blame yourself.

Don't delay reporting a problem.

Consider keeping a written, dated record of events.

# If you witness or become aware of possible discriminatory or harassing conduct by others:

Contact one of the individuals listed under "Where to get Advice and Help."

# If you think you may have offended or harassed someone:

Don't assume others will tell you when they feel offended or harassed by what you say and do.

Examine how others respond to what you say and do.

Apologize as soon as possible.

Change your behavior.

#### CONFIDENTIAL COUNSELORS

If you wish to speak with someone who is legally privileged to keep communications confidential, you may contact a confidential counselor. Seeking advice from a confidential counselor does not constitute reporting an incident.

Women's Center (counseling services) 2000 Sheridan Road, Evanston Campus Abbott Hall, Suite 1400, Chicago Campus 847-491-2733 (Evanston)

312-503-3400 (Chicago)

#### r-redd@northwestern.edu

Alice Millar Chapel and Religious Center (chaplains) 1870 Sheridan Road, Evanston Campus

847-491-7256

# chaplain@northwestern.edu

Counseling and Psychological Services (for students)
633 Emerson Street, Evanston Campus
Abbott Hall, Fifth Floor, Chicago Campus
847-491-2151 847-491-8100 (24 hours)

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Perspectives Ltd. (faculty and staff assistance program)

800-456-6327 (24 hour)

www.perspectivesltd.com

CARE: Center for Awareness, Response, and Education (sexual violence)

633 Emerson Street, Evanston Campus

847-491-2054

care@u.northwestern.edu

www.northwestern.edu/care

#### **ETHICSPOINT**

EthicsPoint provides another means of reporting discrimination, harassment, and sexual harassment. You may file a report online at www.northwestern.edu/ethics or by phone at 866-294-3545. Any complaints reported via EthicsPoint will be reviewed in accordance with current University procedures.

# WHERE TO GET ADVICE AND HELP

The following university offices provide information and assistance concerning discrimination, harassment, and sexual violence.

# Office of Equal Opportunity and Access

(discrimination and harassment complaints, including Title IX sex discrimination complaints)

720 University Place, Evanston Campus

(847) 491-7458; eeo@northwestern.edu

www.northwestern.edu/hr/eeo

# University Sexual Harassment Prevention Office

(sexual harassment complaints)

Joan Slavin, director and interim Title IX coordinator

633 Clark Street, Room 2-636, Evanston Campus

(847) 491-3745; sexual-harassment@northwestern.edu

http://www.northwestern.edu/sexual-harassment/

#### Division of Student Affairs

(student-to-student discrimination, harassment, sexual harassment, and sexual violence complaints)

Jim Neumeister, director of Office of Student Conduct and Conflict Resolution, and deputy Title IX coordinator for sex discrimination, sexual harassment, and sexual violence complaints involving students

601 University Place, Suite 3, Evanston Campus

(847) 491-4582; neumeister@northwestern.edu

www.northwestern.edu/student-conduct

# CARE: (Center for Awareness, Response, and Education)

(sexual violence)

633 Emerson Street, Evanston Campus

(847) 491-2054; care@u.northwestern.edu

http://www.northwestern.edu/care/

# Department of Athletics and Recreation

(Title IX athletics compliance issues)

Janna Blais, deputy director of athletics and deputy Title IX coordinator for athletics compliance issues

1501 Central Street, Evanston Campus

(847) 491-7893; j-blais@northwestern.edu

# **DISCRIMINATION AND HARASSMENT PREVENTION ADVISORS**

In addition to the people listed above, each school or unit of the University has advisors on the faculty or staff who have been trained to answer questions about the University's discrimination and harassment policies and to receive complaints. To find an advisor, consult www.northwestern.edu/sexual-harassment/advisors.

# **ACADEMIC POLICIES AND PROCEDURES**

# MAJOR

All student-athletes must declare a major by the end of their sophomore year. If you choose to change your major at any point, you must be able to complete all of the new major's requirements within five years of your initial date of collegiate enrollment. If you are considering changing your major, you MUST first speak with your academic advisor in athletics; you must be able to meet satisfactory progress requirements within the new major prior to the start of the next academic year. Please note: if you change your major during the academic year, you must complete two degree countable courses in the major for which you are officially declared on the first day of that quarter. Prior to changing majors, you must review the change with your school advisor and your academic advisor in athletics to determine any possible impact on your eligibility.

#### INTERSCHOOL TRANSFER

To transfer from one school/college within the University to another, you must complete an interschool transfer (IST) form.

These forms may be obtained on-line at:

http://www.northwestern.edu/advising-center/general/interschool-transfer.html

The initiation and completion deadlines governing ISTs are located in this planner. Keep in mind that ISTs do not become effective until the first day of the subsequent academic term in which you are registered. Note: a spring quarter IST will not become effective until the first day of fall quarter unless you specify "summer" on your IST form AND enroll in at least one summer school class.

#### **GRADING SYSTEM**

	A	4.0	K		Work in progress
	A-	3.7	N		Not passing, no credit
	B+	3.3	P		Passing credit
1	B	3.0	S		Satisfactory (noncredit course)
1	) B-	2.7	U		Unsatisfactory (noncredit course)
	C+	2.3	X	0.0	Absent from final exam
	C	2.0	Y	0.0	Incomplete; additional work required
	C-	1.7	NR	0.0	Not Reported
	D	1.0			
	F	0.0			

#### PASS/NO PASS (P/N)

As an undergraduate, you are permitted to take courses on a pass/no pass (P/N) basis consistent with the requirements of your school (i.e., SESP, WCAS, MEAS). Each undergraduate school sets its own limits on the number and use of P/N options allowed in courses counting toward graduation. See the undergraduate catalog or your school advisor for more information regarding these limits.

#### INCOMPLETE WORK

An incomplete grade will appear on your transcript as either a "Y" or "X". Incomplete grades are computed as an "F" in your GPA until the coursework is completed and a letter grade is recorded on your official transcript. If you fail to complete and submit your required coursework on time, it is possible you may fall below NCAA and/or Big Ten eligibility standards.

If you have any grades listed as incomplete (Y) or "failure to take an exam" (X), you must schedule a meeting with your dean of undergraduate studies to establish deadlines for completing all work. Make-up work/exams should be completed before the end of the following quarter.

If there is a possibility you may receive an incomplete, you must contact your academic advisor in Athletics to determine

if the incomplete will affect your eligibility.

#### REGISTRATION

All student-athletes must meet with an advisor in Academic Services and Student Development and complete a Course Registration Advising Form (CRAF) in order to register for classes during student-athlete priority registration. You are also encouraged to meet with your school advisor during the registration-advising period each quarter; if meetings are required by your school, you must follow that requirement. You are strongly encouraged to come to your advising appointments with possible courses selected by reviewing the quarterly Class Schedule and Course and Teacher Evaluation Council (CTEC) evaluations. The dates for advising and student-athlete priority registration are found in the weekly section of the planner.

Advance registration is held in November for the winter quarter, February for the spring quarter, April for summer, and May for the fall quarter for all students at Northwestern. Pre-registration is available for most schools. Contact the school, department, or your school advisor for more information.

# **TEXTBOOKS/COURSE SUPPLIES**

"Required" books will be ordered online thru the designated bookstore for student-athletes whose athletics scholarships include the use of books. You will receive an email from the bookstore when your books have been ordered and are ready to be picked up. Please pick up your books as soon as you receive the email.

If there is a book that is listed on your syllabus and was not ordered, please bring a copy of your syllabus to the Athletics Compliance Office (ACO). At that time we will contact the bookstore to order the book.

All books should be ordered thru the designated bookstore. If they are unable to get a required item (i.e., course packet, art supplies, etc.), you must purchase that item on your own and bring the receipt and syllabus to the ACO within 10 business days of the purchase. Once approved, you will take your receipt, completed book purchase order and WILDCARD to the Student Accounts Office (555 Clark Street) to process the reimbursement.

#### RETURNS

If you drop a class, all books for that class must be returned to the bookstore within 72 hours of when the class was officially dropped to avoid any charges.

All books and supplies for the quarter must be returned by the last day of finals. Books must be returned to the designated bookstore where you picked them up and course supplies must be returned to the ACO.

If you need to retain a book for the following quarter, you must notify the bookstore or ACO before the last day of finals to avoid any charges.

You will be charged 50% of the original purchase price to your student account for any books that are not returned by the last day of finals. You will be charged the full replacement cost for any reusable equipment (cameras, calculators, clickers) that is not returned to the ACO by the end of the quarter.

If you have questions regarding books, please contact the Athletics Compliance Office.

# ACADEMIC INTEGRITY/DISHONESTY

Academic integrity at Northwestern University is based on a respect for the individual achievement that lies at the heart of the academic culture. Every faculty member and student belongs to a community of scholars where academic integrity is a fundamental commitment.

Students enrolled at Northwestern are expected to adhere to the University's standards of academic integrity. Students who violate the rules of academic integrity are subject to penalties, including course failure and expulsion from the University. Students are <u>not</u> permitted to drop any course when a charge of academic dishonesty may have negative effects beyond any officially imposed dean's sanctions, particularly for student-athletes, who may forfeit their athletics aid.

A student may be brought up on charges of academic dishonesty for reasons including, but not limited to, the following: plagiarism, cheating, fabrication, aiding and abetting, dishonesty, and falsification of records and official documents.

It is the responsibility of the faculty to report and review all cases of academic dishonesty. Questions about the acceptability of specific behavior should be addressed to the appropriate faculty member or school dean.

For a full explanation of the University's policy on academic integrity, please refer to page 14 of the Northwestern University Student Handbook.

NOTE: Student-athletes who are involved in academic integrity violations will be informed of additional stipulations by their academic advisor in athletics.

#### **CLASS ATTENDANCE**

It is imperative that student-athletes attend all classes consistently in order to succeed academically. Student-athletes must maintain their priorities such that academics take precedence over athletics. Excessive absence may result in failure of a course.

#### SUMMER SCHOOL ATTENDANCE

There is no guarantee of summer school aid for any student-athlete. All student-athletes seeking athletics aid for summer coursework at Northwestern or at another university must submit a summer school application through the Office of Academic Services & Student Development. See the planner section for availability and deadlines for applications. In order to be eligible for summer school aid, you must have made up all incompletes from the previous year; and have faithfully pursued your academic responsibilities during the academic year.

If awarded summer school aid, the student-athlete understands that s/he:

- · must attend every class and complete all required coursework.
- · may not drop a class after the first day of classes.
- may not make any changes to a summer school schedule without prior approval.
- In addition, if any student-athlete fails a course, drops a course without prior approval, or takes an incomplete
  in a summer school course, s/he may be required to reimburse the department for the financial aid received for
  that course.

#### TUTORING AND STUDY SKILLS

Study skills and tutoring take place in the University Library, Monday through Thursday, from 6:00-10:00 p.m. for the fall and winter quarters, and Monday through Wednesday, 6:00-10:00 p.m. for the spring quarter. Student-athletes are required to check in with the monitor upon arrival by showing their Wildcard. Please refer to the Quarterly Tutoring and Study Skills Schedule for detailed dates and times of tutoring for drop in tutoring sessions.

All tutoring must take place in the library unless the tutoring coordinator has otherwise granted permission. Individual tutoring may be requested by completing an Individual Tutoring Request form.

These forms are available online at:

http://www.northwestern.edu/academicservices/academic-support/tutor-services/index.html.

# **TUTORING & ACADEMIC SUPPORT RESOURCES ON CAMPUS**

#### WEINBERG COLLEGE OF ARTS AND SCIENCES

# Chemistry Resource Room

The room is open to all chemistry students looking for a constructive and helpful environment in which to work on chemistry problems. It is staffed by experienced undergraduate peer tutors for students needing help in our general chemistry courses (101, 102, 103, 171, and 172). Drop-in service, no appointment necessary; free to all NU students. Held in conjunction with the math and physics resource rooms.

Location: 619 Emerson Street, Room 101

Hours: Sunday, Tuesday, Wednesday, Thursday 8pm-10pm

Website: http://www.math.northwestern.edu/undergraduate/tutoring.html

# Undergraduate Chemistry Council (UCC) Tutoring

The Northwestern UCC offers tutoring services in general and organic chemistry to all students, regardless of membership

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status in the UCC. Appointments must be made in advance via email; free to all NU students. The UCC also hosts a weekly organic chemistry review session on Sunday evenings. See website for scheduling and other details.

Website: http://chemgroupx.northwestern.edu/ucc/tutoring.htm

# Physics Resource Room

The room is open to all physics students looking for a constructive and helpful environment in which to work on physics problems. It is staffed by experienced undergraduate peer tutors for students needing help in our introductory courses (130 and 135). Drop-in service, no appointment necessary; free to all NU students. Held in conjunction with the chemistry and math resource rooms.

Location: 619 Emerson Street, Room 101 Hours: Monday & Wednesday 8pm-10pm

Website: http://www.math.northwestern.edu/undergraduate/tutoring.html

#### Calculus Resource Room

The room is open to all math students looking for a constructive and helpful environment in which to work on calculus problems. It is staffed by experienced undergraduate peer tutors for students needing help in our calculus courses (212, 213, 214, 220, 224, and 230). Drop-in service, no appointment necessary; free to all NU students. Held in conjunction with the chemistry and physics resource rooms.

Location: 619 Emerson Street, Room 101

Hours: Sunday, Monday, Wednesday, Thursday 8pm-10pm

Website: http://www.math.northwestern.edu/undergraduate/tutoring.html

# Pooled Calculus Office Hours

Pooled office hours are walk in hours held by instructors and teaching assistant for Math 220, 224 and 230. These hours are open to all students registered for these courses, and not just for students in a particular section of a course. For example a pooled office hour for Math 220 is open to ALL Math 220 students. Click on the link below to view pooled office hours schedule.

Location: 619 Emerson Street, Room 101

Website: http://math.northwestern.edu/undergraduate/calculus\_nffice\_hours.html

#### Tech Tutoring

This service is provided primarily to first- and second-year engineering students. Tutoring in calculus, physics, and engineering courses is provided by a group of graduate and upperclass engineering students. Drop-in service, no appointment necessary; free to all McCormick students. See website for more details.

Location: Tech LG52

Hours: Monday - Thursday 2pm-5pm and 7pm-10pm

Website: http://www.mccormick.northwestern.edu/undergraduates/current\_students/advising\_registration/tech\_tutoring.html

#### Gateway Science Workshop (GSW)

This is a peer-led program designed to enhance students' learning as they successfully complete course sequences in chemistry, organic chemistry, biology, math, physics, and engineering. Students must register and enroll in GSW to attend the weekly group sessions. See website for more details.

Website: http://www.northwestern.edu/searle/programs/undergraduateprograms/gateway-science-workshap.html#tab1

# Integrated Science Program (ISP) Tutoring

ISP is a challenging, tailor-made honors curriculum that integrates mathematics with the sciences. Students must apply for admission to this program prior to their freshman year at NU; those who enroll can take advantage of free, drop-in chemistry, math, and physics tutoring. See website for more details.

Location: 616 Noyes Avenue

Website: http://www.jsp.northwestern.edu/index.html

# Science and Engineering Research & Teaching Synthesis (SERTS)

SERTS offers a selection of classes in science and engineering for both undergraduate non-majors and majors who have little or no background in these areas. Students enrolled in SERTS courses take advantage of a unique workshop model, which introduces them to research and laboratory experiences. See website for details.

Website: http://www.northwestern.edu/serts/Index.html

#### SOCIAL SCIENCES AND HUMANITIES

#### Academic Mentoring Program (AMP)

AMP is a pilot academic support program offering services to students enrolled in Economics 201 - Introduction to Macroeconomics, Statistics 210 - Introductory Statistics for the Social Sciences, and Psychology 110 - Introduction to Psychology. This is a peer-led program designed to enhance students' learning in a small group setting. Students must register and enroll in AMP to attend the weekly group sessions.

See website for more details and registration:

http://www.northwestern.edu/searle/programs/undergraduateprograms/academic-mentoring-program.html

# Undergraduate Economics Society (UES) Mentors

The UES Peer Mentorship program is designed to provide first and second year economics students with an upperclassman mentor who can answer questions about courses, professors, or scheduling. See website for contact information and procedures.

Website: http://groups.northwestern.edu/ues/aboutus/neermentorship.html

#### History Writing Center

The History Writing Center is a place for students in any history course to discuss their writing at any stage in the process. It is staffed by experienced history graduate students who can assist with brainstorming ideas, working through a draft, and reviewing past assignments. Appointments are encouraged, but not required, during drop-in hours. Students can also request appointments outside of these hours. Free to all NU students.

Hours: Wednesdays from 3pm-6pm in the Library Cafe, Thursdays from 2pm-4:45pm in 221 Harris Hall, or by appointment

Email: historywriting@northwestern.edu

#### WRITING AND LANGUAGES

#### The Writing Place

A peer tutoring center for all forms of writing. Writing Place consultants can provide assistance at any stage of the writing process. Consultations are free and available to anyone in the Northwestern community: undergraduates, graduate students, faculty, or staff. Users must register and schedule an appointment in advance. See website for additional information and resources.

Location: Main Library, 2304 North

Website: http://www.writing.northwestern.edu/

#### French & Italian (FIT) Tutor Center

The French & Italian Department provides free peer tutoring services for any NU student enrolled in a 100-level French or Italian course. Drop-in service, no appointment necessary. See website for details.

Location: Kresge 2-402

Website: http://www.frenchanditalian.northwestern.edu/undergraduate/french/honors.html#6

#### French Writing Center

The mission of the center is to help students in French courses 210 and above to improve their overall writing ability, become more self-reliant writers, and gain a better comprehension of French grammar and writing styles. See website for contact information and procedures.

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Website: http://www.frenchanditalian.northwestern.edu/undergrachute/french/honors.html#6

#### Spanish Tutors

Assistance is provided with questions regarding grammatical structures, practicing oral presentations and interviews, reviewing for exams, and vocabulary or grammar in an essay. Drop-in service, no appointment necessary; free to all NU students enrolled in a 100-level Spanish course. See website for tutor contact information and schedules.

Location: Kresge 1-145

Hours: Monday - Friday 3pm-5pm

Website: http://www.spanish-portuguese.northwestern.edu/people/tutors.html

# Spanish Writing Center

The mission of the center is to help students in Spanish courses 210 and above to improve their overall writing ability, become more self-reliant writers, and gain a better comprehension of Spanish grammar and writing styles. See website for contact information and procedures.

Hours:

Monday 2:30-5:30; Kresge Hall 1-230

Tuesday 12:00-2:00; Crowe Hall 1-145

Wednesday 2:30-5:30; Kresge Hall 1-230

Thursday 12:00-2:00; Crowe Hall 1-145

Friday 2:30-5:30; Kresge Hall 1-230

Website: http://www.spanish-portuguese.northwestern.edu/resources/writing-center.html

#### OTHER ACADEMIC SUPPORT SERVICES

#### Multicultural Student Affairs (MSA) Tutoring

MSA hosts a tutoring program that focuses primarily on introductory sections of the following subjects: chemistry, biology, physics, statistics, calculus, and economics. See website for more information and access to their academic facilitation request form.

Location: 1936 Sheridan Road

Website: http://www.northwestern.edu/msa/

# University Academic Advising Center (UAAC)

The UAAC focuses on health professions advising and general advising beyond college-specific issues. As part of that mission, UAAC provides resources and consultations with regards to effective study habits, time management, reading and listening strategies, and test-taking tips. An academic support services coordinator is also on staff at UAAC to assist students in connecting with other resources on campus. See website for more details.

Location: 1940 Sheridan Road

Website: http://www.narthwestern.edu/advising-center/index.html

# Services for Students with Disabilities (SSD)

SSD is committed to providing a supportive and challenging environment for all undergraduate, graduate, and professional school students with disabilities. They work to provide students with disabilities a learning environment that affords them full participation, equal access, and reasonable accommodation of their disabilities. The majority of accommodations and services for students with disabilities are coordinated by SSD. See website for more details. Student-athletes with questions regarding this service should reach out to their academic advisor in athletics.

Location: Scott Hall, 601 University Place, Room 21
Website: http://www.northwestern.edu/disability/



# Counseling and Psychological Services (CAPS)

CAPS provides counseling to individuals and groups as well as workshops and outreach programs. CAPS has a team of highly qualified and experienced mental health professionals who are dedicated to helping students work through developmental needs, emotional difficulties, adjustments, and crises. See website for more details.

Location: Searle Hall, 633 Emerson Street

Website: http://www.northwestern.edu/counseling/index.html

## UNIVERSITY SUPPORT SERVICES

- THE WRITING PLACE, University Library, 492-7574. https://doi.org/10.0001/journal.pub.edu/
- CAMPUS COMPUTER RESOURCES, Kresge Centennial Hall 56, 1859 Sheridan Road, 491-3682.
   www.it.northwestern.edu
- NORRIS UNIVERSITY CENTER, 491-2300. http://www.norris.northwestern.edu/
- UNIVERSITY LIBRARY SYSTEM, 491-7635. www.library.northwestern.edu
- THE WOMEN'S CENTER, 2000 Sheridan Road, 491-7360. www.northwestern.edu/womencenter.
- MULTICULTURAL STUDENT AFFAIRS, 1936 Sheridan Road, 467-6200. www.northwestern.edu/mcc
- INTERNATIONAL OFFICE, 630 Dartmouth, 491-5613. www.northwestern.edu/international
- COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS), 633 Emerson Street, 491-2151.
   http://www.northwestern.edu/counseling/
- · UNIVERSITY CAREER SERVICES, 620 Lincoln, 491-7430. http://www.northwestern.edu/careers/
- UNDERGRADUATE RESIDENTIAL LIFE, Scott Hall, Room 10, 601 University Place.
   http://www.northwestern.edu/res/life/
- UNDERGRADUATE HOUSING, Seabury Hall, Room 212, 600 Haven Street,
   491-7564; Email: <a href="http://www.northwestern.edu/living/index.html">http://www.northwestern.edu/living/index.html</a>
- UNIVERSITY CHAPLAIN, Parkes Hall, Room 139, 1870 Sheridan Road, 491-7256.
   http://www.northwestern.edu/chaplain/
  - STUDENTS WITH SPECIAL EDUCATIONAL NEEDS, 491-5530.
     <a href="http://www.narthwestern.edu/disability/">http://www.narthwestern.edu/disability/</a>
- HEALTH SERVICE, Searle Hall, 633 Emerson Street, 491-8100 (or 456 from a campus phone).
   www.nulis.northwestern.edu
- PARKING, 1819 Hinman Avenue. www.northwestern.edu/up/parking
- STUDENT HOMEPAGE http://mulink.northwestern.edu/

### COMPUTERS

#### COMPUTER LAB

The Academic Services & Student Development computer lab is open during regular business hours, Monday through Friday, 8:30 am to 5:00 pm. Student-athletes are free to use this lab for the completion of coursework, accessing email, research, etc.

#### **LAPTOPS**

Laptops are available for student-athlete use. Student-athletes may check out a laptop to complete coursework while traveling or on campus. Each laptop may be checked out for a maximum of three days. Traveling teams have priority. The student-athlete is fully responsible for repairs for damage to the laptops, or replacement of lost or stolen laptops. A late fee of \$5 is assessed for each day a laptop is not returned on time.

#### **EMAIL/LISTSERV**

It is the responsibility of every student-athlete to maintain an active Northwestern email account and to review messages daily.

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The Academic Services & Student Development Listserv is used to communicate information to the student-athlete population. All student-athletes are automatically subscribed to this listserv (academicsves@listserv.it.northwestern.edu) and must remain on the listserv as long as they are a student-athlete at Northwestern.

## STUDENT DEVELOPMENT

# STUDENT-ATHLETE ADVISORY COMMITTEE (S.A.A.C.)

The mission of the Student-Athlete Advisory Committee (S.A.A.C.) is to enhance the total student-athlete experience by promoting opportunities across campus, protecting student-athlete welfare, and fostering a positive student-athlete image.

S.A.A.C. is comprised of two members from each team. The committee meets twice a month throughout the quarter to discuss issues affecting and impacting student-athlete welfare, as well as to host various speakers from both the Northwestern campus and athletics community. Not only does the committee promote support for athletic events across campus, it also undertakes various service projects to benefit Evanston and the surrounding community, including NU Field Day and the Canned Food Drive.

For more information or to get involved, contact the S.A.A.C. Executive Committee:

# Co-Presidents:

Fallon Fitzpatrick (Women's Swimming) Fallon Fitzpatrick 2014@u.northwestern.edu

Belinda Niu (Women's Tennis) Belinda Niu 2014 @u. northwestern.edu

## Vice President:

John Callahan (Men's Golf) John Callahan 2014 Gin northwestern edu

#### Secretary:

Kate Allen (Women's Soccer) Katherine Allen 2014 ann northwestern edu

#### Community Relations Chair:

Anna Cassell (Women's Soccer) AnnaCassell 2015 faru northwestern.edu

For a complete list of the 2013-2014 team S.A.A.C. Representatives visit: http://www.nusports.com/ot/nw-saac.html P.U.R.P.L.E. PEER MENTORING PROGRAM

The P.U.R.P.L.E. (Peers Urging Responsible Practices through Leadership and Education) program consists of one or more student-athletes from each team serving as peer mentors. The peer mentor functions as a resource on the team who is trained in various health and wellness topics and communication skills. The peer mentor is available for teammates seeking information, guidance, or support on health and wellness topics. Whether offering an ear to listen or support and guidance, a peer mentor will be available to assist his or her teammate.

Peer mentors will be familiar with a variety of resources on campus, such as Counseling and Psychological Services, Sports Medicine, Women's Center, Judicial Affairs, Health Education, etc. They are able to answer questions about various campus resources and have the ability to refer other student-athletes to respective offices when necessary. Trained peer mentors can help prevent teammates from experiencing problems or other negative consequences. Peer mentors will learn about the warning signs of eating disorders, depression, alcohol abuse, etc., in order to intervene appropriately then refer to professional staff if necessary. Furthermore, the peer mentor can prevent student-athletes from policy violations related to alcohol and other drug use through education and intervention.

A peer mentor is NOT a police officer, community assistant or doctor, nor are peer mentors expected to "tattle" on teammates. Rather, a peer mentor is designed to assist student-athletes in becoming successful academically, athletically, and personally.

\*For a complete list of the 2013-2014 P.U.R.P.L.E Peer Mentors visit:

http://www.northwestern.edu/academicservices/cats-lifeskills/purple-mentors/index.html

#### P.R.I.D.E. CHALLENGE

The P.R.I.D.E. Challenge is designed to highlight student-athlete accomplishments in all five commitment areas of the CATS Program: academics, athletics, personal development, career development, and community outreach. Student-athletes are awarded points in the following categories: academic excellence, athletic excellence, community outreach, professional development, S.A.A.C. / P.U.R.P.L.E. participation, and Big Games.

The points are accumulated over the fall, winter, and spring quarters. Throughout the year, student-athletes receive invitations from the student-athlete listserv for all events/workshops/activities/etc. The winning team is announced at the end of each academic year at the P.R.I.D.E. Picnic.

#### 2012-13 P.R.I.D.E. CHALLENGE WINNERS

1st place – Women's Swimming & Diving 2nd place – Cross Country

3rd place - Volleyball

#### THE WILLIE AWARD

The Willie Award was established by the Department of Athletics and Recreation through the generosity of the Pomeranz Family in 2010. The Award will be presented to one male and one female varsity student-athlete each year.

The recipients of The Willie Award will embody P.R.I.D.E. (Perseverance, Responsibility, Integrity, Dedication and Education) and meet the following criteria:

- · Maintain academic excellence in the classroom
- Display athletic excellence and sportsmanship in competition
- · Give freely of their time and energy in the community
- Show a commitment to his/her personal and professional development
- · Provide leadership within the athletics community through participation in either S.A.A.C., P.U.R.P.L.E., or their team
- · Actively support their peers throughout the Northwestern community

# The 2013 Willie Award winners were:

Audrey Huth (Cross Country) Jeff Budzien (Football)

### **LETTERWINNERS**

Each head coach is permitted to make letter awards of approved items to student-athletes competing in that particular sport. At the end of each season, each coach submits a roster of letter award nominees for approval to the Deputy Director of Athletics for Operations. All student-athletes who meet the letter awards criteria receive a letter award.

Letter awards may be withheld for failure to return or replace equipment issued for practice, competition, or post-season conditioning. In such cases, the award will be made available to the student-athlete upon return of the equipment or payment of the replacement fee.

# NU FOR LIFE PROFESSIONAL DEVELOPMENT PROGRAM

NU for Life is a unique program dedicated to the professional development of Northwestern student-athletes, it provides you the opportunity to explore professional possibilities by capitalizing on the knowledge and network of former student-athletes, friends of Wildcat Athletics and companies looking to invest in the most talented recent graduates. The mission of NU for Life is to equip you with the resources necessary to excel professionally upon completion of your athletic careers. These resources are available to you the minute you step on campus and remain with you throughout your life.

# **FOUR-YEAR GAME PLAN**

The athletic department has created a four-year structure that informs your professional development. There are four events per year that are required of all student-athletes. Each event is intended to build on the skills learned previously.

#### Freshman Year

- Participate in the athletic department's Freshman Year Experience (FYE) in the fall (Required)
- Skills Learned:
  - Awareness of the resources available through the NU for Life program and what the roadmap for the next three years looks like

#### Junior Year

- Participate in the fall Wildcat Professional Excellence Program (WPEP) (Required)
- Skills Learned:
  - How to craft an elevator speech
  - How to set goals for a specific networking event (in this case, WPEP).
  - How to network through meeting with WPEP participants.
  - Real-world social skills. Breaking into a networking circle at an event, balancing an appetizer tray, basic dinner etiquette.

## Sophomore Year

- Participate in the Sophomore Seminar at the end of May (Required)
- · Establish a LinkedIn page
- Determine if an assessment tool would be helpful to your career exploration
- Skills Learned:
  - How to conduct an informational interview
  - What resources are available online and on campus to assist in figuring out what I want to do!
  - Exploring what the Northwestern Alumni Association (NAA) has to offer as part of my job search and how to take advantage of those opportunities
  - Possible mentoring opportunity
  - If a finance, consulting, investment banking or engineering major, complete FIRST draft of resume.

#### Senior Year

- Participate in the Senior Transition Seminar at the end of the May (Required)
- · Skills Learned:
  - Email/internet etiquette in the workplace
  - Internal and external networking in the workplace
  - The six fundamentals of business dressing
  - How to mingle and the importance of first impressions

# ADDITIONAL PROGRAMMING

Additionally, throughout your four years at NU, there are quarterly opportunities to expand your knowledge of a particular industry, to explore a field you think you might be interested in and to speak with alums who will give you insight into their own career path. NU for Life also organizes career treks to visit companies in downtown Chicago during the summer, and also brings companies to the athletic campus specifically to meet with student-athletes.

#### **EMPLOYER OUTREACH**

One of the cornerstones of NU for Life is employer outreach. NU for Life is constantly contacting, meeting with, and forming partnerships with employers who are looking to employ Northwestern student-athletes. NU for Life's employer relationships exists for the student-athlete population only, while the University Career Services' (UCS) employer specialists focus on exposing employers to the entire Northwestern student body. Also, nearly every school at NU boasts its own employer relations department that services students in each of its majors. A well-rounded internship or job search utilizes all three resources.

#### N CLUB MENTORING PROGRAM

A major part of the NU for Life program is engaging with former student-athletes. One of the best opportunities to engage with these alums is through a one-on-one relationship as part of the N Club Mentoring Program. Matches are made during a student-athlete's sophomore year and successful matches can last throughout a student-athlete's collegiate career. Three events per year are coordinated through NU for Life although it is the responsibility of the student-athlete and alum to grow the interaction into a meaningful relationship for both individuals.

#### Contact Information

If you have any questions regarding NU for Life or if you would like to set up an appointment to learn more about these resources, please contact Julie Dunn, assistant athletic director for career enhancement and employer relations:

847-467-3746 (w)

# REDACTED

Julie-dunn@northwestern.edu

Office: Anderson Hall, Second Floor, Room 229

Social Media: follow NU for Life on Twitter (search NU for Life), Like it on Facebook and join the group on LinkedIn (NU for Life)

Additionally, Jose Santos at UCS specializes in assisting the unique needs of student-athletes as it relates to resume and cover letter writing and interviewing. Please email Jose to sign up for an appointment: <u>jose-santos@northwestern.edu</u> or call 847-491-3700.

## COMMUNITY OUTREACH

The mission of the Northwestern Athletics Community Relations Department is to enhance the overall educational experience of our student-athletes while also connecting with and contributing to the Evanston and Chicagoland communities through service-oriented and philanthropic activities.

The "Cats Give Back" community outreach program provides student-athletes with the opportunity to assist others in Evanston and the surrounding area. Some of the volunteer opportunities include tutoring/mentoring children, reading to elementary classes, volunteering with Special Olympics and programs for senior citizens. If you are interested in volunteering, please see Maureen Palchak in Anderson Hall, room 100. Her email address is: m-palchak@northwestern.edu.

ALL COMMUNITY SERVICE ACTIVITIES MUST BE PRE-APPROVED BY MAUREEN AND THE COM-PLIANCE OFFICE.

CATS GIVE BACK on NUSPORTS.COM

http://www.nusports.com/sports/giveback/nw-giveback-body.html

# COMPLIANCE INFORMATION

#### **UNETHICAL CONDUCT**

The NCAA's unethical conduct legislation (Bylaw 10.1) applies to all current and prospective student-athletes and current and former institutional employees (e.g. coach, professor, tutor, teaching assistant, student manager, student trainer)

Actions will constitute unethical conduct include but are not limited to:

- · Refusal to cooperate or providing false information during an NCAA investigation;
- Knowing involvement in academic fraud for a prospective or an enrolled student-athlete;
- Knowingly offering or providing either directly or indirectly an improper offer or inducement to a prospective student-athlete;
- Knowingly offering or providing either directly or indirectly an extra benefit to a current student-athlete;
- Receiving benefits for facilitating or arranging a meeting between a student-athlete and an agent, financial advisor or runner;
- Knowing involvement in providing a banned substance or impermissible supplement to student-athletes;
- · Failure to provide complete and accurate information to the NCAA or institution's admissions office regarding an indi-

vidual's academic record (e.g., schools attended, completion of coursework, grades and test scores); or

· Fraudulence or misconduct in connection with entrance or placement examinations.

Enrolled student-athletes found in violation of the provisions within the unethical conduct legislation shall become ineligible for further intercollegiate competition, subject to potential reinstatement by the NCAA.

# **ELIGIBILITY/SATISFACTORY PROGRESS**

The Big Ten Conference requires all student-athletes to meet specific minimum academic standards in order to be eligible for competition and athletics grants-in-aid. These requirements include both a minimum number of total courses and a minimum cumulative GPA depending on a student-athlete's year of residence.

Year	Minimum number of courses earned pr	ber of courses earned prior to the next academic year		
	For Eligibility	For Graduation		
1st Year	9	11 (12 for engineering majors)		
2nd Year	18 (20 for engineering majors)	22 (24 for engineering majors)		
3rd Year	27 (29 for engineering majors)	33 (36 for engineering majors		
4th Year	36 (39 for engineering majors)	45 (48 for engineering majors)		

		GPA after Fall term	GPA after Winter term	GPA after Spring/Summer term
)	1st Year	N/A	N/A	1.80
	2nd Year	1.80	1.80	1.90
	3rd Year	1.90	1.90	2.00
	4th&5th Years	2.00	2.00	2.00

- All student-athletes must complete a minimum of 7 degree applicable courses during the academic year.
- All student-athletes must pass a minimum of 2 NU degree-countable courses in order to be eligible for the subsequent term. Football student-athletes must fulfill this rule every fall term in order to be eligible for the subsequent fall term.
- · A first-year student-athlete must complete 3 NU courses in each quarter.
- Student-athletes must be eligible on the first day of class in order to compete in intercollegiate competition.
   Baseball student-athletes must be eligible on the first day of class for the academic year in order to compete in intercollegiate competition for the remainder of that academic year.
- All student-athletes must be enrollment in a minimum, full-time course load (at least three courses per quarter) in order to practice and compete.

#### UNDERENROLLMENT IN FINAL QUARTER

NCAA rules permit student-athletes in the final quarter of their baccalaureate degree to enroll in less than full-time enrollment (three courses) if it can be documented that they need less than three courses to complete their undergraduate degree requirements. Any student-athlete who plans to enroll in less than three courses in the final quarter must complete

the "UNDER-ENROLLMENT FORM" during his or her registration advising appointment for the final term. It should be noted that under enrollment may affect a student-athlete's university administered aid (eg - Pell Grant) and/or health insurance coverage. The under-enrollment form must be signed by your head coach, and academic advisor. The Registrar's Office will give final approval for under-enrollment.

# FIVE-YEAR RULE/YEARS OF COMPETITION

Student-athletes are expected to graduate in four years. There is NO guarantee of a 5th year of athletics aid for any student-athlete. A coach, if he/she chooses, may recommend to his or her sport administrator that a student-athlete be granted a 5th year of athletics aid. The final decision on a 5th year is rendered by the Vice President of Athletics and Recreation.

# PERMISSION TO CONTACT/TRANSFER RELEASE

If a student-athlete wishes to contact another school about a possible transfer, s/he must first meet with his or her head coach. The student-athlete shall make formal request in writing via email to his or her head coach. The coach and sport administrator will determine if the request is granted within seven business days. If permission is granted, the student-athlete is required to meet with the Associate Athletic Director for Compliance to discuss the academic and athletics eligibility regulations for transfers. Subsequent to that meeting, the Compliance Office will process the appropriate releases. If permission is NOT granted, the Vice President of Athletics and Recreation will inform the student-athlete in writing that he or she shall have the right to request a hearing conducted by an institutional committee chaired by the Vice President of Student Affairs. The student-athlete must request an appeal in writing within 2 weeks of the Vice President for Athletics and Recreations' notification. The committee referenced above must hear the appeal within 15 days of receipt of the student-athlete's written request.

#### NATIONAL LETTER OF INTENT (NLI)

The National Letter of Intent policy states that student-athletes must complete a year in residence at the institution at which they signed. Northwestern University expects all NLI signees to honor this commitment. Releases prior to the completion of one year will not be granted unless extenuating circumstances exist.

## VOLUNTARY WITHDRAWALS

Student-athletes on athletics aid who voluntarily withdrawal from a team must meet with the team's Sport Administrator within seven days. The student-athlete is responsible for scheduling the meeting. Athletics aid may be cancelled effective the day of the withdrawal unless extenuating circumstances exist. In those cases the student-athlete will be required to work in the athletics department in order to retain athletics aid past the withdrawal date.



- Must contact the Intercollegiate Sports Medicine Department within one week to schedule an exit physical. Failure to schedule this physical will result in forfeiture of all future medical treatment for any injury sustained while participating in intercollegiate athletics;
- 2. Must return all equipment and gear issued during the current academic year to the equipment room within 72 hours. Failure to do so will result in the student-athlete's student account being charged for the full cost of the items; and
- 3. Is no longer permitted to use the Athletics Department facilities for training and/or workouts.

#### **EMPLOYMENT GUIDELINES**

Student-athletes may be employed throughout the year. During the academic year and summer, a student-athlete MUST receive permission from the Compliance Office prior to beginning work.

All employment arrangements must comply with the following criteria:

- . The pay for work must be commensurate with typical rates for the same job in that area;
- · Compensation is for work actually performed; and
- No benefits may be received unless they are available to ALL employees.

Student-athletes may not own their own company or business if their name, photo, appearance, and/or athletics reputation are used to promote the business. Please consult with the Compliance Office before pursuing a business opportunity.



#### **OUTSIDE COMPETITION**

NCAA and Big Ten legislation limit a student-athlete's participation in outside competition during the academic year.

The Compliance Office handles all requests to compete on any outside team or in any outside event in order to insure compliance with all NCAA and Big Ten rules. Failure to receive prior permission will result in a violation, and the student-athlete will be deemed ineligible. Written approval from the head coach, the Athletics Compliance Office, and Faculty Athletics Representative is mandatory and must be completed prior to participation.

#### PROMOTIONAL ACTIVITIES

During the year, you may be asked to participate in volunteering opportunities in the community (e.g. reading to a local elementary school class, speaking at your former high school). These activities are permissible provided:

- · A commercial agency does not cosponsor the event;
- · You do not miss class to attend the event;
- · Your name, picture or appearance is not used to promote the commercial ventures of a nonprofit agency; and
- A representative of the agency and you sign a release statement ensuring your name, image or appearance is used in a
  manner consistent with NCAA legislation.

You may receive actual and necessary expenses for participating in the event (e.g. meal and transportation).

All promotional activities must be cleared by the Assistant Athletics Director of Marketing/Community Relations and the Associate Director of Athletics for Compliance prior to your participation in the event.

#### **EXTRA BENEFITS**

An extra benefit is any special arrangement by a college or university employee or representative of the school's athletics interests to provide a student-athlete or the student-athlete's relative or friend a benefit not expressly authorized by NCAA legislation. Receipt of a benefit by student-athletes or their relatives or friends is not a violation of NCAA legislation if it is demonstrated that the same benefit is generally available to the institution's students or their relatives or friends determined on a basis unrelated to athletics ability. For example, student-athletes may receive discounts from local merchants if the discount is offered to all NU students. A violation of the NCAA "Extra Benefits" rule by a student-athlete may result in loss of eligibility. Before accepting any offer or service, check first with the Athletics Compliance Office.

#### FINANCIAL AID

#### ATHLETICS GRANTS-IN-AID/SCHOLARSHIPS

According to the NCAA regulations, athletics grants-in-aid are limited to educational expenses including tuition, fees, room and board, and use of course-related books. Each varsity sport is provided a specific number of athletics grants-in-aid according to guidelines established by the NCAA, Big Ten, and Northwestern University.

The allocation of each athletics award is left to the discretion of the head coach of each individual sport based on general guidelines from the Deputy Director of Athletics for Student-Athlete Welfare. NCAA and Big Ten Conference limitations apply to each sport and vary according to each sport. However, procedures for administering grants-in-aid are the same for all student-athletes.

- A. Notice of Acceptance—For any athletics grant-in-aid to be valid, a copy of the signed tender must be on file in the Athletics Department and the conference office. All renewal tenders must be signed by the first day of classes for that term.
- B. Renewal of Aid—In compliance with NCAA rules, a notice of renewal must be made on or before July 1st, prior to the academic year in which it is to be in effect. In instances of non-renewal or reduction, student-athletes must be given the opportunity for a hearing and appeal to the Faculty Athletics Representative, the Director of Financial Aid and the Vice President for Student Affairs.
- C. Exhaustion of NCAA Eligibility—Athletically related financial aid is awarded with the understanding that participation is required for the full academic year. The only exception to this rule is that student-athletes who are in their last year and have exhausted their NCAA eligibility need not participate once their championship season of competition is over.

In the event that an athletics scholarship recipient voluntarily withdraws from participation prior to the end of an academic

year, all athletically related financial aid may cease at the time of withdrawal, consistent with NCAA rules. The only exception to this policy will be for medical reasons as determined by the NUDAR's head physician, or with the prior written approval of the Vice President for Athletics and Recreation.

# **NON-ATHLETICS FINANCIAL AID**

Any and all aid received from sources outside Northwestern must be declared prior to the academic year. Outside aid can affect eligibility and grant-in-aid status unfavorably. Any questions concerning outside aid should be directed to the Assistant AD for Compliance.

A student-athlete may be eligible to receive a Pell Grant in addition to a full athletics grant-in-aid. NCAA legislation governs the maximum a student-athlete may receive in combination with his/her athletics scholarship. To determine eligibility for Pell, other need-based grants, and student and/or parent loans, contact the Student Financial Aid Office at 847.491.8000. (http://ue-finaid.northwestern.edu/)

# NCAA STUDENT ASSISTANCE FUND

Student-athletes may be eligible to receive assistance from an NCAA Student Assistance Fund. Awards from the fund can be used for a variety of reasons including medical and dental expenses not covered by another insurance program, travel expenses for parents or student-athletes related to family emergencies, purchase of expendable academic course supplies (pens, paper, pencils), and purchases of clothing and shoes.

All student-athletes are eligible to receive SAF benefits, regardless of whether they are grant-in-aid recipients, have demonstrated need or have either exhausted eligibility or no longer participate due to medical reasons. No prospective student-athlete shall be eligible to receive SAF funds. Since these funds are limited, procedures have been established by which student-athletes can apply for assistance. There are limitations on how much a student-athlete may receive for each category. This process will help ensure that the fund is distributed equitably. Student-athletes who are eligible for the funds granted based on financial need, must apply to that source first for its approved uses. For more information, contact the Compliance Office.

#### FIFTH YEAR ATHLETICS AID

It is up to each head coach to determine which student-athletes in his/her program will be granted the opportunity to return for a fifth year of athletics participation. Any student-athlete in his/her fifth year who is granted athletics aid in any term after he/she exhausts eligibility will be required to work eight hours each week in the athletics department or another approved internship to maintain that aid for the remainder of the academic year.

#### RECRUITING POLICY

The recruiting process is an important time for both the prospective student-athlete and the Department of Athletics and Recreation. NCAA rules and Northwestern University policies regulate the responsibilities and actions of a student-athlete host and prospective student-athlete on an official visit. Both the student-athlete host and the prospective student-athlete act as official representatives of their respective institutions.

Although a student-athlete host is not held directly responsible for the behavior of his or her prospective student-athlete, the behavior and actions of the student-athlete host can impact the prospective student-athlete's experience during his or her visit. It is our goal to provide a safe and informative experience for the prospective student-athlete while emphasizing the need for the prospective student-athlete to contribute to the academic mission of our institution upon enrollment.

At the start of each academic year, all student-athletes and coaches will be educated by the Athletics Compliance staff on the NCAA, Big Ten, and Northwestern University Prospective Student-Athlete Recruiting policies. Additionally, head coaches must review the department's Prospective Student-Athlete Recruiting Policy and any additional team policies with their student-athlete hosts.

### HOST SUPERVISION AND PROSPECTIVE STUDENT-ATHLETE SAFETY

- Regardless of age, the student-athlete host is required to abstain from the use of alcohol and other illicit substances for the duration of the prospective student-athlete's visit.
- The student-athlete host must be aware of the prospective student-athlete's whereabouts and be concerned for his or her safety at all times.

#### USE OF ALCOHOL

- In accordance with the NU Student Handbook (<a href="http://www.northwestern.edu/handbook/handbook.pdf">http://www.northwestern.edu/handbook/handbook.pdf</a>), students and prospective student-athletes are subject to Illinois law, which prohibits the sale of alcoholic beverage to any person under the age of 21 years and the possession of alcoholic beverage by any person under 21. Additionally, Illinois law also provides penalties for any person who sells, gives, or furnishes alcoholic beverage to any person under the age of 21 years.
  - During campus recruiting visits, a student-athlete shall not persuade or encourage a prospective student-athlete to consume alcohol or provide a prospective student-athlete with alcohol or otherwise make alcohol available to a prospective student-athlete. Any evidence that suggests a student-athlete provided alcohol to a prospective student-athlete or persuaded a prospective student-athlete to consume alcohol would be considered a violation of the NUDAR Alcohol and Other Drug Policy (section VI.A.5).

#### **ENTERTAINMENT RESTRICTIONS**

- Illinois law provides penalties for any person attempting to use false or fraudulent written, printed, or photostatic evidence of age and identity to enter an establishment (bar) that requires patrons to be 21 years of age or older. Under no circumstances should a prospective student-athlete enter any establishment that requires patrons to be 21 years of age or older while visiting Northwestern University.
- The student-athlete host and prospective student-athlete are expected to behave morally and responsibly when making
  decisions about the prospective student-athlete 's entertainment. Per NCAA rules, the entertainment provided is to be
  reflective of realistic NU student life and not excessive in nature. Under no circumstances may a prospective student-athlete or host engage in any activity that violates criminal law.
- Both prospective student-athlete s and hosts need to be cognizant of their obligations during the visit. Although
  no set curfew has been established, good judgment should always be used when determining what time to return
  the prospective student-athlete to their accommodations.
- A student-athlete shall not persuade or encourage a prospective student-athlete to engage in sexual relations during the
  visit. Activities involving adult clubs or strippers are prohibited.
- Participating in gambling and/or gaming activities during the visit is prohibited. Remember that NUDAR has a zero
  tolerance policy for any student-athlete that engages in gambling activities that are prohibited by the NCAA.

# NCAA GUIDELINES

Additional NCAA guidelines govern all visits to campus by prospective student-athletes. These guidelines will be reviewed in the host training session (see below).

#### **VIOLATIONS AND SANCTIONS**

All NCAA violations and violations of the Northwestern University Prospective Student-Athlete Recruiting Policy will be reported, in writing, to the Director of Intercollegiate Athletics for review and possible sanctions. Any reported alcohol-related incident could constitute a violation of the NUDAR Alcohol and Other Drug Policy. In these cases, the student-athlete will meet with the Head Team Physician who will assess the student-athlete's alcohol-related behavior. If deemed appropriate, the Head Team Physician will make a referral to the Program Administrator for evaluation and possible treatment/education referral. If a violation of the policy involves a violation of NCAA or Big Ten rules, a violation report will be submitted immediately using the regular procedure.

### ATHLETIC COMMUNICATIONS, SALES AND MARKETING

Northwestern University's Athletics Communications Office coordinates all the publicity efforts for the 19 varsity sports, while the Marketing Office promotes and advertises contests and events. Athletics Communications oversees the website, NUsports.com, produces media guides and game programs (when applicable) for all 19 sports; maintains biographical information on all student-athletes, coaches and staff; coordinates all photography; and serves as the liaison between the media and NU's athletics department. The most important media rule that each student-athlete needs to know is:

Do not speak with a reporter (including the Daily Northwestern staff) unless an athletics communications representative has cleared the interview. You will be contacted (via phone, email or in-person) by one of NU's athletics communications staff members if the interview has been approved. If a reporter does call or approach you, kind-

ly tell them that you have not received clearance from athletics communications and that they need to contact athletics communications first. In most instances, interview requests will be granted. We follow this policy for your privileged protection.

The Sales and Marketing Department promotes upcoming events by building relationships with the community. Volunteering to help with events and activities sponsored by the Sales and Marketing Department, like playing games at Wildcat Alley, sitting with young fans at home competitions, becoming pen pals with scout troops, or writing thank-you notes to fans, helps promote your sport and leads to increased attendance at your games. If you have any marketing ideas you would like to share, please email wildcatmarketing@northwestern.edu.

The Sales and Marketing Department is also responsible for the BIG Games program, which was created to encourage student-athletes to support each other at home games. BIG Games are officially sponsored by Chipotle. At all BIG Games, the first fifty students in attendance receive a free burrito coupon. Plus, one student will receive a quarter's supply of Chipotle burritos. Check NUsports.com/students to see when the BIG Games are for each sport or email wildcat-marketing@northwestern.edu.

#### HOUSING

Returning students who wish to apply for on-campus housing in one of the residence halls for the 2014-2015 academic year MUST complete the proper procedures during the last two weeks of winter quarter. Complete details about securing on-campus housing will be sent to all Northwestern students via email from the Undergraduate Housing Office in early to mid-March of 2014. All student-athletes are responsible for knowing and following these procedures. No preferences due to athletics status will be given during the process, so it is imperative that you become informed and proceed as instructed. For information regarding this process, contact the Housing Office at 847.491.7564 or http://www.northwestern.edu/housing/.

#### TRAVEL POLICIES

## TRAVEL EMAILS

The Office of Academic Services and Student Development provides faculty members with emails detailing your travel dates and reason for absence. Each student-athlete is responsible for completing the Travel Excuse Request Form online via the Academic Services website for every away competition AT LEAST ONE WEEK prior to departure. Academic Services will send an email to the professors/teaching assistants. Each student-athlete is responsible for following up with the professor and making up any missed work.

# **TEST AND QUIZZES**

If you will be missing a quiz or a test when traveling, you must submit the on-line travel-excuse form (see link at the end of this section) TEN DAYS prior to the test. For example, if you will be leaving on a Thursday and missing a Friday test, submit your form on the Wednesday of the week before.

On the form you must indicate the nature of your contact with your professor. For example: "I am missing an Econ 202 midterm on Friday; I have talked to my professor and she is willing to travel the exam. Please contact her."

If, in this situation, a professor ever says, "tell your coach to email me," you should tell him/her that at Northwestern, the Office of Academic Services handles all academic matters with members of the faculty.

The online forms are available at:

(http://www.northwestern.edu/academicservices/forms-resources/student-athletes/missed-class-form.html)

#### ALCOHOL AND TOBACCO POLICY FOR TEAM TRAVEL

The consumption of alcohol or use of any tobacco product by any team member during related travel is prohibited. This policy is in effect from the time the student-athlete departs the campus until she or he returns. The policy applies to all teams under the auspices of the Athletics Department and all members of each team defined as squad members, managers, student trainers, and spirit team members.

The head coach is responsible for reporting any and all violations of this policy to a Sports Administrator within 24 hours of the return to campus. Policy violations will result in action appropriate to the perceived needs of the student athlete(s) involved.

#### SPORTS PERFORMANCE

The Sports Performance staff, in conjunction with each head coach, is dedicated to providing a comprehensive program to develop strength, speed, endurance, and flexibility. Failure to adhere to the appropriate program, and/or poor attendance will be handled by the Director of Sports Performance in conjunction with the head coach.

Because of the nature of sports performance department, student-athletes must follow a code of behavior in order to ensure that all student-athletes will be able to make maximum use of the facilities. The policies and procedures regarding safety and courtesy listed below will be strictly followed:

# SPORTS PERFORMANCE FACILITY POLICIES

- 1. Sports Performance staff or an authorized supervisor must be present for student-athletes to use the facility. No student-athletes are allowed in the offices without permission nor may they use any computer without permission.
- 2. Student-athletes will adhere to the programs provided by the Sports Performance Staff and will conduct any extra workouts through the consent of a Sports Performance Staff Member.
- 3. Athletic attire must be worn, this includes athletic shoes; no one may lift in sandals or street clothes. Only Northwest-ern attire is permitted in the Sports Performance Facility or other athletic department facilities during workouts. Anyone wearing attire from other schools or colors other than purple, white, black and gray will be asked to leave.
- 4. Clean, dry shoes must be worn at all times in the Sports Performance Facility.
- 5. Shirts must be worn at all times in the Sports Performance Facility.
- 6. No food or drink in the Sports Performance Facility. Water bottles are to be kept in the cubbies at the front of the weight room. Shakes and bars are not to be consumed near the equipment.
- 7. No spitting in the water fountain.
- 8. The use of the Sports Performance Facility will be governed by the following policies:
  - Return weights and dumbbells to specifically marked place on the racks. There are enough weights at each rack; do
    not take weights from racks to use in other areas.
  - Return equipment (boxes, safety bars, medicine balls, fat bars, etc.) to proper storage place when finished. This includes returning benches under racks when finished.
  - · Do not rest weights, dumbbells, or bars on benches at any time. Do not use benches for step-ups.
  - Do not drop dumbbells or weights on the floor, racks or dishes; dropping rubber weights on the Olympic platforms from a reasonable height is acceptable.
  - · Collars must be used on bars at all times, and student-athletes must have a spotter.
  - · Keep the chalk in the chalk bowls. If you make a mess, clean it up.
  - No equipment is to leave the Sports Performance Facility unless checked out with an authorized member of the Sports Performance Staff.
- 9. It is a privilege to be a Northwestern Wildcat and to have access to the Sports Performance Facility. It is the expectation that all student-athletes value and respect that privilege.
- 10. Alumni are welcome to use the facility as long as they receive permission from the Director of Sports Performance, complete a waiver, abide by these rules and do not interfere with team workouts.

Facility hours are posted and will be adjusted when necessary to meet the needs of the teams.

# **HEALTH, WELLNESS AND SPORTS MEDICINE SERVICES**

# ATTITUDES AND EXPECTATIONS

Northwestern University Department of Athletics and Recreation's Alcohol and Other Drug (AOD) Education and Testing Policy is based upon the department's commitment to enhance the quality of the student-athlete's experience at Northwestern University. In this regard, the central objective of NUDAR's program is to promote the health and safety of all student-athletes by helping to prevent drug and alcohol-related injuries and by educating student-athletes and staff about the use and abuse of alcohol and illicit drugs. Given the medical dangers inherent in drug and alcohol abuse, it is imperative for NUDAR to include drug and alcohol education, programming, and testing in its set of student-athlete services. While testing is one component of NUDAR's Alcohol and Other Drug Education and Testing Policy, education and other preventative measures form the core of NUDAR's program both philosophically and procedurally.

Consistent with the central goal of and philosophy behind NUDAR's Alcohol and Other Drug Education and Testing Policy, the specific objectives of the program are as follows:

- 1. To educate student-athletes and staff about basic issues of health and wellness.
- 2. To deter drug and alcohol use and abuse among student-athletes and encourage the adoption and maintenance of low-risk lifestyles.
- 3. To conduct a preventative, educational and therapeutic-based program concerning drug and alcohol use and abuse and provide information to student-athletes and staff concerning professional counseling and drug or alcohol treatment programs.
- 4. To inform all student-athletes and staff about NCAA, Big Ten, Northwestern University, and NUDAR policies concerning drugs and alcohol.
- 5. To identify and assist those individuals whose behaviors suggest abuse of alcohol or drugs.
- 6. To help maintain the integrity of intercollegiate athletics and minimize the vulnerability of student-athletes to exploitation, through both testing and education.

Please note the Northwestern University alcohol policy can be found on page 7 of the student handbook.

## **AOD EDUCATION AND TESTING POLICY**

Participation in random and/or team drug testing will be required of all varsity intercollegiate student-athletes. The Director of Compliance will distribute the NCAA Student-Athlete Consent Form and the NUDAR Student-Athlete Alcohol and Other Drug Policy Consent Form to all team members during the fall compliance meetings. Student-athletes will be ineligible for participation in all practice and competition until both statements are completed, signed, and returned to the Director of Compliance.

Please refer to the "Drug and Alcohol Policy" packet you received during the fall compliance meeting or contact the Head Athletics Trainer for more information.

# **AOD COMPASSION CLAUSE**

One time in a student-athlete's collegiate athletic career at NU, any student-athlete who has experimented with drugs or feels that s/he has a problem with alcohol or other drugs, and who has not had a previous positive test, may request assistance through the Head Athletic Trainer, Head Team Physician or Program Administrator. This request MUST occur prior to notification of testing. Such a request shall not be treated as a positive test, and the student-athlete shall be treated/counseled in a manner appropriate to his/her situation. To learn more about the Compassion Clause, consult your AOD Policy.

#### **NUTRITIONAL SUPPLEMENT POLICY**

NUDAR discourages the use of supplements except in those specific cases that have the prior approval of the Intercollegiate Sports Medicine Department.

Since the Federal Drug Association does not currently monitor over-the-counter supplements, it is vitally important for student-athletes to check with the athletics training staff before any individual usage. Some available over-the-counter supplements contain ingredients banned by the NCAA, while others may be dangerous when improperly combined.

To reiterate, NUDAR strongly discourages the use of unapproved supplements. If, however, you choose to use supplements on your own, you should:

- Check with the athletic training staff before taking any over-the-counter supplements to avoid potentially dangerous
  combinations or ingredients which are banned by the NCAA, and
  - . Understand that you are responsible should you inadvertently take a substance banned by the NCAA.

# INJURY/ILLNESS EVALUATION AND TREATMENT POLICIES

Northwestern University student-athletes have direct access to health care within the Department of Intercollegiate Sports Medicine, as well as within the Student Health Service. This health care can be accessed, at any time, with or without the assistance of a Northwestern staff certified athletic trainer.

In the event that a student-athlete is injured or becomes ill, the student-athlete is strongly encouraged to contact his/her staff certified athletic trainer or athletic training facility as soon as possible. This includes contacting your staff certified athletic trainer after hours in the case of urgent/emergency situations that cannot wait until the next day. The student-athlete will then be evaluated to determine the severity of the injury/illness. If further evaluation is necessary, the student-athlete will be referred to one of our Team Physicians. The Head Team Physician is available on a full-time basis within the athletics department. Additionally, a primary care Assistant Team Physician is available through the Student Health Service or in an athletics training facility at assigned times. Orthopedic Team Physicians are typically accessed in the athletics training facility at assigned times.

No coach or staff member will apply pressure of any type to the medical staff regarding student-athlete medical participation. Injured student-athletes are expected to report to all practice sessions unless released by both the staff athletic trainer and the coach. If injury prevents the student-athlete from participation in practice or competition for more than five days, the Injury Release Form must be signed by the team physician and student-athlete at the time of return acknowledging safe return to play.

When a team physician examines the student-athlete, a Medical record is generated. Whenever possible, a staff certified athletic trainer or certified athletics training intern will accompany the student-athlete to the appointment.

Personal medical information, regardless of origin (i.e. injury, illness, psychological), is confidentially protected as a part of the student-athlete's permanent medical record. Personal medical information will not be shared (verbal or written) without written consent from the student-athlete. This does not include general information with regard to participation status, which will routinely be shared with the members of the student-athlete's coaching staff.

Head coaches, assistant coaches, graduate assistants, managers, academic advisors, or any other NU personnel shall not be permitted to schedule medical appointments for any student-athlete. Any referrals made without following proper procedure with a staff or intern certified athletic trainer would result in the student-athlete being held responsible for all costs of medical care. Additionally, the student-athlete may not participate until the following conditions have been met:

- 1. receipt by the team physician of a detailed written report from the attending physician;
- 2. the student-athlete has passed a physical examination by the team physician; and
- 3. the student-athlete has demonstrated full participation in their sport.

In the event of an emergency, where the certified athletic trainer is not present, the coach should seek emergency medical treatment and notify the staff certified athletics trainer as soon as possible. Only injuries or illnesses resulting from, or having an effect upon a student-athlete's participation in his or her sport, in-season, will be the financial responsibility of the Northwestern University Department of Intercollegiate Athletics.

# Important Contact Information:

Buehler Athletics Training Facility	847.491.5421		
Patten Athletics Training Facility	847.467.2406		
SPAC Athletics Training Facility	847.491.7031		
Stadium Athletics Training Facility	847.467.6791		

#### **OUTSIDE MEDICAL CARE/SECOND OPINIONS**

As a student-athlete, you are required to inform your staff athletic trainer whenever you receive medical service outside of the NUDAR sports medicine network. This action, however, does not guarantee payment for services. Additionally, medical second opinions are permitted. However, you are required to inform your staff athletic trainer before seeking a second opinion. NU will not be financially responsible for any procedure or surgery that is performed outside of the NUDAR sports medicine network without prior approval and authorization from a NUDAR team physician and the Head Athletic Trainer.

#### STUDENT-ATHLETE INSURANCE

All student-athletes must have medical coverage by an insurance carrier throughout the academic year. If the student-athlete is not covered under his/her parent's health insurance company, they must purchase NU's Student Hospitalization Plan. Information on student insurance is available through the Student Health Center. On an annual basis, the student-athlete is required to submit a complete Insurance Questionnaire Form before participation will be allowed. A completed form must include the insurance company's name and information, copy of insurance card (front and back), and a policyholder's signature. Failure to maintain health insurance may result in the student-athlete being held financially responsible for payment of medical bills

# **NU ATHLETICS INSURANCE EXCLUSIONS & LIMITATIONS**

The NUDAR's secondary medical insurance policy WILL NOT apply to the situations indicated below. This list is not inclusive:

- Injuries/illnesses that are not the direct result of intercollegiate athletics participation during the dates of the primary competitive season and designated off-seasons as approved by the Vice President for Athletics and Recreation according to NCAA regulations.
- 2. Medical expenses for procedures or visits that are not pre-authorized by a NUDAR team physician. This includes unauthorized second opinions as well as surgeries/procedures that can be performed by a NUDAR team surgeon.
- 3. Experimental procedures.
- 4. Cosmetic surgery or procedures unless directly related to an athletics related injury.
- 5. Hospital room and board charges in excess of the semi-private room rate unless hospitalized in an intensive care unit.
- 6. Injuries/illnesses that are a result of intramural, club sports, and recreational activities (non-intercollegiate activities), as well as training/conditioning activities that occur outside of the primary competitive season and designated off-season periods.
- 7. Injuries/illnesses that are recurrences of old injuries/illnesses, which were sustained before participation in the intercollegiate sports program.
- 8. Prescription medication cost for any preexisting illness or condition.
- 9. Prescription medication cost for psychological illness.
- 10. Expenses for athletic injuries incurred after completion of the student-athlete's intercollegiate athletics eligibility.

#### **EYE EXAM AND CONTACT LENSES**

All Northwestern University student-athletes may be provided with yearly eye examinations. Contact lenses/supplies or sport goggles will be provided up to \$100 each year. Any costs for such supplies, which exceed the allowed \$100 each year, will be the responsibility of the student-athlete unless an athletically related eye injury occurred.

Each Staff Certified Athletics Trainer and Certified Athletics Training Intern will carry a spare set of contact lenses in the medical kit for each student-athlete in the case of an athletically related injury and/or problem.

Hard or specialty lenses, the spare set of contact lenses, and the yearly eye examination will be excluded from the \$100 allowance. If used, the spare set of lenses will be applied to the \$100 annual allowance or will be billed to the student-athlete.

Northwestern University will not cover prescription glasses needed for daily use, reading, driving, etc. In addition, Cheerleaders and Lady Cats are not included in this policy.

#### SICKLE CELL TRAIT & NORTHWESTERN TESTING REQUIREMENT

Sickle cell trait is an inherited condition of the oxygen carrying protein, hemoglobin, in the red blood cells. It is a common condition affecting greater than 3 million Americans. Although sickle cell trait is most predominant in African-Americans and those of Mediterranean, Middle Easter, Indian, Caribbean, and South and Central American ancestry, persons of all races and ancestry may test positive for sickle cell trait.

Sickle cell trait is usually benign, but during intense, sustained exercise, lack of oxygen in the muscles may cause sickling of red blood cells (red blood cells change from a normal disc shape to a crescent or "sickle" shape), which can accumulate in the bloodstream and "logjam" blood vessels, leading to collapse from the rapid breakdown of muscles starved of blood.

Common signs and symptoms of a sickle cell emergency include, but are not limited to: increased pain and weakness in the working muscles (especially the legs, buttocks and/or low back); cramping type pain of the muscles; soft, flaccid muscle tone; and/or immediate symptoms with no early warning signs.

The NCAA mandates that all NCAA student-athletes have knowledge of their sickle cell trait status before the student-athlete participates in any intercollegiate athletics event, including strength and conditioning sessions, practices, competitions, etc.

The Northwestern University Department of Intercollegiate Sports Medicine requires sickle cell trait screening in the form of a blood test of all student-athletes as part of their initial pre-participation examination process unless they are able to provide written proof of previously conducted testing prior to their physical. Low-risk students, as determined by a Team Physician, may be given the opportunity to sign a waiver allowing them to participate in athletic activities while the results of the blood tests are pending.

If a student-athlete tests positive, appropriate education of the student-athlete and their coaching staff will occur and appropriate precautions will be taken in order to minimize the risk of injury.

#### CONCUSSION MANAGEMENT

The potential risk related to repetitive head trauma is well-documented. In an effort to protect student-athletes from unnecessary risk, the NCAA has set forth strict guidelines on the management of concussions in athletics. Additionally, the Big Ten has developed a conference-wide set of guidelines as it relates to concussion management.

Northwestern Intercollegiate Sports Medicine has had a long-standing policy, as it relates to concussions, that is directly in line with both the NCAA and the Big Ten's recommendations.

An important component within concussion management is student-athlete honesty. It is imperative that you are truthful when it comes to the reporting of all of your injuries and medical conditions – especially head injuries.

To emphasize this, Northwestern requires all student-athletes to sign an acknowledgement form at the beginning of each year. This acknowledgement promotes the practice of honesty in the reporting of your injuries to the sports medicine staff. Educational materials/programming will be available to all student-athletes to help them understand the nature of concussions and the rationale for our medical management of this very serious injury.

Student-athletes are strongly encouraged to report any and all symptoms that may be related to a concussion or head injury to an athletic trainer or team physician.

#### **EXIT PHYSICAL EXAMINATION POLICY**

In order to promote the health of student-athletes after leaving Northwestern University, student-athletes are required to undergo an exit physical examination within one month of the end of eligibility. The exit physical will determine the student-athlete's health status and allow the student-athlete to disclose ongoing athletically related injuries. The Northwestern University Sports Medicine Department will provide payment for any medical services necessary for an athletically related injury for up to one year after their eligibility has been exhausted, as long as the student-athlete has completed the exit physical.

Failure to undergo an exit physical examination within one month of the end of eligibility will release Northwestern University Sports Medicine Department from any future financial obligation.

Once a student-athlete has successfully passed a pre-participation physical with a professional team/organization and participates in that sport, Northwestern University will no longer provide payment for any medical services.

# **Student Run Voluntary Workout Policy**

The following policy regarding Student Run Voluntary Workouts (SRVW) has been adopted to ensure that 1) student-athletes (SAs) have approved use of department facilities and 2) proper medical coverage is available. Failure to comply may result in a Policy Violation.

#### 1. Individual Student Athlete Workout Guidelines/Procedures:

- a. An individual student-athlete may NEVER workout alone at Northwestern University Department of Intercollegiate Athletics (NUDAR) Varsity Athletic Facilities.
- b. Reminder: The Department of Recreation has a number of facilities staffed and available for individual workouts (SPAC, Bloomquist, Patten Gym)

# 2. Small Group (2-4 Student Athletes) Workout Guidelines/ Procedures:

- a. A group of 2-4 SAs may use NUDAR Varsity Athletic Facilities during regular posted hours of operation of the Athletic Training Room. Hours are posted at the entrance of the facility, or by calling the Buehler Athletic Training Facility at 847.491.5421.
- b. To ensure medical coverage, prior to the workout, the SAs MUST inform the athletic training personnel in the nearest open athletic training facility of their planned activity.

# 3. SRVW (5 or more Student Athletes) Guidelines/Procedures:

- a. Fill out a SRVW Request Form in the Athletic Facilities Office. The Facilities Office is located at Gate M at Ryan Field and is open 8:30 a.m. to 5 p.m., Monday-Friday. See Molly Liss to complete a portion of the SRVW Request Form. You can also obtain an SRVW Request Form via email to Molly at m-liss@northwestern.edu.
  - i. Required information: Dates and times of request, sport, and desired location.
  - ii. Contact information for the Captain or designated team member requesting will also be required.
  - iii. Once this form is complete it is considered a contact that will be upheld by all parties involved.
- b. In order to secure appropriate medical coverage this form should be completed five business days in advance to allow time to scheduling personnel and verifying facility use.
- c. A printed copy of the Approved SRVW Request Contract must be brought to each session. This will provide verification of approval, should it be needed.
- d. A waiver form must be completed for any/all non-Northwestern Student-athletes who may be participating in the SRVW. Waiver forms are available in the Athletic Facilities Office.
- e. By NCAA rule, NUDAR staff members or coaches cannot participate in an SRVW.
- f. The approval form will include the name, cell phone number, and location of the medical staff covering each session. This information can be used to:
  - i. Call for medical assistance in the event of an injury
  - ii. Notification of any changes in time, date, location, or cancellation of the SRVW sessions.
  - iii. Medical coverage is coordinated by Kristi Myren ATC. Contact Kristi with coverage questions at k-myren@northwestern.edu.

#### 4. Modification of a Request:

- a. Any modification to a request that requires a change in date or time is NOT ALLOWED. A New SRVW Request must be completed as described above.
- 5. Cancellation of a Session or Change of Venue:
  - The medical staff member scheduled to cover the request <u>MUST</u> be notified of changes in SRVW location or cancellations.
  - b. Cancel scheduled session by calling the cell phone number provided on the final approved contract.
  - c. Under most circumstances if the person scheduled is not notified at least 3 hours prior to the scheduled workout, this will be considered a VIOLATION.
  - d. To request an SRVW venue change contact Molly Liss in the Athletic Facilities Office 847.491.7887.
- 6. POLICY VIOLATIONS: Teams/individuals practicing without facility use approcal and/or approved medical coverage, or those violating guidelines described above will be subject to the following consequences:
  - a. First Offense: Loss of SRVW privileges for 3 weeks for entire team.
  - b. Second Offense: Loss of Locker Room privileges for 1 week for entire team.
  - c. Third Offense: Loss of Locker Room privileges for 1 month for entire team.

Policy violations will be managed by the Sport Administrator and will involve notification of the Athletic Director

#### CONTACT INFORMATION

COMPLIANCE

Brian Baptiste

Associate A.D., Compliance phone: 847,491,4646

email: brian.bantiste/a/northwestern.edu

Jane Wagner

Director of Compliance phone: 847.467.1445

email: jane.wagner@northwestern.edu

Aaron Hosmon

Assistant A.D., Compliance phone: 847.467.1444

email: naronhosmon@northwestern.edu

#### ACADEMIC SERVICES AND STUDENT DEVELOPMENT

Kristin Kane

Associate A.D. phone: 847.491.7890

email: kristin kane @northwestern edu

Mary Beth Hawkinson

Director

phone: 847.491.8803

email: m-hawkinson@northwestern.edu

Michelle Jorwic Carr Assistant Director

phone: 847.491.8805

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Marcus Brown

Academic Advisor/Study Skills Coordinator

phone: 847.467.4576

email: marcusbrown@northwestern.edu

Maria Sanchez Assistant A.D.

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email: mesanchez@northwestern.edu

Davon Robb

Associate Director phone: 847,491,5715

email: drobb@northwestern.edu

Cory Harbor

Academic Advisor/Learning Strategist

phone: 847.491.9951

email: cory harbor@northwestern.edu

**Brittany Hanson** 

Program Assistant

phone: 847.491.7890

email: b-hanson@northwestern.edu

#### **QUICK WEBSITE REFERENCES**

Academic Services & Student Development: www.northwestern.edu/academicservices

Tutor request form: http://www.northwestern.edu/academicservices/academic-support/tutor-services/index.html

Missed class form: http://www.northwestern.edu/academicservices/forms-resources/student-athletes/missed-class-form.html

Northwestern Athletics: www.NUsports.com

Northwestern Athletics Student Promotions: www.NUsports.com/students

Facebook & Twitter: http://nusports.cstv.com/ot/nw-on-twitter.html

Northwestern University Department of Athletics and Recreation reserves the right to change without notice any

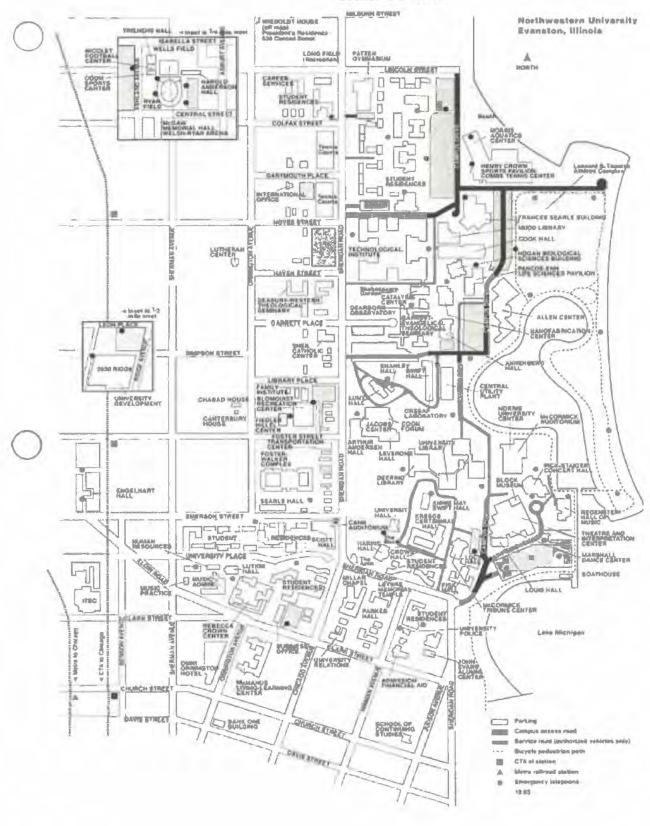
statement in this publication concerning, but not limited to, rules, policies, procedures, and fees.

#### ATHLETICS DEPARTMENT PHONE LIST

ADMINISTRATION 1	
ATHLETICS COMMUNICATIONS1	-7503
COMPLIANCE1	-4646
ATHLETICS TRAINING ROOM1	-5421
EQUIPMENT ROOM1	-3419
RECREATIONAL SPORTS (SPAC) 1	-4300
FACILITIES1	-7887
DEVELOPMENT	-1268
FINANCE	-6827
MARKETING AND SALES	-6862
TICKET OFFICE1-CATS	(2287)
Baseball	-4652
Men's Basketball	-7906
Women's Basketball	-5709
Cross Country	-4797
Fencing	-4654
Field Hockey1	-4641
Football	1-7274
Men's Golf 1	-4642
Women's Golf	7-2296
Women's Lacrosse 1	-2796
Men's Soccer	7-1312
Women's Soccer	7-3151
Softball	1-4650
Men's Swimming	1-4276
Women's Swimming	
Men's/Women's Diving	1-4417
Men's Tennis	1-4644
Women's Tennis	1-4643
Volleyball	1-4638
Wrestling	1-4799
Website:NUsport	ts.com
Nusnorts com/sti	udents

The 1- and 7- correspond to the prefixes 491- and 467- for those dialing from off campus locations. All numbers use the 847 area code.

#### CAMPUS MAP



#### TO DO LIST

#### FRESHMAN YEAR: Set academic and personal goals Meet with faculty/school advisor quarterly Return books prior to the last day of finals for each quarter If planning to work, complete the employment form in compliance to obtain approval prior to the start date Complete Outside Competition Forms prior to participating in any outside event Update address and phone number with the Registrar and Academic Services Participate in community outreach events □ Get involved with S.A.A.C. Complete Athletics Department End of Season Interview ☐ Go to the P.R.I.D.E. Big Games Register with University Career Services Attend NU for Life Programs/Workshops Attend Freshman Year Experience (FYE) programs SOPHOMORE YEAR: Set academic and personal goals Meet with faculty/school advisor quarterly Return books prior to the last day of finals for each quarter If planning to work, complete the employment form in compliance to obtain approval prior to the start date Complete Outside Competition Forms prior to participating in any outside event Update address and phone number with the Registrar and Academic Services Participate in community outreach events ☐ Get involved with S.A.A.C./P.U.R.P.L.E. Complete Athletics Department End of Season Interview Complete Summer Employment/Plans form ☐ Go to the P.R.I.D.E. BIG Games Continue utilizing University Career Services □ Attend NU for Life Programs/Workshops Declare a major prior to the conclusion of your sophomore year JUNIOR YEAR: Set academic and personal goals Meet with faculty/school advisor quarterly Return books prior to the last day of finals for each quarter If planning to work, complete the employment form in compliance to obtain approval prior to the start date Complete Outside Competition Forms prior to participating in any outside event

Update address and phone number with the Registrar and Academic Services

Complete Petition to Graduate during the Spring Quarter
 Participate in the Wildcat Professional Excellence Program

40

		Begin researching graduate schools or jobs
		Participate in community outreach events
$( \ )$		Get involved with S.A.A.C./P.U.R.P.L.E.
		Complete Athletics Department End of Season Interview
		Complete Summer Employment/Plans form
		Go to the P.R.I.D.E. BIG Games
		Continue utilizing University Career Services
		Attend NU for Life Programs/Workshops
	SE	ENIOR YEAR:
		Set academic and personal goals
		Meet with faculty/school advisor quarterly
		Return books prior to the last day of finals for each quarter
	0	If planning to work, complete the employment form in compliance to obtain approval prior to the start date
		Complete Outside Competition Forms prior to participating in any outside event
		Update address and phone number with the Registrar and Academic Services
		Review response to Petition to Graduate/Senior Summary
		Complete resume and upload it to the UCS website or finalize and send graduate school applications
		Participate in community outreach events
		Continue involvement with S.A.A.C./P.U.R.P.L.E.
	o	Complete Athletics Department End of Season Interview
		Complete Committee on Athletics and Recreation exit interview
$\bigcup$		Complete Senior Survey
		Go to the P.R.I.D.E. BIG Games
		Continue utilizing University Career Services

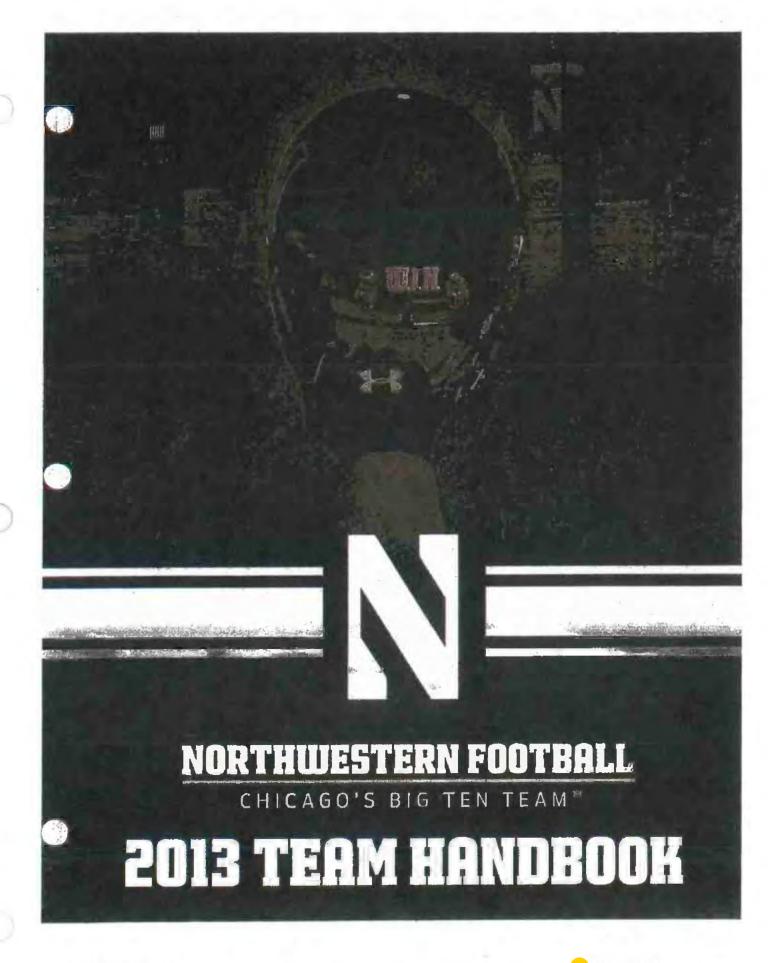
☐ Attend NU for Life Programs/Workshops

#### **FIGHT SONG**

\*\*Stand whenever the Fight Song is played!\*\* Go! U Northwestern! Break right through that line. With our colors flying, We will cheer you all the time, U! Rah! Rah! Go U Northwestern Fight for Victory, Spread far the fame of our fair name Go Northwestern, win that game! (Whistle) (Yell) Go! Northwestern Go! (Whistle) (Yell) Go! Northwestern Go! Hit 'em hard! Hit 'em low! Go, Northwestern Go! (Repeat chorus)

#### **UNIVERSITY HYMN/ALMA MATER**

Hail to Alma Mater,
We will sing thy praise forever.
All thy sons and daughters
Pledge thee Victory and Honor.
Alma Mater Praise be thine.
May thy name forever shine.
Hail to Purple,
Hail to White,
Hail to thee Northwestern!



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# **Problem Solving**

Cody Cejda

Director of Football Operations
c-cejda@northwestern.edu

Phone – 847-467-0884

Cell – REDACTED

Jacob Schmidt
Director of Player Development

j-schmidt@northwestern.edu

Phone – (847) 491-7932

Cell – REDACTED

Cell Phones and Head Phones will <u>not</u> be permitted in public places (outside of dorm/hotel room, buses and planes)

# 2013 Leadership Council

Ibraheim Campbell
Kain Colter
Will Hampton
Mike Jensen
Christian Jones
Rashad Lawrence
Sean McEvilly
Jaylen Prater
Damien Proby
Tyler Scott
Trevor Siemian
Nick VanHoose
Brandon Vitable
Dan Vitale

# Leadership Council Topics

Policy/Expectations
Planning
Grooming/Appearance
Game Day/Travel
Uniform/Gear
Training Table
Sports Medicine
Academics/Academic Center
Locker Room
Transportation (to/from class)
Movies

# 2013 Schedule

		2013-	2014 SCH	IEDULE		
	Overall 0-0	Conf. 0-0	Home 0-0	Away 0-0	Neutral 0-0	
Date	Opponent / E	vent		Location	156	Time
08/31/13	at California 🔟	_		Berkeley, (	Cal.	9:30 p.m. CT
09/07/13	vs. Syracuse 19			Evanston, 1	W.	5:00 p.m. CT
09/14/13	vs. Western Mich	ilgan 💷		Evanston, 1	H.	8:00 p.m. CT
09/21/13	vs. Maine			Evanston,	III.	TBA
10/05/13	vs. Ohlo State (I	Homecoming	) <b>*</b> TU	Evanston,	III.	7:00 p.m. CT
10/12/13	at Wisconsin *			Madison, W	lis.	2:30 p.m.
10/19/13	vs. Minnesota *			Evanston,	iii.	TBA
10/26/13	at Iowa *			Iowa City,	Iowa	TBA
11/02/13	at Nebraska *			Lincoln, Ne	b.	TBA
11/16/13	vs. Michigan *			Evanston,	III.	TBA
11/23/13	vs. Michigan Sta	te *		Evanston,	III.	TBA
11/30/13	at Illinois *			Champaign	, Ill.	TBA
12/07/13	Big Ten Champio	nship Game		Indianapoli		TBA

\* Conference Event

# Go! U Northwestern

Go! U Northwestern! Break right through that line. With our colors flying, We will cheer you all the time, U! Rah! Rah! Go! U Northwestern Fight for victory Spread far the fame of our fair name Go Northwestern, win that game! (Whistle) (Yell) Go! Northwestern Go! (Whistle) (Yell) Go! Northwestern Go! Hit 'em hard! Hit 'em low! Go, Northwestern Go! (Repeat chorus)

(Yell) Varsity, Varsity, Hit 'em hard and low Varsity, Varsity, Go Northwestern, Go. U Rah, Rah! U Rah, Rah! U Northwestern Rah! (Repeat chorus)

# 2013 Northwestern Coaching Staff

### Head Coach Pat Fitzgerald

#### OFFENSIVE STAFF

Coach Mick McCall
Coach Adam Cushing
Coach Bob Heffner
Coach Matt MacPherson
Coach Dennis Springer
Coach Rickey Jackson
Coach Scott Hamel

Offensive Coordinator/QB's
Offensive Line
Superbacks
Offensive Line
Off

#### **DEFENSIVE STAFF**

Coach Mike Hankwitz
Coach Randy Bates
Coach Jerry Brown
Coach Marty Long
Coach Rob Noel
Coach McNeil Parker

Defensive Coordinator/Specialist
Linebackers
Asst. Head Coach/Defensive Backs
Defensive Line
Graduate Assistant
Graduate Assistant

# **Northwestern Support Staff**

#### **Football Operations**

Cody Cejda Director of Football Operations
Chris Bowers Director of Player Personnel
Jacob Schmidt Director of Player Development

Carolyn Fleming Football Operations Administrative Assistant

George Gladic Football Operations Program Assistant
Cory Nicol Assistant Director of Player Personnel

Kwame Agyeman Recruiting Assistant

Ray O'Connell Football Operations and Social Media Assistant

Quentin Davie Recruiting Assistant

#### **Quality Control**

Ashton Aikens Director of Quality Control for Special Teams

Dan Hernandez Director of Quality Control for Offense Patrick Dougherty Director of Quality Control for Defense

#### Video Office

Darby Dunnagan Director of Video Services

Matt Carlson Assistant Director of Video Services

Josh Deangelis Video Intern
Drew Raucina Video Intern

# **Staff Contact Phone Numbers**

CONFIDENTIAL NU 000149

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#### 2013 Northwestern Football Alphabetical Roster

No. Name	Pos.	HL	Wt.	Elig.	Hometo	own/High School
Coach			Spous	e	Cell	Office Number
Coach Fi	tzgerald			7	CTE	467-3210
Coach Ba	ates			IJΑ	CTE	491-4227
Coach Br	rown	-				491-8857
Coach Cu	ushing	1				491-8842
Coach Ha	ankwitz					491-8897
Coach He	effner					467-3435
Coach Lo	ong	80				491-7936
Coach M	acPherson	L.				491-7923
Coach M	cCall	10				491-7922
Coach Sp	oringer	61				491-7989
Ashton A	ikens					
Scott Hai	mel					
Rickey Ja	ackson	$\Gamma$				
Rob Noe	1	8				0
McNeil I	Parker					
Cody Ce	jda					467-0884
Chris Bo	wers					467-4131
Jacob Sc	hmidt					491-7932
			L.		Service.	491-7275
Football					491-7274	
*All num	ibers are 8	47 pr	efix un	less not	ed.	

NU 000150

36	Corey Acker	RB	5-9	155	FR	Ballston Lake, N.Y./Shenendehowa Central
7	Matt Alviti	QB	6-0	185	FR	Park Ridge, Ill./Maine South
44	Chi Chi Ariguzo	LB	6-3	220	JR	Gahanna, Ohio/St. Francis DeSales
38	Dami Arowolaju	CB	5-9	170	FR	Matteson, Ill./Rich South
65	Hayden Baker	OL	6-2	280	JR	Trout Valley, Ill./Cary-Grove
16	Ouinn Baker	WR	5-9	180	FR	Trout Valley, Ill./Cary-Grove
12	Cermak Bland	WR	5-11	170	SO	West Linn, Ore./Jesuit
26	Terrance Brown	S	6-1	195	RS FR	Los Alamitos, Calif./Los Alamitos
13	C.J. Bryant	СВ	5-11	175	JR	Gahanna, Ohio/Gahanna Lincoln
8	Stephen Buckley	RB	6-0	170	RS FR	Forney, Texas/North Forney
37	Jeff Budzien	PK	5-11	165	SR	Hartland, Wis./Arrowhead
74	Graham Bullmore	OL	6-7	275	FR	Kenosha, Wis./Bradford
24	Ibraheim Campbell	DB	5-11	205	JR	Philadelphia, Pa./Chestnut Hill Academy
39	Joe Cannon	DB	6-0	175	JR O	conomowoc, Wis./Marquette University H.S.
15	P.J. Carollo	QB	6-1	180	SO	Lake Bluff, Ill./Lake Forest
89	Austin Carr	WR	6-1	195	RS FR	Benicia, Calif./Benicia
99	Chance Carter	DL	6-3	270	JR	Evanston, Ill./Loyola Academy
96	Max Chapman	DL	6-3	230	SO	Ponte Vedra, Fla./Nease
2	Kain Colter	QB	6-0	190	SR	Denver, Colo./Cherry Creek
79	Sam Coverdale	OL	6-6	265	FR	Chagrin Falls, Ohio/Kenston
73	Adam DePietro	OL	6-5	270	RS FR	Lancaster, Pa/Lancaster Catholic
19	Cameron Dickerson	WR	6-3	200	SO	Englewood, N.J./Bergen Catholic
41	Doug Diedrick	SB	5-10	215	SO	Woodridge, Ill./Montini Catholic
45	Coliin Ellis	LB	6-2	225	JR	St. Gabriel, La./The Dunham School
36	Mike Eshun	DB	5-8	170	JR	Madison, Wis./Edgewood
52	Chris Fitzpatrick	LS	6-2	230	RS FR	Lawrenceburg, Ky./Anderson County
16	Davion Fleming	DB	5-10	200	SR	Upland, Calif./Upland
57	Matt Frazier	OL	6-4	290	SO Bo	urbonnais, III./Kankakee Bishop McNamara
81	Tom Fuessel	WR	6-4	185	FR	Mokena, III./Lincoln-Way East
98	Deonte Gibson	DL	6-3	240	SO	Lakewood, Ohio/St. Edward
87	Mark Gorogianis	WR	6-0	180	FR	Lombard, Ill./Montini Catholic
31	Chris Gradone	P	6-2	190	so	Cincinnati, Ohio/St. Xavier
22	Treyvon Green	RB	5-10	215	JR	Mesquite, Texas/Rowlett
60	Zack Guritz	OL	6-3	285	FR	Darien, Ill./Hinsdale South
9	Jimmy Hall	DB	6-2	205	JR	Toledo, Ohio/Sylvania Southview
92	Will Hampton	DL	6-3	285	SR	Houston, Texas/Cy-Creek
28	Tim Hanrahan	RB	6-0	195	JR	Frankfort, Ill./Providence Catholic
27	Matthew Harris	CB	5-11	180	FR	LaGrange Highlands, Ill./Lyons Township
54	Eric Hauser	LB	6-0	215	RS FR	Lake Barrington, Ill./Loyola Academy
10	Traveon Henry	S	6-1	200	SO	Lauderdale Lakes, Fla./Pine Crest
59	Pat Hickey	LS	6-0	205	SR	Chicago, III./Loyola Academy
28	Godwin Igwebuike	DB	6-0	190	FR	Pickerington, Ohio/Pickerington North
80	Mike Jensen	WR	6-0	180		Rancho Santa Fe, Calif./The Bishop's School
43	Cole Johnson	DB	6-1	200	FR	Avon, Ind./Avon Houston, Texas/Westfield
14	Christian Jones	WR	6-3	225	JR	
15	Daniel Jones	DB	5-11	170	JR ne en	Monticello, Fla./Florida Plano, Ill./Plano
42	Joseph Jones Malin Jones	LB	6-1	200	RS FR	Naperville, Ill./Joliet Catholic
20	,	RB	6-0	205	RS FR	Flint, Mich/Grand Blanc
6	Tony Jones	WR	6-0	185	JR	Mount Carmel, Pa/Mount Carmel
95 78	Eric Joraskie Paul Jorgensen	DT OL	6-4 6-6	260 295	FR JR	DeWitt, Mich./DeWitt
64	Blake King	OL	6-3	250	FR	Shorewood, Ill./Minooka
75	Jack Konopka	OL	6-5	285	JR	Inverness, Ill./Palatine Fremd
39	Zak Kucera	P	6-2	205	RS FR	Chesterland, Ohio/West Geauga
93	Greg Kuhar	DL	6-3	275	RS FR	Concord Township, Ohio/St. Edward
67	Tyler Lancaster	DT	6-3	250	FR	Romeoville, Ill./Plainfield East
17	Rashad Lawrence	WR	6-2	185	SR	Orlando, Fla./Olympia
34	Warren Long	RB	6-0	180	FR	Union City, Calif./James Logan
94	Dean Lowry	DŁ	6-6	230	SO	Rockford, Ill./Boylan
68	Connor Mahoney	DL	6-4	260	RS FR	Malvern, Pa./Malvern
5	Venric Mark	RB	5-8	175	SR	Tomball, Texas/St. Pius X
91	Sean McEvilly	DL	6-5	275	JR	Yorba Linda, Calif./Orange Lutheran
71	Seen menting	22	3-5	210	011	I bi be Lines, Callidolauge Datites

83	Mike McHugh	WR	6-3	185	RS FR	Kirkwood, Mo./Kirkwood
31	Marcus McShepard	CB	5-11	185	FR	University Heights, Ohio/Cleveland Heights
29	Xavier Menifield	RB	5-10	190	FR	Valencia Calif./Sierra Canyon
70	Shane Mertz	OL	6-8	295	SO	Hazlet, N.J./Raritan
33	Matt Micucci	P/PK	5-11	190	RS FR	Lake Zurich, Ill./Stevenson
8	Jack Mitchell	PK	6-3	205	RS FR	San Diego, Calif./Torrey Pines
53	Geoff Mogus	OL	6-5	280	SO	Lorain, Ohio/St. Edward
32	Hunter Niswander	K/P	6-5	210	FR	Peninsula, Ohio/Woodridge
69	Brad North	OL	6-2	280	FR	Allen, Texas/Allen
48	Tommy Odell	DB	5-11	185	FR	River Forest, Ill./Oak Park-River Forest
7	Ifeadl Odenigbo	DL	6-3	220	RS FR	Centerville, Ohio/Centerville
34	Michael Odom	LB	6-0	195	R\$ FR	Naperville, Ill./Benet Academy
10	Zack Oliver	QB	6-4	235	SO	Baton Rouge, La/Catholic
76	Eric Olson	OL	6-6	285	RS FRS	Sudbury, Mass./Buckingham Browne & Nichols
38	Arthur Omilian	PK	5-11	160	SO	Atlanta, Ga./Pace Academy
27	Mike Panico	RB	5-8	175	RS FR	Libertyville, Ill./Carmel Catholic
63	Ian Park	QL	6-4	295	RS FR	Pittsburgh, Pa./Upper St. Clair
25	Jordan Perkins	DB	6-0	180	SO	Lodi, Calif./Lodi
61	Alex Pietrzak	OL	6-4	290	SO	Burr Ridge, Ill./Brother Rice
77	Kenton Playko	OL	6-5	270	RS FR	Lewis Center, Ohio/Olentangy
51	Jaylen Prater	LB	6-0	215	RS FR	Hamden, Ohio/Wellston
21	Kyle Prater	WR	6-5	215	JR	Maywood, Ill./Proviso West
46	Damien Proby	LB	6-0	235	SR	North Las Vegas, Nev/Cheyenne
21	Kyle Queiro	S	6-3	190	FR	Verona, N.J./Bergen Catholic
90	C.J. Robbins	DL	6-5	275	SO	Peru, III./LaSalle-Peru
18	Christian Salem	QB	6-3	190	R\$ FR	Santa Monica, Calif./Santa Monica
82	Andrew Scanlan	WR	6-2	200	RS FR	Royersford, Pa./Spring Ford
86	Jack Schwaba	SB	6-4	225	RS FR	Upper St. Clair, Pa./Upper St. Clair
97	Tyler Scott	DL	6-4	265	SR	Warren, Ohio/Howland
47	Troy Sheppard	DB	5-10	170	RS FR	Joliet, Ill./Providence Catholic
13	Trevor Siemian	QB	6-3	210	JR	Windermere, Fla./Olympia
55	Drew Smith	LB	6-1	205	SO	Cincinnati, Ohio/Colerain
85	Mark Szott	SB	6-4	240	SO	Naperville, Ill./Waubonsie Valley
88	Jayme Taylor	SB	6-4	225	FR	The Woodlands, Texas/The Woodlands
32	Mike Trumpy	RB	6-1	210	SR	Wheaton, Ill./Wheaton North
23	Nick VanHoose	DB	6-0	185	SO	Urbana, Ohio/Graham
50	Timmy Vernon	LB	6-3	225	SR I	Fort Washington, Pa./Germantown Academy
66	Brandon Vitabile	OL	6-3	300	JR	Edison, N.J./Bishop Ahr
40	Dan Vitale	SB	6-2	220	SO	Wheaton, Ill./Wheaton-Warrenville South
18	Anthony Walker	LB	6-1	200	FR	Miami, Fla./Monsignor Edward Pace
56	Brett Walsh	LB	6-1	205	FR	Monrovia, Calif./Monrovia
3	Keith Watkins II	DB	5-11	180	FR	Cincinnatti, Ohio/Moeller
2	Dwight White	DB	5-10	178	RS FR	Cypress, Texas/Cy-Fair
49	Brandon Williams	P	6-2	185	SR	Nappanee, Ind./NorthWood
4	Jarrell Williams	DB	5-11	190	SO	Robbins, Ill./Oak Lawn Richards
84	Macan Wilson	WR	6-0	185	FR	Houston, Texas/Kincaid
11	Pierre Youngblood-Ary	WR	6-3	185	SO	Orlando, Fla./Lake Brantley

#### 2013 Northwestern Numerical Football Roster

No.	Name	Pos.	Ht.	Wt.	Elig.	Hometown/High School
2	Dwight White	DB	5-10	178	RS FR	Cypress, Texas/Cy-Fair

	2	Kain Colter	OP	6.0	190	SR	Denver, Colo./Cherry Creek
	2		QB	6-0 5-11			
5 Venric Mark         RB         5-8         175         SR         Tomball, Texas/Sc Pius X           7 Ifendl Odenigbo         DL         6-3         220         RS FR         Ceaterville, Obio/Centerville           7 Mart Alvili         QB         6-0         185         FR         Park Ridge, Ill_Maine South           8 Jack Mitchell         PK         6-3         205         RS FR         San Diego, Calif_Torrey Pines           8 Stephen Buckley         RB         6-0         170         RS FR         Foracy, Texas/North Forney           9 Jimmy Hall         DB         6-2         205         JR         Totedo, Ohio/Sylvania Southview           10 Traveon Henry         6-1         200         SO         Lauderdale Lakes, Fla_Pine Crest           11 Pierre Younghlood-Ary         WR         6-3         18550         Orlando, Fla_Lake Brantley           11 Pierre Younghlood-Ary         WR         6-3         125         ON         West Lina, Ore_Jesuit           12 C.J. Erryant         CB         6-3         210         JR         Windermere, Fla_JOlympia           13 C.J. Eryant         CB         6-3         225         JR         Houstoe, Texas/Westfled           15 P.J. Carollo         QB         6-1         <	-				-		
6 Tony Jones WR 6-0 185 JR Filint, Milch/Grand Blanc Matt Alviti QB 6-0 185 FR Park Ridge, III/Maine South Matt Alviti QB 6-0 185 FR Park Ridge, III/Maine South Stephen Buckley RB 6-0 170 RS FR Forney, Texas/North Forney Jimmy Hall DB 6-2 205 JR Toledo, Ohio/Sylvania Southview CR 2 205 JR JR 2 206 Baton Rouge, La./Catholic CR 2 205 JR JR 2 206 Baton Rouge, La./Catholic CR 2 206 JR 2 207 JR 2 20		•					
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Sephen Buckley							· ·
Stepher Buckley			-				9
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10							
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Pierre Yaungblood-Ary   WR		-					,
Cermak Bland			-				•
Trevor Stemlan   QB   6-3   210   JR   Windermere, Fla./Olympia							
C.J. Bryant   CB   S-11   175   JR   Gahanna, Ohlo/Cahanna Lincola							
Christian Jones			_				
15   Daniel Jones   DB   5-11   170   JR   Monticello, Fla_Florida		T					•
Daniel Jones							,
	-						
Davion Fleming   DB   S-10   200   SR							
Rashad Lawrence		*					
18							
Anthony Walker							
Cameron Dickerson   WR   6-3   200   SO   Englewood, N.J.Bergen Catholic			_				
Malia Jones						-	
Ryle Queiro   S   6-3   190   FR							
Treyvon Green   RB   5-10   215   JR   Maywood, III./Proviso West						FR	•
Treyvon Green   RB   5-10   215   JR   Mesquite, Texas/Rowlett   Nick VanHoose   DB   6-0   185   SO   Urbana, Ohio/Craham   Urbana, Ohio/Craham   Urbana, Ohio/Craham   Urbana, Ohio/Craham   DB   5-11   205   JR   Philadelphia, Pa/Chestnut Hill Academy   Lodi, Calif./Lodi   Calif. Calif		* -					
Nick VanHoose   DB   6-0   185   SO		,					<u>-</u>
Ibraheim Campbell   DB   5-11   205   JR   Philadelphia, Pa//Chestnut Hill Academy   25   Jordan Perkins   DB   6-0   180   SO   Lodi, Calif./Lodi   26   Terrance Brown   S   6-1   195   RS FR   Los Alamitos, Calif./Los Alamitos   Calif./Siernel Catholic   Calif./Siernel Catholic   Calif./Siernel Catholic   Calif./Siernel Catholic   Calif./Siernel Calif./Siernel Calif./Siernel Calif./Siernel Calif./Siernel Canyon   So   Cinclanati, Ohio/St. Xavier   Marcus McShepard   CB   5-10   190   FR   Pickerington, Ohio/Pickerington North   Valencia Calif./Siernel Canyon   So   Cinclanati, Ohio/St. Xavier   Canyon   So   Cinclanati, Ohio/St. Xavier   So   Mike Trampy   RB   6-1   210   SR   Wheaton, Ill./Wheaton North   So   Warren Long   RB   6-1   210   SR   Wheaton, Ill./Wheaton North   So   Warren Long   RB   6-0   180   FR   Union City, Calif./James Logan   Mike Eshun   DB   5-8   170   JR   Madison, Wis./Edgewood   Mike Eshun   DB   5-8   170   JR   Madison, Wis./Edgewood   Se   Corey Acker   RB   5-9   155   FR   Ballston Lake, N.Y./Shenendehowa Central   Jeff Budzlen   PK   5-11   160   SO   Altanta, Ga./Pace Academy   Sa   Kucera   P   6-2   205   RS FR   Chesterland, Ohio/West Geauga   Joe Cannon   DB   6-0   175   SO   Wheaton, Ill./Wheaton-Warrenville South   Colif Chi Ariguzo   LB   6-1   200   RS FR   Plano, Ill./Plano   Avon, Ind./Avon   Chi Chi Ariguzo   LB   6-1   200   RS FR   Plano, Ill./Plano   Avon, Ind./Avon   Chi Chi Ariguzo   LB   6-2   225   JR   St. Gabriel, La./The Dunham School   Colline Ellis   LB   6-2   225   JR   St. Gabriel, La./The Dunham School   Colline Ellis   LB   6-2   225   JR   St. Gabriel, La./The Dunham School   Colline Ellis   LB   6-2   235   SR   North Las Vegas, Nev./Cheyenne   Tory Sheppard   DB   5-10   170   RS FR   Jollet, Ill./Oak Park-River Forest   Colline Ellis   Cantham School   Cantham School   Cantham School   Cantham School   Cantha							
25	-		DB			JR	-
27         Mike Panico         RB         5-8         175         RS FR         Libertyville, Ill./Carmel Catholic           27         Matthew Harris         CB         5-11         180         FR         LaGrange Highlands, Ill./Lyons Township           28         Tim Hanrahan         RB         6-0         190         FR         Pickerington, Ohlo/Pickerington North           28         Godwin Igwebuike         DB         6-0         190         FR         Pickerington, Ohlo/Pickerington North           29         Xavier Menifield         RB         5-10         190         FR         Valencia Calif./Sierra Canyon           31         Chris Gradone         P         6-2         190         SO         Cincinnati, Ohlo/St. Xavier           31         Marcus McShepard         CB         5-11         185         FR         University Heights, Ohlo/Cleveland Heights           32         Milke Trumpy         RB         6-1         210         SR         Wheaton, Ill./Wheaton North           32         Munter Niswander         K/P         6-5         210         FR         Peninsula, Ohlo/Woodridge           33         Matt Micucci         P/PK         5-11         190         RS FR         Lake Zurich, Ill./Stevenson		•	DB		180	SO	
Matthew Harris   CB   5-11   180   FR	26	Terrance Brown	S	6-1	195	RS FR	Los Alamitos, Calif./Los Alamitos
28         Tim Hanrahan         RB         6-0         195         JR         Frankfort, Ill./Providence Catholic           28         Godwin Igwebulke         DB         6-0         190         FR         Pickerington, Ohio/Pickerington North           29         Xavier Menifield         RB         5-10         190         FR         Valencia Calif./Sierra Canyon           31         Chris Gradone         P         6-2         190         SO         Cincinanti, Ohio/St. Xavier           31         Marcus McShepard         CB         5-11         185         FR         University Heights, Ohio/Cleveland Heights           32         Mike Trumpy         RB         6-1         210         SR         Wheaton, Ill./Wheaton North           32         Hunter Niswander         K/P         6-5         210         FR         Peninsula, Ohio/Woodridge           33         Matt Micucci         P/PK         5-11         190         RS         FR         Union City, Calif./James Logan           34         Warren Long         RB         6-0         180         FR         Union City, Calif./James Logan           34         Mike Eshun         DB         5-8         170         JR         Madison, Wis./Edgewood	27	Mike Panico	RB	5-8	175	RS FR	Libertyville, Ill./Carmel Catholic
Godwin Igwebuike	27	Matthew Harris	CB	5-11	180	FR	LaGrange Highlands, Ill./Lyons Township
29	28	Tim Hanrahan	RB	6-0	195	JR	Frankfort, Ill./Providence Catholic
Chris Gradone  CB 5-11 185 FR University Heights, Ohio/Cleveland Heights Marcus McShepard Mike Trumpy RB 6-1 210 SR Wheaton, Ill./Wheaton North Hunter Niswander Warren Long RB 6-0 180 FR Lake Zurich, Ill./Stevenson Mike Eshun Mike	28	Godwin Igwebuike	DB	6-0	190	FR	Pickerington, Ohio/Pickerington North
31         Marcus McShepard         CB         5-11         185         FR         University Heights, Ohio/Cleveland Heights           32         Mike Trumpy         RB         6-1         210         SR         Wheaton, III./Wheaton North           32         Hunter Niswander         K/P         6-5         210         FR         Peninsula, Ohio/Woodridge           33         Matt Micucci         P/PK         5-11         190         RS FR         Lake Zurich, III./Stevenson           34         Warren Long         RB         6-0         180         FR         Union City, Calif./James Logan           34         Michael Odom         LB         6-0         195         RS FR         Naperville, III./Benet Academy           36         Mike Eshun         DB         5-8         170         JR         Madison, Wis./Edgewood           36         Corey Acker         RB         5-9         155         FR         Ballston Lake, N.Y./Shenendehowa Central           37         Jeff Budzien         PK         5-11         165         SR         Hartland, Wis./Arrowhead           38         Arthur Omilian         PK         5-11         160         SO         Atlanta, Ga./Pace Academy           38         Dam	29	Xavier Menifield	RB	5-10	190	FR	Valencia Calif/Sierra Canyon
Mike Trumpy RB 6-1 210 SR Wheaton, III./Wheaton North K/P 6-5 210 FR Peninsula, Ohio/Woodridge Matt Micucci P/PK 5-11 190 RS FR Lake Zurich, III./Stevenson Lake Zurich, III./Stevenson RB 6-0 180 FR Union City, Calif./James Logan Michael Odom LB 6-0 195 RS FR Naperville, III./Benet Academy Mike Eshun DB 5-8 170 JR Madison, Wis./Edgewood Corey Acker RB 5-9 155 FR Ballston Lake, N.Y./Shenendehowa Central Jeff Budzien PK 5-11 165 SR Hartland, Wis./Arrowhead Arthur Omilian PK 5-11 160 SO Atlanta, Ga./Pace Academy Dami Arowolaju CB 5-9 170 FR Matteson, III./Rich South Zak Kucera P 6-2 205 RS FR Chesterland, Ohio/West Geauga Joe Cannon DB 6-0 175 JR Oconomowoc, Wis./Marquette University H.S. Dan Vitale SB 6-2 220 SO Wheaton, III./Wheaton-Warrenville South Doug Diedrick SB 5-10 215 SO Woodridge, III./Montini Catholic Joseph Jones LB 6-1 200 RS FR Plano, III./Plano Cole Johnson DB 6-1 200 FR Avon, Ind./Avon Chi Chi Ariguzo LB 6-3 220 JR Gahanna, Ohio/St. Francis DeSales Collin Ellis LB 6-2 225 JR St. Gabriel, La./The Dunham School Damien Proby LB 6-0 235 SR North Las Vegas, Nev./Cheyenne Troy Sheppard DB 5-10 170 RS FR Joliet, III./Providence Catholic Tommy Odeli DB 5-11 185 FR River Forest, III./Oak Park-River Forest	31	Chris Gradone	P	6-2	190	SO	Cincinnati, Ohio/St. Xavier
Hunter Niswander K/P 6-5 210 FR Peninsula, Ohio/Woodridge Matt Micucci P/PK 5-11 190 RS FR Lake Zurich, Ill./Stevenson RB 6-0 180 FR Union City, Calif./James Logan Michael Odom LB 6-0 195 RS FR Naperville, Ill./Benet Academy Mike Eshun DB 5-8 170 JR Madison, Wis./Edgewood Corey Acker RB 5-9 155 FR Ballston Lake, N.Y./Shenendehowa Central PK 5-11 165 SR Hartland, Wis./Arrowhead Arthur Omilian PK 5-11 166 SO Atlanta, Ga./Pace Academy Matteson, Ill./Rich South PK 5-11 166 SO Atlanta, Ga./Pace Academy Matteson, Ill./Rich South Joe Cannon DB 6-0 175 JR Oconomowoc, Wis./Marquette University H.S. Dan Vitale SB 6-2 220 SO Whenton, Ill./Wheaton-Warrenville South Doug Diedrick SB 5-10 215 SO Woodridge, Ill./Montini Catholic Joseph Jones LB 6-1 200 RS FR Plana, Ill./Plana Cole Johnson DB 6-0 235 SR North Las Vegas, Nev./Cheyenne Troy Sheppard DB 5-10 170 RS FR Jollet, Ill./Providence Catholic Tommy Odeli DB 5-11 185 FR River Forest, Ill./Oak Park-River Forest	31	Marcus McShepard	CB	5-11	185	FR	University Heights, Ohio/Cleveland Heights
33         Matt Micucci         P/PK         5-11         190         RS FR         Lake Zurich, III./Stevenson           34         Warren Long         RB         6-0         180         FR         Union City, Calif./James Logan           34         Michael Odom         LB         6-0         195         RS FR         Naperville, III./Benet Academy           36         Mike Eshun         DB         5-8         170         JR         Madison, Wis./Edgewood           36         Corey Acker         RB         5-9         155         FR         Ballston Lake, N.Y./Shenendehowa Central           37         Jeff Budzien         PK         5-11         165         SR         Hartland, Wis./Arrowhead           38         Arthur Omilian         PK         5-11         160         SO         Atlanta, Ga./Pace Academy           38         Dami Arowolaju         CB         5-9         170         FR         Matteson, III./Rich South           39         Zak Kucera         P         6-2         205         RS FR         Chesterland, Ohio/West Geauga           39         Joe Cannon         DB         6-0         175         JR         Oconomowoc, Wis./Marquette University H.S.           40         Dan Vitale	32	Mike Trampy	RB	6-1	210	SR	Wheaton, III./Wheaton North
34Warren LongRB6-0180FRUnion City, Calif./James Logan34Michael OdomLB6-0195RS FRNaperville, Ill./Benet Academy36Mike EshunDB5-8170JRMadison, Wis./Edgewood36Corey AckerRB5-9155FRBallston Lake, N.Y./Shenendehowa Central37Jeff BudzienPK5-11165SRHartland, Wis./Arrowhead38Arthur OmilianPK5-11160SOAtlanta, Ga./Pace Academy38Dami ArowolajuCB5-9170FRMatteson, Ill./Rich South39Zak KuceraP6-2205RS FRChesterland, Ohio/West Geauga39Joe CannonDB6-0175JROconomowoc, Wis./Marquette University H.S.40Dan VitaleSB6-2220SOWheaton, Ill./Wheaton-Warrenville South41Doug DiedrickSB5-10215SOWoodridge, Ill./Montini Catholic42Joseph JonesLB6-1200RS FRPlano, Ill./Plano43Cole JohnsonDB6-1200FRAvon, Ind./Avon44Chi Chi AriguzoLB6-3220JRGahanna, Ohio/St. Francis DeSales45Collin EllisLB6-2225JRSt. Gabriel, La./The Dunham School46Damien ProbyLB6-0235SRNorth Las Vegas, Nev./Cheyenne47Troy Sh	32	Hunter Niswander	K/P	6-5	210	FR	Peninsula, Ohio/Woodridge
Michael Odom  Begin and Be	33	Matt Micucci	P/PK	5-11	190	RS FR	Lake Zurich, III./Stevenson
Mike Eshun  BB 5-8 170 JR Madison, Wis./Edgewood  Corey Acker RB 5-9 155 FR Ballston Lake, N.Y./Shenendehowa Central  Jeff Budzien PK 5-11 165 SR Hartland, Wis./Arrowhead  Arthur Omilian PK 5-11 160 SO Atlanta, Ga./Pace Academy  Bami Arowolaju CB 5-9 170 FR Matteson, Ill./Rich South  Zak Kucera P 6-2 205 RS FR Chesterland, Ohio/West Geauga  Joe Cannon DB 6-0 175 JR Oconomowoc, Wis./Marquette University H.S.  Dan Vitale SB 6-2 220 SO Wheaton, Ill./Wheaton-Warrenville South  Doug Diedrick SB 5-10 215 SO Woodridge, Ill./Montini Catholic  Joseph Jones LB 6-1 200 RS FR Plano, Ill./Plano  Cole Johnson DB 6-1 200 FR Avon, Ind./Avon  Chi Chi Ariguzo LB 6-3 220 JR Gahanna, Ohio/St. Francis DeSales  Collin Ellis LB 6-2 225 JR St. Gabriel, La./The Dunham School  Damien Proby LB 6-0 235 SR North Las Vegas, Nev./Cheyenne  Troy Sheppard DB 5-10 170 RS FR Joliet, Ill./Providence Catholic  Tommy Odeli DB 5-11 185 FR River Forest, Ill./Oak Park-River Forest	34	Warren Long	RB	6-0	180	FR	Union City, Calif./James Logan
36Corey AckerRB5-9155FRBallston Lake, N.Y./Shenendehowa Central37Jeff BudzienPK5-11165SRHartland, Wis./Arrowhead38Arthur OmilianPK5-11160SOAtlanta, Ga./Pace Academy38Dami ArowolajuCB5-9170FRMatteson, Ill./Rich South39Zak KuceraP6-2205RS FRChesterland, Ohio/West Geauga39Joe CannonDB6-0175JROconomowoc, Wis./Marquette University H.S.40Dan VitaleSB6-2220SOWheaton, Ill./Wheaton-Warrenville South41Doug DiedrickSB5-10215SOWoodrldge, Ill./Montini Catholic42Joseph JonesLB6-1200RS FRPlano, Ill./Plano43Cole JohnsonDB6-1200FRAvon, Ind./Avon44Chi Chi AriguzoLB6-3220JRGahanna, Ohlo/St. Francis DeSales45Collin EllisLB6-2225JRSt. Gabriel, La./The Dunham School46Damien ProbyLB6-0235SRNorth Las Vegas, Nev./Cheyenne47Troy SheppardDB5-10170RS FRJoliet, Ill./Providence Catholic48Tommy OdelfDB5-11185FRRiver Forest, Ill./Oak Park-River Forest	34	Michael Odom	LB	6-0	195	RS FR	Naperville, Ill./Benet Academy
Jeff Budzien PK 5-11 165 SR Hartland, Wis./Arrowhead Arthur Omilian PK 5-11 160 SO Atlanta, Ga./Pace Academy Dami Arowolaju CB 5-9 170 FR Matteson, Ill./Rich South Joe Cannon DB 6-0 175 JR Oconomowoc, Wis./Marquette University H.S. Dan Vitale SB 6-2 220 SO Wheaton, Ill./Wheaton-Warrenville South Doug Diedrick SB 5-10 215 SO Whoston, Ill./Whoston-Warrenville South Joseph Jones LB 6-1 200 RS FR Plano, Ill./Montini Catholic Joseph Jones LB 6-1 200 FR Avon, Ind./Avon Cole Johnson DB 6-1 200 FR Avon, Ind./Avon Chi Chi Ariguzo LB 6-3 220 JR Gahanna, Ohlo/St. Francis DeSales Collin Ellis LB 6-2 225 JR St. Gabriel, La./The Dunham School Damien Proby LB 6-0 235 SR North Las Vegas, Nev./Cheyenne Troy Sheppard DB 5-10 170 RS FR Joliet, Ill./Providence Catholic Tommy Odeli DB 5-11 185 FR River Forest, Ill./Oak Park-River Forest	36	Mike Eshun	DB	5-8	170	JR	Madison, Wis./Edgewood
Arthur Omilian PK 5-11 160 SO Atlanta, Ga./Pace Academy  Dami Arowolaju CB 5-9 170 FR Matteson, Ill./Rich South  RS FR Chesterland, Ohio/West Geauga  Joe Cannon DB 6-0 175 JR Oconomowoc, Wis./Marquette University H.S.  Dan Vitale SB 6-2 220 SO Wheaton, Ill./Wheaton-Warrenville South  Doug Diedrick SB 5-10 215 SO Woodridge, Ill./Montini Catholic  Joseph Jones LB 6-1 200 RS FR Plano, Ill./Plano  Cole Johnson DB 6-1 200 FR Avon, Ind./Avon  Chi Chi Ariguzo LB 6-3 220 JR Gahanna, Ohio/St. Francis DeSales  Collin Ellis LB 6-2 225 JR St. Gabriel, La./The Dunham School  Damien Proby LB 6-0 235 SR North Las Vegas, Nev./Cheyenne  Troy Sheppard DB 5-10 170 RS FR Joliet, Ill./Providence Catholic  Tommy Odeli DB 5-11 185 FR River Forest, Ill./Oak Park-River Forest	36	Corey Acker	RB	5-9	155	FR	Ballston Lake, N.Y./Shenendehowa Central
Dami Arowolaju CB 5-9 170 FR Matteson, Ill./Rich South Zak Kucera P 6-2 205 RS FR Chesterland, Ohio/West Geauga Joe Cannon DB 6-0 175 JR Oconomowoc, Wis./Marquette University H.S. Dan Vitale SB 6-2 220 SO Wheaton, Ill./Wheaton-Warrenville South Doug Diedrick SB 5-10 215 SO Whoston, Ill./Wheaton-Warrenville South Joseph Jones LB 6-1 200 RS FR Plane, Ill./Montini Catholic 42 Joseph Jones LB 6-1 200 RS FR Plane, Ill./Plane Cole Johnson DB 6-1 200 FR Avon, Ind./Avon Chi Chi Ariguzo LB 6-3 220 JR Gahanna, Ohlo/St. Francis DeSales Collin Ellis LB 6-2 225 JR St. Gabriel, La./The Dunham School Damien Proby LB 6-0 235 SR North Las Vegas, Nev./Cheyenne Troy Sheppard DB 5-10 170 RS FR Joliet, Ill./Providence Catholic Tommy Odeli DB 5-11 185 FR River Forest, Ill./Oak Park-River Forest	37	Jeff Budzlen	PK	5-11	165	SR	Hartland, Wis./Arrowhead
Zak Kucera P 6-2 205 RS FR Chesterland, Ohio/West Geauga Joe Cannon DB 6-0 175 JR Oconomowoc, Wis./Marquette University H.S. Dan Vitale SB 6-2 220 SO Wheaton, Ill./Wheaton-Warrenville South Doug Diedrick SB 5-10 215 SO Woodridge, Ill./Montini Catholic Joseph Jones LB 6-1 200 RS FR Plane, Ill./Plane Cole Johnson DB 6-1 200 FR Avon, Ind./Avon Chi Chi Ariguzo LB 6-3 220 JR Gahanna, Ohio/St. Francis DeSales Collin Ellis LB 6-2 225 JR St. Gabriel, La./The Dunham School Damien Proby LB 6-0 235 SR North Las Vegas, Nev./Cheyenne Troy Sheppard DB 5-10 170 RS FR Joliet, Ill./Providence Catholic Tommy Odeli DB 5-11 185 FR River Forest, Ill./Oak Park-River Forest	38	Arthur Omilian	PK	5-11	160	SO	Atlanta, Ga./Pace Academy
Joe Cannon  DB 6-0 175 JR Oconomowoc, Wis./Marquette University H.S.  Dan Vitale  SB 6-2 220 SO Wheaton, Ill./Wheaton-Warrenville South  Doug Diedrick  BB 5-10 215 SO Woodridge, Ill./Montini Catholic  Joseph Jones  LB 6-1 200 RS FR Plane, Ill./Plane  Cole Johnson  DB 6-1 200 FR Avon, Ind./Avon  Chi Chi Ariguzo  LB 6-3 220 JR Gahanna, Ohlo/St. Francis DeSales  Collin Ellis  LB 6-2 225 JR St. Gabriel, La./The Dunham School  Damien Proby  LB 6-0 235 SR North Las Vegas, Nev./Cheyenne  Troy Sheppard  DB 5-10 170 RS FR Joliet, Ill./Providence Catholic  Tommy Odeli  DB 5-11 185 FR River Forest, Ill./Oak Park-River Forest	38	Dami Arowolaju	CB	5-9	170	FR	Matteson, Ill./Rich South
40 Dan Vitale SB 6-2 220 SO Wheaton, Ill./Wheaton-Warrenville South 41 Doug Diedrick SB 5-10 215 SO Woodridge, Ill./Montini Catholic 42 Joseph Jones LB 6-1 200 RS FR Plane, Ill./Plane 43 Cole Johnson DB 6-1 200 FR Avon, Ind./Avon 44 Chi Chi Ariguzo LB 6-3 220 JR Gahanna, Ohlo/St. Francis DeSales 45 Collin Ellis LB 6-2 225 JR St. Gabriel, La./The Dunham School 46 Damien Proby LB 6-0 235 SR North Las Vegas, Nev./Cheyenne 47 Troy Sheppard DB 5-10 170 RS FR Joliet, Ill./Providence Catholic 48 Tommy Odeli DB 5-11 185 FR River Forest, Ill./Oak Park-River Forest	39	Zak Kucera	P	6-2	205	RS FR	Chesterland, Ohio/West Geauga
Doug Diedrick SB 5-10 215 SO Woodridge, Ill./Montini Catholic Joseph Jones LB 6-1 200 RS FR Plane, Ill./Plane Cole Johnson DB 6-1 200 FR Avon, Ind./Avon Chi Chi Ariguzo LB 6-3 220 JR Gahanna, Ohlo/St. Francis DeSales Collin Ellis LB 6-2 225 JR St. Gabriel, La./The Dunham School Damien Proby LB 6-0 235 SR North Las Vegas, Nev./Cheyenne Troy Sheppard DB 5-10 170 RS FR Joliet, Ill./Providence Catholic Tommy Odeli DB 5-11 185 FR River Forest, Ill./Oak Park-River Forest	39	Joe Cannon	DB	6-0	175	JR Oc	onomowoc, Wis./Marquette University H.S.
42 Joseph Jones LB 6-1 200 RS FR Plano, III./Plano 43 Cole Johnson DB 6-1 200 FR Avon, Ind./Avon 44 Chi Chi Ariguzo LB 6-3 220 JR Gahanna, Ohlo/St. Francis DeSales 45 Collin Ellis LB 6-2 225 JR St. Gabriel, La./The Dunham School 46 Damien Proby LB 6-0 235 SR North Las Vegas, Nev./Cheyenne 47 Troy Sheppard DB 5-10 170 RS FR Jollet, III./Providence Catholic 48 Tommy Odeli DB 5-11 185 FR River Forest, III./Oak Park-River Forest	40		SB		220	SO	
43 Cole Johnson DB 6-1 200 FR Avon, Ind./Avon 44 Chi Chi Ariguzo LB 6-3 220 JR Gahanna, Ohlo/St. Francis DeSales 45 Collin Ellis LB 6-2 225 JR St. Gabriel, La./The Dunham School 46 Damien Proby LB 6-0 235 SR North Las Vegas, Nev./Cheyenne 47 Troy Sheppard DB 5-10 170 RS FR Jollet, Ill./Providence Catholic 48 Tommy Odeli DB 5-11 185 FR River Forest, Ill./Oak Park-River Forest	41	Doug Diedrick	SB		215		
44 Chi Chi Ariguzo LB 6-3 220 JR Gahanna, Ohlo/St. Francis DeSales 45 Collin Ellis LB 6-2 225 JR St. Gabriel, La_/The Dunham School 46 Damien Proby LB 6-0 235 SR North Las Vegas, Nev./Cheyenne 47 Troy Sheppard DB 5-10 170 RS FR Jollet, Ill./Providence Catholic 48 Tommy Odeli DB 5-11 185 FR River Forest, Ill./Oak Park-River Forest	42	•	LB		200	RS FR	-
45 Collin Ellis LB 6-2 225 JR St. Gabriel, La/The Dunham School 46 Damien Proby LB 6-0 235 SR North Las Vegas, Nev./Cheyenne 47 Troy Sheppard DB 5-10 170 RS FR Jollet, Ill./Providence Catholic 48 Tommy Odeli DB 5-11 185 FR River Forest, Ill./Oak Park-River Forest							•
46 Damien Proby LB 6-0 235 SR North Las Vegas, Nev./Cheyenne 47 Troy Sheppard DB 5-10 170 RS FR Joliet, Ill./Providence Catholic 48 Tommy Odeli DB 5-11 185 FR River Forest, Ill./Oak Park-River Forest							•
47 Troy Sheppard DB 5-10 170 RS FR Joliet, III./Providence Catholic 48 Tommy Odeli DB 5-11 185 FR River Forest, III./Oak Park-River Forest							•
48 Tommy Odell DB 5-11 185 FR River Forest, Ill./Oak Park-River Forest							_ ,
							•
49 Brandon Williams P 6-2 185 SR Nappanee, Ind./NorthWood		_					
	49	Brandon Williams	P	6-2	185	SR	Nappanee, Ind./NorthWood

50	Timmy Vernon	LB	6-3	225	SR Fort Washington, Pa/Germantown Academy
51	Javien Prater	LB	6-0	215	RS FR Hamden, Ohio/Wellston
52	Chris Fitzpatrick	LS	6-2	230	RS FR Lawrenceburg, Ky./Anderson County
53	Geoff Mogus	OL	6-5	280	SO Lorain, Ohio/St. Edward
54	Eric Hauser	LB	6-0	215	RS FR Lake Barrington, Ill/Loyola Academy
55	Drew Smith	LB	6-1	205	SO Cincinnati, Ohio/Colerain
56	Brett Walsh	LB	6-1	205	FR Monrovia, Calif./Monrovia
57	Matt Frazier	OL	6-4	290	SO Bourbonnais, III./Kankakee Bishop McNamara
59	Pat Hickey	LS	6-0	205	SR Chicago, III./Loyola Academy
60	Zack Guritz	OL	6-3	285	FR Darien, III/Hinsdale South
61	Alex Pletrzak	OL	6-4	290	SO Burr Ridge, Ill./Brother Rice
63	Ian Park	OL	6-4	295	RS FR Pittsburgh, Pa/Upper St. Clair
64	Blake King	OL	6-3	250	FR Shorewood, Ill/Minooka
65	Hayden Baker	OL	6-2	280	JR Trout Valley, Ill/Cary-Grove
66	Brandon Vitabile	OL	6-3	300	JR Edison, N.J./Bishop Ahr
67	Tyler Lancaster	DT	6-3	250	FR Romeoville, Ill./Plainfield East
68	Connor Mahoney	DL	6-4	260	RS FR Malvern, Pa/Malvern
69	Brad North	OL	6-2	280	FR Allen Texas/Allen
70	Shane Mertz	OL	6-8	295	SO Hazlet, N.J./Raritan
73	Adam DePietro	OL	6-5	270	RS FR Lancaster, Pa/Lancaster Catholic
74	Graham Bullmore	OL	6-7	275	FR Kenosha, Wis./Bradford
75	Jack Konopka	OL	6-5	285	JR Inverness, Ill/Palatine Fremd
76	Eric Olson	OL	6-6	285	RS FRSudbury, Mass./Buckingham Browne & Nichols
77	Kenton Playko	OL	6-5	270	RS FR Lewis Center, Ohlo/Olentangy
78	Paul Jorgensen	OL	6-6	295	JR DeWitt, Mich./DeWitt
79	Sam Coverdale	OL	6-6	265	FR Chagrin Falls, Ohio/Kenston
80	Mike Jensen	WR	6-0	180	SR Rancho Santa Fe, Calif./The Bishop's School
81	Tom Fuessel	WR	6-4	185	FR Mokena, III./Lincoln-Way East
82	Andrew Scanlan	WR	6-2	200	RS FR Royersford, Pa./Spring Ford
83	Mike McHugh	WR	6-3	185	RS FR Kirkwood, Mo./Kirkwood
84	Macan Wilson	WR	6-0	185	FR Houston, Texas/Kincaid
85	Mark Szott	SB	6-4	240	SO Naperville, Ill./Waubonsie Valley
86	Jack Schwaba	SB	6-4	225	RS FR Upper St. Clair, Pa./Upper St. Clair
87	Mark Gorogianis	WR	6-0	180	FR Lombard, Ill./Mentini Catholic
88	Jayme Taylor	SB	6-4	225	FR The Woodlands, Texas/The Woodlands
89	Austin Carr	WR	6-1	195	RS FR Benicia, Calif/Benicia
90	C.J. Robbins	DL	6-5	275	SO Peru, Ili/LaSalle-Peru
91	Sean McEvilly	DL	6-5	275	JR Yorba Linda, Calif/Orange Lutheran
92	Will Hampton	DL	6-3	285	SR Houston, Texas/Cy-Creek
93	Greg Kuhar	DL	6-3	275	RS FR Concord Township, Ohio/St. Edward
73	Greg Kumar	DL	0-3	2/3	AS FA Contoin I twosing, Onlose Edward
94	Dean Lowry		DL	6-6	230 SO Rockford, Ill/Boylan
95	Eric Joraskie		DT	6-4	260 FR Mount Carmel, Pa/Mount Carmel
96	Max Chapman		DL	6-3	230 SO Ponte Vedra, Fla./Nease
97	Tyler Scott		DL	6-4	265 SR Warren, Ohio/Howland
98	Deonte Gibson		DL	6-3	240 SO Lakewood, Ohio/St. Edward
99	Chance Carter		DŁ	6-3	270 JR Evanston, Ill./Loyola Academy

NU 000155

# 2013 SEATING CHART

Hampton	Ariguzo	Chapman	Green	M. Jones	Mahoney	J. Mitchell	Arowolaju	Hruby	
Scott	Mark	White	Trumpy	Szott	Carter	Robbins	Panico	Gorogianis	
Campbell	Vernon	наш	Carr	Carollo	Hauser	H.Baker	Konopka	Guritz	
C. Jones	VanHoose	Dickerson	Henry	T. Brown	Mogus	Odom	Schwaba	PYA	
Proby	Fleming	Buckley	Diedrick	Odenigbo	DePietro	Kucera	Frazier	Bullmore	
Slemlan	Eshun	Hanrahan	Sheppard	Cannon	Gradone	Fitzpatrick	Kuhar	Joraskie	
Vitale	J. Prater	Jones	Ellis	D. Jones	D. Smith	Park	Playko	Pietrzak	
Jensen	Bland	B. Williams	Hickey	McHugh	Jorgensen	Olson	O'Dell	C. Johnson	
Lawrence	Budzien	Micucci	Lowry	Mertz	Omilian	Gibson	J. Williams	Niswander	
Colter	T. Jones	Perkins	C. Bryant	Z. Oliver	Salem	Scanlan	K. Prater	Fuessel	Q.Baker
McEvilly	lkwebuike	Walsh	Harris	Alviti	King	Taylor	Queiro	M.Wilson	Roberts
Vitabile	Coverdale	McShepard	Long	Watkins	Menifield	Walker	Lancaster	North	Acker

# 00

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# STRETCH LINES - 2013

45	\$	35	30	25	20	15	01	vs _
Budzien	Hickey	B. Williams	Gradone	Omilian	Fitzpatrick	Mitchell	Kucera	
Hampton	Carter	Chapman	Lowry	Kuhar	Odenigbo	Lancaster	Niswander	
Scott	McEvilly	Gibson	Robbins	Mahoney	Joraskie	Guritz	Q.Baker	
Vernon	Ariguzo	J. Prater	Hauser	Odom	Walker	Walsh	Hruby	Roberts
Proby	Ellis	D. Smith	J. Jones	White	S. Oliver	McShepard	Watkins	Arowalaju
Campbell	DJ Jones	Hall	Eshun	J. Williams	T. Brown	Sheppard	Queiro	C. Johnson
Fleming	CJ Bryant	VanHoose	Perkins	Cannon	T. Henry	Натіѕ	Igwebuike	Odell
Mark	Trumpy	Hanrahan	Green	Buckley	M. Jones	Panico	Menifield	Long
Jensen	T. Jones	Dickerson	Bland	Scanlan	PYA	Micucci	M. Wilson	Gorogianis
Lawrence	C. Jones	K. Prater	McHugh	Szott	Vitale	Schwaba	Сатт	Fuessel
Colter	Siemian	Z. Oliver	Carollo	Salem	Alviti	Diedrick	Тауют	Acker
Vitabile	Mogus	Konopka	Frazier	Olson	Płayko	King	North	
Jorgensen	Baker	Mertz	Pietrzak	DePietro	Park	Coverdale	Bullmore	
45	40	35	30	25	20	15	0	S

# Hazing

The University forbids hazing and all other activities that interfere with the personal liberty of an individual. The University defines hazing as any action taken or situation created, whether on or off University premises, to produce mental or physical discomfort, embarrassment, harassment, or ridicule for the purpose of initiation into, affiliation with, admission to, or as a condition for continued membership in, a group, team, club, or other organization. Such actions and situations may include but are not limited to the following:

- Haircuts
- Paddling in any form
- Creation of excessive fatigue
- Physical and psychological shocks
- Quests, treasure hunts, scavenger hunts, road trips, or any other such activities carried on outside the confines of the University
- Wearing apparel that is conspicuous and not normally in good taste
- Engaging in stunts and buffoonery
- Requiring sleepovers or degrading or humiliating games and activities
- Late work sessions or activities that interfere with scholastic activities and/or normal sleeping hours
- Forced consumption of alcohol
- Falsely leading an individual or individuals to believe that they will be inducted/initiated by participating in particular activities
- Removing public or private property
- Forcing individuals to participate in activities that are not consistent with the University's mission, rules, regulations, and policies or federal, state, or local law

Acceptance of an activity on the part of a new member or individual does not justify participation in or sponsorship of the activity. Any violation of this policy should be reported to the Director of Athletics, a sport administrator, the Dean of Students or the Office of Judicial Affairs.

Note: Hazing activities may also violate the Illinois Hazing Act, 720 ILCS §120/0.01 et seq Life.

## **Social Networking Policy**

As representatives of the Northwestern University Department of Athletics and Recreation, student-athletes should remember that they are held to a high standard of behavior. This includes any activities conducted on any social networking websites (e.g., Facebook, Twitter) or any other online site (e.g., webshots.com). While we support and encourage individuals' freedom of expression and First Amendment rights, we are concerned about your safety and the well being of all of our student-athletes.

Educating and protecting our student-athletes are our primary concerns, so please keep in mind the following guidelines as you participate on social networking websites:

- 1. Before participating in any online community, understand that anything posted online is available to anyone in the world.
- 2. **Do not** post your home address, local address, phone number(s), birth date or other personal information (e.g., class schedule, social plans).
- Do not post any information that would violate Northwestern University, Athletics Department or student-athlete codes of conduct and/or state or federal laws.
- 4. **Do not** post any information, photos or other items online that could embarrass you, your family, your team, the Athletics Department or Northwestern University. This includes, but is not limited to information, photos, quotes and other items that may be tagged to you from another user.
- 5. Do not add a "friend" unless it is actually someone you know. Many people are looking to expose student-athletes (e.g., badjocks.com) and/or gain information about your team that will assist in gambling activities or provide material for unsportsmanlike behavior from opposing fans.
  Do not comment publicly about any recruits that have not signed a National Letter of Intent with Northwestern University.

- Commenting publicly includes communicating publicly on a prospect's Facebook wall or mentioning them in a tweet. Doing so can result in an NCAA rules violation.
- 6. Do not endorse a commercial business of any kind doing so can jeopardize your amateurism and NCAA eligibility. It is ok to check in or announce that you are at a commercial location, but it is not permissible to make a call to action (i.e., "I love Bluestone everybody should try their BBQ chicken pizza)
- 7. You must provide full access to members of your coaching staff and/or selected members of the Athletics Department for any and all personal online networking pages.
- 8. You must fully participate in any system developed by your coaching staff to assist in self-monitoring your teammates' personal online networking pages (e.g., buddy system).
- 9. Follow the Compliance Office on Twitter and Facebook for important updates and reminders throughout the year.

If you discover any inappropriate information on the networking page of any Northwestern student-athlete you will immediately contact one of the following people: the student-athlete, a coach, a team captain, a Purple Mentor(s), the Director of Athletics and Recreation, or any other member of Athletic Department's senior staff.

Social networking websites may be regularly monitored by a number of sources within Northwestern University (e.g.,

Athletics Department, Student Affairs, University Police) as well as sources outside of Northwestern (e.g., potential employers, internship supervisors). In addition to potential employers, an increasing number of graduate programs and scholarship committees also search these sites to screen candidates.

Northwestern student-athletes should be very careful when using online social networking sites and keep in mind that sanctions may be imposed if these sites are used improperly or depict inappropriate, embarrassing or dangerous behaviors. Those sanctions can include, but are not limited to

public or private reprimand, suspension from practice or competition, dismissal from the program, and loss of athletics aid, if applicable.

#### **Online Social Networking Guidelines**

The following information was developed to provide you with some guidance as to what type of behavior is appropriate relative to online social networking. These guidelines are not all inclusive; rather, they are intended to be used as a foundation for sound decision making.

<u>Text Guidelines</u> – words and/or phrases not permitted anywhere on your networking page, regardless of who posted them, include (but are not limited to) the following:

- 1. Any words or phrases considered to be harassing and/or discriminatory in nature on the basis of sex, race, color, religion, national origin, or sexual orientation.
- 2. Any demeaning statements about or threats to any third party.
- 3. Sexually explicit language.
- 4. Curse words not permitted over the airwaves (e.g., George Carlin's 7 words).
- Words or phrases to describe excessive social activities (e.g., partying, boozing and smoking are not appropriate hobbies for student-athletes who maintain a leadership role in the community.)
- Words or phrases you would not want attributed directly to you should they be released publicly (e.g., newspaper, television story).

<u>Photo Guidelines</u> – examples of inappropriate or offensive behaviors posted on social networking sites may include (but are not limited to) depictions or presentations of the following, regardless of who posted them:

- Hazing, an activity that violates the Northwestern Student Code of Conduct.
- 2. Use of alcohol and drugs, regardless of age.
- 3. Lewd or lascivious behavior including sexually explicit pictures.
- 4. Photos meant to demean the individuals included in the photo.





5. Any photos you would not want publicly released on television or in a newspaper.

#### Sanctions

Sanctions for failure to agree and adhere to this policy and the guidelines set forth above may result in actions including, but not limited to, public or private reprimand, suspension from practice or competition, dismissal from the program, and loss of athletics aid, if applicable. It is the Athletics Department's intention to achieve a level of behavior that reflects positively on all of us

#### Twitter

Almost everybody is on Twitter, even Coach Fitz. You, as Northwestern Football Players, are expected to hold yourselves to a higher standard that will best represent the team & the University. All it takes is one bad tweet to create a problem. So in that light Tom Satkowiak, the Associate Media Relations Director at the University of Tennessee, came up with 50 Twitter tips for student-athletes. Read them all and follow them!

- 1) Before you do anything else, read @Darrenrovell's "100 Twitter Rules to Live By."
- 2) Your Twitter account is one of many mediums through which you can build your "personal brand." When people decide to follow you, they are investing in your brand because they believe you can add value to their timeline. Don't craft useless Tweets—you know the kind... they're the ones you skip over every day while looking for something worthwhile.
- 3) After composing a Tweet, but before you hit send, ask yourself: "Would I be comfortable saying this in front of my parents, my grandmother, my pastor?" If the answer is no, discard it.
- 4) Turn off the "enable location data" option on your Twitter app. Do you really want everyone knowing where you are at all times?
- Take pride in who/what you represent. In addition to representing your family, hometown and church, you also represent your university and your team.
- 6) The visual elements of your Twitter account (avatar, background) are how other Twitter users form a first impression of you. Put a shirt on. Don't photograph yourself lying in bed—this isn't soft-core porn.
- 7) Twitter hasn't made the text message obsolete. Tweet things worthwhile that are appropriate to share publicly. Don't Tweet about the party you're hosting tonight. Instead, text the party details to friends you want to show up.
- 8) It's perfectly fine to display your sense of humor on Twitter. Fans in particular love it when studentathletes show their personality. But don't Tweet at the expense of others. Making fun of people or Tweeting a photo of the overweight family in Wal-Mart just makes you appear shallow and cold.

9) Don't allow the impersonal nature of Twitter full you into a false sense of security, it's easy for a thought

that materializes in your head while you're lying in bed or sitting on the couch to suddenly find its way into a Tweet.

But once you hit send, it's there for the world to see.

- 10) Don't use Twitter as an outlet to complain about how rough your life is. You are getting a college education, traveling to interesting places, getting free athletic shoes and apparel and more. Thousands of people would crawl over glass for the chance to enjoy the opportunities you have.
- 11) If a fan Tweets at you telling you how much they enjoy watching you play or how much their son/daughter looks up to you, ReTweet them and add a "Thx" at the start of the Tweet. You can make someone's day just by granting

them that simple, public acknowledgement.

- 12) Chances are there are some young kids who view you as a role model and follow you on Twitter. Do their parents a favor and keep your Tweets "family friendly." Don't type LMAO or LMFAO when LOL works just as well.
- 13) When you Tweet something clever or funny, try to leave around 15-20 characters free. This makes it easy for fans to ReTweet you without having to edit your original Tweet.
- 14) Don't Tweet about how much you hate school. You chose to become a college student-athlete. If you hate school so much you should have joined the Marines.
- 15) Speaking of the Armed Forces, use Twitter as a way to engage your fans. Ask if any of your followers are in the military. Thank them for what they do, then ReTweet the ones who respond. The same goes for schoolteachers, police officers, firemen, etc.
- 16) Maintain a decent follower/following ratio. @JayBilas has the market cornered as far as Twitter snobs go. He makes up for it by having one of the most value-adding accounts in existence. You, my friend, are no @JayBilas (maybe one day...).
- 17) ReTweeting profanity is no different than using it in your own original Tweets. Don't do it.
- 18) And while we're on that topic, remember it's not ok to Tweet about how that meal you just ate was "good AF" or how your finance professor is "on some boring ish." Assuming your followers don't know what that ish means is insulting.
- 19) Avoid replying to or ReTweeting Twitter users with vulgar names. Do you really want to be associated with @BigPhatBooty or @herpesboy?
- 20) Don't Tweet dally about how hard you're working on the field/court/diamond/weight room/etc. If you were really working that hard, you wouldn't be on Twitter to tell us all about it.
- 21) That's an awfully nice Twitter background you have... looks like it was designed by a professional. Keep in mind that if the person who designed it for you for free typically charges for his/her design work, you may be receiving an improper benefit.
- 22) If you wouldn't say something in a media interview, don't Tweet it. You're being naïve if you think the media işn't keeping an eye on your Twitter feed (and locking your account is not a failsafe way of ensuring only your friends are following you).
- 23) Don't Twitpic a photo of someone who doesn't know they're being photographed. You'd be angry if someone did that to you.
- 24) Look over your recent Tweets. Chances are you could delete one out of every 10 Tweets and not feel as though anything worthwhile was being lost. That said, don't Tweet the worthless stuff to begin with.

people who would be considered "social media experts" often compose a Tweet, read it over, think about it and then decide to discard it.

25) Follow at least one news feed that will keep you informed on major current events (such as @CNNbrk

#### or @CBSNews).

- 26) Don't allow yourself to be photographed while holding a drink. If you're posing for a photo, put your drink behind your back or on a counter out of the frame. Even if you're only drinking water.
- 27) Baby mama drama? Don't air your dirty laundry on Twitter.
- 28) Don't Tweet after a tough loss. You pour your heart and soul into training to become a champion, and losses are emotionally draining. Sleep on it. Your followers will still be there tomorrow.
- 29) Enjoying a big win? Take 30 seconds to Tweet a "Thank You" to the fans who were there to cheer you to victory.
- 30) Don't allow a hater with 20 followers to bait you into a "Twitter beef." Ignore them and remember their actions are usually fueled by jealousy.
- 31) If you don't like something a media member wrote about you, your coach or your teammate, ignore it. Engaging in a public Twitter argument is a battle you won't win. You'll only end up looking foolish (you'll also likely boost the other person's follower count).
- 32) It's the morning of a big game/match, you feel like you have the flu and it looks like you won't be playing tonight. Don't announce that on Twitter. If you compete in a revenue sport, Tweeting something like that will have ripples that reach all the way to the Las Vegas sports books.
- 33) Next time you're skimming the Internet while sitting on the toilet, do yourself a favor and do a Google search for "Marvin Austin" and "Twitter." Apply the resulting lessons learned to your own personal Twitter usage
- 34) You know that 10-second period after you type a Tweet during which you re-read it and ask yourself if you really ought to hit "send?" Take two more seconds to ask yourself, "Is this going to give my SID an ulcer?"
- 35) Consider polarizing topics off limits on Twitter. Avoid commenting on sexual orientation, race and religions you don't understand.
- 36) Know the type of Tweets that are boring and painfully unoriginal. They include such gems as A) Just got a great workout in; B) I'm up early, finna get this money; C) Wattup Twitter??
- 37) Don't Tweet about how much you respect your mamma and grandmamma if, 10 minutes later, you're going to Tweet about the "juicy cakes" on the girl walking past you on campus. Twenty years ago, those "juicy cakes" belonged to your mamma. Do you see the irony?
- 38) Many Twitter users are only religious when they wake up. Do you Tweet thanks to God every morning? If the other 90 percent of your Tweets reflect a different attitude or lifestyle, people notice. So does Jesus—he's on Twitter (but not yet verified).
- 39) There are many other teams and student-athletes at your school. Take the time to give them a shout-out on Twitter when they do big things. Ultimately, you're all on the same team.
- 40) Smile in your avatar or background picturel
- 41) People want their experience on Twitter to be fun. Make a real effort to Tweet far more positive content than negative.
- 42) What happens in the locker room stays there. Things that are said in private team settings should never find their way onto Twitter.
- 43) Don't Tweet during class. That's like disrespecting someone (in this case, your professor) behind their back. And always be mindful that your professors may be monitoring your Twitter account.
- 44) One of your Twitter followers may be in a position to hire (or draft) you someday. Evaluate your Tweets from time to time and ask yourself, "Would I want to hire this person?"
- 45) If you feel like the Twitter guidelines your coaching staff and/or athletic administrators expect you to comply with prevent you from "keeping it real," then that should probably be your due to re-evaluate your definition of "keeping it real." Your team support staff has your long-term best interest in mind.

- 46) Your athletic compliance office is monitoring your Twitter account. And the NCAA has acknowledged that it monitors student-athlete activity on Twitter as well. Even if you don't compete in a major conference or a revenue sport, don't be fooled into believing nobody is paying attention.
- 47) Share Twitplcs when your team takes part in community outreach projects. But it's important to remember that all students entering ninth grade and older are considered prospective student-athletes (PSAs), and should not appear in any Twitpic (for men's basketball, PSAs are all students entering seventh grade and older).
- 48) It's ok to Tweet once about what a great dinner you had at Red Lobster. But multiple mentions of the same business could be considered an endorsement, which is impermissible according to NCAA legislation.
- 49) Twitter can be a tattle-tale. For instance, you told your coach you missed a team meeting because your phone's battery was dead and you didn't get the call/text about the meeting. But if your Twitter timeline shows a Tweet from a mobile app during that time, you're busted.
- 50) Don't let these rules prevent you from enjoying your Twitter experience. It's perfectly acceptable to show your personality and have fun on Twitter—it's encouraged. But like anything else, the key is to enjoy it responsibly.

# **Big Brother Program**

The program is designed to provide incoming freshmen with an upperclassman advisor. The upperclassman will provide his expertise in the many areas of being a student athlete at Northwestern University. This relationship will develop into a long-lasting friendship and will help ease the freshman's transition to Northwestern.

The relationship will begin with an introduction dinner at the start of fall. Throughout the year, upperclassmen will have at least one meal a week with the freshmen. The upperclassmen will also check-in with the freshmen at various places around campus to provide support and discuss the academic and social aspects of life. The upperclassmen should always be aware and notify the coach of any potential problems.

The experience will be a positive one for all participants with the transition made easier for the freshman, and the upperclassmen giving something back to the University, continuing the tradition, making Northwestern University special.

Incoming Freshman	Big Brother
Matt Alviti	Trevor Siemian
Dami Arowolaju	Jarrell Williams
Quinn Baker	Austin Carr
Sam Coverdale	Paul Jorgensen
Tom Fuessel	Mike Jensen
Mark Gorogianis	Doug Diedrick
Matthew Harris	Kain Colter
Tom Hruby	Collin Ellis
Godwin Ikwebuike	Rashad Lawrence
Cole Johnson	Andrew Scanlan
Eric Joraskie	Tyler Scott
Blake King	Brandon Vitabile
Tyler Lancaster	Will Hampton
Warren Long	Mike Eshun
Marcus McShepard	Dwight White
Xavier Menifield	Jaylen Prater
Hunter Niswander	Pat Hickey
Brad North	Ibraheim Campbell
Tommy Odell	Cermak Bland
Kyle Quiero	Traveon Henry
Josh Roberts	Joseph Jones
Jayme Taylor	Dan Vitale
Anthony Walker	Damien Proby
Brett Walsh	Sean McEvilly
Keith Watkins	Nick VanHoose
Macan Wilson	Christian Jones
Graham Bullmore	Max Chapman
Zack Guritz	Hayden Baker

# **Equipment Staff**

Eric Howitt - Assistant Athletic Director for Equipment Operations Curtis Shaner - Assistant Director/Football Equipment Manager Greg Valenzisi - Assistant Equipment Manager

#### STUDENT MANAGERS

Besim Becoja
Jeremy Chase
Olivia Fuentes
Adele Kuforiji
Sean Oliver
Justin Penrod
Kyra Robertston
Robert Shiffer
Jeremy Shultz
Jackson Weisman

#### IMPORTANT EQUIPMENT ROOM NUMBERS

Eric Howitt Office - (847) 491-8872
Eric Howitt Cell Phone REDACTED

Curtis Shaner Office - (847) 491-8870
Curtis Shaner Cell Phone - REDACTED

Greg Valenzisi Office - (847) 491-8870
Greg Valenzisi Cell Phone - REDACTED

Equipment Room Phone Number - (847) 491-3419 Fax Number - (847) 491-7466

# **Equipment Policies**

#### Locker Room

The locker room is your area. Treat it as such. Understand that visitors are brought in to see the locker room and it is the <u>PLAYERS</u> responsibility to maintain the cleanliness of the locker room. Have PRIDE in yourself and take VALUE in what you are given and issued.

- 1. Maintain your locker space. Hang appropriate items and store equipment in your lockers and off the floor.
- Throw away your trash; don't leave old tape and bandages for someone to pick up.
- Use only your assigned locker space.
- 4. Use your laundry loop for jocks, socks, t-shirts, pants and girdles. Towels are loose with your number on them. Cotton goods will dry better if they are not rolled up into a ball. Torn equipment can be exchanged at the equipment issue window. Lost equipment, including pants and jerseys will be recorded and you will be charged for it.
- Guests are not allowed in the locker room. Immediate family may accompany you at certain times designated by Coach Fitzgerald.
- 6. Do not prop locker room doors open at any time.
- 7. Check all valuables with the equipment manager when on road trips. Make sure your equipment is secured in your locker, even if you are only away from the locker for a short time. Always keep the door locked.
- 8. Clean your shoes outside prior to entering the locker room.
- 9. Report any problems to the Equipment Staff immediately.
- 10. Report any strangers immediately to a staff member.
- 11. Zero tolerance with defacing, stealing of each other's Northwestern issued property and/or personal property.

#### **Equipment Room**

- 1. Players are not allowed inside the equipment room unless brought in by an Equipment Staff member.
- 2. Report any equipment problems immediately. Don't wait until just before practice begins.

- Make a periodic check of your equipment to ensure it's in sound condition and fits properly. You will need to get your helmet refitted after a haircut.
- 4. Do not alter any piece of equipment or you will be charged for the damages. The equipment manager and/or trainer will make any necessary alterations.
- 5. The uniform of the day will be announced. That uniform must be worn in its entirety.
- 6. Do not harass the equipment room staff. The more you ask the less you will receive. Treat them as a coach, with respect.
- 7. Hang up your uniform after each workout. Place all dirty laundry in the chute provided and all waste materials in the proper receptacles. Keep your lockers clean.
- 8. All equipment issued to you is the property of the Northwestern University Athletic Department and is to be worn only for authorized purposes.
- 9. Be honest. Lying will not be tolerated. Be honest with yourself and the Equipment staff and you will be better off.

# Football Equipment

- 1. Each player will be issued all equipment necessary for participation in practice. Equipment will be signed for upon initial issue and receipt of equipment will be acknowledged.
- 2. Equipment is provided for authorized use only, not for personal use.
- 3. Equipment is to be stored only in the provided locker.
- 4. Each player is responsible for the care and security of issued equipment. Players will be charged for any missing equipment. Excuses of issued items being lost or stolen will not be tolerated. Items that are lost are due to your irresponsibility. Items that are said to be stolen, you are saying that your teammates are thieves.
- 5. Hold yourself accountable.
- 6. Two practice jerseys will be issued.
- 7. Football equipment will be picked up at the end of the season and re-issued for spring practice. General workout gear will remain in players' lockers. All gear issued to seniors will be collected at the end of the season.

- 8. At the end of the school year all equipment must be turned in during the scheduled period.
- Issued shoes are to be worn for practices, workouts and games only; they are not to be worn as street shoes or players will be charged for replacement shoes.
- 10. You will again sign for the equipment that is turned in at the end of the season.
- 11. After the initial mass issue to athletes, issuing will be done on a 1 for 1 basis. Example: An athlete will need to bring his cleats to the window to show an equipment staff member that he needs new cleats. This goes for all equipment.

## Laundry

- 1. Under clothing will be placed on laundry loops, properly fastened and turned in for washing after each practice.
- Heavy items (sweats, pants, heavy jerseys and thermal underwear) will be laundered as needed. Washed laundry loops will be returned to the appropriate locker by the equipment room staff.
- Damaged loops should be brought to the attention of the equipment room staff.

# Two-a-Day Laundry

- 1. In order to provide workout gear during double days, all players will receive two rolls (towel, T-shirt, shorts, socks and supporter) and two practice T-shirts.
- 2. Players will turn in their dirty gear for laundering immediately after practice.

#### Game Uniforms

- Game uniforms will be turned in to the equipment staff immediately after home games or put in laundry hampers immediately after road games.
- 2. Warm-ups will be turned in to the equipment personnel when you arrive at the locker room on Saturdays before home games. For away games, turn warm-ups into the locker room when we return.
- Players will be charged for any items not returned to the equipment room.

# **Football Sports Performance Staff**

Jay Hooten Allan Johnson **Troy Sutton** Matt Flannery Sean Lockwood Joe Orozco Max Wagner

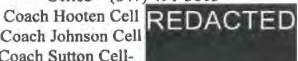
Director of Football Performance Asst, Director of Football Performance Asst. Director of Football Performance Sports Performance Grad Assistant Sports Performance Grad Assistant

Sports Performance Intern Sports Performance Intern

WEIGHT ROOM PHONE NUMBER Office - (847) 491-3613

Coach Johnson Cell

Coach Sutton Cell-



# **Sports Performance Facility Policy**

- 1. Time, effort and money have been carefully allotted to provide you with our world-class weightlifting facility. Take care of the sports performance facility and do not bring your friends into it this deprives your teammates of an opportunity to lift.
- The sports performance facility shall be locked at all times unless an authorized supervisor is present. You are to lift only when you are scheduled, or during scheduled open lifting periods.
- 3. Each weight shall be returned to the specifically marked place on the rack after use. Make sure all weights are put in the proper place.
- 4. Return the dumbbells to the proper place in the rack after use. Never drop dumbbells. Do not leave any weights on the floor at any time they belong on the rack. The rubber bumper plates are for platform use only.
- 5. Do not exchange weights from one station to another. There are plenty of weights at each station for your use.
- Every athlete must wear a shirt and shoes at all times. Attire should be branded Northwestern and be appropriate colors, purple, white, black or gray.
- 7. No equipment is to leave the sports performance facility for any reason.
- 8. No spitting.
- Chalk is to stay in the chalk bowl. Keep your hands over the bowl while chalking up.
- 10. Only the authorized supervisor is to touch the stereo or video equipment.
- 11. Present and former athletes using an athletic department weight room must have his program approved by an authorized sports performance staff supervisor. Any program revisions must also be approved.
- 12. It is your privilege to use the sports performance facility. If you cannot follow these simple rules, that privilege will be taken away.

# **Athletic Training & Sports Medicine Staff**

Michael Milligan, M.D.

Tory Lindley
Jennifer Brown
Jeremy Baxter
Melissa Wuelser

Alex Wong

Danielle Colegrove Sheena Long

Jennifer Tymkew
Robert Byrd
Laura Byrd
Katie Bonamer
Ryan Collins
Haley Zimmerman

Juliet Barnes Chris Shenberger Natalie Bumpas Katie Scott

Michael A. Terry, M.D.

Michael F. Schafer, M.D.

Director of Sports Medicine/Head Team Physician

Associate A.D./Head Athletic Trainer

Associate Athletic Trainer

Assistant Athletic Trainer/Co-Rehabilitation Coordinator

Associate Athletic Trainer Associate Athletic Trainer Associate Athletic Trainer

Assistant Athletic Trainer/Co-Rehabilitation Coordinator

Assistant Athletic Trainer

Team Physician

Professor of Orthopedic Surgery

# **Student Athletic Training Aides**

John Boarden
Rachel Gladney
Jasmin Millon
Autumn Overhiser
Erik Perez-Thai
Erica Smith
Ariana Vidana

Jonathan Gargul
Dominique Jackson
Alison Murray
Tricia Pendergrast
Bill Sanders
Rajiv Varandani

<sup>\*</sup>Football Athletic Trainers in Bold

# **Athletic Training Facility Numbers**

Office Phone Number – (847) 491-5421 Fax Number – (847) 491-8865

# **Sports Medicine & Player Policies**

# A. Athletic Training Policies

1. The athletic training facility will be open during specified times of the day; these times will be set by the head athletic trainer.

M-F 8:00 am - 6:00pm
M-F 6:00 am - 5:00pm (football season)
Sat As required for sport coverage only
Sun As required for sport coverage only
Athletic Training Facility Phone Number: 847-491-5421

- Athletic Training Facility Phone Number: 847-491-5421
- 2. The athletic training facility is a health care facility; appropriate dress and behavior is required at all times.
- 3. No cleated shoes in the athletic training facility. No athletic equipment allowed in the athletic training facility.
- 4. Abusive or offensive behavior and/or language will not be tolerated.
- 5. The athletes must shower before all post-practice treatments including hydrotherapy.
- 6. No food or drink allowed in the athletic training room.
- 7. Student-athletes are not allowed to use the telephone or computers in the athletic training offices without the permission of a staff athletic trainer.
- 8. In an effort to maximize communication, all medical referrals are to be made by staff athletic trainers only. If you receive medical treatment or a second opinion without authorization from a staff athletic trainer or team physician, you will be responsible for the payment.
- 9. The team physician/athletic trainer's decisions on treatments, taping or administration of the sports medicine facility are final.
- 10. Northwestern University policy allows financial coverage for expenses related to injuries and illnesses that are athletically-related

# only. Northwestern will not cover any expenses for most preexisting conditions or non-athletic injuries/conditions.

11.Players who are partially injured but can participate in limited action may be asked to wear a red jersey on the practice field. This is a teammate's alert to avoid contact with the player wearing red. No one receives treatment during meetings and practice periods unless approved by the Head Athletic Trainer. All injured athletes must report to the athletic training facility immediately following practice for post-practice evaluation and/or treatment.

# A. Player Body Weight Policy

- 1. Mandatory weigh-ins will be recorded before and after each practice at the discretion of the athletic training staff.
- 2. Weights are managed by the sports medicine staff in an effort to prevent dehydration.

#### **B.** Health Habits

- 1. Do not store wet, dirty clothing in lockers.
- To avoid infections and related conditions like MRSA, studentathletes should report all wounds to the athletic training staff or team physicians. Do not ignore any skin infections, pimples, boils or abscesses.
- 3. The use of any drug (over the counter or prescription) other than that specified by our team physicians is strictly prohibited.
- 4. You are expected to report all nutritional supplement use to the athletic training/physician staff.

# C. Drug and Alcohol Policy

Participation in random and/or team drug testing will be required of all varsity intercollegiate student-athletes. The Director of Compliance will distribute the NCAA Student-Athlete Consent Form and the NUDAR Student-Athlete Drug and Alcohol Consent Form to all team members during the Fall Compliance meetings. Student-Athletes will be ineligible for participation in all practice and competition until both statements are completed, signed, and returned to the Director of Compliance. Please refer to "NUDAR AOD Policy" online at the sports medicine page of NUSports.com. Coach Fitzgerald has a zero tolerance policy for underage drinking.

#### D. Communication

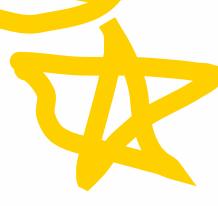
- Confidential: Never discuss any aspects of the team, the physical condition of any players, planned strategies, etc. with anyone.
   The team is a family and what takes place on the field, in meetings or in the locker room stays within this family.
- 2. Information placed on the Internet can hurt our team's chances of winning and disrupt our team chemistry. Keep our information private.
- 3. As a medical staff we cannot communicate your injury information with your parents/guardians without your consent. Please take the time to communicate with your parents. We are happy to answer your parent's questions but they should not expect a call from our staff each time you are injured or ill.

# Character

- 1. Appearance: Keep yourself neat at all times when representing the team or Northwestern in public.
- 2. Gambling: Gambling is forbidden and will be dealt with severely.
  Article 10.3 of the NCAA manual is titled "Gambling Activities."
  Staff members of the athletics department and student-athletes must not knowingly:
  - A. Provide information to individuals involved in organized gambling activities concerning intercollegiate athletics competition.
  - B. Solicit a bet on any team representing the institution.
  - C. Accept a bet on any team representing the institution through a bookmaker, a parlay card or any other method employed by organized gambling.

The penalty for any student-athlete who breaks this rule is loss of NCAA eligibility pending an appeal to the NCAA Eligibility Committee.

- 3. Offensive language: Be careful of your language. Be a first class act, on and off of the field.
- 4. If you embarrass our team you will be suspended for one game. If it happens a second time you'll be suspended for one year.



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# **Athletic Communications Staff**

Paul Kennedy Asst. Athletic Director for Athletic

Communications; Football Contact

Scott Hammer Associate Director of Athletic

Communications; Football Contact

Doug Meffley Director of Digital and Social Communications
Nick Brilowski Associate Director of Athletic Communications

Rob Coons Senior Director of Broadcast Operations
Chris Simonson Asst. Director of Broadcast Operations

Betsy Golomski Assistant Director of Athletic Communications

Adam Musto Communications Assistant

Dan Yopchick Assistant Director of Athletic Communications

# ATHLETIC COMMUNICATIONS CONTACT NUMBERS

Paul Kennedy - (312) 497-5990

Scott Hammer - (847) 791-4651

# Athletic Communications For Student-Athletes

## OVERVIEW

The average story on a TV sportscast runs no more than 90 seconds, the average length of a radio report is less than a minute and an account in a daily newspaper or on a web site may be no longer than several paragraphs.

Clearly, you have to maximize your moments in the media spotlight. You have to be clear, confident, and concise to get your message across to the readers and/or viewers. This set of media interview guidelines is designed to help you make the most of your media encounters and to help you leave a positive impression of yourself, your team and your University.

Northwestern University's athletic communications office, the publicity and media relations office for the University's 19 intercollegiate athletic programs, is located on the first floor, west wing of Anderson Hall.

Our telephone number is (847) 491-7503. If you need to reach Paul Kennedy, our athletic communications contact, can be reached anytime via his cell phone at REDACTED Scott Hammer, our secondary athletic communications contact and one of Paul's assistant directors, can be reached at REDACTED Scott handles a majority of our player interview requests.

The goals of the athletic communications office are to effectively communicate to the news media, our television partners (ABC, ESPN and Big Ten Network) and other interested groups, information about the Northwestern athletic program. The office produces media guides, game-day programs and news releases, and serves as the webmaster for

NUsports.com as part of its daily activities. It is also responsible for responding to news media inquiries and arranging all media interviews.

The other principle duty of the office is serving as the University's liaison to various athletic governing bodies such as the NCAA and the Big Ten.

The following pages contain interview guidelines that should help you in your dealings with the media — a process that is important to you educationally and professionally; to your team and its perception with the public; and especially to Northwestern University as a whole.

Again, if you have any questions concerning these guidelines, feel free to call or visit our office.

# THINGS TO REMEMBER DURING AN INTERVIEW

\*\*\*\* PLEASE NOTE: You should never agree to an interview unless the interview has been arranged by the athletic communications office. All media requests for interviews with student-athletes must be made through athletic communications. If you are contacted directly by the media (this includes *The Daily Northwestern* or any other student media outlet), you should politely, but firmly, redirect the reporter to the athletic communications office. We will never give out your ceil number. This protects your privacy and avoids interruptions of your study time. \*\*\*\*

- Reporters, both print as well as electronic, are interested in reporting the contests and personalities as facts, as they interpret those facts. Their goal is not necessarily to make you look good, nor is it to make you look bad. They have a job to do and it is important that you understand and cooperate whenever possible.
- You have a responsibility to Northwestern, your coaches, teammates and yourself to cooperate with the media. You are public role models and public figures by virtue of your participation in the University's athletic program. What you do is of interest to fans of Northwestern teams and to people in your home region who are interested in intercollegiate athletics.
- Dealing with the news media can be a learning experience in which you develop communication skills that are not only

helpful in your intercollegiate career but also in future professional sports and business careers.

- How effectively you deal with the news media reflects directly on how they feel about you and your team.
- Be on time for scheduled interviews. If you have a conflict and cannot be on time, please call ahead and let us know.
- Do not answer a question you do not feel comfortable answering. A proper response would be, "I would rather not discuss the subject."
- If you have concerns about the reporter, their questions or the tone of the interview, please contact a staff person in the media services office.
- Remember that the public's acceptance of an individual, the team and the University is developed by impressions made through the interview process, the resulting stories and through your personal self-decorum.
- Be positive when talking about your teammates, coaches and team. Praise your teammates. Every great running back needs a good offensive line. Every high scorer needs teammates who can pass the ball. Avoid the negatives, as they breed discontent and trouble.
- Avoid using profanity. Foul language diminishes your credibility and gives the interview a negative tone.
- Say it with "snap shots." Short, complete sentences allow reporters to easily edit the interview without distorting your answer.
- Be human. Let reporters see and learn of other things about you outside of your athletic role. Let the athletic communications

office know of other things such as fraternity/sorority activities, special class research projects or awards, hobbies, volunteer jobs, etc. All of these add depth to your story and often help "sell" yourself as a feature story for a reporter.

- Expect to be in a "fish bowl." High-profile sports and their participants are public figures and celebrities. Expect to lose some of your privacy.
- Be confident, not cocky.
- Be animated but avoid clichés and "locker room talk." Lively sports personalities with quality quotes will be the source of media focus.
- Do not play referee. Avoid blaming officials. Let someone else say that the call was wrong.
- On the record (when reporters are present), do not say anything
  that you would not want to see in print or on the air. Don't forget
  that microphones are extremely sensitive, and cameras have
  zoom lenses. If you can see either of them, assume you are being
  recorded.
- Treat a telephone interview the same as an "in person" interview. Just because it is more conversational, don't do or say things you wouldn't in an "in person" interview. Stand during the phone interview to gain a level of authority in your speaking.
- If a story is written that is inaccurate, contact a staff person in the athletic communications office, state the facts, and they will make known your concern.

# The Chicago Media Market

Northwestern receives extensive coverage both locally and nationally, but the majority of the coverage will be from the Chicagoland media. Here is a rundown of some of the major media outlets:

Newspapers—The Chicago Tribune and Chicago Sun-Times are two of the country's largest daily newspapers and cover the Wildcats on a regular basis. Northwestern also receives coverage from a number of other area papers, including the Daily Herald, Daily Southtown and Northwest Herald.

Radio—WGN (AM 720) is the 50,000-watt station that carries all Northwestern football games and men's basketball games during the season. In addition, several other major radio stations provide coverage of the 'Cats, including WSCR (AM 670), WBBM (AM 780), ESPN 1000 and WMAQ (AM 1160).

Television—Chicago's TV market is one of the nation's largest, with seven stations providing nightly sportscasts. WLS-Channel 7 (ABC-TV), WMAQ-Channel 5 (NBC-TV) and WBBM-Channel 2 (CBS-TV) are the three major networks. Superstation WGN-Channel 9, WFLD-Channel 32 (FOX-TV), Chicagoland TV (CLTV) and the all-sports station Comcast SportsNet round out the television market.

Student Media—Three very important media outlets are provided by Northwestern students. WNUR-Radio (FM 89.3) broadcasts all Wildcat football games as well as many men's basketball, women's basketball, baseball and softball games. The Daily Northwestern covers Wildcat athletics on a daily basis. Northwestern News Network (NNN) is the student television station. Do not underestimate the impact the student media outlets can have—they help form the student body's opinion of the NU athletic teams. North by Northwestern is

another student-run publication (internet only) that covers the Wildcats on a regular basis.

Blogs/Internet—Several internet sites (ESPN.com, SI.com, etc., Rivals.com, Scout.com, etc.) and bloggers (Bleacherreport.com, Chicagosporting.com, etc.) cover the Wildcats. These outlets have become an important part of our media coverage and supplement our traditional media publicity efforts.

## NORTHWESTERN'S LOCKER ROOM POLICY

Northwestern has established the following policy concerning equal access by the news media covering University athletic contests. The following policy applies to Northwestern home and away regular season contests. Postseason competition may differ. The following is the University policy: "Northwestern University intercollegiate athletic locker rooms are for use by team members, the coaching staff and Northwestern athletic department support staff. Athletic team members will be brought out to an interview area as requested by news media covering an athletic contest."

#### NORTHWESTERN'S MEDIA POLICIES

- Most practices will be open to the media. Don't let this distract
  you. Media members that attend practice will just be trying to
  get a better feel for the team and will not disturb your practice
  routine. In the event they do interfere, notify a coach or member
  of the athletic communications staff who is present.
- You will be notified as soon as possible if the athletic communications office arranges an interview for you. They will let you know whom the interview is with, what it will cover, and also when and where it will take place.
- You will never miss a class for media interviews.

#### **INTERVIEW DO'S**

- Say It In Snap Shots. Short complete sentences allow reporters to easily edit the interview without distorting your answer. Also, make your point in 20 seconds or less. Only elaborate if there's time, interest or need. Be precise, avoid generalities and use specific examples that clarify and make people care about your views.
- 2. Be Human and Be Yourself. Let reporters see and learn about you as a person. Feel free to talk about your life outside of your sport. Relax, have fun and share your enjoyment in the sport.
- 3. Praise Your Teammates. All successful athletes have good supporting casts.
- 4. Look Good and Be Animated. Be confident, not cocky, and try to be as animated as possible; lively sports figures are the most quotable. Be dressed appropriately (in Northwestern apparel whenever possible) and be confident in your body language.
- Ground Rules. Prior to live interviews, try to determine the subject matter to be covered.
- 6. Be Patient. Many times you will hear the same question again and again. Relax and try to answer the question as if it is the first time you have heard it. Remember that the reporter doesn't know how many times you have answered the question and wants to hear your best answer.

# **INTERVIEW DO NOTS**

Be Cautious. When reporters are around, don't say anything you
wouldn't want to see in print or on the air. Don't be baited, and remain
calm at all costs.

- 2. No Profanity. Don't forget, you are always on. Microphones are extremely sensitive. Cameras have zoom lenses. If you can see them, assume your actions and words are being recorded. There is no such thing as "off-the-record."
- 3. Phone Talk. Treat a telephone interview as if you were appearing on a live television broadcast. Don't let your guard down just because the interview takes on a conversational tone; it's still an interview.
- 4. Don't Play Referee. Don't blame officials. Let others say it was a "blown call."
- 5. Don't Stand On Their Record. Inaccurate stories should be corrected in a firm but polite manner.
- 6. Don't Use Jargon. Use words that the general public can understand.
- 7. Avoid Bulletin Board Materials. Don't say anything negative about an opponent. You don't want to give a team any additional incentive.

# **Academic Services Staff**

Kristin Kane
Maria Sanchez
Mary Beth Hawkinson
Davon Robb
Michelle Jorwic
Marcus Brown
Cory Harbor
Brittany Hansen

Associate Athletics Director Assistant Athletics Director Director Academic Services Associate Director Assistant Director Advisor/Tutoring Coordinator Advisor, Learning Strategist Department Assistant

Academic Services Phone Number Office – (847) 491-7890

Website: www.northwestern.edu/academicservices

# **Academic Services & Student** Development

#### Introduction

Academic standards and requirements for student-athletes at Northwestern are as demanding as the requirements for the general student population. Individuals wishing to participate in the athletics programs must be able to excel in the classroom, as well as on the field. The Athletics Department recognizes that participation in varsity sports creates exceptional demands on a student-athlete's time and energy. To ensure that each student-athlete develops to his full potential, the Athletics Department has implemented a comprehensive Academic Services and Student Development Program. The Associate Director of Athletics for Academic Services and Student Development is responsible for the overall administration and management of the program. The purpose of the program is to assist, guide and counsel the student-athlete.

Academic Services maintains frequent contact with student-athletes on a personal basis - encouraging proper study habits, evaluating progress, and assisting with any individual issues. All academic assistance services are provided at no charge to student-athletes. The program's services and procedures are summarized throughout the following pages.

## Philosophy

Northwestern University and the Department of Athletics and Recreation are firmly committed to the student-athlete concept. This concept is based upon a fundamental ethical, educational, and practical belief in the integrity of both academic and athletic endeavors; it is the guiding principle of the Office of Academic Services and Student Development. The major goal is to ensure that every Northwestern student-athlete receives a

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quality experience both in the classroom and on the field. We are proud that NU student-athletes not only graduate at record levels, but also leave Northwestern having received one of the finest educations in the country.

It certainly is not easy to combine excellence in academics and athletics. Therefore, Academic Services is concerned explicitly with providing the necessary services and programs to ensure achievement of both academic and athletic goals. The Academic Services staff helps student-athletes discover individual strengths and correct weaknesses, provides ongoing academic counseling and advising to assist student-athletes in growth and development, and educates student-athletes to enhance their understanding of the University rules and policies, while also expanding an understanding of the education process itself.

In addition, Academic Services serves as a liaison among studentathletes, the coaching staff, faculty, and administration. Academic Services also provides career programming and guidance for all studentathletes. In essence, Academic Services exists to provide assistance for the student-athlete in whatever areas are necessary.

# Student-Athlete Rights and Responsibilities

Northwestern student-athletes have a basic responsibility both to themselves and to the university to maintain good physical condition at all times, and to be conscientious and punctual about classes, team meetings, practices, games and other required events.

Student-athletes should strive continually to improve in the classroom and on the playing field, being responsible members of the NU community.

The NU Student Handbook describes services and facilities provided by the university for all students. All student-athletes should be thoroughly familiar with this booklet. It also describes procedures that may be used in seeking help or airing grievances for a wide variety of problems, while outlining the University Policy Statement and description of the University Hearing and Appeals System (UHAS).

Within the intercollegiate athletic program, all decisions directly related to the playing field are the province of the head coach, and all decisions are final. In the event a student-athlete has a complaint or grievance concerning personal rights and relationships to the athletic program, the following procedure may be used:

- 1. The student-athlete should discuss the issue with Cody Cejda
- 2. If the issue is not resolved, the student-athlete and captain(s), if applicable, meet with the head coach.
- 3. If the issue continues to be unresolved, the student-athlete meets with the Senior Associate Athletic Director for Intercollegiate Services. At this point, the student-athlete may bring another person to the meeting as an observer. A written summary of the meeting will be prepared and submitted to the Athletics Director and the student-athlete. The student-athlete may also appeal directly to the Athletics Director.
- The Faculty Committee on Athletics and Recreation (CAR) is the next and usually final step. CAR's decision may be appealed to the President of Northwestern University, Morton O. Shapiro.

#### **Academic Integrity**

Academic integrity at Northwestern University is based on a respect for the individual achievement that lies at the heart of the academic culture. Every faculty member and student belongs to a community of scholars where academic integrity is a fundamental commitment.

Students enrolled at Northwestern are expected to adhere to the University's standards of academic integrity. Students who violate the rules of academic integrity are subject to penalties, including course failure and expulsion from the University. Students are <u>not</u> permitted to drop any course when a charge of academic dishonesty may have negative effects beyond any officially imposed dean's sanctions, particularly for student-athletes, who may forfeit their athletic aid.

A student may be brought up on charges of academic dishonesty for reasons including, but not limited to, the following: plagiarism, cheating, fabrication, aiding and abetting, dishonesty, and falsification of records and official documents.

It is the responsibility of the faculty to report and review <u>all</u> cases of academic dishonesty. Questions about the acceptability of specific behavior should be addressed to the appropriate faculty member or school dean.

# File Sharing & Misuse of Computers and Internet

The University provides computing facilities for faculty, staff, and student use. These facilities and services extend to include, but are not limited to, Information Technology, the University Library, many departmental computers and servers, and residence hall computers. Misuse of these facilities, services, and equipment is a violation of University rules and regulations and may also be a violation of federal, state, and local laws.

Students who violate any computing or telecommunication facilities regulations shall be subject to University disciplinary procedures that may include fines, restitution of funds, probation, suspension, or exclusion from the University.

# **Academic Eligibility**

Northwestern University Department of Athletics (NUDAR) maintains a cumulative record on each student's academic progress and, at the end of each academic term, the record is evaluated to ensure athletic eligibility and satisfactory progress toward graduation. The Academic Services staff works closely with the student-athletes, coaches and others in this regard. The NCAA and Big Ten conferences specify academic eligibility for athletic participation; Northwestern University may establish additional eligibility standards.

In general, the requirements for athletic aid are:

- 1. Satisfaction of minimum credit hour and cumulative grade point requirements.
- 2. Enrollment in a course of study leading to a degree.
- Achievement of normal progress toward completion of a degree within four years.

NUDAR reports to CAR at least once per term on the progress and class attendance of all student-athletes. If the committee determines that satisfactory progress is not being made, it may recommend restriction of practice or playing time, or in several cases, may revoke athletic

eligibility until the student-athlete achieves the expected performance level. Teams are subject to the same procedures and penalties outlined above if a large percentage of its members have fallen below academic standards.

## Academic Advising

One of the central duties of the Academic Services staff is to provide academic advising to the student-athletes. Academic advising is the mutual responsibility of the faculty, the undergraduate Dean's offices and the Academic Services staff. Each student-athlete is expected to receive advising from both their athletic academic advisor and an appropriate member of either the faculty or the Dean's office.

The academic advisors in the Academic Services department provide ongoing academic advising to student-athletes in areas such as course selection, choosing a major, the fulfillment of specific degree and major requirements, and academic progress. School advisors must review course selections on a quarterly basis to ensure satisfactory progress towards degrees.

# **Advising Program**

# **Core Advising**

Every first year student-athlete is assigned a core advisor. Each student-athlete is required to meet with his core advisor a minimum of twice per week. Core advising meetings are vital in assessing the strengths and needs of each student-athlete. Core advising meetings focus on time management, test preparation, and other areas. Core advisors will often recommend a course of action to correct any problems; they will direct the student-athlete to a school/major advisor, tutors, or additional source of assistance. Finally, core advisors provide a friendly source of information for all student-athletes.

# Study Skills

Academic tutoring and study skills instruction are available from 6:00 pm - 10:00 pm, Monday – Thursday, in the main campus library. Tutors are available to assist student-athletes in all subject areas.

Northwestern University sees the evening sessions as academic enhancement opportunities rather than punitive measures. All first year student-athletes are required to attend Study Skills at least two evenings per week for a total of 6 hours, although tutoring is available to all student-athletes regardless of team or class. First year student-athletes may earn their way out of evening study skills requirements based on their academic performance after winter term. Individually scheduled tutoring for all subject areas is also available whenever necessary, along with daytime tutoring available in the Academic Services offices. The INDIVIDUAL TUTORING REQUEST FORM can be found at www.northwestern.edu/academicservices/form\_requesttutor.html.

Additional study skills workshops for all student-athletes take place during pre-season camps and throughout the academic year.

# Mandatory Class Attendance/Travel Letters

Student-athletes must maintain their priorities; in other words, academics receive precedence over athletics. Students are expected to attend all sections of courses for which they are registered. A mandatory class attendance policy is enforced by the Athletics Department to ensure this objective is met. The Academic Services staff closely monitors class attendance. Any student-athlete missing a regularly scheduled class or examination due to competition, awaygame travel or illness/injury should notify each professor directly.

# TRAVEL LETTERS

Travel letters detailing your absence from class are provided by Academic Services and Student Development. Each student-athlete is responsible for completing the Travel Excuse Request Form in Academic Services for every away competition AT LEAST ONE WEEK prior to departure. Academic Services will send a letter via email to the professors/teaching assistants. Each student-athlete is responsible for following up with the professor and making up any missed work.

# Test and Quizzes

If you will be missing a quiz or a test when traveling, you must submit the on-line travel-excuse form (see link at the end of the section) TEN DAYS prior to the test. For example, if you will be leaving on a

Thursday and missing a Friday test, submit your form on the Wednesday of the week before.

On the form, you must indicate the nature of your contact with your professor. FOR EXAMPLE: I am missing an econ 202 mid-term on Friday; I have talked to my professor, and she is willing to travel the exam. Please contact her. If in this situation, a professor ever says "tell your coach to email me", you should tell him/her that Northwestern Academic Services handles all academic

matters with faculty and that all tests are arranged through Academic Services.

The online forms are available at:

(www.northwestern.edu/academicservices/form travelexcuse.html)

Student-athletes must present a copy of their sport schedule to their professors at the beginning of each quarter and should speak with them about potential conflicts with the team schedule on the first day of the class. Not only is this an excellent way to meet professors, but most instructors are more than happy to cooperate if advance notice is given. A student-athlete should not expect cooperation from an instructor if he does not present the conflict in schedules on the first day. Student-athletes with make-up work are to have that work turned in per their discussion with the professor.

If a team is involved in post-season competition which conflicts with final exams, the student-athlete should make the following arrangements: notify the Associate Athletics

Director of Academic Services, notify the instructor of each class in which there is a conflict, and obtain permission from each instructor to make alternative arrangements for papers, exams or other work.

#### **Summer School**

Tendered student-athletes seeking athletic aid for summer coursework at NU must apply to the Associate Athletics Director of Academic and Student Services. Applications are distributed via Academic Services email listsery to all eligible student-athletes in January. All dates and deadlines can be found in your student athlete handbook.

NUDAR can pay room and board only for the exact number of weeks a student-athlete is enrolled in a summer course

# Student Development

## **Weliness Policy**

Northwestern University Department of Athletics and Recreation's Alcohol and Other Drug (AOD) Education and Testing Policy is based upon the department's commitment to enhance the quality of the student-athlete's experience at Northwestern University. In this regard, the central objective of NUDAR's program is to promote the health and safety of all student-athletes by helping to prevent drug and alcohol related injuries and by educating student-athletes and staff about the use and abuse of alcohol and illicit drugs.

Given the medical dangers inherent in drug and alcohol abuse, it is imperative for NUDAR to include drug and alcohol education, programming, and testing in its set of student-athlete services. While testing is one component of NUDAR's AOD Education and Testing Policy, education and other preventative measures form the core of NUDAR's program both philosophically and procedurally.

Consistent with the central goal of and philosophy behind NUDAR's AOD Education and Testing Policy, the specific objectives of the program are as follows:

- To educate student-athletes and staff about basic issues of health and wellness.
- To deter drug and alcohol use and abuse among student-athletes and encourage the adoption and maintenance of low-risk lifestyles.
- To conduct a preventative, educational and therapeutic-based program concerning drug and alcohol use and abuse and provide information to student-athletes and staff concerning professional counseling and drug or alcohol treatment programs.
- To inform all student-athletes and staff about NCAA, Big Ten, Northwestern University and NUDAR policies concerning drugs and alcohol.
- To identify and assist those individuals whose behaviors suggest abuse of alcohol or drugs.

6. To help maintain the integrity of intercollegiate athletics and minimize the vulnerability of student-athletes to exploitation, through both testing and education.

## AOD EDUCATION AND TESTING POLICY

Participation in random and/or team drug testing will be required of all varsity intercollegiate student-athletes. The Director of Compliance will distribute the NCAA Student-Athlete Consent Form and the NUDAR Student-Athlete AOD Policy Consent Form to all team members during the fall compliance meetings. Student-athletes will be ineligible for participation in all practice and competition until both statements are completed, signed and returned to the Director of Compliance.

Please contact the Head Athletic Trainer, Tory Lindley, for more information.

## Career Development

Current college graduates will encounter a highly competitive job market. Thus, effective job search skills coupled with comprehensive career planning are important elements for success. To that end, the Department of Academic Services and Student Development has developed programming designed to assist student-athletes in career development. The intent of the programming is threefold:

- 1. To expose student-athletes to a variety of vocations;
- 2. To increase student-athlete awareness and use of vocational resources on campus; and
- 3. To integrate student-athlete academic and co-curricular activity with defined vocational interests.

Northwestern encourages student-athletes to develop and pursue career and life goals. To help student-athletes reach these goals, the Athletic Department has teamed up with the University Career Services (UCS). Together, we have developed workshops, cultivated resources, and provided individual assistance to best serve these goals. Workshop topics include First Year Experience, Finding a Summer Internship, Junior Jumpstart, and the Senior Transition. Additionally, a member of the UCS staff will have office hours in Anderson Hall to assist with resume and cover letter writing, interviewing, and career counseling. Please see the Assistant Director of Academic Services and Student Development to sign up for an appointment.

## **Employment**

The Employment Program is a service for Football student-athletes who need assistance in securing gainful employment throughout the year. Employment may be invaluable to the development of a solid career selection. In addition, assistance is offered with career skills such as preparing resumes and cover letters, and job search strategies. No matter what kind of employment is pursued, the process of finding, preparing for, responsibly working in, and evaluating a job is an important educational experience that will enhance a student-athlete's readiness for opportunities and responsibilities after graduation. While there are no guarantees of employment, the program, with the help of the job and internship placement through University Career Services, has had considerable success placing student-athletes in desirable positions.

Student-athletes may be employed throughout the year. A studentathlete MUST receive permission from the Compliance Office prior to starting work at any time during the year.

All employment arrangements must comply with the following criteria:

- The pay for work must be commensurate with typical rates for the same job in that area
- Compensation is for work actually performed.
- No benefits can be received unless they are available to ALL employees. Student-athletes may not own their own company or business.

# Internships

The Internship Program provides student-athletes with employment opportunities related to a major concentration. These may be available during the summer months or during the academic year. It is important to note that every student-athlete's athletic schedule and educational program differs; appropriate adjustments can be made on an individual basis. Student-athletes completing internships for credit must complete a PERMISSION FOR FIELD STUDY/INTERNSHIP FORM with their athletic academic advisor during the registration advising period, and must be signed by the director of compliance.

# Post-Graduate Studies and Scholarships

Some students may be interested in pursuing graduate school opportunities after life at NU. The process of choosing and applying to a graduate school is extensive. Therefore, programming has been created to instruct student-athletes in the areas of admissions tests, choice of academic interest, choice of school, and application procedures. In addition, student-athletes may be eligible for post-graduate scholarships.

Student-athletes are also great candidates for various fellowships. For more information about fellowships, please visit the Office of Fellowships website - <a href="http://www.northwestern.edu/fellowships/">http://www.northwestern.edu/fellowships/</a>

# Student-Athlete Advisory Committee (SAAC)

The mission of the Student-Athlete Advisory Committee (SAAC) is to enhance the total student-athlete experience by promoting opportunity,

protecting student-athlete welfare and fostering a positive studentathlete image.

SAAC is comprised of two members from each team, and the committee meets biweekly. The committee discusses issues affecting and impacting student-athlete welfare. Not only does the committee promote support for athletic events across campus, it also undertakes various service projects to benefit Evanston and the surrounding community, including NU Field Day and the Holiday Food Drive.

For more information or to get involved, contact SAAC Co-Presidents Fallon Fitzpatrick (Women's Swimming) or Belinda Niu (Women's Tennis) at FallonFitzpatrick2014@u.northwestern.edu or BelindaNiu@u.northwestern.edu.

# The Football SAAC Reps are:

Jimmy Hall - <u>JamesHall2014@u.northwestern.edu</u>
Max Chapman - <u>MaxwellChapman2015@u.northwestern.edu</u>

# **PURPLE Peer Mentoring Program**

Via an application process, teams will have a proportionate number of student-athletes, based on roster size, selected to join the PURPLE Mentoring Program. The peer mentor functions as a resource on the team who is trained in various health and wellness topics as well as helping skills. The peer mentor is available for teammates seeking information, guidance, or support on health and wellness topics. Whether offering an ear to listen or support and guidance, a peer mentor will be available to assist his or her teammate.

Peer mentors will be familiar with a variety of resources on campus, such as Counseling and Psychological Services, Sports Medicine, Women's Center, Judicial Affairs, Health Education, etc. to be able to answer questions about various services available or refer other student-athletes to when necessary. Trained peer mentors can also prevent teammates from experiencing problems or other negative consequences. Peer mentors will learn about warning signs of eating disorders, depression, alcohol abuse, etc. to appropriately intervene then refer to professional staff. Furthermore, the peer mentor can prevent student athletes from committing policy violations related to alcohol and other drug use through educating and intervening.

A peer mentor is NOT a police officer, residence assistant, or doctor nor are peer mentors expected to "tattle" on teammates. Rather, a peer mentor is designed to assist student-athletes in becoming successful academically, athletically, personally, and physically.

#### The Football PURPLE Peer Mentors are:

Ibraheim Campbell (Executive Board) - IbraheimCampbell2014@u.northwestern.edu
Terrance Brown — TerranceBrown2016@u.northwestern.edu
Christian Jones — ChristianJones2015@u.northwestern.edu
Traveon Henry — TraveoHenry2016@u.northwestern.edu
Rashad Lawrence - RashadLawrence2014@u.northwestern.edu
Arthur Omilian - ArthurOmilian2015@u.northwestern.edu

## **Community Service**

All Northwestern Football players are encouraged to participate in volunteer activities in our community. Last year, we participated in a number of community outreach events including Misericordia Candy Days, reading and tutoring programs in Evanston elementary schools, visiting children in local hospitals, and much more.

There are countless opportunities for you to make a difference in someone's life. Our football program gets tremendous support from the surrounding community. It is important that we return the favor in any way possible. A little bit of your time and energy goes a long way for another person, and these experiences can be just as rewarding for you as well.

Remember, prior to volunteering, you must obtain permission from Maureen Palchak, Assistant Director of Marketing/Community Relations by completing the Promotional Activities Form. If permission is not obtained, you are putting your eligibility at risk. For more information on community service opportunities, please see Maureen Palchak or call her at (847) 467-3302.

# STUDENT-ATHLETE COMPLIANCE CHECK-IN MEETING 2013-2014





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# COMPLIANCE CHECK-IN MEETING

## **Compliance Staff Members**

Brian Baptiste, Associate AD- Compliance brian baptiste@northwestern.edu 847-491-4646

Aaron Hosmon, Assistant AD- Compliance aaronhosmon@northwestern.edu 847-467-1444

Jane Wagner, Director of Compliance jane.wagner@northwestern.edu 847-467-1445

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# **ACADEMIC ELIGIBILITY**

Entering Second Year of Collegiate Enrollment	Entering Third Year of Collegiate Enrollment	Entering Fourth Year of Collegiste Enrollment	Entering Fifth Year of Collegiate Enrollment
*36 quarter credits completed	*40% of degree requirements completed	460% of degree requirements completed	190% of degree requirement completed
*27 quarter credits earned during the previous academic year (not including summer school)	*27 quarter credits earned during the previous ecademic year (not including summer school)	*27 quarter credits earned during the previous academic year (not including surviver school)	*27 quarter credits earned during the previous academic year (not including summer school)
90% of GPA required for graduation	*95% of GPA required for	*100% of GPA required for	*100% of GPA required for
	graduation	graduation	graduation
-Pass 6 quarter credits		The second second	
during the preceding regular	*Pass quarter credits during	Pass 6 quarter credits	*Pass 6 querter credits
term	the preceding regular term	during the preceding regular term	during the preceding regula term
	*Declaration of degree program		



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## ACROEMIC ELIGIBILITY

- Summer credit hours may be used to satisfy the 36 quarter hour requirement when certifying a student-athlete entering his or her second year of collegiate enrollment.
- Summer credits may also be used to meet 40/60/80 percent-of-degree requirements.
- All student-athletes must successfully complete at least six(6) quarter hours in the previous regular academic term of full-time enrollment (Fall, Winter or Spring) to be eligible to participate in the next regular academic term.
- All student-athletes must be enrolled full-time to practice and compete (i.e. 3
  units/12 quarter hours for undergraduates and graduates).



EXCEPTION: Any student-athlete who plans to enroll in less than three courses in the final quarter must complete the "UNDER-ENROLLMENT FORM" during his or her registration advising appointment for the final term.

#### ACADEMIC ELIGIBILITY

- In football, a student-athlete who does not successfully complete eightquarter hours of academic credit during the fall term and earn the APR eligibility point for the fall term shall not be eligible to compete in the first four contests against outside competition in the following playing season.
- The student-athlete may regain eligibility to compete in the third and fourth contests of that season, provided he or she successfully completes 40-quarter hours (10 units) before the beginning of the next fall term.
- One time during a student-athlete's five-year period of eligibility, a student-athlete may regain eligibility to compete in the first four contests against outside competition in the following playing season, provided he or she successfully completes at least 40-quarter hours (10 units) before the beginning of the next fall term.





#### AMATEURISM AND AGENTS

- An individual loses his or her amateurism and will be ineligible for intercollegiate athletics in a particular sport if he or she:
  - Agrees or ally or in writing to be represented by an agent at that time or at some point in the future:
  - Receives expenses or any type of advance from an agent or professional scout (e.g. meals and/or transportation);
  - Receives a loan based on future earnings as a professional athlete.
- The NCAA defines an agent as any individual who, directly or indirectly:
  - a) Represents or attempts to represent an individual for the purpose of marketing his or her athletics ability or reputation for financial gain; or
  - b) Seeks to obtain any type of financial gain or benefit from securing a prospective studentathlete's enrollment at an educational institution or from a student-athlete's potential earnings as a professional athlete.
- Post dating a document, deferring any compensation or benefits, or having an agent provide the benefit to a friend or family instead of you does not alter the application of this rule.



If you are contacted by an agent or a runner for an agent, please contact the Athletics Compliance Office.

#### PROMOTIONAL ACTIVITY

- During the year, you may be asked to participate in volunteering opportunities in the community (e.g. reading to a local elementary school class, speaking at your former high school). These activities are permissible provided:
  - 1) The activity is approved by the Athletics Compliance Office and the Assistant AD for Community Relations, Maureen Palchak prior to the event occurring;
  - 2) A commercial agency does not cosponsor the event;
  - 3) You do not miss class to attend the event;
  - 4) Your name, picture or appearance is not used to promote the commercial ventures of a nonprofit agency; and
  - 5) A representative of the agency and you sign a release statement ensuring your name, image or appearance is used in a manner consistent with NCAA legislation.
- · You may receive actual and necessary expenses for participating in the event (e.g. meal and transportation).



Contact the Athletics Compliance Office if someone is using your name or likeness without your permission.

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#### STUDENT-ATHLETE HOST GUIDELINES

- You are a representative of Northwestern University, the Department of Athletics and Recreation and your Team.
- · You are responsible for the prospect.
- All entertainment must occur within 30 miles from campus.
- Host money is provided to cover the cost of meals and entertainment expenses for the host, prospect and prospect's family.



#### STUDENT-ATHLETE HOST GUIDELINES

- You must use your own vehicle for transportation purposes (you may not borrow a staff member's vehicle).
- Do not arrange or allow for boosters to interact with prospects while on-campus (an exchange of greetings may occur). This includes former student-athletes, donors, etc.
- Drugs, alcohol, and hazing are not part of the recruiting process.
- Communicate with your coaches and be familiar with the NUDAR Recruiting Policy (Student Handbook).

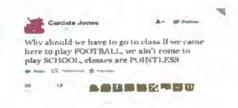
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#### SOCIAL MEDIA

Be smart on Facebook, Twitter, Instagram, Vine, (Insert Hot New Social Media Site of the Month Here), etc

Remember that in addition to representing your own personal brand, you also now represent Northwestern University, our athletics department, your team, your teammates, and other student-athletes





#### SOCIAL MEDIA

#### Who is following you on Social Media?

- · Friends
- · Family
- · Coaches
  - · Fans
- · Donors/Boosters
  - · Professors
- Campus Administrators
  - Media
  - Future Employers
- · Graduate Admissions Committees



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#### SOCIAL MEDIA

- Freshman: Clean Up Your Pages Soon! (You'll thank me later - trust me.)
- Be Good Teammates
  - If you see something inappropriate on a teammate's page or profile, let them know
  - Don't post things on a teammate's page that you wouldn't want to appear on your own
- Don't comment publicly about recruiting including visits, commitments, etc.
- Don't post personally identifiable information
  - Home Address, Phone Number, DOB, Class Schedule, Travel Plans, etc.



#### **EHTRA BENEFIT**

#### ONE SIMPLE RULE:

You may not accept anything that is not available to the general student body or the general public







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#### **EKTRA BENEFIT**

#### Permissible Benefits from 3rd Party Individuals:

- Occasional meals at a coach or booster's home (prior approval),
- Meals provided by a NU staff member (e.g. community outreach, NU fundraiser, media projects)
- Occasional, reasonable and local transportation by a staff member.

#### Impermissible Benefits from 3<sup>rd</sup> Party Individuals:

- · Cash, Loans, in any amount,
- 3<sup>rd</sup> Party Co-signing or arranging of a loan/disability insurance,
- Gifts or Free/Reduced Services (concert/movie tickets, meals, haircuts, rent, automobiles, clothing discounts, storage, tattoos, etc...)



#### GAMBLING

Missouri-St. Louis, ex-golf coach punished over fantasy leagues Washington Coach Rick Neuhelsel Says He Was in Gambling Pool

As summer ends, heat is on in Toledo point-shaving case

Tulane Scandal Hasn't Hit Bottom Yet: A Cocaine Purchase Apparently Led to Point-Shaving Scheme

The FBI Is Investigating A College Basketball Player For Potentially Fixing Games in A Gambling Scheme

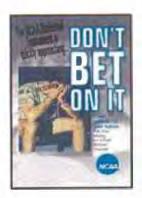
Allegedly lied to grand Jury.......Four former
NU players indicted in gambling probe





#### GAMBLING

- The NCAA defines sports wagering as placing, accepting or soliciting a wager of any type with any individual or organization on any intercollegiate, amateur or professional team or contest.
  - E.g. Footbell bowl games, use of a bookmaker or parlay card, internet sports wagering, fantasy sports, etc.
- All NU athletics staff and student-athletes are prohibited from wagering any item of value in exchange for the possibility of gaining another item of value. NU has a zero tolerance when it comes to gambling. If you are found in violation of this rule you were no longer be eligible to participate in varsity athletics at NU.
- The sports wagering prohibition extends to any institutional practice or competition in a sport in which the NCAA conducts a championship, in bowl subdivision football and in emerging sports for women.





#### GAMBLING

#### **Examples:**



- College or pro games
- NCAA tournament pools
- Off-shore websites
- Fantasy leagues
- Las Vegas sports books





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#### PLAYING AND PRACTICE SEASON REGULATIONS

#### In-Season

- Maximum of 20 Hours per week
- Maximum of 4 Hours per day
- One day off per week is required

#### Out-of-Season

- Maximum of 8 Hours per week, of your 8 hours, a maximum of
- 2 hours may be film review
- Two days off per week is required

\*\*Treatments, Rehab, Academic Meetings, Compliance Meetings,

Community Service, etc...are NOT countable!



#### HAZING

- The University forbids hazing and all other activities that interfere with
  the personal liberty of an individual. The University defines hazing as
  any action taken or situation created whether on or off University
  premises, to produce mental or physical discomfort, embarrassment,
  harassment, or ridicule for the purpose of initiation into, affiliation with,
  admission to, or as a condition for continued membership in a group,
  team, club, or other organization.
- Hazing in Illinois is a Class A misdemeanor, except hazing that results in death or great bodily harm is a Class 4 felony.



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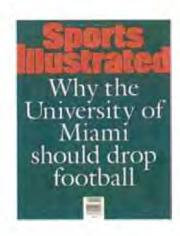
#### PLAYING AND PRACTICE SEASON REGULATIONS

- During vacation periods and preseason practice (when classes are not in session), the daily & weekly hour limitations do not apply.
- Coaches are required to submit Practice Logs to the Athletics Compliance Office within two days after your 'week' ends.
- Two or more student-athletes are required to sign/verify the hours each week.



#### FINANCIAL AID









#### FINANCIAL AID

NCAA, Institutional, and Federal regulations govern the types of financial aid that you are permitted to receive as a student-athlete.

Accepting impermissible financial aid can render you ineligible to compete - and could even cause your team to forfeit wins if discovered after the fact.

Permissible types of Financial Aid include, but are not limited to:

- · Athletics Aid
- Student Loans
  - Stafford, Perkins, Private, PLUS
- · Federal Grants
  - Pell, SEOG

- Money from individuals on whom you are legally dependent
- Outside Scholarships, with approval of the compliance office



#### FINANCIAL AID

It is **NEVER** acceptable for you to receive money from a coach, staff member, fan, or booster – even loans or temporary assistance.

If you are having financial issues, come see the compliance office and we can discuss possible approaches to the situation. Step 1 will always be to file a FAFSA, so if you have not already done so for 2013-14, get on that right away.

Scholarship student-athletes may not be eligible for all types of university needbased assistance – if you have questions, contact either Aaron in the Compliance Office or Nick Lazzara in Financial Aid.





#### FINANCIAL AID

#### Books

Books may be included in your athletics scholarship – if so, keep in mind that you may only use the scholarship to procure officially required books for classes in which you are enrolled. It is not permissible to buy recommended books or books/supplies for other individuals.

All books and supplies purchased through your athletics scholarship must be returned by the end of the quarter or your student account will be charged for the items.

#### Refunds/Stipends

You must be responsible for all refund requests you make through your student account. We will cover this process in more detail as the school year approaches, but be careful about refund requests, review your account carefully, and if you have questions, reach out to Aaron.



#### REPORTING RULES VIOLATIONS

You have an obligation as member of the NU community to report all potential violations per NCAA Bylaw 10.1

- · In-Person: Compliance Office Anderson Hall
- By phone: Call Compliance Office (847) 491-4646
- Via email: brian.baptiste@northwestern.edu





## **ACADEMICELIGELITY**

Minimum number of courses required prior to the next academic year

	Eligibility	Graduation		
Entering Second Year of Collegiate Enrollment	9	11 (12 for engineering majors)		
Entering Third Year of	18	22		
Collegiate Enrollment	(20 for engineering majors)	(24 for engineering majors)		
Entering Fourth Year of	27	33		
Collegiate Enrollment	(29 for engineering majors)	(36 for engineering majors		
Entering Fifth Year of	36	45		
Collegiate Enrollment	(39 for engineering majors)	(48 for engineering majors)		





## **Athletic Aid**

Athletic Scholarship: Your athletic aid covers room, board, tuition, fees and the use of books. If you reside in the residence halls, your scholarship will cover the cost of a double room. Additional costs for a single will be your responsibility. Your only other costs are telephone charges, transportation and entertainment costs. You must live on campus during the regular school year (fall, winter and spring quarter) for your first two years. You may live off campus during summer school but be aware of expenses and meal-management issues that may arise.

If you receive permission to move off campus after your sophomore year, you will receive a check each month. The amount of on-campus housing and meals (less the cost of training table meals) is divided equally in 9 payments and disbursed just prior to the 1<sup>st</sup> of the month for October-June. Student athletes must arrange for direct deposit for the monthly stipend check.

The football program will recommend that your scholarship be renewed each year based on your academic eligibility and your moral conduct. You can lose your scholarship if you:

- 1. Are dismissed from the University for any reason.
- 2. Become academically ineligible or fail to enroll full-time
- Are arrested or found to be in violation of University policy.
- 4. Are removed from the team for moral reasons or not conforming to team policies.
- 5. Miss mandatory meetings or practices.
- 6. Test positive for alcohol, drug, or supplement use.

We will not recommend that your athletic aid not be renewed because of an injury or lack of playing time. It is recommended that your athletic aid be renewed each year until you have used up your eligibility, until you have graduated or at the end of five years of school if you have not graduated.



#### Walk-Ons Earning Athletic Aid

Walk-ons may earn athletic aid at any time. The actual awarding of the money cannot occur until the beginning of a new quarter. The terms of the aid (length) will be outlined to you when the award is made. We have awarded a large number of Walk-On Scholarships and plan to continue doing so. We appreciate the contribution of every student-athlete and will reward these contributions at every opportunity. Once awarded a scholarship, the guidelines outlined above apply. In the last 7 years we have had 21 walk-on players earn a scholarship (haven't confirmed these numbers – but can track down an update, if need be – guessing you guys have them handy somewhere)!



# Northwestern University Department of Athletics and Recreation Recruiting Policy for Prospective and Current Student-Athletes

#### Introduction

The recruiting process is an important time for both the prospective student-athlete and the Department of Athletics and Recreation. NCAA Rules and Northwestern University policies regulate the responsibilities and actions of a student-host and prospective student-athlete on an official visit. Both the student-athlete host and the prospective student-athlete act as official representatives of their respective institutions.

In addition to NCAA rules, Northwestern University has instituted this Prospective Studenthlete Recruiting Policy that is designed to ensure a quality, healthy, and safe experience for all adividuals involved in the recruiting process.

Although a student-athlete host is not held directly responsible for the behavior of his or her prospective student-athlete, the behavior and actions of the student-athlete host can impact the prospective student-athlete's experience during his or her visit. It is our goal to provide a safe and informative experience for the prospective student-athlete while emphasizing the need for the prospect to contribute to the academic mission of our institution upon enrollment.

Before the prospect departs their home for the official visit, coaches are required to provide the prospect and their parent(s) or guardian(s) a copy of the Northwestern University Prospective Student-Athlete Recruiting Policy.

When the official visit begins, both the student-athlete host and prospective student-athlete are expected to meet with a member of the coaching staff to review and sign a copy of the Northwestern University Official Visit Form.

1.0 Student-athlete Host Supervision and Prospective Student-athlete Safety

1.1 Regardless of age, the student-athlete host is required to abstain from the use of alcohol and other illicit substances for the duration of the prospective student-athlete's visit.



- 1.2 The student-athlete host must be aware of the prospective student-athlete's whereabouts and be concerned for his or her safety at all times.
- 1.3 At the beginning of the visit, both the student-athlete host and prospective student-athlete will be provided with an emergency card listing the names and telephone numbers of people able to provide assistance in case of an emergency.

#### 2.0 Use of Alcohol

- 2.1 In accordance with the NU Student Handbook (www.northwestern.edu/studentaffairs) students and prospective student-athletes are subject to Illinois law, which prohibits the sale of alcoholic beverage to any person under the age of 21 years and the possession of alcoholic beverage by any person under 21. Additionally, Illinois law also provides penalties for any person who sells, gives, or furnishes alcoholic beverage to any person under the age of 21 years.
- During campus recruiting visits, a student-athlete shall not persuade or encourage a prospective student-athlete to consume alcohol or provide a prospective student-athlete with alcohol or otherwise make alcohol available to a prospective student-athlete. Any evidence that suggests a student-athlete provided alcohol to a prospect or persuaded a prospect to consume alcohol would be considered a violation of the NUDAR Alcohol and Other Drug Policy (section VI.A.5).

#### 3.0 Entertainment Restrictions

- 3.1 Illinois law provides penalties for any person attempting to use false or fraudulent written, printed, or photostatic evidence of age and identity to enter an establishment (bar) that requires patrons to be 21 years of age or older. Under no circumstances should a prospective student-athlete enter any establishment that requires patrons to be 21 years of age or older while visiting Northwestern University.
- 3.2 The student-athlete host and prospective student-athlete are expected to behave morally and responsibly when making decisions about the prospect's entertainment. Per NCAA rules, the entertainment provided is to be reflective of realistic NU student life and not excessive in nature. Under no circumstances may a prospect or host engage in any activity that violates criminal law.



- 3.3 Both prospects and hosts need to be cognizant of their obligations during the visit. Although no set curfew has been established, good judgment should always be used when determining what time to return the prospect to their accommodations.
- 3.4 A student-athlete shall not persuade or encourage a prospective student-athlete to engage in sexual relations during the visit. Activities involving adult clubs or strippers are prohibited.
- 3.5 Participating in gambling and/or gaming activities during the visit is prohibited.
- 4.0 NCAA Guidelines:
- 4.1 A host must be a student-athlete and enrolled as a full-time student at Northwestern University.
- 4.2 A student-athlete host will be provided a maximum of \$30.00 per day to cover the cost of meals and entertainment expenses for the host, the prospective student-athlete and the prospect's parents or spouse. If hosting more than one prospect, a student-athlete host may receive an additional \$15 per additional prospective student-athlete.
- A student-athlete host must handle the money personally and no cash may be given to the prospective student-athlete or his or her family.
- 4.4 A student-athlete host may not use these funds to purchase or otherwise provide the prospective student-athlete or his or her family with gifts e.g., hats, t-shirts or other souvenirs.
- 4.5 A student-athlete host will need his/her own transportation. A host is prohibited from using a coach's car or any University vehicle. A coach can however, provide the host and the prospect with a ride.
- 4.6 A student-athlete host may not transport the prospective student-athlete or his or her family more than 30 miles from campus.
- 4.7 Representatives of Athletic Interests (e.g., boosters) are not allowed to be involved in recruiting. If during an official visit, a student-athlete host and a prospective student-athlete come in contact with a representative of athletic interests, the conversation must be limited to an exchange of greetings.



- 4.8 The student-athlete host may receive a complimentary meal provided they are accompanying the prospective student-athlete.
- 4.9 The student-athlete host may receive a complimentary admission when accompanying a prospect to a regular season on-campus athletic event. A prospective student-athlete may receive up to three complimentary admissions during the visit.
- 7.0 Violations and Sanctions
- 7.1 All NCAA violations and violations of the Northwestern University Prospective Student-Athlete Recruiting Policy will be reported, in writing, to the Director of Intercollegiate Athletics for review and possible sanctions.
- 7.2 Any reported alcohol-related incident could constitute a violation of the NUDAR Alcohol and Other Drug Policy. In these cases, the student-athlete will meet with the Head Team Physician who will assess the student-athlete's alcohol-related behavior. If deemed appropriate, the Head Team Physician will make a referral to the Program Administrator for evaluation and possible treatment/education referral.
- If a violation of the policy involves a violation of NCAA or Big Ten rules and violation report will be submitted immediately using the regular procedure.



## Northwestern University, Department of Athletics and Recreation Financial Aid Agreement for Student-Athletes in their 5<sup>th</sup> year of eligibility

Name		Sport	
Outlined in this ag aid will be granted following academi	I to the above named stu	nd conditions under windent-athlete in his/her	hich athletically related financial 5th year of eligibility for the
Fall 20	Winter 20	Spring 20	Summer 20
I will become inel of institutional, Bi	Fen Conference, and NC igible for 5 <sup>th</sup> year of ath g Ten Conference, or N	CAA rules for such aid.  letic financial assistance  CAA rules, engage in	ce if I am found to be in violation serious misconduct warranting
substantial discipli	inary penalty, or volunt	arily withdraw from a	sport for any reason.
The second secon	by accepting my award of the following:		ncial assistance I must assume
	l every class, complete a ades and attendance wil		nd will not take any incompletes.
<ul> <li>I understand time (unless</li> </ul>	d that if I fail or take an	incomplete in one or n on) during the designat	nore classes or fail to enroll full- ed quarters listed above, I will be d.
required to work e	ight (8) hours each wee ned by the Compliance	k for the remainder of	of my competitive season, I will be the academic year. Failure to meet these hours will result in my
I understand and a	agree to all provisions o	utlined above.	
Print Name			
Signature	PC .	Date	

CONFIDENTIAL

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# Summer School

Coach Fitzgerald, your position coach and the Associate Athletic Director for Compliance and Academic Services will determine your eligibility based upon your effort and use of available resources.

You will not receive any sympathy and be awarded summer school aid if you fail a class because of a lack of effort or attendance. If granted athletic aid for summer you must successfully complete all courses in which you are enrolled. Failure to do so will result in you being charged for tuition, room, and board received.

Student-athletes on athletic aid may, at the recommendation of the coach, receive a one-time stipend for room and board for the summer term. These stipends are issued in the first week of the summer session.

Non-scholarship student-athletes may apply for funding through the NCAA Student Assistance Fund. Resources available through this fund are limited and will not cover the full cost of a summer school course.

Summer School is a privilege, not a right. Work hard during the school year and we will work to reward you during the summer.



# **Summer Employment Policy**

The process of finding a summer job begins well before the end of Spring term.

The first step in the search for a summer internship/job begins is registering with <a href="www.careerathletes.com">www.careerathletes.com</a> and University Career Services in order to search a multitude of internship and summer job listings in the area. Additionally, you should attend the job fairs that are held throughout the year on campus in order to learn about opportunities. Student Development and Player Personnel staff members are also here to assist you with your search, but will not take responsibility for finding you a job. A member of the UCS staff will be conducting office hours in Academic Services in order to also you with your resume, cover letters and interviews. He/she can also assist you in your search efforts

Prior to beginning any paid employment, you must submit a signed and complete employment form to the Compliance Office. This form is to be completed by you and your employer and will verify that the terms of your employment are permissible per NCAA rules.

Remember, having a summer job is a privilege. You represent this university and more specifically, this football program. When you work hard and act responsibly for a summer employer, he/she will continue to hire NU student-athletes. If you do a poor job, you make it difficult for teammates to find employment in the future.

There are many different types of jobs available. Visit your academic advisor or Jacob Schmidt, Director of Player Development as early as November to begin the process of finding the best opportunity for you; if you wait until spring, it may be too late.



# Walk-On Training Table Policy

Once the regular New Student Week begins and the residence halls are open, the football program is no longer permitted to pay the cost of meals for walk-ons. We do, however, encourage walk-ons to pay for and eat training table with the team. The process for non-scholarship players who eat training table is as follows.

- 1. A training table monitor will take attendance at all meals. You must give them your name as you walk in the door. Any meals you eat will be recorded. At the end of each month, your student-account will be charged for the number of meals eaten.
- 2. If you are signed up for the Wildcat Unlimited Meal Plan the cost per meal will be \$0. If you are signed up for a lesser meal plan or no meal plan at all, you will be charged \$8.50 per meal.

If you have any questions or problems with this process during the year, please contact Aaron Hosmon in the Compliance Office.



# **Housing Policy**

All freshmen and sophomore football student-athletes are required to live on campus during the regular school year. Summer school is not included in this requirement.

Fraternities are considered to be on-campus housing.

Living off-campus is a privilege that must be earned. Off-campus housing privileges can be revoked due to academic or social problems.

A list of rules and regulations regarding residence hall and housing policies can be found in the student handbook (pg 22). Violations of any of these rules will result in an administrative review. The administrator may remove the student from housing or may apply a lesser sanction such as a required room or hall change or housing probation.



# **Off-Campus Housing Stipend**

The off-campus housing stipend process for 2013-14 has changed significantly. Please carefully follow the instructions below, which we will discuss at your initial compliance/eligibility meeting in August.

#### Requirements

To be eligible to receive a monthly off-campus housing stipend, a student-athlete must submit the following to the compliance office:

- · A signed Big Ten Tender of Financial Aid document
- · A complete off-campus housing form with a valid, signed lease

The student-athlete must also be enrolled full-time, unless an exception for under-enrollment has been approved by the Registrar and is on file in the compliance office.

### Amount

An annual room/board allowance is calculated for each student-athlete based on the quarters in which they will be enrolled. The room portion of this allowance is based on an average of all room costs on campus (including maintenance fees and social dues). For 2013-14, the quarterly amount is \$2,867. The board portion of the allowance is based on the unlimited meal plan, which costs \$1,992 per quarter. The total quarterly room/board allowance for student-athletes living off-campus is \$4,912.

Monthly stipends are issued in 3 equal amounts per quarter. This amount will disburse directly to your student account in CAESAR at the end of each month in which you are enrolled (see schedule below). It will be your responsibility to log on to CAESAR and request a refund at that time, which will be delivered to you via direct deposit the next business day. Please pay special attention to any outstanding charges on your account as these will be deducted from your available balance prior to issuance of your refund.



#### **Training Table**

Training Table charges are identified as a line item on your student account. NCAA rules demand that we withhold an amount equal to the average cash cost of a meal on campus for most meals that you eat at Training Table. For 2013-14, this amount will be \$9.38 per meal. This deduction is not made on an individual basis. If the team is scheduled to eat ten training table meals, all scholarship student-athletes will see a charge on their account for \$93.80, even if an individual chooses to eat in the N Club less often.

#### Example - Student Account Activity:

Athletic Aid – R&B \$1,637.00 Training Table – Football \$ (93.80) Net Refund: \$1,543.20

## How to Set Up Direct Deposit

- · Log in to CAESAR
- · Select "Financial Services"
- · Click on "Set Up Direct Deposit"
- Enter your routing number, account number, and bank name all of which can be found on a blank check.



## How To Request a Refund

- Log in to CAESAR
- Select "Financial Services"
- Click on "Request a Refund"
- Refund amount will automatically fill with your available balance.
- · Select "Direct Deposit" and submit your request. R
- Funds will be sent to your bank electronically within 24-48 hours.



## **Date Rape & Social Policy**

Are certain male athletes more prone than others to commit sexual assault crimes and if so, what factors and/or elements within today's athletic environment encourage, support or ignore such behavior?

Such a question seems ridiculous at first glance given the popular notion that sports teaches honesty, integrity, responsibility, self-discipline and respect for authority. Along with the ability to teach these desired characteristics, athletics has traditionally been viewed as a healthy outlet for natural male aggression but the rash of assaults have many people convinced that today's athletic environment encourages and fosters sexually aggressive and violent acts.

A recent three-year study conducted by the National Institute of Mental Health found that athletes participated in one third of the 862 sexual attacks on college campuses. Another study conducted at Towson State University's Center for the Study and Prevention of Campus Violence found that athletes are 5.5 times more likely to commit date rape.

Given the mass media's tendency to magnify crimes involving public figures, it is easy to jump to irrational conclusions based on isolated cases. However, the significance behind the findings has led Northwestern's administration and coaching staffs to take drastic steps to stop sexually aggressive crimes on campus. Do not put yourself in a position to lose everything you have worked hard for by committing a sexually aggressive act.



#### Keep these statements in mind:

- · Believe that NO means NO; even if you think she means yes.
- It is never ok to force a woman to do something she doesn't want to do not even if she teases you, dresses provocatively or leads you on.
- A girl never "owes" you sex; not even if you paid for an expensive dinner.
- Never initiate sexual intercourse if the woman is intoxicated or passed out. Alcohol and drugs were a factor in over 75% of rapes and sexually violent acts on campus. In a court of law this will fall under rape.

You are responsible for your own behavior. Violence is against the law, punishable by up to 30 years in jail. Take time to think before you act. Don't put yourself in a NO-WIN situation.

# **Firearms Policy**

The possession or use of firearms, ammunition, BB guns, air rifles, firecrackers, explosives, slingshots, or other weapons of any description, for and purpose, is prohibited.

www.northwestern.edu/up/





## Police Football Ride-A-Long Program

In 1994, Northwestern University Police Department established a ridea-long program with in-coming freshman football players.

This program was designated to enhance the relationship between the University Police Department and members of the football program. The officers and the football members are able to interact on a personal level. The football members are given an opportunity to observe the officers performing their daily activities. The football members are able to witness the roll that that University Police plays in the community.

Shortly after the ride-a-long program was established, University Police started traveling with the football team to away games. This allows officers to interact further with the players. When traveling, the officers receive a valuable understanding of the dedication and commitment that is required to be a member of the football team. Officers are able to become a support person for the football program.

The concept of the ride-a-long program and traveling with the football team has been a complete success for both organizations. It has opened lines of communications allowing both organizations to work together through situations. Since the program's inception positive feedback has been received from the coaching staff, players and members of the University Police.

#### RIDE-A-LONG PROTOCAL

Football members are required to arrive at 1819 Hinman Ave. (University Police Station) at either 7:00 pm or 9:00 pm and check in with the on duty supervisor. Football member(s) will be introduced to the members of the shift and provided a complete tour of police facilities. The football member(s) will be assigned to a

police officer and will accompany the assigned officer during his/her tour of duty. The football member is encouraged to interact with the officer during the course of the ride-a-long.



The football members are to be on time and complete a two-hour ridea-long. If a football member is unable to make the ride-a-long he is to contact Sergeant Reuss at (847) 491-3254, prior to the ride-a-long, between the hours 6:00 am and 2:00 pm. At the conclusion of the ridea-long, transportation to the player's residence can be provided.



## **Team Travel Policies**

When we travel, we are traveling for one reason: to WIN a football game. We will focus all of our energy on winning the game. Everything Northwestern University can do to meet this goal will be done.

- 1. Bus Trips: The entire travel team will be required to travel on the bus to and from the road trip destination. You must get a release prior to the road trip from Coach Fitzgerald to travel by any other mode of transportation. Be on time.
- Airplane Trips: The first section will be set-aside for the football squad regardless of starting positions. The entire travel team is required to travel on the bus to and from the airport. You must bring a government issued Photo ID.
- Hotel: Cody Cejda is responsible for all hotel accommodations. Please see him if there are any adjustments or changes that need to be made.
- 4. Squad Dress: There will be a designated team travel outfit for each game. Travel gear will be issued prior to the trip and returned immediately following return to NU. While we are traveling, we represent Northwestern University and always wear the travel outfit. Look sharp, both before and after the game. Shirts are to be tucked in, no sandals, etc.
- Visiting Guests: Players are not allowed to entertain guests in their rooms. The players are strongly encouraged to ask friends and family to visit them after the game, not in the hotel before. No need for distractions.
- 6. Meetings: We have a minimal amount of time to meet; it is your responsibility to <u>be on time</u>. All squad or group meetings will be scheduled prior to the road trip. Make sure you know when and where you will be meeting before arriving at the hotel.



- 7. Bed Check: Bed check will be held at 10:30pm on all road trips
- Meals: All team meals are mandatory. <u>Be on time</u>. No guests are allowed at team meals.
- 9. Room Service: There is no room service.
- 10. Phones: Leave cell phones in your locker. If you need to call home or in an emergency you can use Cody Cejda's phone. Room phones are closed to incoming calls and are not to be used for outgoing calls. Cellular phones and hotel phones should not be used during team travel. Take care of personal business before and after the team travels!
- 11. Behavior: Maintain a disciplined, mature, and organized approach to victory. Display the poise and pride we have developed through our hard work and sacrifice, which has put us in a position to win every game. Do what is right. Act like a first class organization in every respect.
- 12. Phones/Headphones: They will not be used in public places (outside of rooms, buses, and planes.) Headphones are to be placed in bags when in public areas, not around the neck.



## **Home Game Dress**

Players <u>must</u> wear a suit jacket or sweater, tie, collared shirt, dress pants, belt, dress shoes, and socks to and from the locker room. *No earrings, gym shoes, jeans, T-shirt, or headphones* are to be worn.



# Game Day Parking

Due to limited spaces, the football program must follow special parking procedures on Game Days. We are issued 25 passes for the East Lot of Ryan Field. These passes will be issued to regular travel team players. This enables them to park overnight Friday.

Cody Cejda will issue the passes before the first home game. Travelers without parking passes must carpool to Friday's practice with a player who has a pass. Non-travelers must take the shuttle or find alternate means of transportation to the stadium the morning of Game Day.

If you are parked in the East Lot overnight on Friday without a pass, your car will be towed at your own expense! Older guys with passes need to help out the younger guys.

If you have any parking questions or problems, please see Cody Cejda.



# Game Day Warm-Up

Because both teams must warm-up on the game field at the same time, there must be a high degree of organization to the pre-game warm-up routine and player placement.

10	20	30	40	50	50	40	30	25	20	10	
					DB				LB		DL
								QB		TE/SB	
								RB		OL	
10	20	30	40	50	50	40	30	25	20	10	



# **Complimentary Football Ticket Policy**

- A ticket office representative will meet with the football team in August to explain the NCAA rules and procedures and to answer any questions from the student-athletes. The student-athletes will receive a packet of information at this time.
- 2. The ticket office will put together an information packet to be mailed to the parents of players. This packet will include information explaining rules, procedures, and will-call locations at the various football stadiums we visit. Packets will be mailed in August.
- 3. Football players who are eligible to receive complimentary tickets may each receive four tickets per game. The player logs into PlayerGuest.com using his email address and password and may sign up to four guests under his account. Each individual must have a first and last name. Please do not use nicknames, as the name MUST match picture identification. No individual may receive more than one admission per game. Everyone entering the stadium must have a ticket regardless of age so be sure to sign up any children who will be attending. The sign up deadline for the player's complimentary tickets is 7:00AM on the Friday preceding each game These deadlines are flexible based on travel or game time changes. Changes to the submitted names will not be made once the deadline for sign up has passed.
- 3. Complimentary admissions are governed by NCAA, Big Ten and Northwestern rules and regulations, including but not limited to the following: A player is allowed to designate up to four people to receive complimentary admission for each home game, as well as each away game in which the player is on the official travel squad. Players not on the official travel squad are not entitled to tickets for away games. Players may allocate their four admissions to any one they choose. The regulations concerning the relationship to the player have been deleted from the NCAA rules; however, Northwestern University still requires players to report their relationship to their ticket recipients.



- 4. Per NCAA rules, tickets must be administered through a pass list in which the recipient must sign for their ticket. Pass list recipients must show valid photo identification to gain admittance. No one will be admitted without proper ID. Once the list has been printed it may not be altered for any reason. Only those guests on the official pass list will be admitted.
- Under no circumstances can a player receive compensation for a ticket admission. If a player is found receiving compensation, the player will be declared immediately ineligible.
- Per Northwestern University policy, medical non-counters are allowed two complimentary admissions for home games only. These two admissions may only be used for immediate family members and may not be designated to students, friends or teammates.
- 7. Player list no-shows will be tracked by the ticket office and reported to the players by game. Once a guest has been a no-show for two games, the guest will no longer be granted admission through the pass list. Continued failure of a player's recipients to show may result in the revocation of one of the player's guest spots.
- As an institutional rule, Northwestern University Athletic Department employees or guests of employees may not receive a complimentary admission through a student-athlete's pass sheet.



# Ryan Field Shuttle

The shuttle between campus and the stadium runs during the school year, Monday through Friday from 6:50am until 8:00pm.

If you have any questions or problems with the shuttle, please call Facilities at (847) 491-7887 or the Football Department at (847) 491-7274.

Please visit www.univsvcs.northwestern.edu/shuttles/ryanfield.html





#### Northwestern Gridiron Network (NGN)

The Northwestern Gridiron Network (NGN) is an organization comprised of approximately one thousand members who are passionate about Northwestern football. Their mission is to "provide the necessary resources for Northwestern football to recruit and develop world class student-athletes."

## Some of the recent NGN projects include:

- Purchase of all the weights in the weight room
- Massage therapy for the student-athletes
- HD cameras and projectors
- Nicolet Lobby graphics
- Elite Form Technology in weight room

The NGN is managed by a group of individuals, the NGN Board, who volunteer their time and money to assist us in accomplishing our goals. Positive interaction with this group will assist you throughout both your athletic and professional careers.

NGN President: Adam Paoli