



Sacramento State

2011/2012

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Name: _____ Phone #: _____

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2011-2012 ACADEMIC CALENDAR

FALL 2011

May 2-May 20	Fall 2011 MySACSTATE Registration
May 21-31	Registration CLOSED
June 1-July 29; Aug. 8-24	Fall 2011 MySACSTATE Registration & schedule adjustment resumes
August 29	Fall 2011 Instruction begins
August 29-September 9	Fall 2011 Registration & schedule adjustment continues
September 9	Last day to add/drop via MySACSTATE. After this date, all add/drops require approved petition.
October 1	Last day to change major for Spring 2012
November 1	Deadline to apply for Fall 2012 graduation
November 11	Veteran's Day – CAMPUS CLOSED
November 24-27	Thanksgiving recess
November 28-December 16	Registration for Spring 2012 semester
December 9	Last day of Fall 2011 instruction
December 10-16	Final Exams
December 24-January 2	Winter recess (campus closed)
December 19-January 20	Winter break (for students)

SPRING 2012

January 9-19	Spring 12 MySACSTATE Registration & schedule adjustment resumes
January 16	Martin Luther King, Jr. Day – CAMPUS CLOSED
January 20-22	Registration CLOSED
January 23	Spring 12 Instruction begins
January 23-February 3	Spring 12 Registration & schedule adjustment continues
February 3	Last day to add/drop via MySACSTATE. After this date all add/drops require approved petitions
February 27	Fall 2012 Schedule of Classes available online (tentative)
March 1	Last day to change major for Fall 2012
March 15	Deadline to apply for Summer 12 Scholarship
March 31	Cesar Chavez Birthday – CAMPUS CLOSED
April 1	Deadline to apply for 5th Year Scholarship (w/the SARC)
March 19-March 25	Spring recess
April 16-May 4	MySACSTATE Registration for Summer 2012 (tentative)
April 30-May 18	Fall 2012 MySACSTATE Registration (tentative)
May 1	Deadline to apply for Spring/Summer 2013 graduation
May 11	Last day of instruction
May 12-18	Final Exams

(Some of the dates are tentative at the date of printing. Please contact the SARC to confirm.)

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August 2011

Dear Sacramento State Student-Athlete,

Welcome to Sacramento State's intercollegiate athletics program. Sacramento State Athletics is coming off five of its most successful years with thirty-four conference championships and three Big Sky Conference Women's All-Sport Trophies in the past four years. Whether you're an incoming freshman, a graduating senior or continuing your collegiate career, I am pleased to welcome you to our campus and our program, and I look forward to sharing with you the traditions of Sacramento State Athletics.

As a member of a Sacramento State athletic team, you are expected to balance your academic, athletic and social life in such a manner that it creates an environment for success in all three areas. Intercollegiate athletics participation requires dedication, academic success, ethical behavior and hard work, as well as athletically-related talent. Student-athletes are expected to excel not only within their respective playing arenas, but also in the classroom. As such, Sacramento State provides you with many opportunities to meet these expectations. Our Student-Athlete Resource Center (SARC) and CHAMPS/Life Skills programs were created to assist you with your academic goals. Our staff is committed to assisting you with both your academic and athletic goals. Our highest reward is watching you graduate and pursue your life dreams. Everyone at Sacramento State takes a personal interest in your welfare and will assist you in making your college experience an exciting and rewarding one.

It is our expectation that you will take responsibility for your actions and make it your personal commitment to showing good sportsmanship, character and integrity. Again, we are glad you have chosen Sacramento State and will do everything in our power to assist you in achieving success.

Welcome and have a great year!

Sincerely,

Dr. Terry Wanless
Director of Athletics

Intercollegiate Athletics
Yosemite Hall 138
6000 J Street, Sacramento, CA 95819-6099
P: 916.278.6481
www.hornetsports.com



ABOUT SACRAMENTO STATE

California State University, Sacramento is an integral part of the community, committed to access, excellence and diversity.

California State University, Sacramento is dedicated to the life-altering potential of learning that balances a liberal arts education with depth of knowledge in a discipline. We are committed to providing an excellent education to all eligible applicants who aspire to expand their knowledge and prepare themselves for meaningful lives, careers, and service to their community.

Reflecting the metropolitan character of the area, California State University, Sacramento is a richly diverse community. As such, the University is committed to fostering in all its members a sense of inclusiveness, respect for human differences, and concern for others. In doing so, we strive to create a pluralistic community in which members participate collaboratively in all aspects of university life.

California State University, Sacramento is committed to teaching and learning as its primary responsibility. In both the academic and student support programs, success is measured in terms of student learning. In addition, the University recognizes the vital connections between pedagogy and learning, research activities and classroom instruction, and co-curricular involvement and civic responsibility. All students, regardless of their entering levels of preparation, are expected to complete their degree programs with the analytical skills necessary to understand the social, economic, political, cultural, and ecological complexities of an increasingly interconnected world.

Located in the capital of the nation's most populous and diverse state, California State University, Sacramento is dedicated to advancing the many social, economic, political, and scientific issues affecting the region and the state. The University's curricular and co-curricular programs continue to focus on these issues through undergraduate and post-baccalaureate programs that prepare graduates for successful careers dedicated to public service and the enhancement of the quality of life within the region and the state. Our research centers and much of our individual scholarly efforts also remain directed at the enhancement of the quality of life within the region and the state.

At California State University, Sacramento, we are constantly striving to create a sense of unity among faculty, staff, administrators, students, alumni, and community members. In pursuing the combined elements of our mission, we seek to foster a sense of pride in all who view this campus as their own – pride in Sacramento State as the institution of choice among our current students; pride among our alumni in the ongoing impact of the Sacramento State education upon their lives; pride among faculty, staff, and administration in their university's achievement of excellence in teaching, learning, and scholarship; and pride in Sacramento State as an asset to the community among residents of the Greater Sacramento region.

HISTORY OF SACRAMENTO STATE ATHLETICS

Sacramento State moved to Division I athletics during the 1991/1992 school year and fields 20 intercollegiate teams: 9 for men and 11 for women. The Hornets compete in the Big Sky Conference in 14 sports including men's and women's basketball, men's and women's cross country, football, women's golf, women's soccer, men's and women's tennis, men's and women's indoor track & field, men's and women's outdoor track & field and volleyball. The baseball and gymnastics teams compete in the Western Athletic Conference (WAC). The softball team competes in the Pacific Coast Softball Conference (PCSC). The men's soccer competes in the Mountain Pacific Sports Federation (MPSF). The women's rowing team competes in the Western Intercollegiate Rowing Association (WIRA) and the men's golf team competes as a member of the America Sky Conference.

THE BIG SKY CONFERENCE

The Big Sky Conference sponsors championships in 15 sports, including men's and women's cross country, basketball, tennis, indoor track and field, outdoor track and field, in addition to football, women's volleyball, golf and soccer. The Big Sky is an NCAA Division I member in all sports, with member institutions classified as I-AA in football. Full members of the Big Sky Conference are Eastern Washington University, Idaho State University, University of Montana, Montana State University, Northern Arizona University, University of Northern Colorado, Portland State University, Sacramento State and Weber State University.

WESTERN ATHLETIC CONFERENCE (WAC)

Sacramento State's baseball and gymnastics teams compete as members of the Western Athletic Conference (WAC). The WAC sponsors championships in 19 sports – eight men's and 11 women's. For the men, there are championships in baseball, basketball, cross country, football, golf, tennis, indoor track and field and outdoor track and field. For women there are championships in basketball, cross country, golf, gymnastics, soccer, softball, swimming and diving, tennis, indoor track and field, outdoor track and field and volleyball. Members of the WAC include Boise State, Fresno State, Hawaii, Idaho, Louisiana Tech, Nevada, New Mexico State, San Jose State and Utah State.

PACIFIC COAST SOFTBALL CONFERENCE (PCSC)

The Sacramento State softball team competes within the Pacific Coast Softball Conference (PCSC). The other schools within the PCSC are Cal State Bakersfield, Idaho State, Loyola Marymount, Northern Colorado, Portland State, Saint Mary's, Santa Clara, San Diego, Seattle, Utah Valley and Weber State.

MOUNTAIN PACIFIC SPORTS FEDERATION (MPSF)

The Sacramento State men's soccer team competes within the Mountain Pacific Sports Federation (MPSF). Other schools that compete in the MPSF in men's soccer include Air Force, Cal State Bakersfield, Denver, New Mexico, San Jose State, Seattle and UNLV.

THE SCHOOL FIGHT SONG

Fight on, Sacramento State;
fight on to victory!
The Hornet is on the wing;
The foe will know that we can show them
We're meant for fame and glory
All the world will know the Hornets' nest is best
in the West BY TEST!
Sacramento State, let's go!

To hear this song go to <http://www.csus.edu/org/democrat/cool/music-sac-state.html>.

GENERAL INFORMATION

Formal School Name.....	California State University, Sacramento
Primary Name.....	Sacramento State
Location.....	6000 J Street, Sacramento, CA 95819
Year Founded.....	1947
Enrollment (undergraduate & graduate).....	27,033
Conference (Primary).....	Big Sky Conference
National Affiliation.....	NCAA Division I (Football Championship Subdivision)
Nickname.....	Hornets
Mascot.....	"Herky" the Hornet
Colors.....	Green (PMS 349 C) and Gold (PMS 4515 C)
Website.....	www.hornetsports.com
Stadium (Capacity).....	Hornet Stadium (21,195)
Basketball Home Court (Capacity).....	Hornets Nest (1,200)
Baseball Home Field (Capacity).....	Hornet Field (1,267)
Softball Home Field (Capacity).....	Shea Stadium (912)
Soccer Stadium (Capacity).....	Hornet Field (1,500)
President.....	Dr. Alexander Gonzalez
NCAA Faculty Athletics Representative.....	Dr. Steve Perez

KEY SACRAMENTO STATE PHONE NUMBERS (ALL 916)

Athletics Department.....	278.6481
Athletics FAX.....	278.5429
Athletics Ticket Office.....	278.2222
Athletics Media Relations Office.....	278.6896
Hornet Stadium Press Box.....	278.5995
Hornets Nest Press Row.....	278.7531
Athletic Training Room (Broad Athletic Facility).....	278.2464
Athletic Training Room (Yosemite Hall).....	278.6150
Sacramento State Main Switchboard.....	278.6011
Sacramento State Public Safety / Campus Police.....	278.6851
Emergency (from any on-campus phone).....	911
Admissions Office.....	278.3910
Big Sky Conference Office.....	801.392.1978

www.bigskyconf.com

ATHLETICS DEPARTMENT STAFF

Athletic Administration

Director of Athletics (AD)	Dr. Terry Wanless	278.6348
Administrative Assistant	Martinique Baker	278.6348
Deputy Director of Athletics	Bill Macriss	278.7550
Associate AD / SWA	Lois Mattice	278.6150
Travel Coordinator	Gigi Timpson	278.7549

Business

Business Manager	Rose Welch	278.7008
Business Assistant	Kylie Hurn	278.6481

Development

Associate AD for Development	Mark Livingston	278.4269
Assistant AD for Corporate Sales	Becca Whitman	278.2301
Assistant Director of Development	Tina Blessen	278.4263

Equipment

Broad Athletic Facility	Steve Iwasa	278.6151
Broad Athletic Facility	Nat Bailey	278.6151
Yosemite Hall (Women's)	Veronica Espindola	278.6406
Yosemite Hall (Men's)	Carter Mattice	278.6343

Facilities

Director of Athletic Facilities/Operations	Steve Tebbs	278.4550
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Marketing/Development

Director of Marketing & Promotions	Adam Primas	278.7551
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Media Relations

Media Relations Director	Brian Berger	278.4313
Assistant Media Relations Director	Ryan Bjork	278.6896
Assistant Media Relations Director	Joe Waltasti	278.6896

Spirit Group

Cheer Team Coordinator	Bobby Biggs	803.2288
Dance Team Coordinator	Jolie Roberts	396.3820

Strength & Conditioning

Director of Strength and Conditioning	Terrance Brooks	278.4424
Assistant Strength and Conditioning Coach	Adam Craft	278.2460

Athletic Training

Head Athletic Trainer	Brandon Padilla, ATC	278.2464
Athletic Trainer	Joe Ramos, ATC	278.6289
Athletic Trainer	Heather Farwig, ATC	278.6150

Tickets

Ticket Manager	T'Ante Sims	278.2222
Central Box Office	278.4323	

COACHING STAFF

Sport	Head Coach	Phone	Email
Baseball	Reggie Christiansen	278.7225	christra@csus.edu
Men's Basketball	Brian Katz	278.5345	bkatz@csus.edu
Women's Basketball	Jamie Craighead	278.4479	jcraigh@csus.edu
Cross Country / Track	Kathleen Raske	278.7052	raskek@csus.edu
Football	Marshall Sperbeck	278.7053	sperbeck@csus.edu
Golf	David Sutherland	278.5284	davidsuthy@hotmail.com
Gymnastics	Kim Hughes	278.5361	kwhughes@csus.edu
Rowing	Mike Connors	278.4265	connors@csus.edu
Men's Soccer	Michael Linenberger	278.6769	bergs@saclink.csus.edu
Women's Soccer	Randi Dedini	278.5281	rdedini@csus.edu
Softball	Kathy Strahan	278.5376	kstrahan@csus.edu
Tennis	Bill Campbell	296.5422	williamc@sparetimeinc.com
Volleyball	Ruben Volta	278.6427	rvolta@csus.edu

STUDENT-ATHLETE RESOURCE CENTER STAFF

Paul Edwards -	Director of the Student-Athlete Resource Center Lassen Hall - Room 3002 (916) 278-7796 edwardsp@csus.edu
Laurie Dahlberg -	Athletic Academic Services Lassen Hall - Room 3002 (916) 278-5440 dahlberg1@csus.edu
Mark McGushin -	Life Skills & Student-Athlete Development Lassen Hall – Room 3002 (916) 278-5297 mcgushin@csus.edu
Katherine Zedonis -	Compliance & Athletic Financial Services Yosemite Hall - Room 122 (916) 278-4537 kzedonis@csus.edu
To Be Determined -	Compliance Coordinator Yosemite Hall – Room 122 (916) 278-2644 @csus.edu
Shannon Hall -	Admission Coordinator/NCAA Initial-eligibility Coordinator Lassen Hall – Room 3002 (916)278-6309 smhall@csus.edu
Bob Shook -	Football Retention Coordinator and Advisor Lassen Hall – Room 3002 (916)278-2306 bshook@csus.edu
Dr. Steve Perez-	Faculty Athletics Representative to the NCAA Tahoe Hall – Room 3010 (916)278-6919 sjperez@csus.edu

Paul Edwards and Laurie Dahlberg are located on the third floor of Lassen Hall - Room 3002. Paul and Laurie serve as general academic counselors as well as coordinators of NCAA continuing-eligibility monitoring. Laurie also coordinates the NCAA 6th year and postgraduate scholarships available to student-athletes who have exhausted their athletics related aid and eligibility, the Sacramento State 5th Year Scholarships and annual summer school scholarships.

Shannon Hall located on the third floor of Lassen Hall – Room 3002. She services Sacramento State student-athletes with admission processing responsibilities and monitoring of NCAA initial-eligibility requirements. Shannon works closely with both new transfer and incoming freshman student-athletes. She is the main contact at Sacramento State for student-athletes working with NCAA Eligibility Center procedures.

The Faculty Athletics Representative and Katherine Zedonis are responsible for the administration of NCAA eligibility and compliance for all of our intercollegiate teams. Questions concerning eligibility appeals should be directed to them. Dr. Perez also serves as a primary liaison for student-athletes and the University community. Both he and Katherine are actively involved in supporting the welfare of student-athletes. The Compliance Coordinator is responsible for issues related to financial aid of student-athletes and assisting Katherine Zedonis with other compliance matters.

Mark McGushin is located on the third floor of Lassen Hall – Room 3002. In addition to coordinating the CHAMPS/Life Skills Program, Mark oversees the HEART Program (Hornet Education Athletic Retention & Tutorial Program). The HEART Program provides mentoring and tutorial assistance for student-athletes that either exhibit or request the need for additional academic support. Mentors meet with their assigned student-athletes on a weekly basis to review study skills, time management, note taking, test preparation, and various other academic areas. Tutors are available to all student-athletes in a variety of subjects and meet with students on an as needed basis. Student-athletes can request a tutor by contacting Mark at the Student Athlete Academic and Life Skills Lab.

Bob Shook serves as a third general academic counselor within the SARC, however Bob's primary responsibilities revolve around the academic support of the University football student-athletes. Bob coordinates registration, advising, and study table for all the continuing student-athletes and he works closely with the football staff and Athletic Admissions regarding prospective football student-athletes.

IMPORTANT SACRAMENTO STATE CAMPUS-WIDE SUPPORT SERVICES & PROGRAMS

The following is a brief overview of some of the support services offered to Sacramento State students. These programs and/or offices help student-athletes make the transition to Sacramento State easier and assist in achieving greater academic success while supporting the special needs of certain groups. While not all programs are represented here, student-athletes are encouraged to refer to the current Sacramento State catalog for a comprehensive description on all Sacramento State support services programs.

ACADEMIC ACHIEVEMENT CENTER/EOP

This program provides admission support, academic advising, financial assistance, and retention services to various Sacramento State undergraduates who may need extra academic support in progressing towards a college degree. In addition, individual tutoring, faculty mentoring, and social/cultural activities are offered. The Summer Bridge Program and courses on learning strategies are also offered through the AAC/EOP. (Lassen 1013/(916) 278-6183)

ADMISSIONS/RECORDS COUNTER SERVICE

This office is the main contact to obtain official documents (transcripts) and student records. The Admissions and Records Counter schedules appointments to see degree evaluators and admissions counselors. Most petitions and many student record changes can be processed at this location. (Lassen Hall, Main lobby (916) 278-3901)

CAREER CENTER

This center assists students in identifying and obtaining their educational, career, and life objectives and opportunities. Individual career counseling sessions, computer-aided guidance software and a career library are integral parts of the Center. The Candidate Preparation and Placement Program within the Center offers graduating students a chance to interview on campus with more than 300 local and regional employers. Special workshops are offered regularly to assist students with job-seeking tips, resume construction, and interviewing techniques. Current full-time job vacancies in education, business, industry, human services, and government agencies are available through the Career Connection online database and in the Center's library. The Center also assists students with referrals for internships, co-ops and part-time career-related opportunities. Career Connection is an easy way to access part-time job opportunities that fit a college student's schedule. (Lassen Hall 1013/(916) 278-6231)

STUDENT FINANCIAL SERVICES CENTER

The center provides access for students purchasing parking decals and making registration payments. Students can also pick up scholarship stipends, financial aid and loan checks here. (Lassen Hall 1001/1001B/(916) 278-6736)

CHILDREN'S CENTER

The Associated Students' Children's Center provides day care services for children ages six months to seven years of age. The Center is staffed by certificated, experienced teachers and student employees. Fees are based on hourly and full day rates and students may apply for child care financial assistance if they meet income eligibility guidelines. The Center is operated year-round with hours of 7 am - 8:30pm, Monday - Thursday; 7am - 5:30 on Fridays. (Southeast corner of campus/(916) 278-6216)

COMPUTER LABS (UNIVERSITY COMPUTING)

University Computing offers and maintains various computer laboratories on campus. These labs are open early morning to late evening, including weekends and offer both PC and Apple computers with various software programs. Students are also encouraged to establish a UCCS Saclink e-mail account which includes a free internet service provider. Students should have their Sacramento State I.D. to access these services. (User Services Counter - ARC 2005 (916) 278-7337)

FINANCIAL AID OFFICE

The Financial Aid Office assists students who have difficulty meeting the cost of attending the University. Eligible students may receive financial aid comprised usually of two types: grants or loans. Grants are awarded on the basis of financial need and do not have to be repaid. Loans are awarded on the basis of financial need made available from both the University and outside lending which must be repaid. Other forms of financial aid include work study programs and scholarships (need based, academic, and athletic). Students are encouraged to apply before the priority filing deadline of March 2. To apply, students must complete a Free Application for Federal Student Aid (FAFSA). Financial aid counselors and staff are available to answer questions regarding eligibility and application procedures. For more detailed information, please see the special Financial Aid section later in this handbook. (Lassen Hall 1006/(916) 278-6554)

GRADUATE CENTER

This office coordinates several activities regarding admissions to various Sacramento State graduate schools. Graduate Center staff is also available to serve and assist graduate students throughout their graduate careers including advancement to candidacy, applications for graduation and completion of the culminating experience (e.g. projects and thesis). The Graduate Center also offers numerous workshops regarding policies and procedures for attending graduate school at Sacramento State. (River Front Center 206 / (916) 278-6470)

HEALTH CENTER

The Student Health Center offers high quality, convenient and affordable health care services. The Center operates on both a walk-in and an appointment system. In addition, it provides on-site pharmacy and laboratory services at reduced cost to registered students. Some of the services offered include medical treatment for illness and injuries, physical exams, optometry services, gynecology, pregnancy counseling, immunizations, x-ray services, sexual health and wellness, HIV testing, and alcohol and drug prevention. Psychological Counseling Services is also located within the Center.

(The WELL/(916) 278-6461)

HOUSING INFORMATION

The Office of Residential Life provides information for students interested in on-campus housing in the Residence Halls. Applications for Fall occupancy are accepted starting on November 1st of the preceding year; and August 1st of the preceding year for Spring occupancy. Sacramento State has three, three-story residence halls and suite-style housing in the American River Courtyard. Students interested in living off campus may review a self-service listing of rentals in the Sacramento community located at the Student Access Center in the Sacramento State Library. (Sierra Hall/(916) 278-6655)

LEARNING COMMUNITIES

Sacramento State has developed a program of Learning Communities which establishes connections between courses in different subject and General Education areas. Each Community consists of 2 - 3 classes scheduled in a block, with faculty who work together to link course topics around a common theme and coordinate reading and assignments. Student-athletes are encouraged to participate in a Learning Community as it provides an organized study group as well as offers a convenient and positive scheduling alternative.

LEARNING SKILLS CENTER

The Learning Skills Center assists students in the development of basic and higher level skills essential to successful learning. The Center offers self-instructional activities, tutorial assistance, study strategies workshops, G.E. course adjuncts and classes in reading, writing, study skills, mathematics and English development. Students with certain scores on the ELM and EPT will take courses from the Learning Skills Center. This office serves as one of the main contacts regarding the E.O. 665 policies and procedures. (Lassen Hall 2200 (916) 278-6725)

MULTI-CULTURAL CENTER

The Multi-Cultural Center strives to provide an environment that encourages significant interaction and cultural awareness among students, faculty, staff and the community. The Center supports all the racial and ethnic populations and celebrates human diversity through speakers and activities. A yearly calendar of events listing upcoming activities is posted in the Center. (Library 1010/(916) 278-6101)

PEAK ADVENTURES

Peak Adventures is an outdoor education and recreation program which provides individuals and groups an opportunity to participate in all types of outdoor adventure activities such as day hikes, snowboarding, backpacking, bicycling, skiing, rock climbing, and summer youth camp. Outdoor and snow equipment and a bicycle repair facility are also offered within Peak Adventures. (The WELL/(916) 278-6321)

PSYCHOLOGICAL COUNSELING SERVICES

This program is located within the Student Health Center and is staffed by psychologists, social workers, marriage/family/child counselors and psychiatrists to provide emotional and psychological support to students. Assessment and referral services are available on a daily drop-in basis. Students can seek help regarding personal/psychological issues as well as academic difficulties and interpersonal relationship problems. (The WELL/(916) 278-6416)

SERVICES TO STUDENTS WITH DISABILITIES (SSWD)

This office recognizes the following disabling conditions which may impede a student's educational process and necessitate support services: visual, communication, hearing impaired, mobility, specific learning disability, other functional limitations and temporary disabilities. To be eligible for services, a student must have documentation of the disability on file. Services include admission assistance, academic advising, priority registration, disability management counseling, reading, note taking, interpreting, class shuttle services, generic adaptive equipment, classroom test accommodation, and special parking. (Lassen Hall 1008/(916) 278-6955)

TESTING CENTER

The testing center administers regional and national exams such as the GRE, GMAT, CBEST, ELM/EPT, and the WPJ. Other kinds of tests handled by the Testing Center include diagnostic and placement exams required for specific classes. (Lassen Hall 2302/(916) 278-6296)

UNIVERSITY LIBRARY

The Sacramento State Library is a six-story, 238,000 square foot facility that holds about one million volumes, thousands of maps, slides, and pamphlets. The Library subscribes to over 4,700 magazines, technical and scholarly journals, and newspapers. The Main Floor includes an Informational Desk that provides general directions and referrals. It is also the starting point to take a Library Orientation tour. Students are highly recommended to participate in a tour of this facility. The Library Media Services Center includes individual listening and viewing stations for videocassette, audiocassette, slide/audio, filmstrip/audio, and a collection of software/multi-media materials. The Reserve Book Room holds high-use materials including course textbooks for specific classes and professors. The Library also includes computer-assisted reference services, databases via CD-ROM, and terminals for the on-line catalog EUREKA. EUREKA serves as a gateway to other databases and systems including Infotrac, FirstSearch, and MELVYL. Students who activate a SacLink account can access EUREKA from home via the Internet. (South-end of campus/(916) 278-6926) Visit the University Library's website at <http://library.csus.edu/hours/> for a schedule of hours as hours can change.

UNIVERSITY UNION

While this facility is not considered an academic support office, the University Union provides several important services vital to students. The Union provides activity programming, support services, lounges, meeting rooms, recreational assistance, special events, and food services. It also houses the Associated Students Inc. and the Student Activities Office. Specific services include ticket sales, check cashing, postage sales, campus box office services, group study rooms, music listening rooms, art exhibits, mail box rentals, a convenience and specialty store, legal aid services, a travel agency, Hornet Newspaper office, Smart Cuts hair salon, Peak Adventures Outdoor Recreation, copying services, Coffee House cafe, pizza parlor, Hornet's Nest food court, ASI student government offices, The Sign Shop, billiards/video games/ping pong, and other full service restaurant and patio dining. (Southeast corner of the campus/(916) 278-6744) Visit the University Union's website at <http://www.csus.edu/union/> for a schedule of hours as hours can change.

THE WELL

The Well opened in Fall 2010 and is a multi-use facility with multi-activity courts, weight and fitness rooms, climbing wall, indoor track and a new student health center. Students will be able to exercise, participate in group recreational activities, access health-care services, study and socialize (The WELL)

WOMEN'S RESOURCE CENTER

The Women's Resource Center strives to understand and confront sexism through education and social action. The Center helps both women and men understand the relationship between sexism and other forms of oppression, and helps students work collectively in a noncompetitive atmosphere. (located in Student Activities, University Union 3rd floor/(916) 278-7388)

MISSION STATEMENTS

NCAA MISSION

Sacramento State, as a NCAA-member institution, adheres to NCAA mission and philosophy while tailoring one specific to Sacramento State staff. The NCAA provides a comprehensive ideology, purpose and values including:

Core Ideology

The NCAA's core ideology consists of two notions: core purpose – the organization's reason for being – and core values – essential and enduring principles that guide an organization.

Core Purpose

Our purpose is to govern competition in a fair, safe, equitable and sportsmanlike manner, and to integrate intercollegiate athletics into higher education so that the educational experience of the student-athlete is paramount.

Core Values

The Association – through its member institutions, conference and national office staff – shares a belief in and commitment to:

- The collegiate model of athletics in which students participate as an avocation, balancing their academic, social and athletics experiences.
- The highest levels of integrity and sportsmanship.
- The pursuit of excellence in both academics and athletics.
- The supporting role that intercollegiate athletics plays in the higher education mission and in enhancing the sense of community and strengthening the identity of member institutions.
- An inclusive culture that fosters equitable participation for student-athletes and career opportunities for coaches and administrators from diverse backgrounds.
- Respect for institutional autonomy and philosophical differences.
- Presidential leadership of intercollegiate athletics at the campus, conference and national levels.

SACRAMENTO STATE MISSION

Sacramento State is an integral part of the community, committed to access, excellence and diversity.

Sacramento State is dedicated to the life-altering potential of learning that balances a liberal arts education with depth of knowledge in a discipline. We are committed to providing an excellent education to all eligible applicants who aspire to expand their knowledge and prepare themselves for meaningful lives, careers, and service to their community.

Reflecting the metropolitan character of the area, Sacramento State is a richly diverse community. As such, the University is committed to fostering in all its members a sense of inclusiveness, respect for human differences, and concern for others. In doing so, we strive to create a pluralistic community in which members participate collaboratively in all aspects of university life.

Sacramento State is committed to teaching and learning as its primary responsibility. In both the academic and student support programs, success is measured in terms of student learning. In addition, the University recognizes the vital connections between pedagogy and learning, research activities and classroom instruction, and co-curricular involvement and civic responsibility. All students, regardless of their entering levels of preparation, are expected to complete their degree programs with the analytical skills necessary to understand the social, economic, political, cultural, and ecological complexities of an increasingly interconnected world.

Located in the capital of the nation's most populous and diverse state, Sacramento State is dedicated to advancing the many social, economic, political, and scientific issues affecting the region and the state. The University's curricular and co-curricular programs continue to focus on these issues through undergraduate and post-baccalaureate programs that prepare graduates for successful careers dedicated to public service and the enhancement of the quality of life within the region and the state. Our research centers and much of our individual scholarly efforts also remain directed at the enhancement of the quality of life within the region and the state.

At Sacramento State, we are constantly striving to create a sense of unity among faculty, staff, administrators, students, alumni, and community members. In pursuing the combined elements of our mission, we seek to foster a sense of pride in all who view this campus as their own – pride in Sacramento State as the institution of choice among our current students; pride among our alumni in the ongoing impact of the Sacramento State education upon their lives; pride among faculty, staff, and administration in their university's achievement of excellence in teaching, learning, and scholarship; and pride in Sacramento State as an asset to the community among residents of the Greater Sacramento region.

SACRAMENTO STATE ATHLETICS MISSION

The Department of Intercollegiate Athletics recognizes its mission to serve student athletes, the University and the broader community. Its major effort is to provide an opportunity for student athletes to achieve their maximum potential both athletically and educationally. It is the Department's belief that many of the most important learning experiences in a college education take place outside the traditional classroom. Intercollegiate athletic competition provides students with the opportunity to test themselves against the best in their sport. Through participation in training and competitive activities, the Department hopes to teach several values: an appreciation for the benefits of hard work, motivation, and perseverance in both winning and losing situations; a sense of group loyalty and the ability to work as a team; a feeling of pride in accomplishment through fair and honest means; an appreciation for cultural diversity, human development and continuous learning; and a sense of good sportsmanship and a high level of personal integrity and ethical conduct.

In order to accomplish these objectives, the Department will seek individuals who demonstrate interest and/or ability to work with a diverse student population for administrative, coaching and support positions while supporting an equitable opportunity for all students and staff.

The Department will strive to operate its programs at the highest competitive levels in intercollegiate athletics while simultaneously providing student athletes with a stimulating program and sound support services. These services are responsible for protecting the health of and providing a safe environment for each of its participating student-athletes.

The Department also serves to benefit non-participants. The Department believes that strong intercollegiate athletics program enhances the college experience for all students, as well as faculty and staff. It also facilitates alumni interest in the University, while bringing positive recognition at local, regional, and national levels, resulting in much needed support for the University at every critical level.

STUDENT-ATHLETE RESOURCE CENTER (SARC)

Mission Statement

Sacramento State's Student-Athlete Resource Center (S.A.R.C.) is designed to provide academic assistance including: Academic advising; NCAA rules education and compliance; financial services support; and life skills programming for all of Sacramento State's Division I student-athletes.

The Center's staff and resources provide student-athletes with the support to develop as independent and successful young adults and to provide them with skills to achieve academic goals, to persist towards graduation, and to meet all NCAA eligibility requirements. The S.A.R.C. staff will help student-athletes navigate through many of the campuses' academic procedures and policies, understand NCAA rules compliance and eligibility requirements, and provide services that place student welfare and the development of the whole student as a top priority. In addition, the S.A.R.C. will assist athletic coaches, staff, faculty, and administration in achieving overall integrity and success within our Division I athletics program

STUDENT-ATHLETE CODE OF CONDUCT

The Department of Athletics expects all student athletes to conduct themselves in a way as to create a positive image of the people associated with the University, the Athletic Department and your team. This Code of Conduct is supplemental to the University's Code of Conduct for students, housing regulations, and other rules and regulations pertaining to student life.

I. Standards of Conduct

It is a **privilege** and not a right to be a student-athlete at Sacramento State. On and off campus and in cyberspace communities, every student-athlete is expected to conduct himself or herself in a manner that exhibits honor and respect to the team, department, University and surrounding community for the duration of his or her tenure as a student-athlete. As a student-athlete at Sacramento State, you are expected to conform to all federal, state and local laws as well as University regulations regarding academics, residence life, and general conduct. Students penalized for violating public laws are not exempt from further prosecution by University authorities if their actions also violate University rules. In addition, the Athletic Department and respective coaches reserve the right to implement additional sanctions.

II. Definitions

- A. Student-Athlete.** Once a student is accorded the status of a varsity athlete, he/she is expected to act in accordance with this Code of Conduct until the completion of eligibility, including semester and summer breaks, or such time that he/she is no longer a student-athlete at Sacramento State.
- B. Team Function.** An athletic team function is defined as any gathering, whether on or off campus, formal or informal, where the intent or reason to gather is to conduct business or engage in any athletic or social activity related to the team's purpose, and organized, arranged or initiated by Athletic Department staff, or team members. If any standards established by the governing authorities are violated during a team function, and there is no clear evidence that the team attempted any restraining action through its members, the team will be held responsible and disciplinary action taken.
- C. Hazing.** Hazing is any act whether physical, mental, emotional or psychological, that subjects another person, voluntarily or involuntarily, to conduct that may abuse, mistreat, degrade, humiliate, harass or intimidate the person, or which may in any fashion compromise the inherent dignity of the person. In addition, any requirements by a team member that compel another member to participate in any activity which is against University policy or law will be defined as hazing. University policy of "Hazing" includes any method of initiation or pre-initiation into a student organization, or any pastime or amusement engaged in with respect to such an organization which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm, to any student or other person attending any school, community college, college, university or other educational institution in this state; but the term "hazing" does not include customary athletic events or other similar contests or competitions. A group of students acting together may be considered a 'student organization' for purposes of this section whether or not they are officially recognized. Neither the express or implied consent of a victim of hazing, nor the lack of active participation while hazing is going on is a defense. Apathy or acquiescence in the presence of hazing is not a neutral act, and is also a violation of this section.
- D. Sportsmanship.** Sportsmanship shall be defined in accordance with the standards of the NCAA, Big Sky Conference and the University Athletic Department. Sportsmanship is respect for oneself, teammates, coaches, officials, opponents, and property. Sportsmanship also requires maintaining self-control, and refusing to be drawn into or encourage physical conflict not otherwise required by proper execution of the sport. All student-athletes are obligated to represent themselves, the team, the Athletic Department, the University, their families, and their communities, with the highest level of sportsmanship.

III. Prohibited Conduct.

Every student-athlete is obligated to report his or her violations of this Code of Conduct to his or her Head Coach, Sport Supervisor, or to the Director of Athletics within 24 hours of such violation. This obligation is in effect year-round, including semester and summer breaks.

Prohibited conduct includes:

- A. Academic Dishonesty.** The Athletic Department expects student-athletes to engage in all academic pursuits in a manner beyond reproach. Offenses against academic honesty are any acts that would have the effect of unfairly promoting or enhancing one's academic standing, including cheating, plagiarism, and knowingly permitting or assisting any person in the commission of an offense of academic dishonesty.
- B. Alcohol.** Prohibited acts include (1) Possessing or consuming alcohol if under the age of 21, (2) Operating a motor vehicle while under the influence of alcohol, (3) Misrepresenting one's age for the purpose of purchasing, possessing, or consuming alcohol, (4) Purchasing, furnishing, or serving alcohol to or for an underage person, (5) Public intoxication, (6) Violations of additional Team Rules regarding alcohol use, (7) On campus, except in licensed spaces, regardless of age, and/or (8) Consumption of alcohol during team travel or at Athletic Department/team functions.
- C. Other Drugs.** Prohibited acts include (1) Possessing or using illegal substances, as defined by law, (2) Possessing or using controlled substances as defined by law, (3) Distributing, selling, or possessing with the intent to distribute illegal or controlled substances, as defined by law, (4) The use of tobacco products by a student-athlete during practice, competition, or other team functions.
- D. Nutritional or Dietary Supplements.** Many nutritional/dietary supplements contain substances banned by the NCAA. To avoid violation of this standard, as questions arise, student-athletes should contact the team physician or athletic trainer and/or consult the list of banned drugs as described in the NCAA Division Bylaws.

- E. Hazing.** Hazing in connection with membership or participation in University athletic team activities is strictly prohibited.

Actions which are prohibited include, **but are not limited to**, the following:

- Physical abuse of any kind.
 - Paddling, beating or otherwise permitting a member to hit other members.
 - Forcing or requiring calisthenics, such as push-ups, sit-ups and runs.
 - Required eating of anything an individual would refuse to eat otherwise.
 - Forcing, requiring or pressuring an individual to shave any part of the body, including hair on the head.
 - Forcing, requiring or pressuring an individual to consume alcohol or any other substance.
 - Having substances such as eggs, mud, paint, and honey thrown at, poured on or otherwise applied to the body of a member.
 - Any type of initiation or other activity where there is an expectation of individuals joining a particular team to participate in behavior designated to humiliate, degrade or abuse them **regardless of the person's willingness to participate.** For example: rookie parties that single out an individual by dress or actions.
 - Awakening or disturbing individuals during normal sleeping hours.
 - Subjecting a member to cruel and unusual psychological conditions.
 - Morally degrading/humiliating games or other activity that makes a member the object of amusement, ridicule or intimidation.
 - Forcing, encouraging or pressuring someone to wear in public apparel which is conspicuous and not within the norm of what is considered to be in good taste. Includes or writing/drawing on lewd or derogating comments, symbols or names on a persons body.
 - Nudity at any time or forced reading of pornographic material.
 - Engaging in public stunts and buffoonery.
 - Any requirement or pressure put on an individual to participate in any activity which is illegal, perverse, publicly indecent, contrary to genuine morals and/or beliefs, e.g., public profanity, indecent or lewd conduct or sexual gestures in public.
 - Assigning or endorsing pranks such as stealing or harassment of another organization.
 - Any activity or action that creates a risk to the health, safety or property of the University or any member of the community.
 - Expecting or pressuring individuals to participate in an activity in which the full membership is not willing to participate.
- F. Cyberspace (Facebook, MySpace, etc.)** You are prohibited from posting anything in cyberspace that puts you, your team, the Athletic Department or the University in a negative light. Use of Sacramento State logos on any website without prior written permission from the Director of Athletics is prohibited. Sacramento State reserves the right to monitor these web-sites.
- G. Weapons Possession:** The Department of Athletics does not allow possession of weapons on University property or at any athletic facility or at any athletic related event. Weapons include but are not limited to, pistols, rifles, replicas or lookalike weapons, BB guns, pellet/pump action guns, knives, swords, slingshots, explosives, archery equipment, martial arts devices, tear gas or chemicals.
- H. Harassment.** Harassment, which includes but is not limited to, verbal or physical conduct that threatens, intimates or assaults an individual based on another individuals age, ability, national origin, race, religion, sex, or sexual orientation that interferes or prevents the person from conducting his or her usual affairs, puts the person in fear of his or her safety or causes actual physical injury. This will also include conduct such as making threatening phone calls, sending or posting (electronically or otherwise) threatening letters, or the vandalism of a person's property.
- I. Sexual Misconduct.** The Athletic Department does not tolerate sexual misconduct. This includes sexual exploitation, assault or battery, sexual harassment, or any form of inappropriate and /or nonconsensual sexual misconduct.
- J. Poor Sportsmanship.** Student-athletes at Sacramento State are held accountable to a high standard of ethical conduct in all activities affecting the athletics program, whether as a participant or as a spectator. "Unsportsmanlike" conduct, as defined by the NCAA, Big Sky, WAC, MPSF or PCSC Conferences or Sacramento State, will be reviewed by the Director of Athletics and may result in disciplinary action.

- K. Gambling and Bribery.** Student-athletes shall not knowingly (1) Provide information to individuals involved in organized gambling activities concerning intercollegiate or professional athletics competition, (2) Solicit or place a bet on any intercollegiate or professional athletic event, (3) Accept a bet on any team representing the institution, (4) Solicit or accept a bet on any intercollegiate competition for any item that had tangible value (e.g. cash, clothing or equipment, meals), (5) Participate in any gambling activity that involves intercollegiate athletics or professional athletics through a bookmaker, a parlay card or any other method employed by organized gambling, (6) No Internet gambling and/or (7) No sports wagering using "800" numbers.
- L. Unexcused Class Absences and Poor Academic Performance.** Student-athletes are expected to attend class regularly and punctually, and to fulfill course load and academic performance requirements. This includes attending academic appointments. Failure to meet such obligations may affect eligibility to participate in team sports and scholarship eligibility, as well as academic standing.
- M. Failure to Meet Team Obligations.** Student-athletes must complete training requirements; arrive promptly for team practices, meetings, and departures for away games and other team events; attend team functions; and otherwise fulfill their responsibilities as team members. Absences must be excused in advance by the Head Coach unless an unforeseeable emergency arises.
- N. Unauthorized Access.** Use of keys to University facilities including buildings, offices, equipment, desks or campus vehicles including but not limited to "golf carts".

IV. Disciplinary Process and Sanctions.

The Department of Athletics disciplinary process exists in addition to the University judicial process. Sanctions levied by Athletics may occur over and above those levied by the University. Sanctions will vary depending on the type and circumstances of the violation,

Possible sanctions for individuals and teams include but are not limited to:

1. **Warning.** The issuance of a written warning.
2. **Probation.** Special status with conditions imposed for a limited time.
3. **Community Service.**
4. **Restitution.** Payment for damaged property, or donation of unauthorized funds.
5. **Temporary Suspension.** Removal of a student-athlete from all Athletic Department activities, including athletic participation in team events, for a limited period of time.
6. **Suspension.** Removal of a student-athlete from all Athletic Department activities, including athletic participation in team events, for a specified period of no less than one season.
7. **Expulsion.** Permanent removal from a team and/or Athletic Department activities.
8. **Withdrawal of Financial Aid.** Termination of athletic-related financial aid at first opportunity allowable by NCAA regulations.

Possible sanctions for team violations include but are not limited to:

1. **Team Probation**
2. **Community Service**
3. **Cancellation of Contests**
4. **Cancellation of Season**

When the Department of Athletics becomes aware of an alleged violation of this Code of Conduct, the Director of Athletics or her/his designee ("the AD") will take reasonable steps to verify the validity, reliability, and accuracy of the report. These steps may include interviews of students and employees, or of non-University persons having knowledge of relevant facts; examination of documents; and other steps necessary for the AD to determine the merits of the report. A meeting with the student-athlete will ordinarily occur before any discipline is imposed; however, in extenuating circumstances, the AD may suspend the student-athlete before the meeting. The Athletic Director reserves the right to refer the student-athlete to the University Campus Conduct Officer.

Determination of responsibility will be based on a preponderance of evidence and information available. A first-time offense may be serious enough to warrant any of the possible sanctions listed above. A student-athlete's refusal to participate and cooperate in an Athletic Department or NCAA investigation of a possible violation of this Code of Conduct may itself constitute a basis for disciplinary action.

A. Violations of Team Rules. Each student-athlete is responsible for following his/her specific team policies. These policies shall be in writing and distributed to team members at the start of each academic year or the beginning of the playing season, whichever comes first. The Head Coach, Sport Supervisor, and the Director of Athletics all have the authority to impose sanctions for the violation of team policies, provided that the Head Coach shall not impose the sanction of suspension or expulsion from the team without the approval of the Director of Athletics, or designee.

B. Violation of Criminal Law. When a student-athlete has engaged in conduct alleged to be in violation of criminal law, immediately upon receipt of notice of such possible violation the Head Coach must report the information to the Director of Athletics. Student-athletes arrested for, or charged with, violating the criminal law will be placed on immediate administrative suspension from involvement in team activity pending further investigation. If a violation would constitute a misdemeanor, the Athletic Director, at his or her discretion, may lift the administrative suspension. If a violation of law would constitute a felony, the administrative suspension may be lifted only upon authorization of the Director of Athletics. In all cases in which a student-athlete is arrested for or charged with illegal use of drugs, illegal gambling, or sexual misconduct or violence, the student-athlete will be immediately suspended, and the suspension may be lifted only by the Director of Athletics.

V. Code of Conduct for Sacramento State Students

As a student, you are a member of the Sacramento State student community and thereby bound by and must adhere to Sacramento State's Student Code of Conduct. Sacramento State is a member of the California State University school system and as a result, students must adhere to Title 5 California Code of Regulations. The Board of Trustees of the California State University adopts regulations published in Title 5, Education, of the [California Code of Regulations](#) (CCR) an official publication of the State of California. 5 CCR section 41301 governs the conduct of the students of the California State University. <http://www.csus.edu/umannual/student/UMS16150.HTM>

AB 2165 Felony Sentence Disclosure – AB 2165 – Education Code section 67362 provides that no student-athlete enrolled at any campus of the California State University may participate as a member of any intercollegiate athletic team if he or she, at any time after his or her enrollment as a college or university student, is prosecuted as an adult and is convicted of a violent felony. A student-athlete may regain their eligibility to participate as a member of an intercollegiate athletic team, at the discretion of the athletic director, after he or she successfully completes the entire term of his or her probation or successfully completes his or her assigned prison term and parole period, if any.

VI. Appeals

A student-athlete who is subject to season-long suspension or expulsion from athletics team participation, or whose athletic grant-in-aid would be affected by a sanction imposed by the Athletic Director, may request for appeal from these sanctions. The appeal must be made, in writing, to the Faculty Athletics Representative or the Chair of the Intercollegiate Athletic Advisory Board or his/her representative, within 3 business days of the student-athlete's receipt of the notice of sanctions. The appeal letter must explain the grounds for the appeal (e.g. new information, due process issue, abuse of discretion).

Upon receipt of the request for appeal, an Appeals Board, organized by the Faculty Athletics Representative or the Chair of the Intercollegiate Athletic Advisory Board or his/her representative, will assemble as soon as possible. The Board will conduct its investigation by reviewing details of the case from the Director of Athletics, the student-athlete's Head Coach, and the student-athlete. The student-athlete will be given the opportunity to make an oral and written statement about the circumstances and why he or she feels reinstatement is warranted. Upon conclusion of the appeals assembly, the Appeals Board will meet privately to discuss the case. The Faculty Athletics Representative or the Chair of the Intercollegiate Athletic Advisory Board or his/her representative, will notify the student as to the result of the appeal.

TITLE V CALIFORNIA CODE OF REGULATIONS

41301 Standards for Student Conduct

The University is committed to maintaining a safe and healthy living and learning environment for students, faculty, and staff. Each member of the campus community must choose behaviors that contribute toward this end. Student behavior that is not consistent with the Student Conduct Code is addressed through an educational process that is designed to promote safety and good citizenship and, when necessary, impose appropriate consequences.

(a) *Student Responsibilities*

Students are expected to be good citizens and to engage in responsible behaviors that reflect well upon their university, to be civil to one another and to others in the campus community, and to contribute positively to student and university life.

(b) *Unacceptable Student Behaviors*

The following behavior is subject to disciplinary sanctions:

- (1) Dishonesty, including:
 - (A) Cheating, plagiarism, or other forms of academic dishonesty that are intended to gain unfair academic advantage.
 - (B) Furnishing false information to a University official, faculty member, or campus office.
 - (C) Forgery, alteration, or misuse of a University document or one of its auxiliaries.
 - (D) Misrepresenting one's self to be an authorized agent of the University or one of its auxiliaries.
- (2) Unauthorized entry into, presence in, use of, or misuse of University property.
- (3) Willful, material and substantial disruption or obstruction of a University-related activity, or any on-campus activity.
- (4) Participating in an activity that substantially and materially disrupts the normal operations of the University, or infringes on the rights of members of the University community.
- (5) Willful, material and substantial obstruction of the free flow of pedestrian or other traffic, on or leading to campus or an off-campus University related activity.
- (6) Disorderly, lewd, indecent, or obscene behavior at a University related activity, or directed toward a member of the University community.
- (7) Conduct that threatens or endangers the health or safety of any person within or related to the University community, including physical abuse, threats, intimidation, harassment, or sexual misconduct.
- (8) Hazing, or conspiracy to haze, as defined in Education Code Sections 32050 and 32051: "Hazing" includes any method of initiation or pre-initiation into a student organization, or any pastime or amusement engaged in with respect to such an organization which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm, to any student or other person attending any school, community college, college, university or other educational institution in this state; but the term "hazing" does not include customary athletic events or other similar contests or competitions. A group of students acting together may be considered a 'student organization' for purposes of this section whether or not they are officially recognized. Neither the express or implied consent of a victim of hazing, nor the lack of active participation while hazing is going on is a defense. Apathy or acquiescence in the presence of hazing is not a neutral act, and is also a violation of this section.
- (9) Use, possession, manufacture, or distribution of illegal drugs or drug-related paraphernalia (except as expressly permitted by law and University regulations) or the misuse of legal pharmaceutical drugs.
- (10) Use, possession, manufacture, or distribution of alcoholic beverages (except as expressly permitted by law and University regulations), or public intoxication while on campus or at a University related activity.
- (11) Theft of property or services from the University community, or misappropriation of University resources.
- (12) Unauthorized destruction, or damage to University property or other property in the University community.
- (13) Possession or misuse of firearms or guns, replicas, ammunition, explosives, fireworks, knives, or other weapons, or dangerous chemicals (without the prior authorization of the campus president) on campus or an University related activity.
- (14) Unauthorized recording, dissemination, or publication of academic presentations (including handwritten notes) for a commercial purpose.
- (15) Misuse of computer facilities or resources, including:
 - (A) Unauthorized entry into a file, for any purposes.
 - (B) Unauthorized transfer of a file.
 - (C) Use of another's identification or password.
 - (D) Use of computing facilities, campus network, or other resources to interfere with the work of another member of the University Community.
 - (E) Use of computing facilities and resources to send obscene or intimidating and abusive messages.

(F) Use of computing facilities and resources to interfere with normal University operations.

(G) Use of computing facilities and resources in violation of copyright laws.

(H) Violation of a campus computer use policy.

(16) Violation of any published University policy, rule, regulation or presidential order.

(17) Failure to comply with directions of, or interference with, any University official or any public safety officer while acting in the performance of his/her duties.

(18) Any act chargeable as a violation of federal, state, or local law that poses a substantial threat to the safety or well-being of members of the University community, to property within the University community or poses a significant threat of disruption or interference with University operations.

(19) Violation of the Student Conduct Procedures, including:

(A) Falsification, distortion, or misrepresentation of information related to a student discipline matter.

(B) Disruption or interference with the orderly progress of a student discipline proceeding.

(C) Initiation of a student discipline proceeding in bad faith.

(D) Attempting to discourage another from participating in the student discipline matter.

(E) Attempting to influence the impartiality of any participant in a student discipline matter.

(F) Verbal or physical harassment or intimidation of any participant in a student discipline matter.

(G) Failure to comply with the sanctions(s) imposed under a student discipline proceeding.

(20) Encouraging, permitting, or assisting another to do any act that could subject him or her to discipline.

(c) *Application of this Code*

Sanctions for the conduct listed above can be imposed on applicants, enrolled students, students between academic terms, graduates awaiting degrees, and students who withdraw from school while a disciplinary matter is pending. Conduct that threatens the safety or security of the campus community, or substantially disrupts the functions or operation of the University is within the jurisdiction of this Article regardless of whether it occurs on or off campus. Nothing in this Code may conflict with Education Code section 66301 that prohibits disciplinary action against students based on behavior protected by the First Amendment.

(d) *Procedures for Enforcing this Code*

The Chancellor shall adopt procedures to ensure students are afforded appropriate notice and an opportunity to be heard before the University imposes any sanction for a violation of the Student Conduct Code.

STUDENT ATHLETE ACADEMIC & LIFE SKILLS LAB

The Student-Athlete Academic & Life Skills Lab is available for use by student-athletes. The center is located on the 3rd floor of Lassen Hall in room 3002. The lab offers the following for student-athlete use:

- Conference Table with seating of up to 8
- Two tutorial or small group study room with seating for 6-7
- Computer lab with 13 personal computers and printing capabilities
- 7 laptops available for students/coaches to check out (see sign-out form for laptop check-out policy)
- The lab has seating for up to 29
- The center is open for use 45-60 hours per week

Student-athletes will be asked to sign-in when they enter the lab and sign-out when they leave. Their hours will be monitored by Mark McGushin, Coordinator of Life Skills and Student-Athlete Development, whose office is located in the center.

STUDENT ATHLETE TUTORIAL PROGRAM

The Department of Intercollegiate Athletics offers free tutorial services to student-athletes active within their sports. Tutoring sessions are typically individual, one-on-one sessions. Student-athletes are responsible for requesting this service by filling out a tutor request form in the SARC's academic lab, Lassen 3002. Student-athletes should call Mark McGushin - (916) 278-5297 with any additional questions.

Who qualifies to receive tutoring?

Sacramento State student-athletes who are attending class regularly are eligible to receive Athletic Department tutorial services. Students with academic difficulties are required to first meet individually with their professors. Based on recommendations and suggestions from professors, student-athletes may then request tutoring.

How does someone get started with a tutor?

Student-athletes may request a tutor through Mark McGushin, Lassen Hall 3002, ph: 278-5297. Students must complete a tutor request form before a tutor can be assigned. Note: The SARC staff will make every effort to locate a tutor in each requested subject; however we may ask student-athletes to assist in locating tutor candidates (i.e. graduate assistants or classmates from their class).

When and where do students meet with tutors?

Times and places are arranged individually by the student and tutor to fit both schedules. It is common for students to work in the SARC's academic lab (LSN 3002) or find space in the library. Sessions will not be scheduled during either person's class time. Tutorial sessions may be scheduled for a group or for an individual meeting.

How often or how many hours a week can student-athletes use tutoring?

Tutoring is a tool to help students prepare for exams in advance -- not the day before the test. Generally a student may receive up to five hours of tutoring a week. However, if additional assistance is needed, please contact Mark before setting up additional appointments. Note: Some departments sponsor open labs before tests so students can work with classmates in preparation for the exam.

What is expected of student-athletes receiving help?

Student-athletes are expected to attend class, take good notes, keep up with assignments and readings, and confer with their professors. Student-athletes should take advantage of department sponsored open labs. Additionally, students should meet with their professors when difficulties arise. When student-athletes schedule meeting times with their tutors, they are expected to be on time. "No shows" are unacceptable and can result in discontinued use of the tutorial services. Note: Think of a tutoring session as practice AND attendance is MANDATORY. If there is an emergency and you must cancel, please call Mark McGushin (278-5297) and your tutor 24 hours in advance.

Subject tutoring vs. study skills/writing assistance.

On occasion students will request tutoring in subjects such as history or philosophy. The difficulty with these courses usually isn't the content. Problems stem from poor time management skills, deficiencies in note-taking or other study skills, and/or the inability to write an organized and structured essay. For these problems, we usually recommend a study skills workshop and/or time management workshop offered through the Academic Advising Center (Lassen 1012). These subjects require reading and writing. It is imperative that students review these subject areas at least three to four times a week to correctly process the material.

CHAMPS/LIFE SKILLS PROGRAM

The mission of the Sacramento State CHAMPS/Life Skills Program (Challenging Athletes Minds for Personal Success) is to maintain student-athletes and intercollegiate athletics as an integral part of the campus educational program and the community as a whole. The Life Skills Program is designed to focus on the comprehensive development of the student-athlete and to prepare student-athletes for the challenges of life beyond the playing field.

COMMITMENT TO ACADEMIC EXCELLENCE

To support the academic progress of the student-athlete toward intellectual development and graduation. Sacramento State student-athletes have access to advising, tutoring, mentoring, computing, and study space through the Student-Athlete Resource Center (Lassen Hall 3002 & 3004). The Student-Athlete Resource Center's advising program provides advising for student-athletes in general education, NCAA and Big Sky Conference continuing-eligibility advising, priority registration, student-athlete orientation programming, NCAA academic scholarship information and referral to the various academic support programs on campus (major departments and advising, graduate studies, computer labs, the University Library, etc.). The Student-Athlete Academic & Life Skills Lab (Lassen Hall 3002) provides access to a student-athlete-only computer lab, group and individual study areas, tutorial support and referral to campus support programs.

COMMITMENT TO ATHLETIC EXCELLENCE

To build philosophical foundations for the development of athletic programs that are broad-based, equitable and dedicated to the well-being of the student-athlete. Sacramento State, a NCAA Division IAA member, conducts a competitive 20 sport (11 women's & 9 men's) intercollegiate athletic program supporting over 400 student-athletes. A member of the highly regarded Big Sky Conference, Sacramento State is also an affiliate of the Western Athletic Conference, the Mountain Pacific Sports Federation, and the Pacific Coast Softball Conference. Sacramento State is committed to full compliance with Title IX requirements and to providing a program that welcomes diversity.

COMMITMENT TO PERSONAL DEVELOPMENT

To support the development of a well-balanced lifestyle for student-athletes, encouraging emotional well-being, personal growth and decision-making skills. Sacramento State is committed to providing student-athletes with the resources and information to help them become responsible and conscientious young men and women. This includes but is not limited to educational programs related to alcohol and other drugs, access to information and/or presentations related to nutrition, sexual responsibility, diversity, media relations, violence prevention and freshman seminar experiences that include the topics of: adjustment to college life, money management, student services, communication skills, appreciating diversity, recognizing and dealing with stress, developing a personal set of values, and many more.

COMMITMENT TO CAREER DEVELOPMENT

To encourage the student-athlete to develop and pursue career and life goals. Sacramento State student-athletes are introduced to The Career Center through their orientation and freshman seminar experiences. Representatives from various businesses make presentations to student-athletes regarding employment opportunities. Student-athletes are encouraged to attend career and major fairs on campus and to continue to utilize The Career Center.

COMMITMENT TO SERVICE

To engage the student-athlete in service to his or her campus and surrounding communities. Sacramento State Athletics promotes service as a valuable and instrumental part of the student-athlete experience. Student-athletes are introduced to the value of service through Read Across America, the Ticket to College program, Student-Athlete Advisory Committee activities and through individual team service projects.

STUDENT-ATHLETE ADVISORY COUNCIL (SAAC)

The Student-Athlete Advisory Council meets monthly to discuss policies, issues, and projects associated with the operation of intercollegiate athletics. The primary goal of the Council is to facilitate the student-athlete experience in concert with the values and mission of the University. Specific issues related to conference affiliation, NCAA, and external affairs are examined in order to enhance student-athlete welfare. The NCAA Student-Athlete Advisory Council serves as a model to advance the qualities of institutional integrity. Anyone interested in participating should contact Mark McGushin. Other basic purposes of the Student-Athlete Advisory Council are to:

1. Provide a communications link between the student-athlete, the Department of Intercollegiate Athletics, and the University.
2. Promote unity, spirit, and common purpose among teams.
3. Give the student-athletes a representative voice in the Department of Intercollegiate Athletics.

MEMBERSHIP

The Council is comprised of appointed team representatives (two from each team). The Coordinator of Life Skills and Student-Athlete Development serves as an ex-officio member. Student-athlete representatives must be in good academic standing at Sacramento State to serve.

RESPONSIBILITIES

1. Attend all Council meetings.
2. Represent team views and concerns at Council meetings based on input from teammates.
3. Report Council activities to team members.
4. Organize teams to assist in special projects.

ATHLETIC ACADEMIC ADVISING

SACRAMENTO STATE STUDENT-ATHLETE ADVISING POLICIES

The Academic Services area of the Student Athlete Resource Center is designed to provide comprehensive academic advising for you as a student-athlete. Our primary goal is to help you face the challenges you encounter while striving for success in academics and athletics. However, we recognize that each of you ultimately determines the outcome of your academic and athletic career, consequently, we expect you to take responsibility for your academic decisions. Below are guidelines that all student-athletes should follow to ensure their academic success at Sacramento State.

- A. Student-athletes are expected to meet with the Athletic Advisors, Paul Edwards, Laurie Dahlberg, Mark McGushin, Shannon Hall and/or Bob Shook (football), at least once per semester. At this time, your NCAA continuing-eligibility can be verified, your general education requirements checked, and your academic record reviewed. Intercollegiate athletes have the privilege of priority for class registration; however you must have an appointment with Paul, Laurie, Mark, Shannon or Bob each semester to maintain registration priority for both the Fall and Spring semesters of the following year. Each athletic team is assigned a specific week(s) during the Fall and Spring semesters to meet with a SARC staff member. Be sure to check with your coach for your assigned week(s).
- B. The University mandates that all freshmen and transfer students (including student-athletes) attend one of the Orientation Programs in June/July (Fall) or November (Spring) in order to register for classes. In addition to these orientations, all new student-athletes must attend the Student-Athlete Academic and Life Skills workshops in August which is a comprehensive program with topics that relate specifically to incoming student-athletes.
- C. Student-athletes must take the ELM and EPT (unless exempt) before attending summer orientation and prior to their first semester at Sacramento State. Based on these test scores, student-athletes must enroll in the appropriate Math and English courses (Learning Skills classes, if necessary) as a requirement to maintain enrollment in the University and priority registration privileges. **If you do not take the tests by early May, you will not be allowed to attend the mandatory summer orientation and register for classes. You cannot attend Sacramento State without taking these placement exams!**
- D. **The SARC staff does not dictate your academic schedule.** We offer suggestions in light of your eligibility requirements, academic preparation, and athletic and/or work schedule. You are required to select your own schedule and are strongly recommended to have it reviewed in the SARC before registering. Coaches are not permitted to register you for classes; you must register for classes on your own. A schedule of at least 12 academic (non-athletic) credits is required, however in order to graduate within 4-5 years, you should plan to try 15 credits (or at least plan for additional credits during each Summer).
- E. Student-athletes must inform a SARC staff member before adding/dropping any courses. Changing your schedule without proper advisement could severely jeopardize your academic standing and/or athletic eligibility.
- F. Student-athletes changing/declaring their majors, starting a minor, or making any other decisions regarding academics must see a SARC staff member before doing so.
- G. **In addition to meeting with a SARC staff member every semester, student-athletes must also see a Major advisor!** Major department advisors can track the progress of your major units and help with career advising to fit your professional goals. Some departments will place a registration hold on your record if you fail to meet with them. For students on academic probation, departments may require additional contacts with major advisors. Major advisors are the only advisors authorized to approve your graduation petitions, so please make it a priority to establish contact with your major department.
- H. A student-athlete who leaves the Sacramento State Intercollegiate Athletic Program due to other commitments or problems with eligibility should meet with a SARC representative for an exit appointment. This will help answer any questions should the student-athlete try to re-enter the program. Do not expect your coach to provide these answers, particularly concerning continuing and/or initial eligibility. Returning Sacramento State student-athletes should contact the SARC.
- I. **Student-athletes are required to officially withdraw themselves from the university prior to their departure.** Students who withdraw prior to the first day of instruction will receive a 100% refund, minus a \$10 processing fee. Beginning with the first day of instruction through the 60% point of the semester, refunds will be on a pro-rata basis. Students are not eligible to receive a refund for withdrawing after the 60% cut off.

J. Athletic Priority for Class Registration

Priority registration is a privilege! Priority registration gives you the opportunity to register for classes during peak times of the morning and early afternoon. Student-athletes must meet minimum requirements to qualify for priority:

1. Be an active participating student-athlete (or red-shirt).
 2. Maintain an overall g.p.a. of 2.00 or better.
 3. See a SARC staff member at least once each semester during your assigned week.
 4. See a major advisor once each semester.
 5. Have completed or are in the process of completing the minimum general education English and math requirements.
- K. Class Attendance is required. Student-athletes are expected to attend ALL classes and inform professors of any absences. **Student-athletes are not permitted to miss academic classes or academic-related responsibilities to attend athletic practice or athletic training sessions.** Sacramento State does not have a formal policy that allows student-athletes to be excused from class due to athletic travel and competition. Since not all Sacramento State instructors allow absences for intercollegiate competition or any other reasons, be prepared to discuss any possible attendance problems with them early in the semester (i.e. the first week of classes!!). In case of conflicts like these, we often recommend you add an additional class during registration (this allows for the flexibility to drop a course if necessary). You are also responsible for all missed assignments and exams. Be on time for all appointments, tutors, classes, advisors, etc., or have the courtesy to call in case of an emergency. Do not expect special privileges just for being an intercollegiate athlete. We recommend the following philosophy: **Normally you will not miss your sport's practices due to the negative consequences from your coach, thus apply the same attitude to attending your academic schedule and give your professors the equal courtesy and respect.**
- Athletic Department head coaches are required to give all student-athletes a reasonable time slot to schedule a full-time course load (at least 12-15 credits). In some isolated cases, coaches should allow student-athletes to arrive late or skip a practice session to attend academic-related activities (i.e. academic advising appointment, lab hours, or to make-up tests). If a student-athlete feels he or she was not given these reasonable opportunities they must talk to their coach, academic counselor, faculty-athletics representative, or the athletic director immediately. The Athletic Department will also not schedule regular season contests in any sport during Final Exam week (usually mid- to late December and/or late May).

CODE OF CONDUCT & ACADEMIC HONESTY

All student-athletes at Sacramento State are expected to abide by campus policies and the Title 5 requirements related to student conduct. Additionally, the Athletics Department's Code of Conduct specifically outlines the importance of proper student-athlete behavior on and off campus as well as on the fields of play. All forms of academic dishonesty: cheating, including plagiarism, is included in the Code of Conduct and University policies. A student-athlete found to have violated any of these campus policies is subject to disciplinary action not only from the university (e.g., disciplinary probation, suspension from school, expulsion) but also from the Department of Athletics (e.g., cancellation or reduction of athletics scholarship, suspension from practice and/or competition, removal from the team).

With respect to plagiarism, it is the responsibility of all students to know and understand the definition of plagiarism. Questions about the definition of plagiarism should be directed to professors, the SARC staff or the Office of Student Affairs. It is not a defense to a charge of plagiarism that the student-athlete misunderstood the definition of plagiarism or did not intend to plagiarize. Of course plagiarism from any source constitutes a violation of University policy and the Athletic Code of Conduct, however, in recent years there has been a campus-wide increase in reported cases of plagiarism involving the internet. Student-athletes are cautioned very strongly against plagiarizing materials obtained from the internet. It is very easy for faculty members to check the internet for plagiarized material. All material obtained from the internet should be properly quoted and credited to the original author within the respective assignment or term paper.

NCAA ACADEMIC ELIGIBILITY RULES

(Applying to students entering any institution on or after August 1, 2003)

Student-athletes must meet the NCAA initial and continuing eligibility guidelines, as well as specific conference rules, along with Sacramento State admission and satisfactory progress requirements to be eligible for athletic participation and/or athletic scholarship. The following are specific continuing-eligibility requirements for all student-athletes who began full-time enrollment at any collegiate institution (e.g., two-year College, four-year NAIA or NCAA College, foreign college) on or after August 1, 2003.

Full-Time Enrollment

A student-athlete must be enrolled as a full-time student (12 credits) at Sacramento State each semester, in order to practice and/or compete. **If you drop below 12 credits, you will be declared ineligible and lose your scholarship and/or financial aid! In some cases you may be responsible for paying back your athletic scholarship.**

Credit Hour Requirement

In the first year of collegiate enrollment, a student-athlete must pass 24 credits of solid degree credit (this excludes elective credits, i.e. athletic courses) to clear the Satisfactory Progress requirement (SFP). An academic year consists of fall, Winter Intersession, spring and summer. At least 18 of these credits must be completed during the fall, winter and spring semesters. **Only six credits from summer can be counted towards satisfactory progress in the first year of collegiate enrollment.**

- ***In subsequent years, student-athletes must pass 18 credits of solid degree credits (instead of 24) during the academic year to clear SFP. However, in almost all cases, a student will have to pass more than 18 credits each year to meet the percentage of degree requirements discussed below.***
- ***Additionally, student-athletes must pass at least 6 semester credits in the previous regular academic term of full-time enrollment to be eligible to participate in athletics during the next regular academic term (e.g. a softball student-athlete must pass at least 6 credits in the Fall semester in order to compete during the following Spring term; A football student-athlete must pass at least 6 credits in the Spring in order to compete during the following Fall term).***
- ***In the sport of football, student-athletes must pass a minimum of 9 semester credits in their fall term to be eligible for future competition. If a football student-athlete does not pass the minimum 9 semester credits they are ineligible for competition in the first four games of the next season.***

Summer School Procedures

All summer courses must be approved by the SARC staff prior to enrollment. If you are considering taking courses elsewhere, you must provide a copy of the school's summer schedule (or website) to the SARC staff. All summer courses regardless of their final grades must be reported back to Sacramento State in the form of an official transcript as soon as final grades are posted.

Major Declaration

Student-athletes must declare a major prior to the FIFTH full-time semester of collegiate enrollment. Due to early departmental deadlines, you are encouraged to visit the SARC the semester before you plan to declare and/or change your major. If you decide to change your major, consult with the SARC staff for NCAA eligibility ramifications.

Remedial/Developmental Courses

Remedial/Developmental Courses (most Learning Skills classes) count towards satisfactory progress only if taken during your **first (freshman) year of college**. Only a maximum of six remedial credits count for NCAA eligibility. These credits do not count towards the total credits required to graduate (i.e. degree completion). Thus, a student-athlete who takes a remedial course(s) should plan to take additional academic credits to make-up for any potential credit deficiencies.

Percentage of Degree Requirement

Student-athletes must complete 40% of their degree requirements by the beginning of their third year, 60% of their degree requirements by the beginning of their fourth year, and 80% of their degree requirements by the beginning of their fifth year of collegiate enrollment. This rule known as the 40-60-80% rule is very complicated. Certain courses like remedial classes do not count towards the percentage. Due to the complexities of this requirement, all student-athletes are encouraged to verify their class schedules with the SARC staff every semester.

G.P.A. Requirement

Student-athletes must also have 90% (1.80 GPA) of the minimum grade point average necessary for graduation at the beginning of their second year and 95% (1.90 GPA) of the minimum grade point average necessary for graduation at the beginning of their third year and 100% (2.00 GPA) of the minimum grade point average necessary for graduation at the beginning of their fourth and fifth years.

GENERAL EDUCATION POLICIES

General Education (GE) is required of all students in order to graduate. The SARC staff specializes in helping student-athletes determine their remaining GE requirements. The following are some policies and information concerning GE requirements. Refer to the GE worksheet in the back of this Handbook to help you keep track of general education courses. A copy of this worksheet is available in the SARC or by using the online Student Registration and Advising Guide. **Be sure to follow the correct pattern that fits your catalog requirements. Most student-athletes follow the Fall 1992 to Present pattern.** Lists of approved GE courses are located in the Fall semester section of the online Class Schedule or the online Student Registration and Advising Guide. Refer to <http://www.csus.edu/acad/faq/> for a "user friendly" but detailed outline of graduation requirement explanations and academic policies at Sacramento State.

• Overlap of GE and Major/Minor

A maximum of nine credits from your major department may be applied to GE requirements.

There is no limit to the number of credits taken from a minor (either upper division or lower division) that can be applied to GE.

• Changes in Lists of Approved GE Courses

Courses listed in the GE pattern are subject to change every year. Courses count towards GE as long as they are taken *during the semesters they are approved* (refer to the current GE list on-line or the online Student Registration and Advising Guide)

• Grade and Course Requirements in GE

Students who began continuous enrollment Fall 1988 or later are required to have at least a "C-" in courses taken to satisfy Categories A1, A2, A3, & B4(a) and at least a 2.00 g.p.a. for all GE courses combined.

Students who began continuous enrollment in the Fall 1990 or later must complete a course in Race and Ethnicity in American Society, identified by a (+) in the GE list.

Students who began continuous enrollment Fall 1992 or later are required to meet the Foreign Language Proficiency Requirement, and complete a Second Semester Composition Course (English 20 at Sacramento State). Students must have completed 30+ credits prior to enrolling in English 20 at Sacramento State.

All students must take a minimum of nine upper division credits in GE (three courses). Upper division courses cannot be taken until students have completed 45 credits. One of these courses should be a Writing Intensive class, identified by an asterisk (*) in the GE list. A passing score on the Writing Proficiency for Juniors (WPJ) is required before taking the Writing Intensive class. Students must have completed 60+ credits prior to taking the WPJ.

• Exceptions for Certain Majors

For Liberal Studies majors and Child Development most GE requirements are incorporated into the major. Consult a major advisor for specific requirements. Engineering and Computer Science majors should work closely with their major advisors and the SARC staff due to certain GE exemptions.

Writing Proficiency for Juniors (WPJ)

All students must pass either the WPJ exam or Engl 109W or Engl 109X (as a requirement for graduation). The WPJ exam/Engl 109W is also a prerequisite to taking the Writing Intensive course required in General Education. Students must have completed their Written Communication, English 20 and Critical Thinking requirements, before attempting the exam or class. The exam is normally given 5-6 times per year usually in January, March, May, July, August, September and October. Students sign-up online at: www.csus.edu/testing/. Students must have completed 60+ credits prior to taking this exam and the cost is \$25. **Students who do not take the exam prior to completing 74 college-credits, will have a hold placed on their record and not be permitted to register for classes the following semester. Students will receive a placement score according to their writing abilities on the WPJ. If students fail the WPJ exam, they will be placed in either English 109W or an English 109X adjunct class. This course, when completed and passed with a C grade or better, will fulfill the WPJ requirement. Or students can choose to take Engl 109W instead of taking the WPJ exam. English 109W is a semester-long English portfolio class. Students must meet the WPJ requirement before taking their Writing Intensive course.**

Registration for Classes

At Sacramento State, class registration is done by logging into **MySACSTATE** using your Saclink ID and password. **MySACSTATE** allows students to register for classes on-line with the campus mainframe computer system, so it provides an immediate response to requests submitted by the student. Students can link to **MySACSTATE** via the Sacramento State home page website at www.csus.edu.

All new, incoming students register for classes during mandatory summer orientation (June and July). After being admitted, students are mailed a postcard inviting them to sign up for a summer orientation session. Students register for orientation via their Student Center. Students can access their Student Center via **MySACSTATE**. The Student Center allows for students to: make updates to their mailing address, phone and contact information; check for holds or assignments under the "to do" list; check their financial aid situation; and check their registration date and time. Once registered for classes, **MySACSTATE** will indicate a balance for tuition and fees. **If tuition and fees are not received within 14 days of registration, students will be dis-enrolled from classes.**

Students can print out a copy of their class schedule through **MySACSTATE**. Sacramento State is on a semester calendar; registration for continuing students for the Fall term is conducted in late April through August, while Spring registration is from late-November through December. If you have problems registering on your assigned day(s) call the **Help-line** at (916) 278-8088 or a SARC staff member.

Adding/Dropping Classes

During the first two weeks of each semester, students can add courses two different ways: (1) If seats are available in a desired course, simply use **MySACSTATE** to add the class; (2) If the class is closed or requires instructor approval, it must be added with an Add Permit. Students can pick up Add Permits in the specific academic department office for which they are adding. The instructor's signature on the Add Permit is required to allow you in the course. **Don't forget to turn the permit back into the department office once it is signed.** After two weeks, adding requires approval signatures and petitions from the instructor(s) and department office(s). Students must include written "serious and compelling" reasons for adding a course after two weeks. For specific dates and requirements, always consult the online Student Registration and Advising Guide.

If you are dropping a course, you must drop officially through **MySACSTATE** during the first two weeks of the semester. **Do not simply stop attending the course!** Doing this will result in a "WU" grade (this equals an "F"). If you need to drop after the first two weeks, approval signatures and petitions are required, as well as "serious and compelling" reasons attached. See the online Class Schedule for specific dates and requirements. **Always check with an advisor before dropping any course!** Note: After the census date (end of fourth week) all add/drops must be processed at the Admissions/Records counter (Lassen Hall). **Dropping a course after the sixth week of the semester must be for career-related or medical reasons beyond the control of the student (a student-initiated job change does not qualify).**

Repeating

Sacramento State allows students to repeat any course with a "C-" grade or lower. Students may not repeat courses where a grade of "C" or higher was previously received unless the course can be taken more than once for credit. However, some departments have limitations on the number of repeats allowed. Students are *strongly* encouraged to repeat a class in which they received a poor grade during the following semester. If you are repeating the course at another school you must have a Repeat Petition signed by the specific Sacramento State department prior to enrolling at the other institution. Students may repeat no more than a total of 28 credits, with a maximum of 16 credits for grade forgiveness. Students may repeat an individual course for grade forgiveness no more than two times without review and written approval by your academic advisor and/or department chair. NOTE: Every attempt remains on your transcript.

Declaring/Changing a Major

Since student-athletes are required to declare a major prior to their fifth semester, knowing the basic procedures is important. It is also important to declare a major in order to ensure your registration in certain major courses. Students are encouraged to check major departments for major/course conflicts. Students who wish to declare: **Business Administration, Criminal Justice, Engineering & Computer Science, Graphic Design, Interior Design, Nursing, Child Development, Communication Studies, and Speech Pathology** - must obtain and submit a Change of Major Form to these specific departments rather than Admissions & Records. For all other programs, major declaration and/or major changes can be made by submitting a Change of Major form to the SARC (form can be printed from the SARC website). For the Fall semester, changes must be in by the previous **March 1st**; and for Spring semester, changes must be in by the previous **October 1st**. Check with individual departments for earlier deadlines that may apply.

Calculating Your G.P.A.

Calculating your academic grade point average is actually not too difficult. You need three pieces of information: 1) the credit total for each course (i.e. 3, 4, 5 credits); 2) the exact grade for each course; and 3) the grade point value for each grade. The grading policy is based on the standard A – F system. We award + and – (excluding A+ and F+/F-). Using the standard A=4.0; B=3.0; C=2.0; D=1.0; and F=0.0, a "+" grade is 0.3 higher and a "-" grade is 0.3 lower. For example an A- equals 3.7 (0.3 below a 4.0 A); while a D+ equals 1.3 (0.3 higher than a 1.0 D).

Here's the scale for ease of use:

A = 4.0	A- = 3.7	B+ = 3.3	B = 3.0	B- = 2.7	C+ = 2.3
C = 2.0	C- = 1.7	D+ = 1.3	D = 1.0	D- = 0.7	F = 0.0

To calculate a g.p.a., you take the total credits of a class and multiply it by the grade value. For example a 3.0-credit class with a B- grade equals 8.1 grade points (2.7x3). Do this for each class and get your total grade points. Divide your total grade points by your total graded credits. Note: CR/NC classes should not be included in the calculation. Below is an example of a one-semester g.p.a. calculation:

English 1A (3) B+; Math 1 (3) C; Sociology 1 (3) A; Chemistry 1A (5) D+ **14.0 credits total**
Grade points: English 1A = **9.9**; Math 1 = **6.0**; Sociology 1 = **12.0**; Chemistry 1A = **6.5** **34.4 grade points**
34.4 grade points divided by 14.0 credits (34.4/14) equals a 2.457 semester g.p.a.

Academic Action/Standing Information

The following section outlines academic action and the various academic standing categories that student-athletes can fall into. Due to the complexity and seriousness of this information, each student-athlete is encouraged to check with the SARC staff for clarifications and explanations.

Continuing Sacramento State students who maintain cumulative Overall, cumulative Sac State, and Semester grade point averages of a 2.00 or higher are considered in "**Good Academic Standing.**"

An undergraduate student is subject to academic probation if at any time the student's Sac State and/or Cumulative grade point average falls below a 2.00. A student is removed from academic probation when the cumulative grade point average for both Sac State and Overall is 2.00 or higher. **Any student on probation or continued probation (two semesters below 2.00) will be under academic contract which limits the number of credits allowable to (14) and requires minimum grades in each course taken.**

Academic Disqualification is determined by class level and a grade point average range. A student who is on academic probation is subject to academic disqualification when:

- A: As a freshman (fewer than 30 semester credits) the student's grade point average is below a 1.50 in all credits attempted.
- B: As a sophomore (30-59 semester credits) the student's grade point average is below a 1.70 in all credits attempted.
- C: As a junior (60-89 semester credits) the student's grade point average is below a 1.85 in all credits attempted.
- D: As a senior (90 or more semester credits) the student's grade point average is below a 1.95 in all credits attempted.

A student may also be academically disqualified at any time if at the end of any term the student has a cumulative grade point average below a 1.00 and it seems unlikely that the deficiency will be removed within a reasonable time. If a student was academically disqualified and the results of the subsequent semester grades are such that the Sac State and/or Cumulative grade point average remains below the class level minimum GPA threshold, the student will be Academically Dismissed. The student will not be allowed to return to Sac State for a minimum of one semester and must file a petition for Readmission after Dismissal.

Student-Athletes on Probation

The following is a brief outline for student-athletes to follow, whose academic progress results in an academic standing of "Probation" or "Continued Probation."

- Meet with a SARC staff member in Lassen Hall to review your status. Grade changes, removal of "WU" grades, repeat petitions, etc. may change your academic standing.
- Evaluate your situation. Why did your grades slip? Too many credits? Too many work hours? Did you prioritize athletics over academics? Did you manage your time effectively? Do you have personal or family concerns? Identifying the cause can help you and the SARC staff address the issue more effectively and allows you to access additional support if necessary.
- Attempt to repeat any grades with a "C-" or lower. Pre-approve the enrollment in these courses with the SARC staff in order to review the usage of these repeated courses for future NCAA eligibility certification. File repeat petitions.
- **Meet with a major department advisor!** Several departments have formal procedures for probationary students. Registration holds are often placed if a student does not meet with the major department. Undeclared students should see the SARC staff.
- Request tutorial services through the Coordinator of Life Skills & Student-Athlete Development for repeated courses or any other courses giving you academic difficulty. In addition, take advantage of tutorial services within the departments. The more help the better!
- Attend all hours of study table required by your head coach. (This applies only to teams who conduct team study halls.)
- Mandatory meetings with Paul, Laurie, Mark, Shannon or Bob are required: one during your sport's required advising week and one within the last three weeks of the semester are advised.
- Meet with your professors on a regular basis during office hours. Getting a clear understanding of course expectations and assignments should help.
- Academic progress reports will be sent to professors about week five of the semester. Any reports returned with negative comments may result in the SARC contacting the specific professors for further review later in the semester. These results will all be forwarded to your head coach. In extreme cases, a recommendation for suspension or removal from practice and/or competition will be made by the Academic Review Team.

Note: The steps for a student-athlete with "**Academic Disqualification**" or "**Academic Dismissal**" status are much more severe. Please contact the SARC for further information.

General Studies 21 – First Year Seminar

As part of enhancing the educational experience of student-athletes, Sacramento State annually offers three sections of General Studies 21 – First Year Seminar specifically for student-athletes. Members of the Student-Athlete Resource Center staff teach these courses.

General Studies 21 (GNST 21) is a first year seminar course intended to provide students with an introduction to the nature and possible meanings of higher education and the functions and resources of the University. The course is designed to help students develop and exercise fundamental academic success strategies and to improve their basic learning skills. The course will consist of in-class activities, lectures, and several outside-of-class assignments and readings. Guest speakers are routinely invited to speak with student-athletes on topics ranging from health issues to academic honesty to money management.

General Studies 21 is mandatory for all scholarship freshman student-athletes. This course fulfills Area E of the Sacramento State General Education pattern and will meet three credits towards a baccalaureate degree. The course is letter-graded (A to F).

ACADEMIC RESOURCE PAGES

BACHELOR'S DEGREE CHECKLIST

The following is designed to assist you in completing your degree requirements. Any questions or concerns should be directed to the SARC staff; (916) 278-7796 or 278-5440.

- _____ Take the English Placement Test (EPT) and the Entry Level Math Test (ELM) before attending mandatory summer orientation (some students may be exempt based on previous courses or admission test scores).
- _____ Attend the New Student Orientation Program and the Student-Athlete Academic and Life Skills Workshops before your first semester.
- _____ Enroll in a minimum of 15 credits each semester (not counting athletic courses). Pre-approve your schedule with the SARC staff. You can drop to 12 credits if your schedule is too difficult.

- _____ * Complete the General Education pattern requirements listed in the current on-line Class Schedule. This requires a minimum of 51 credits to be completed within Areas A to E. For questions on specific GE requirements you must follow, see the SARC staff. One class often overlooked is the B3 lab course. The B3 lab course must be taken from courses listed only in B1 or B2.
- _____ * Complete the requirements of your major. Consult your Sacramento State Catalog and meet with a major advisor **every** semester. Depending on your catalog rights you may have different specific course requirements - check your major requirements with an advisor from the major department.
- _____ * Complete any elective credits to total the minimum number of credits required for your specific degree (elective credits may not be necessary depending on your major). Total degree requirements vary from 120-140 credits depending on the major. See a SARC staff member for questions about electives.
- _____ Complete a minimum of 40 credits of upper division credits total. Most students will complete this requirement with credits from their major combined with the nine upper division general education credits. However, some majors like Communication Studies, Art, and History do not require enough upper division credits to fulfill the required 40, and you will need to take additional upper division elective credits.
- _____ Take 30 of your degree credits at Sacramento State for residency. Nine of these must be in General Education, and at least 24 must be upper division.
- _____ Pass the Writing Proficiency for Juniors. This test is usually taken during your junior year (after 60 credits but prior to completing 74 credits) after passing English 20 or its equivalent. You cannot take the Writing Intensive GE course until you have passed the WPJ.
- _____ Be sure to complete the additional requirements for Race/Ethnicity, Writing Intensive course, Foreign Language Proficiency and Second Semester English Composition.
- _____ Follow g.p.a. requirements in General Education (2.00) and your major (consult department). In GE, areas A1-A3 and B4 require a grade of C- or better.
- _____ Petition to graduate by October 1st for the following Spring semester and March 1st for the following Fall semester.
- _____ Follow satisfactory-progress rules and progress-to-degree requirements set forth by the NCAA and the Big Sky Conference.
- _____ * We recommend that students complete their general education, major, and electives concurrently (unless otherwise noted by your major department).

STRATEGIES AND GUIDELINES FOR ACADEMIC EXCELLENCE

Set goals and develop self-discipline with your academics, as you do with athletics.

Go to class! You can't pass if you don't attend.

Manage your time wisely.

Budget time for school, work, practice, and social time - stick to it!

Keep a calendar with assignments and exam dates

Study between classes, before practice, and on road trips

Start studying for exams and writing term papers early

Keep a separate notebook for each class -- be organized!

Introduce yourself to each of your instructors.

Visit your instructors during office hours if you have any questions or need additional information on lecture notes. They may be of great assistance in finding tutors or in getting extra information on how to better prepare for their exams or class assignments.

Introduce yourself to classmates and form study groups.

Buy your textbooks before or during the first week of class. Don't fall behind!

Be prepared, take good notes, and listen attentively in each class.

Read and review your notes from each class at the end of the day.

Know the course requirements - read the syllabus.

Sit in the front of class.

Meet with advisors, instructors, tutors, etc. every semester.

ASK FOR HELP - if you have a problem don't be afraid to seek help.

Be self-responsible and take pride in your work!

GLOSSARY OF TERMS

Add Permit	An Add Permit is required if a student is unable to add a course through MySACSTATE during the first two weeks of classes. Many courses are filled through MySACSTATE and students who wish to add these must get the instructor to sign an Add Permit, in order to over-ride the class enrollment level or other prerequisite. Add permits are available in the department offices. Once signed, students must turn the forms back into the department office.	Holds	Any financial or administrative obligations you have to Sacramento State are put on your record as holds. Holds can deny you access to register for classes, to request transcripts, or to receive financial aid. Holds must be cleared at least five business days before registering for classes through MySACSTATE . Examples of Sacramento State holds are: library fines, athletic equipment not returned, major advising requirement not met, residence hall fine, ELM/EPT test not taken, etc.
Writing Intensive	This is a course with comprehensive writing requirements (minimum 5,000 words). These courses are designated with an asterisk (*) and listed with the approved lists of general education courses in the class schedule. Students must have a passing score on the Writing Proficiency for Juniors (exam) before enrolling in a writing intensive course.	Initial eligibility	This is a general term that refers to the requirements a student-athlete must meet before being able to compete at a NCAA member institution. It includes such requirements as freshman meeting minimum SAT/ACT scores, completing core courses in high school, transfers having a certain number of transferable units, completion of an associate arts degree, etc. Each student-athlete may or may not have a different initial eligibility situation, therefore any questions on initial eligibility at Sacramento State, should be referred to our Initial Eligibility Coordinator, Shannon Hall or the Director of Compliance & Athletic Financial Services, Katherine Zedonis.
Athletic courses	These are courses offered through the Intercollegiate Athletics Department. They include classes for students interested in playing intercollegiate athletics at Sacramento State, classes for athletic conditioning, and upper division coaching theory. These courses are elective credits only and cannot be used towards the 24 or 18 solid credit total (unless you have electives remaining). Most of these courses are graded Credit/No Credit. A maximum of 14 CR/NC credits are applicable towards a Sacramento State bachelor's degree.	Intersession	Sacramento State offers Summer and Winter courses separate from the normal Fall and Spring semesters. These courses are taken through the College of Continuing Education. For information call 278-4433.
Catalog rights	This refers to the catalog year that a student must follow in order to meet all graduation requirements. Catalog rights are established when a student begins attending any combination of California Community Colleges and campuses of the California State University system (CCC/CSU). Catalog rights are maintained through continuous enrollment.	Learning Communities	The Learning Community Program was designed to help students form connections for academic and social support by taking classes together as a group. Each learning community consists of classes (usually 2-3), scheduled in a cluster. Learning Communities are organized to fulfill a variety of GE and major requirements, so you can make steady progress toward your degree while taking interesting classes.
Continuing-eligibility	This is a general term that refers to the NCAA requirements that a student-athlete must meet while attending and competing for a NCAA member institution. It includes rules such as completing satisfactory-progress each year, maintaining full-time enrollment, completing the 40/60/80% rule, pre-approving summer school courses, completing degree percentage requirements, declaring a major, etc.	Lower division course	A course at Sacramento State numbered 1 - 99. All courses taken at the community or other two-year colleges are considered lower division.
Continuous enrollment	Enrollment in one semester or two quarters each calendar year at a CCC or CSU system school. Enrollment outside the CCC/CSU also maintains enrollment, but (1) that enrollment must be preceded by enrollment at a CCC or CSU and (2) it may not exceed two years in a row.	Major credits	These are the specific course requirements necessary for a specific major. (For instance, Communications 100A is just one of many courses required for the Communication Studies major.) Specific course requirements for all majors can be found in the current Sacramento State Catalog.
ELM	Entry Level Mathematics exam. This is a placement exam required for all students who have not completed the Quantitative Reasoning requirement in general education (Area B4a). Students can sign-up in the Testing Center. Note: Some students are exempt from the ELM based on SAT/ACT scores, advanced placement scores or equivalent Math courses from other colleges. This test must be taken prior to attending Sacramento State or you will not be allowed to enroll.	Minor	A minor is a series of courses similar to the major, but less comprehensive. A minor is a good way to satisfy elective credits. Requirements for a minor vary in each department, but most are approximately 12-30 credits. <u>Minors do not count towards the 24 or 18 credit satisfactory-progress requirement</u> (unless elective credits are available or if the major department requires a minor).
EPT	English Placement Test. This exam is required for all students who have not completed the Written Communications requirement in general education (Area A2). Students can sign-up in the Testing Center. Note: Some students are exempt based on SAT/ACT scores, advanced placement scores, or equivalent English courses from other colleges. This test must be taken prior to attending Sacramento State or you will not be allowed to enroll.	MySACSTATE	This can be accessed from the Sacramento State homepage: www.csus.edu . The "Student Center" can be found within MySACSTATE and allows students to update their personal contact information, check for holds, view their registration date and time and receive messages sent via the online messaging system.
General Education	These courses are required of most students and are designed to convey general knowledge or skills applicable to numerous fields of study rather than more specialized subjects. They are broad in character and usually have no prerequisites. GE courses are listed on the campus website or in the annual Registration Handbook. The GE courses are separated in Areas A, B, C, D, and E, based on scope and topic. NOTE: The current GE pattern for most student-athletes is the 1992 to Present Pattern and requires 51 credits.	Priority Registration	This is a privilege given to Sacramento State student-athletes. By meeting the minimum requirements outlined previously in this handbook, student-athletes are given the opportunity to select and register for courses through MySACSTATE very early in the registration process. Note: Student-athletes who do not meet the minimum requirements, will not be granted this privilege under any circumstances!
Graduation Application	In order to graduate from Sacramento State, students must <u>APPLY</u> to graduate. Graduation Petitions are available online and you must have COMPLETED 90 credits. Be prepared to meet with a major department advisor/chairperson. Students must apply by October 1st for the following Spring semester and March 1st for the Fall semester.	Progress towards degree	This is the new NCAA term beginning in Fall 2003 that refers to many of the continuing eligibility requirements for student-athletes beginning full-time enrollment Fall 2003 or later. These new rules include specific term-by-term credit requirements as well as the increased percentages-to-degree requirements of 40%, 60% and 80%.
		Residency requirements	This refers to credits required to be taken at Sacramento State in order to earn a degree from Sacramento State. Of the 120-140 hours required, at least 30 credits must be completed at Sacramento State, with at least 24 being at the upper division level and nine coming from general education.

SARC	Student-Athlete Resource Center – Lassen 3002
“Serious & compelling reasons”	In order to add or drop courses after the second week of classes, students must submit written reason(s) why they are attempting to add or drop a course after the two week deadline. The reason(s) must be serious and compelling. (i.e. work schedule, medical, etc..) Acceptable reasons are determined by the instructor and department office.
Solid degree credit	This refers to credits that are satisfying the 120-140 credits required for an undergraduate degree. This includes credits taken to fulfill general education, major, and electives (if necessary). Credits taken to count towards the 24 or 18 credits for satisfactory-progress must be counting toward the degree. Student-athletes who do not have elective credits remaining cannot use credits towards a double major, a minor, or any other extra credits taken beyond the undergraduate degree requirement. For instance, Intercollegiate athletic courses (ATIC) do not count unless you have room for electives credits within your 120-140 degree credits required.
Upper division course	A course at Sacramento State numbered 100 - 199. These courses are more advanced and often have prerequisites.
WPJ	Writing Proficiency for Juniors. A passing score on the WPJ is required for graduation. The exam is a 2 1/2 hour essay test based on a single topic or question. The topic requires only general knowledge and university-level writing skills. A Passing score is 80. Students must pass the WPJ before taking a writing intensive course. Students should take the WPJ during their junior year after passing English 20 or its equivalent and prior to 74 total credits.

FINANCIAL AID

General Information

Financial aid is available for all citizens or eligible non-citizens who apply. By filing the Free Application for Federal Student Aid (FAFSA), you have taken the first step towards receiving financial aid. Types of financial aid include: Pell Grants, State University Grants (SUG), Cal Grants, EOP Grants, Supplemental Educational Opportunity Grants (SEOG), Stafford loans, Parent PLUS loans, Perkins Loans, Federal Work Study, and academic, athletic, and need-based scholarships.

The FAFSA is available online at www.fafsa.ed.gov. By taking 30 - 45 minutes to complete your application, you significantly enhance your opportunities to fund your college education.

When to Apply

Although applications are accepted throughout the academic year, it is best if you submit your application by the priority deadline of **March 2nd** prior to the academic year you are applying for. If you apply during this time, you are considered an on-time applicant and may increase your eligibility for deadline specific programs including the Cal Grant. Remember that the FAFSA is only valid for one academic year, so you must file a new FAFSA every year.

Completing Your File

Your application may be selected for a process called verification. Verification is a set of federally defined criteria used to determine if documentation is needed in support of data reported on financial aid applications. Applicants selected for verification will be notified by the Financial Aid office via My Sac State. When you are selected for verification, you may be required to complete a Verification Worksheet and provide income-verifying documentation (including tax returns) for both you and your parents.

All documents requested should be turned in to the Financial Aid office as soon as possible to ensure a faster processing and award determination. Be sure to fill in all forms completely to avoid processing delays with your file.

Determining Your Financial Need

Once your file is complete, a federal formula is used to determine your family contribution. That figure is subtracted from your costs to attend Sacramento State. The result is your financial need. You will receive an award letter notification via **MySACSTATE** once your file is complete and your financial need has been determined.

If you have any questions please contact the Financial Aid office at (916) 278 - 6554 or visit **MySACSTATE**. You can also log onto www.csus.edu/faid.

For additional information refer to the “**The Student Guide - Financial Aid from the U.S. Department of Education**.” This publication is available through the Sacramento State Financial Aid Office in Lassen Hall Room 1006, or by calling 1-800-4-FED-AID (1-800-433-3243).

Accept/Decline Your Financial Aid Offer

Once you’ve received your award letter notification, you will need to go into your MySACSTATE account to accept or decline the financial aid items that are being offered to you. If you accept a Direct Loan, you will also need to complete Entrance Loan Counseling and a Master Promissory Note through Direct Loans. These items will be listed under your To-Do List on your MySACSTATE account when it is time to complete the requirements.

ATHLETIC GRANT-IN-AID PHILOSOPHY

In continuing effort to attract top quality student-athletes to Sacramento State, athletic grant-in-aids are awarded upon the Head Coach’s recommendation through the Financial Aid Office. The number of grants available is determined on a yearly basis. Each Head Coach is responsible for deciding whom to offer athletic grant-in-aid to and for what amount. Renewals are based on continued participation in the sport and compliance with all applicable rules and regulations.

COVERED CHARGES

There are certain charges that your scholarship does NOT cover. Tuition, fees, books, room and board are all included in a FULL scholarship. As stated above, each Head Coach is responsible for deciding whom to offer athletic grant-in-aid to and for what amount. The following charges will NOT be paid by the Athletics Department:

1. Library fines
2. Fines for damage to University property
3. Lost keys
4. Parking permits
5. Parking fines/tickets
6. Dorm security deposit
7. Increased meal plan
8. Lab fees
9. Failure to return athletic equipment/apparel

CONFIRMATION OF STUDENT-ATHLETE HOUSING

Student-athletes on athletic scholarship must complete a Housing Confirmation form with the Compliance Office each academic year. If a student-athlete **lives with their parents**, this can impact their scholarship allocation for room and board as well team NCAA limits. Note: If your housing changes after you submit this form you are required to see the Compliance Office to revise your housing form.

PROCEDURES FOR RECEIVING YOUR SCHOLARSHIP CHECK

Scholarship checks are generally disbursed twice each semester. The first disbursement occurs around the first week of the semester and the second disbursement usually occurs at the end of October for the fall semester and the end of March for the spring semester.

If you are a scholarship student-athlete you have 3 options to receive your disbursement:

- o ERefund: You can have your financial aid deposited directly into any bank account. There are no fees to sign up for ERefund. You can find information about signing up on your MySacState account. If you have specific questions about ERefund, you can contact eRefundhelp@csus.edu or the Student Financial Services Center at (916) 278-6736.
- o If you prefer to pick up your check, then you must fill out a “No Mail” request form with the Student Financial Services Center EVERY semester. The “No Mail” request form must be submitted two weeks prior to the start of the semester.
- o if you do not select either of the above options, then your scholarship disbursement will automatically be mailed to the current address you have listed on your MySacState account. Make sure to keep your address accurate and up-to-date.

Please note that prior to the start of classes all prospective student-athletes whom we have not certified as eligible will have a hold placed on their athletic aid. This hold will prevent athletic financial aid disbursements and will only be removed once the athlete’s eligibility is certified by the Compliance Office.

BOOK SCHOLARSHIP POLICY

Some student-athletes are awarded a book scholarship as part of their athletic grant-in-aid agreement. Please note that this procedure is subject to change per the University Bookstore and/or One Card Center.

- (1) The yearly value of the book scholarship award is indicated on the student-athlete's grant-in-aid agreement. Any amount exceeding the semester award is the responsibility of the student-athlete.
- (2) The book award is for the purchase of required textbooks for the classes currently enrolled. These books may only be purchased at the University Bookstore on campus. The book award cannot be used for miscellaneous items, clothing or art supplies. If you have a textbook that can only be purchased online, please stop by the Compliance Office to inquire about your options.
- (3) The book scholarship card is a separate card from the student ID card issued. This card will indicate the student-athlete's name and sport. A list is provided in advance of each term to the One Card Center by the athletic department. If an incoming student-athlete has not had their eligibility certified, this card will be placed on hold until they are certified eligible to receive athletic aid.
- (4) First-year student-athletes in their first semester on campus will have to pick up their book cards at the Compliance Office. Student-athletes are provided only one book card for their entire enrollment. If lost or stolen the student-athlete will have to pay a replacement fee of \$15 to obtain a new card at the One Card Center.
- (5) Once the student-athlete is certified eligible and their book card has been activated, they can select the required textbooks he or she needs and wait in the **Customer Service** line ONLY at the book store. The student-athlete must present their book card before check out.
- (6) **The book card will be turned off mid-semester.**
- (7) If you do not use all of your book scholarship dollars, the unused dollars will not be carried over to the next semester nor will they be disbursed to you.
- (8) **Student-athletes are required to pick up a duplicate receipt from the bookstore when using their card. This receipt must be returned to the Compliance Office, and must include the name and sport of the student-athlete.**
- (9) If the student-athlete wants to drop a class and return the books, they are subject to the return policies for all students issued by the book store.

REDUCTION/CANCELLATION OF ATHLETIC GRANT-IN-AIDS

Student-Athletes on an athletic grant-in-aid have an additional responsibility to the Athletics Department. An athletic grant-in-aid may be reduced or canceled during the period of the award (academic year) due to substantiated negative personal conduct, academic/NCAA ineligibility or voluntary withdrawal from the team. When an athletic grant-in-aid is reduced or canceled, the student-athlete has the ability to appeal the decision in writing to the Financial Aid Office, if he/she feels that the reasons are questionable or unfair. The student-athlete must do this within four weeks from the date they are notified of reduction or cancellation of aid. The appeal is handled by the Financial Aid Office.

OUTSIDE SCHOLARSHIPS

NCAA rules carefully regulate the source of funds from which a student-athlete may receive assistance during his/her career. Scholarships from sources **outside the University** are permissible as long as they meet the NCAA guidelines. **If a scholarship is received directly by the student-athlete, it is his/her responsibility to notify the Athletic Compliance Office by calling (916) 278-4537 or (916) 278-2644 or going directly to the Office of Compliance.**

Failure to supply this information to the Compliance Office could put Sacramento State, your team and yourself at risk of violating NCAA rules. **Furthermore, NCAA rules mandate that all outside scholarships/aid must be disbursed through the Institution (Sacramento State) and should be mailed to:**

*California State University, Sacramento
Scholarship Office, Lassen Hall 1006
6000 J Street
Sacramento, Ca. 95818-6044*

NCAA STUDENT-ATHLETE OPPORTUNITY FUND

The NCAA Student-Athlete Opportunity Fund provides funds for student-athletes in an attempt to respond to emergency or critical needs. The Coordinator of Life Skills & Student-Athlete Development is responsible for the coordination of this program with the Big Sky Conference Office. The Life Skills

& Student-Athlete Development office will notify student-athletes if they are eligible for the fund and the amount that they are eligible to receive. Detailed instructions will be provided on how to complete necessary paperwork. Failure to accurately complete all instructions in a timely manner may result in loss of the ability to utilize this fund.

Permissible uses of the Student-Athlete Opportunity Fund include:

1. Medical expenses (except those covered by another insurance program, either institutional or personal);
2. Vision Therapy (contact lenses, eyeglasses);
3. Off-campus psychological counseling;
4. Costs associated with student-athlete or family emergencies;
5. Purchase of expendable academic course supplies (notebooks, pens) and rental of nonexpendable supplies (computer equipment, cameras) that are required for all students enrolled in the course;*
6. Cost of clothing, travel from campus to home and other essential expenses (not entertainment) up to \$500 a year/\$250 a semester.*

*** All student-athletes are eligible to receive Student-Athlete Opportunity Funds for number 1 through number 4. Student-athletes are only eligible to receive funds for number 5 & 6 if they meet the following criteria:**

1. Pell-eligible student-athletes, including student-athletes whom have exhausted their athletics eligibility or no longer are able to participate because of medical reasons.
2. Student-athletes who are receiving countable aid and who have demonstrated financial need, including student-athletes whom have exhausted their athletics eligibility or no longer are able to participate because of medical reasons.
3. International student-athletes who have demonstrated financial need and are approved and certified in writing by the Sacramento State Office of Global Education (Lassen Hall 2304)
4. Have successfully completed the Free Application for Federal Student Aid (FAFSA) with the Financial Aid office.

NCAA POST-ELIGIBILITY SCHOLARSHIP PROGRAMS

Each year the NCAA awards more than \$1.4 million in scholarships to deserving students who have participated in college athletics or are pursuing an athletics-related career. One scholarship is at the undergraduate level; four scholarships are at the postgraduate level. Note: All scholarships are highly competitive. Please contact Laurie Dahlberg at (916) 278-5440 for more information on how to apply. The application deadlines are different for each scholarship so we encourage student-athletes to inquire as soon as possible. Please note: These scholarships are not athletic grant-in-aid scholarships offered based on athletic participation; they are scholarships for student-athletes who have completed their athletic eligibility and competition.

NCAA DEGREE COMPLETION SCHOLARSHIP (6TH YEAR SCHOLARSHIP)

This scholarship is designed to assist student-athletes in their 6th year of undergraduate coursework. In other words, they have exhausted their five year clock. Applicants must have completed his/her eligibility at a Division I institution, must have received athletics related aid and must be within 30 credits of graduation. In the past 9 years, Sacramento State has been awarded thirty three - 6th year scholarships. Applications for Fall funding are available March 1st and August 1st for Spring funding. ***Note: Since funding decisions are not determined until early to mid summer, students are responsible for paying registration fees to allow for early registration. After a decision of approval is made by the NCAA and checks are received by the Sacramento State Scholarship Office, students will be reimbursed by Financial Services.**

NCAA POSTGRADUATE SCHOLARSHIPS

The NCAA offers the following postgraduate scholarships:

- NCAA Postgraduate Scholarship
- NCAA Women's Enhancement Scholarship
- NCAA Ethnic Minority Scholarship

BYERS SCHOLARSHIP

The above mentioned scholarships are extremely difficult to receive. GPA requirements are generally between a 3.00-3.50. To qualify, student-athletes must be within the top five percent of all student-athletes nationally – academically and athletically. (For instance, be a member of a championship team or awarded All-American status, etc.)

SACRAMENTO STATE ATHLETICS 5TH YEAR SCHOLARSHIP PROGRAM

A limited number of 5th year scholarships are available to student-athletes who have completed their four seasons of athletic eligibility. These scholarships will cover in-state registration fees.

This scholarship will be awarded based on availability of resources and student qualifications. The selection committee evaluates each application and bases its recommendations to the Athletic Director on several criteria. As the demand and popularity for these scholarships increase each year, there is a strong possibility not all applicants will be awarded.

The selection committee will prioritize those student-athletes who exhibit the highest totals in each of the following (but not limited to) criteria:

- Total number of academic credit completed after 8 semesters.
- GPA
- Number of years at Sacramento State
- Student-athletes who are within one term of graduation
- Student-athletes who are within two terms of graduation

For the entire list of criteria, please see the official 5th year Scholarship Application. For the application deadline inquire with the SARC staff.

SACRAMENTO STATE ATHLETICS SUMMER SCHOOL SCHOLARSHIP PROGRAM

A limited number of summer school scholarships are available to student-athletes. In order to qualify for one of these scholarships you must have received athletic scholarship during the regular academic year and be at Junior level standing. This summer scholarship is for classes taken at Sacramento State and covers up to 6 credits.

Priority is given to:

- Graduating seniors for the summer in question
- Seniors who need it to accelerate graduation time-line
- GPA
- Students planning to take the maximum credits covered under the scholarship (6)

Student-athletes must submit a completed application and coach's written recommendation to Laurie Dahlberg in early March.

NCAA COMPLIANCE

NCAA DISCIPLINARY ACTION

An enrolled student-athlete found in violation of NCAA rules or unethical conduct will be ineligible for further intercollegiate competition, subject to an appeal to the NCAA Eligibility Committee for restoration of eligibility. Unethical conduct may include, but is not limited to the following:

1. Refusal to furnish information relevant to an investigation of possible NCAA rules violations.
2. Knowingly involved arranging fraudulent academic credit or false transcripts.
3. Knowingly involved in receiving an improper recruiting inducement or extra benefit.
4. Knowingly furnishing the NCAA or Sacramento State false or misleading information concerning involvement in or knowledge of matters relevant to a possible violation of NCAA rules.

VIOLATIONS

Potential NCAA rule violations must be immediately reported to the Compliance Office by calling (916) 278-4537 or going directly to the Office of Compliance.

PROMOTIONAL ACTIVITIES

Before allowing a student-athlete to participate in any institutional, charitable, educational or nonprofit promotion, check with the Compliance Office to see if the activity is permissible.

EMPLOYMENT

All on and off campus employment earnings are exempt from institutional and individual financial aid squad list limits. Bylaws 12 and 16 continue to require a student-athlete who works be paid at a rate commensurate with the going rate for similar services.

Per NCAA bylaw 12 a student-athlete may receive compensation for teaching or coaching sports skills or techniques in his or her sport on a fee-for-lesson basis, provided they have received prior approval from the Compliance Office.

FEE-FOR-LESSON INSTRUCTION

A student-athlete may receive compensation for teaching or coaching sport skills or techniques in his/her sport on a fee-for-lesson basis, provided:

1. Institutional facilities are not used.
2. Playing lessons shall not be permitted.
3. The institution obtains and keeps on file documentation of the recipient of the lesson(s) and the fee for the lesson(s) provided any time of the year.
4. The compensation is paid by the lessons recipient (or their family) and not another individual or entity.

MODELING

A student-athlete may NOT start modeling during their collegiate enrollment as a Division I student-athlete, unless they provide proof employment prior to enrollment to the Compliance Office.

OUTSIDE COMPETITION

A student-athlete MUST receive permission from the Compliance Office PRIOR to participation.

AWARDS & BENEFITS

Student-athletes may never accept a cash award or a cash-equivalent award for athletics participation. Check with the Compliance Office before accepting any awards based on athletic ability. Generally receipt of a benefit by a student-athlete is not a violation if that benefit is available to all students at the institution. Secondly, it is not permissible for a student-athlete to receive a benefit that is the result of a "special" arrangement by an institutional employee, booster, employer or fan. Non-permissible benefits include but are not limited to:

1. Free or reduced housing/rent including the use of vacation or seasonal homes;
2. Free or reduced meals;
3. Loans or cash advances in pay or salary;
4. Gifts or presents of any type regardless of the occasion or purpose;
5. Use of telephone for long distance or use of telephone cards and cell phones;
6. Free use of any motor vehicle, boat, or recreational vehicle;
7. Free use of services (auto repair, laundry, copying, faxing, etc.)
8. Free or reduced memberships at golf courses, health clubs, etc.

GAMBLING

The NCAA opposes all forms of legal and illegal sports wagering. The NCAA adopted Bylaw 10.3 prohibiting staff members and student-athletes from engaging in gambling activities as they relate to intercollegiate or professional sporting events. NCAA Bylaw 10.3 stipulates that staff members of the athletics department of a member institution and student-athletes shall not knowingly:

- (a) Provide information to individuals involved in organized gambling activities concerning intercollegiate athletics competition;
- (b) Solicit a bet on any intercollegiate team;
- (c) Accept a bet on any team representing the institution;
- (d) Solicit or accept a bet on any intercollegiate competition for any item (e.g., cash, shirt, dinner) that has tangible value; or
- (e) Participate in any gambling activity that involves intercollegiate athletics or professional athletics, through a bookmaker, a parlay card or any other method employed by organized gambling.

AMATEURISM

You are not eligible for your sport if you have:

1. Taken pay or the promise of pay, for competing in your sport;
2. Agreed to compete in professional athletics;
3. Played on any professional athletics team; or
4. Used your athletics skills for pay in any form.
5. Accepted any benefit from an agent
6. Agreed to have an agent promote your athletic ability; or
7. Allowed your name, picture, appearance or athletic reputation to be used to promote a commercial product or business venture.

AGENTS

A student-athlete will become ineligible for participation in their sport if that student agrees (orally or in writing) to be represented by an agent. In addition, if the student-athlete agrees to be represented in future professional sports negotiations that are to take place after the student graduates, he/she will become ineligible. A student-athlete will become ineligible if the student or the student's relatives or friends accept transportation or other benefits from any person wishing to represent the student-athlete.

A student-athlete may secure advice from a lawyer concerning a proposed professional sports contract, only if the lawyer is not representing the student in negotiations for such a contract. If an agent contacts one of your student-athletes, notify the Compliance Office and the AD immediately.

COMPLIMENTARY ADMISSIONS

According to NCAA regulations, student-athletes are allowed a MAXIMUM of four (4) complimentary admissions per home event in their respective sports. All eligible student-athletes as well as non-scholarship athletes are included. Those persons receiving the complimentary admission are admitted via a pass list (photo identification and signature required) and actual tickets are not provided. Student-athletes must make arrangements for complimentary tickets through their coaching staff in the time frame designated by the Ticket Manager.

Student-athletes may neither receive payment for complimentary admissions nor exchange them for any item of value. Violation of this NCAA requirement will jeopardize the student-athlete's eligibility to compete.

In the event of a postseason competition, the Athletics Department reserves the right to determine complimentary ticket distribution within guidelines established by the Conference and the NCAA.

SEASONS OF COMPETITION - FIVE-YEAR RULE

You have five calendar years in which to complete four athletic seasons in a sport. The five-year clock begins when you first become a full-time student at any collegiate institution. These years are continuous. You do not regain the time during which you are not enrolled in school. You may be granted an extra year of eligibility if you meet medical hardship criteria, but this will not extend the five-year clock.

MEDICAL HARDSHIP

Medical Hardship is defined as an incapacitating injury or illness that occurs during the first half of the season before you have participated in more than three events or 30 percent of the events in your sport, whichever number is greater. The medical hardship must be granted by the Big Sky Conference.

SACRAMENTO STATE AND NCAA POLICIES AND PROCEDURES TRANSFER TO ANOTHER FOUR-YEAR SCHOOL

PERMISSION TO CONTACT

If a Sacramento State student-athlete (SA) is interested in transferring to another four-year institution, that institution must first obtain written permission from Sacramento State to contact the SA.

1. The SA must notify the head coach of his/her desire to talk to other institutions about the possibility of transferring. The coach must notify the Compliance office.
2. The head coach will notify both the Compliance office and Sports Supervisor whether he/she will:
 - Grant a **blanket release** giving permission for any institution to contact the SA,
 - Grant permission to contact **only to certain institutions** (i.e., outside the conference or other reasons), or
 - **Deny** other institutions permission to contact the SA.
3. If the release is granted, the Compliance Office will prepare in writing either:
 - A "permission to contact" for specific institutions that ask in writing to speak to the SA, or
 - A blanket release providing permission to any institution to speak to the SA. **This is given to the SA to send to other institutions.**
4. If Sacramento State does not grant other schools permission to contact the SA, the Compliance Office must inform the SA in writing of his/her right to appeal through a hearing.

ONE-TIME TRANSFER EXCEPTION

Once other four-year institutions have been granted permission by Sacramento State to talk to a SA about transferring, those institutions that are seriously interested in the SA will **send a Transfer Release Form** either to the Director of Athletics or Compliance Office at Sacramento State. This transfer release asks questions about the SA's academic, financial aid, and athletic participation history to determine SA's eligibility, seasons of competition remaining, and other information.

The Transfer Release Form will also ask Sacramento State to grant a "one-time transfer exception" to the one-year residence requirement for SAs in all sports except baseball, football and basketball. If Sacramento State does not grant a one-time transfer exception to the residence requirement, the Compliance Office must inform the SA in writing of his/her right to appeal through a hearing.

POLICIES AND PROCEDURES FOR APPEAL HEARING

A SA may appeal the Athletic Department's decision either to deny other institutions permission to contact the SA concerning a transfer or not to grant a one-time transfer exception to the residence requirement.

1. The SA must submit a request for an Appeal Hearing **in writing** to the Compliance Office **within 14 days of receiving written notification from the Compliance Office** of the SA's right to an appeal hearing.
2. Barring extenuating circumstances, failure to file a timely appeal shall constitute a waiver of the right to an appeal.
3. Per NCAA bylaws a committee composed of the Sacramento State Faculty Athletic Representative (FAR), student-athletes, and non-athletics faculty/staff shall hear the appeals of the Athletic Department's decision to deny institutions permission to contact the SA concerning a transfer or not to grant a one-time transfer exception to the residence requirement. The FAR chairs the committee.
4. The FAR shall notify all parties of the hearing date, which shall be set for the earliest possible date, but in any event, not later than 20 days after the appeal has been filed. The failure of the SA to appear without justifiable cause shall foreclose the right to an appeal.
5. The FAR shall be responsible for ruling on procedural matters and the admissibility of evidence, but is not a voting member of the committee. The Compliance Director will be in attendance to answer any NCAA bylaw questions of the committee.
6. All parties shall be afforded reasonable opportunities for oral arguments.
7. Upon the immediate conclusion of the hearing, the committee shall convene to deliberate in closed session. As soon as a decision is reached, the parties shall be notified orally. However, a formal letter confirming the decision shall be sent to all interested parties.
8. The decision of the committee shall be final.

RECRUITMENT

Current student-athletes are an information resource about the campus and athletic program; therefore, you have an important role in recruiting. To ensure fairness, the NCAA carefully defines the conditions under which prospective student-athletes may be recruited by member institutions. It is essential that student-athletes serving as hosts carefully adhere to the rules during official visits by prospective student-athletes visiting our campus.

You have a responsibility to understand and abide by the NCAA (13.6.7.5), Big Sky Conference and institutional regulations. Please carefully review the following rules:

1. A freshman student-athlete may not serve as a student host unless he or she has been certified as a qualifier by the NCAA Initial-Eligibility Clearinghouse.
2. Only one official student host is permitted for each visiting prospect. Other students may assist with hosting the prospect but shall pay for their own entertainment and meals. A student host is entitled to receive complimentary meals during the prospect's official visit, provided the student host is accompanying the prospect for such meals.
3. A maximum of \$30 for each day of the visit may be provided to the student host to cover all actual costs of entertaining the student host, the prospect (and the prospect's parents, legal guardians or spouse), excluding the cost of meals and admission to campus athletic events. **THESE FUNDS MAY NOT BE USED FOR THE PURCHASE OF SOUVENIRS SUCH AS T-SHIRTS OR OTHER INSTITUTIONAL MEMENTOS.** It is permissible to provide the student host with an additional \$15 per day for each additional prospect the host entertains. **Any unused funds must be returned to the coach.**

4. No cash may be given to the prospect or anyone accompanying the prospect.
5. A student host may not use vehicles provided or arranged for by any coach, institutional staff member or booster of the university. A student host should **never** allow the prospect to use or drive the student host's car. A student host may not transport the prospect or anyone accompanying the prospect more than 30 miles from campus.
6. A student host should not allow recruiting conversations to occur on or off campus between the prospect and a **booster** of the athletics program. If an unplanned meeting occurs, only an exchange of greetings is permissible.
7. A visiting prospect may participate in physical workouts or other recreational activities during a visit as long as: a) the activities are not organized or observed by your coach; and b) the activities are not designed to test the prospect's athletics abilities.
8. As the student-host, you are responsible for the activities of the recruit. You are not allowed to participate in or allow the prospect to participate in the following:
 - Consumption of alcohol and/or illegal drugs
 - Adult entertainment (including entertainment clubs and hiring of escorts/exotic dancers)
 - Entering drinking establishments if you or the prospect are under the age of 21

MEDIA RELATIONS

All student-athletes are encouraged to participate in interview sessions to generate positive publicity and present the best possible image of the Department, including one of good sportsmanship. All interviews must be arranged through the Media Relations Office or the head coach of the specific sport. Interview sessions are normally held before or following regular practices and other athletic events. Head coaches, with assistance from the Media Relations Office, are responsible for providing their student-athletes with specific guidelines for speaking to media representatives. The following guidelines are presented to student-athletes to assist in speaking to the media:

HELPING STUDENT-ATHLETES WORK WITH THE MEDIA

1. Never agree to a telephone or personal interview unless the arrangements have been coordinated by the Media Relations Office or your coach. The Media Relations Office will not give out your phone number to the media and recommends student-athletes not to give out their phone numbers to the media. If a member of the media calls you, tell them to contact the media relations office (278-6896). We will have access to your class schedules and realize you need time away from the sport. This also assures you of avoiding contact by unauthorized people.
2. The media is not your enemy; in fact, they can be your friends if you handle them properly and take the initiative with them during interviews. By cooperating with the media you can give your side of the story, your positive opinions, and your message.
3. You may be asked the same questions over and over again, but members of the media cannot all be there at the same time. Have patience.
4. Be on time for scheduled interviews or in returning phone calls arranged by the media relations office personnel or your coaches. If you encounter problems with the scheduled interview or phone call, notify any member of the media relations staff. Never be a "no show". Always be dependable. Remember, the media has a job to do and deadlines to work under.
5. You are not obligated to answer a question if you do not feel comfortable with it. A proper response could always be, "I would rather not discuss that subject at this time;" or "I would rather not make a comment on the question at this time;" or "You will have to ask my coach." Do not say anything you would not want to see or hear in the next day's newspaper or on a radio or television broadcast. Remember, nothing is off the record.
6. Always feel free to talk with the media relations staff (Brian Berger, 278-3413 or Ryan Bjork, 278-6896) if you are uncomfortable with the questions, answers, or general tone of the interview. Someone from the media relations office can brief you on a particular subject or question if you don't feel comfortable.

7. If you perform well and are interviewed, your appearance, what you say, and what you do at the time will stay with you for the rest of your life. It will shape the perception that people have of you for the same period. Your image is reflected through the media. You can use that to your advantage. Use good judgment. Remember, you represent Sacramento State and as a result, you are Sacramento State to fans, media, and to the general public everywhere.
8. Remember, you are in a team sport. Always be respectful of your opponents both before and after the game; give proper credit to your teammates and coaches. Never second-guess coaching decisions; be a polite winner and a gracious loser.
9. Think through every question you are asked and be sure what you say won't embarrass another player or coach. Think before you respond. Avoid clichés.
10. At times, you may be asked about a topic that is "Family Business". Remember, questions that are personal in nature may best be things that should remain within the "Team Family".

MORE TIPS WHEN DEALING WITH THE MEDIA...

BE COOPERATIVE - Reporters need your comments for their story. If you make yourself available to answer their questions, they will appreciate it because it makes them look more professional...

DON'T BE DEFENSIVE - Attitude is everything; stay calm, remain in control in all situations...

AVOID "NO COMMENT" - It makes you look like you have something to hide or are guilty. Try to find a response to every question...

IF YOU DON'T KNOW, SAY SO. Talk about what you DO know; don't talk about what you DON'T know. That is better than giving incorrect, misleading or damaging information...

LISTEN TO THE QUESTION CAREFULLY - Make sure you understand the question before you answer. If you don't understand, ask for clarification or have the interviewer repeat the entire question...

PERSONALIZE - In one-on-one interviews, use the reporter's first name. It helps you take control and makes you sound more confident and conversational...

SAY "THANKS" - Your final actions in the interview may leave the strongest impression with the reporter. Make every encounter a memorable one—chances are you will get more favorable stories in the future.

ATHLETIC EQUIPMENT ROOMS

MEN'S ISSUE ROOM (YOSEMITE HALL)

Work Hours: Monday - Friday 6:30 am to 3:30 pm *

Summer Hours: Closed from June 15th – August 15th

WOMEN'S ISSUE ROOM (YOSEMITE HALL 182)

Work Hours: Monday - Thursday 8:00 am to 5:00 pm *

Friday 8:00 am to 4:00 pm *

Closed for lunch from 2:00pm to 3:00pm

BROAD ATHLETIC FACILITY ISSUE ROOM

Work Hours: Monday – Saturday 10:00 am to 6 pm*

*Any change in times/closures will be posted.

ONLY AUTHORIZED PERSONNEL WILL HAVE ACCESS TO THE EQUIPMENT ROOM.

ROSTERS, SCHEDULES & RECORD FORM

Coaches will give a list of prospective team members to the attendants. Athletes including redshirts chosen on the final roster need to complete an Athlete Record Form. Coaches will provide in advance (24 hours) any changes in practice/game schedules and changes in travel roster. Remember, the equipment room and laundry personnel are available to help you and your sport - they must be kept informed!

LOCKERS AND LOCKS

Team members including redshirts will receive lockers and locks. Please show a valid One Card. Team members may retain lockers for Fall and Spring seasons as long as they are competing and/rare in strength and conditioning programs including injury rehab. **IF A TEAM MEMBER DROPS OUT OF ANY SPORT AT ANY TIME, LOCKERS MUST BE CLEANED AND LOCKS RETURNED TO THE ISSUE ROOM AT DROP TIME.** Failure to do so will result in a \$10.00 fee plus cost of items not checked in and a HOLD placed on **MySACSATE**.

LAUNDRY

The Men's Issue Room will issue and launder for the following sports: men's soccer and men's basketball. The Women's Issue Room will issue and launder for the following sports: volleyball, softball, women's soccer, women's basketball, and gymnastics. The Field House will issue and launder for the following sports: cross country, baseball, football, track and field. In addition the Field House also provides support on the weekends for certain teams that are competition.

All clothing and towels issued to athletic teams will be laundered by the attendants. Each athlete is responsible for turning in and picking up their clothing. **TURN IN CLOTHING IMMEDIATELY AFTER PRACTICE OR GAME** in the laundry bags provided in the team rooms, or the After Hour Drop located by the Issue Room window. On most away travel, particularly flights, clothing is due to the Issue Room by 12:00 pm the day following arrival home. The Issue Room attendants will prioritize by the teams competition and practice schedules. No personal items will be laundered.

LAUNDRY MACHINES AND USAGE

Use of the laundry machines and all equipment room facilities is limited to equipment room personnel.

UNIFORM & EQUIPMENT ISSUE

Each athlete will be issued practice/game uniforms/equipment by Issue Room Attendant. Clean clothing will be distributed from the Issue Room. Special equipment and/or clothing will be issued on a required basis. Coaches will arrange a specific time with the Issue Room attendants for each team member to be outfitted with the necessary items.

All clothing/equipment issued must be returned within ten days of the end of the season or when the coach informs the Issue Room Attendant that the athlete is no longer participating on the team. It is the athlete's responsibility that the equipment issued is returned to the Issue Room in good condition. There will be a financial responsibility for any lost or damaged equipment/clothing by the athlete. Failure to return equipment or clothing will result in University action in the form of financial charges per item and placing a hold on **MySACSATE**.

The only persons authorized to modify equipment or clothing is the Issue Room Attendant on the advice or consultation with the respective coach.

No piece of athletic equipment, apparel or other Department of Athletics item may be sold or given away without the prior approval of the Director of Athletics. There is a Property Removal form available for this purpose.

STRENGTH AND CONDITIONING

All head coaches must meet with the Director of Strength & Conditioning to discuss and evaluate a strength and conditioning program they will implement for the student-athletes both in and out of season. It is the expectation that all coaches will work with their assigned Strength and Conditioning Coach to review their program. However, should a coach choose to use his or her own program, they are then responsible for supervising their team with their own staff present in the weight room during their entire training sessions on the agreed days and times slotted by the Director of Strength & Conditioning.

Hours of operation are determined by the Director of Strength & Conditioning and the needs of the respective sports. **No team training sessions will exceed 1 hour in the weight room.**

SAFE OPERATION

Use of the strength and conditioning room is restricted to the following individuals:

- Members of intercollegiate athletic teams if supervised by a coach.
- Current coaches of an intercollegiate athletic team at Sacramento State.
- Strength coaching staff and athletic training staff members.

Use of the strength and conditioning room is guided by the following policies:

- No users and/or occupants are allowed to use the strength room alone. A coach must supervise all student-athletes;
- No horseplay, reckless activity or running is allowed in the strength room. Violators will lose strength and conditioning room privileges;
- All equipment must be used properly. The strength staff will address any questions of proper equipment use;

- Any problems with equipment must be reported immediately to the strength staff. Damaged equipment should not be used and reported immediately to the strength staff;
- All weight plates are to be replaced on plate racks when not in use. Weight plates and barbells are not to be thrown or dropped. Weight plates and barbells must be kept off the floor at all times;
- All dumbbells are to be replaced on dumbbell racks when not in use.

All users are required to wear athletic gear (subject to approval by strength staff). A list of acceptable clothing follows:

- Athletic shirt(s); t-shirt, sweatshirt, polo;
- Athletic shorts and/or sweat pants;
- Athletic shoes; artificial turf, court, cross trainer and running.

All items used in the strength room must be kept in proper locations during use and replaced upon completion (strength workout cards, recording pencils, weightlifting straps, weightlifting belts, jump ropes, etc.). Any injuries or illness in strength room should be reported to strength staff immediately.

EXERCISE SAFETY

All exercises are to be performed properly. Strength staff will address any questions regarding proper exercise execution. No exercises and/or activities that the strength staff feels is unsafe or careless are to be performed in the strength room.

ATHLETIC TRAINING

SACRAMENTO STATE SPORTS MEDICINE MEDICAL POLICIES AND ATHLETIC TRAINING ROOM PROCEDURES

The Sacramento State Sports Medicine staff consists of team physicians, certified athletic trainers, and student athletic trainers. These individuals are responsible for the management and care of injuries incurred by student-athletes during their participation in intercollegiate athletics. The three on campus athletic training rooms in operation include: the Broad Athletic Facility Athletic Training Room located at the south end of the Spanos Athletic Complex, the Yosemite Hall Athletic Training Room located in YSM193 and the South Gym Athletic Training Room located in YSM 109. It is in the best interest of the student-athlete to be familiar with the Sports Medicine staff and follow their instructions regarding injury or illness.

For more information about the Athletic Training Program go to:

www.hornetsports.com/athletic_training/home.asp

The following are specific medical policies and procedures that apply to all Sacramento State student-athletes:

PRE-PARTICIPATION PHYSICAL EXAMINATION

1. All student-athletes must be medically cleared before participating in any team related activity.
2. First year student-athletes participating in intercollegiate athletics at Sacramento State are required to complete and pass a physical examination given by a Student Health Center physician or primary care physician of their choice. This examination will entail a thorough medical history questionnaire including a description of all significant injuries sustained prior to enrolling at Sacramento State. Pre-participation physical examination forms are available online at www.hornetsports.com/assets/athletic_dept/SHC_Physical%20Form2010.pdf
3. The student-athlete will complete an interval athletic participation physical with the sports medicine staff for each subsequent year of participation in Sacramento State intercollegiate athletics. Any injuries, surgeries, or serious illnesses sustained during the previous year will be re-evaluated at this time. The student-athlete must be given medical clearance by a certified athletic trainer or team physician prior to participation.

MEDICAL EXPENSES

1. Injury or illnesses unrelated to intercollegiate athletic participation are the financial responsibility of the student-athlete.
2. Medical expenses incurred by a student-athlete are paid by the primary medical insurance carrier (parent/personal insurance) and then the university insurance. The university insurance will only serve as a secondary coverage when an injury has been determined to be the result of participation in a coach supervised athletic practice or intercollegiate athletic competition.
3. Appointments with physicians, dentists, or health care professionals other than those at the Student Health Center will be set-up through the team physician or certified athletic trainer. If the student-athlete's personal insurance carrier is an HMO (Health Maintenance Organization), he/she will be required to seek treatment from his or her designated primary care provider. Except in the case of an emergency, approval for payment of medical expenses must be obtained from the certified athletic trainer before such expenses are acquired.
4. The insurance provided by the California State University System will not cover any illness or incident not related to supervised athletic participation. Examples of activities/illnesses not covered include, but are not limited to, "captain's" or voluntary practices, injuries from car accidents, and medical illnesses (i.e. appendicitis, mono etc.) Student Medical Insurance can be purchased through the Associated Students Office. This insurance is a supplement to the service provided through the Student Health Center and can be purchased by the semester or for an entire school year. This insurance plan is **strongly** recommended for the college student who is without any type of medical insurance. Information on how to purchase student insurance and coverage details can be found on their website: www.asi.csus.edu/businessoffice/studenthealthinsurance.asp

UNAUTHORIZED MEDICAL EXPENSES WILL NOT BE PAID BY THE UNIVERSITY.

ATHLETIC TRAINING ROOM PROCEDURES

Practice Policies for Injured or Ill Athletes

1. Report to all scheduled practice sessions. Do not miss a practice because of an injury or illness unless personally excused by the certified athletic trainer and head coach.
2. Report all injuries and illness that occur during practice or competition to an athletic trainer as soon as possible.
3. Everyone will dress in appropriate practice attire unless excused beforehand by the head coach and certified athletic trainer. A student-athlete that is injured to the extent that he/she is unable to dress in practice gear or is only available for limited practice activities is still required to report to all practices on time and in the attire suggested by the certified athletic trainer.
4. A student-athlete involved in an automobile accident will be held out of practice or competition until cleared by his/her primary care physician. Team physicians will not be involved with an injury associated with an automobile accident. The decision to return to activity is a risk assumed by the student-athlete.

Injury Treatment Policies

1. Injured student-athletes must report to the athletic training room for therapeutic treatment daily.
2. No therapeutic treatment for an injury or illness will be administered during scheduled practice time without special permission. A student-athlete in need of treatment prior to a practice session must report to the athletic training room no less than 90 minutes prior to the scheduled practice time or make special arrangements with an athletic trainer.
3. The student-athlete must allow an adequate amount of time to receive treatment. Care is provided on a first come, first serve basis. He/she will be expected to receive as many treatments per day as ordered by the athletic trainer. Failure to complete the prescribed treatment will be reported to the head coach for appropriate discipline, if necessary. It will be assumed that the student-athlete is fully recovered and able to return to activity, or that he/she no longer desires to participate if he/she should choose to discontinue the designated treatment plan.
4. The student-athlete is only returned to unlimited participation status upon the approval of the team physician or certified athletic trainer.

Athletic Training Room Hours

The athletic training room hours vary for each facility. The following hours are based on facility availability, practice/events scheduled and are subject to change.

Broad Athletic Training Room	Monday – Friday appointment only	Noon – 6pm, prior to noon by
Yosemite Hall Athletic Training Room	Monday – Friday appointment only	Noon – 6pm, prior to noon by
South Gym Athletic Training Room	Monday – Friday	Open for events only

Athletic Training Room Rules

1. No SHOES, bags, uniforms, or other clothing is to be brought into the athletic training room.
2. Always sign in and patiently wait your turn.
3. NO self-treatment is allowed. All tapings, bandages, etc., will be applied by the athletic trainers.
4. Equipment or supplies from the athletic training room are not to be used or removed without permission of the athletic trainer.
5. No horseplay, improper language, or unnecessary confusion at any time.
6. No food or drink allowed in the athletic training facility.
7. Cell phones are not allowed in the athletic training room. Use of the telephone is prohibited. It is a NCAA violation.
8. No sleeping or lounging on the treatment tables in the athletic training room.
9. Please be respectful of others at all times.
10. It is your responsibility to see to it that you are rested, well hydrated and eating properly. TAKE CARE OF YOURSELF.

EMERGENCY RESPONSE PLAN

The following is an outline of the emergency response plan currently established for the multiple athletic venues used by Sacramento State student-athletes.

Personnel

The responding personnel will vary from venue to venue based on coverage guidelines established by the Sports Medicine staff. Coverage of all the venues on the Sacramento State campus where student-athletes may be present requires cooperation between multiple individuals. All of the following groups are considered an integral part of all or some of the venue specific emergency response plans.

Certified Athletic Trainers
Security Personnel
Coaches
Administrative Staff
Strength and Conditioning Staff
Equipment Personnel

The following emergency response plans have been created to make all of the personnel aware of their specific roles in a medical emergency.

Communication

Each venue specific emergency response plan identifies several ways in which EMS can be contacted and further help can be summoned. Many of the venues have a fixed telephone line that is easily accessible in case of an emergency. For those locations that do not, a cellular phone or walkie-talkie relay system will be used.

NOTE: In the event that a member of the Sports Medicine staff is not on site during an emergency, it is the coach's responsibility to initiate the Emergency Response Plan as outlined in the coverage guideline.

VENUE: YOSEMITE HALL

Emergency Personnel:

- Certified Athletic Trainer is available in Yosemite Hall for all practice and competitions during the traditional season
- Team Physicians (limited basis)
- Additional athletic training staff accessible from the athletic training facility in South or North gyms
- Coaching staff
- Sacramento State Security Personnel for assistance and response.

Emergency Communication: Sports Medicine cellular phone system or fixed telephone lines located in the Yosemite athletic training facility, (916) 278-6150, (916) 278-3563, RED phone access in the main hallway of the building or South Gym Athletic Training Room (916)278-7204.

Emergency Equipment: Portable AED located in Yosemite Hall 193 and emergency equipment upon arrival of Sports Medicine staff or university security.

Emergency Response:

1. Immediate care of the injured or ill student-athlete
2. Emergency equipment retrieval
3. Activation of EMS
 - a. Call Sacramento State University Security at (916) 278-6851, provide dispatcher with name, location, telephone number, number of victims, condition of victims, specific directions to the site including the best building entrance (front, back, or athletic training facility). (see map)
 - b. Sports Medicine staff should identify themselves and request that an ambulance is dispatched immediately, otherwise this will not happen until campus security has assessed the situation.
 - c. Contact other members of the Sports Medicine staff if present on campus and further assistance is needed.
4. Directions of EMS to the scene
 - a. Available security unit will proceed to the predetermined entrance, and direct EMS to the location. Security will also be responsible for opening any access gates necessary to get to the site.
 - b. Designated individual to "flag down" and direct EMS to the scene.
 - c. Scene Control: limit the scene to emergency responders only, campus security may assist emergency personnel with this task.

VENUE: BROAD ATHLETIC FACILITY/WEIGHT ROOM

Emergency Personnel:

- Certified Athletic Trainer is available for all practice and competitions during the traditional season
- Team Physicians (limited basis)
- Additional athletic training staff accessible from the athletic training facility in Field House Athletic Training Facility
- Coaches/Strength and Conditioning staff
- Sacramento State Security Personnel for assistance and response.

Emergency Communication: Sports Medicine cellular phone system or fixed telephone lines located in the Broad athletic training facility, (916) 278-6289, (916) 278-7656, Weight room, (916) 278-4424, or office phones located in coaches offices.

Emergency Equipment: Emergency equipment upon arrival of Sports Medicine staff or university security.

Emergency Response:

1. Immediate care of the injured or ill student-athlete
2. Emergency equipment retrieval
3. Activation of EMS
 - a. Call Sacramento State University Security at (916) 278-6851, provide dispatcher with name, location, telephone number, number of victims, condition of victims, specific directions to the site including the best building entrance (front, back, or athletic training facility). (see map)
 - b. Sports Medicine staff should identify themselves and request that an ambulance is dispatched immediately, otherwise this will not happen until campus security has assessed the situation.
 - c. Contact other members of the Sports Medicine staff if present on campus and further assistance is needed.

4. Directions of EMS to the scene
 - a. Available security unit will proceed to the predetermined entrance, and direct EMS to the location. Security will also be responsible for opening any access gates necessary to get to the site.
 - b. Designated individual to "flag down" and direct EMS to the scene.
 - c. Scene Control: limit the scene to emergency responders only, campus security may assist emergency personnel with this task.

VENUE: HORNET BASEBALL STADIUM/PRACTICE TRACK

Emergency Personnel:

- Certified Athletic Trainer is available for all practice and competitions during the traditional season,
- Team Physicians (limited basis),
- Additional athletic training staff accessible from the Field House athletic training facility,
- Coaching staff
- Sacramento State Security Personnel for assistance and response.

Emergency Communication: Sports Medicine cellular phone system or fixed telephone lines located in the Baseball training facility, (916) 278-5409 and the Field House Athletic Training Facility, (916)278-6289 or (916)278-7656.

Emergency Equipment: Emergency equipment upon arrival of Sports Medicine staff or university security.

Emergency Response:

1. Immediate care of the injured or ill student-athlete
2. Emergency equipment retrieval
3. Activation of EMS
 - a. Call Sacramento State University Security at (916) 278-6851, provide dispatcher with name, location, telephone number, number of victims, condition of victims, specific directions to the site including the best building entrance (front, back, or athletic training facility). (see map)
 - b. Sports Medicine staff should identify themselves and request that an ambulance is dispatched immediately, otherwise this will not happen until campus security has assessed the situation.
 - c. Contact other members of the Sports Medicine staff if present on campus and further assistance is needed.
4. Directions of EMS to the scene
 - a. Available security unit will proceed to the predetermined entrance, and direct EMS to the location. Security will also be responsible for opening any access gates necessary to get to the site.
 - b. Designated individual to "flag down" and direct EMS to the scene.
 - c. Scene Control: limit the scene to emergency responders only, campus security may assist emergency personnel with this task.

VENUE: SPANOS ATHLETIC COMPLEX

Emergency Personnel:

- Certified Athletic Trainer is available for all practice and competitions during the traditional season
- Team Physicians (limited basis)
- Additional athletic training staff accessible from the Field House athletic training facility
- Coaching staff
- Sacramento State Security Personnel for assistance and response.

Emergency Communication: Sports Medicine cellular phone system or the Broad Athletic Training Facility, (916)278-6289 or (916)278-7656.

Emergency Equipment: Emergency equipment upon arrival of Sports Medicine staff or university security.

Emergency Response:

1. Immediate care of the injured or ill student-student-athlete
2. Emergency equipment retrieval
3. Activation of EMS
 - a. Call Sacramento State University Security at (916) 278-6851, provide dispatcher with name, location, telephone number, number of victims, condition of victims, specific directions to the site including the best building entrance (front, back, or athletic training facility). (see map)
 - b. Sports Medicine staff should identify themselves and request that an ambulance is dispatched immediately, otherwise this will not happen until campus security has assessed the situation.
 - c. Contact other members of the Sports Medicine staff if present on campus and further assistance is needed.

4. Directions of EMS to the scene
 - a. Available security unit will proceed to the predetermined entrance, and direct EMS to the location. Security will also be responsible for opening any access gates necessary to get to the site.
 - b. Designated individual to “flag down” and direct EMS to the scene.
 - c. Scene Control: limit the scene to emergency responders only, campus security may assist emergency personnel with this task.

VENUE: HORNET SOFTBALL AND SOCCER STADIUMS

Emergency Personnel:

- Certified Athletic Trainer is available for all practice and competitions during the traditional season, adjacent fields during non-traditional seasons
- Team Physicians (limited basis)
- Additional athletic training staff accessible from the athletic training facility in Yosemite Hall
- Coaching staff
- Sacramento State Security Personnel for assistance and response.

Emergency Communication: Sports Medicine cellular phone system or fixed telephone lines located in the dugout, Yosemite Hall athletic training facility, (916) 278-6150, (916) 278-3563, RED phone access in the main hallway of the building or South Athletic Training Room (916)278-7204.

Emergency Equipment: Portable AED located in Yosemite Hall 193 and emergency equipment upon arrival of Sports Medicine staff or university security.

Emergency Response:

1. Immediate care of the injured or ill student-athlete
2. Emergency equipment retrieval
3. Activation of EMS
 - a. Call Sacramento State University Security at (916) 278-6851, provide dispatcher with name, location, telephone number, number of victims, condition of victims, specific directions to the site including the best building entrance (front, back, or athletic training facility). (see map)
 - b. Sports Medicine staff should identify themselves and request that an ambulance is dispatched immediately, otherwise this will not happen until campus security has assessed the situation.
 - c. Contact other members of the Sports Medicine staff if present on campus and further assistance is needed.
4. Directions of EMS to the scene
 - a. Available security unit will proceed to the predetermined entrance, and direct EMS to the location. Security will also be responsible for opening any access gates necessary to get to the site.
 - b. Designated individual to “flag down” and direct EMS to the scene.
 - c. Scene Control: limit the scene to emergency responders only, campus security may assist emergency personnel with this task.

VENUE: OFF CAMPUS TRAINING/COMPETITION CENTERS

Aquatic Center/Rio Del Oro Tennis Club/Technique Gymnastics

Emergency Personnel:

- Certified Athletic Trainer on call for all practices. In attendance for all competitions during the traditional season
- Team Physicians (limited basis)
- Additional athletic training staff accessible from the Yosemite athletic training facility
- Coaching staff
- Local Sacramento, City and County, Agencies EMS responding.

Emergency Communication: Cellular phone system or fixed telephone lines located at the venue.

Emergency Response:

1. Immediate care of the injured or ill student-student-athlete
2. Emergency equipment retrieval
3. Activation of EMS
 - a. Call 911 - provide dispatcher with name, location, telephone number, number of victims, condition of victims, specific directions to the site including the best building entrance

- b. Sports Medicine staff or coaching staff should identify themselves and request that an ambulance is dispatched immediately.
- c. Contact other members of the Sports Medicine staff if present on campus and further assistance is needed.

4. Directions of EMS to the scene

- a. Available facility management or coaches will proceed to the predetermined entrance, and direct EMS to the location. These individuals will also be responsible for opening any access gates necessary to get to the site.
- b. Designated individual to “flag down” and direct EMS to the scene.
- c. Scene Control: limit the scene to emergency responders only.

VENUE: CROSS COUNTRY COURSE

Emergency Personnel:

- Certified Athletic Trainer on call for all practices. In attendance for all competitions during the traditional season
- Team Physicians (limited basis)
- Additional athletic training staff accessible from the Yosemite athletic training facility
- Coaching staff
- Local Sacramento, City and County Agencies EMS responding.

Emergency Communication: Cellular phone system or fixed telephone lines located at the venue.

Emergency Response:

1. Immediate care of the injured or ill student-student-athlete
2. Emergency equipment retrieval
3. Activation of EMS
 - a. Call 911 - provide dispatcher with name, location, telephone number, number of victims, condition of victims, specific directions to the site including the best building entrance
 - b. Sports Medicine staff or coaching staff should identify themselves and request that an ambulance is dispatched immediately.
 - c. Contact other members of the Sports Medicine staff if present on campus and further assistance is needed.
4. Directions of EMS to the scene
 - a. Available facility management or coaches will proceed to the predetermined entrance, and direct EMS to the location. These individuals will also be responsible for opening any access gates necessary to get to the site.
 - b. Designated individual to “flag down” and direct EMS to the scene.
 - c. Scene Control: limit the scene to emergency responders only.

DRUG TESTING

The Sacramento State substance abuse policy is an essential element in protecting you the student-athlete both from the harmful effects of drugs and alcohol use, as well as the legal penalties associated with violation of the law. Using illegal drugs for recreation, to enhance performance or for any other purpose is inconsistent with the policies of the Department of Intercollegiate Athletics and creates a danger to the health and safety of student-athletes.

Because of the Department’s concern for your health and well being, as well as for the integrity of the intercollegiate athletics program, Sacramento State Athletics has implemented a comprehensive drug-testing program. This drug-testing program is in addition to the random drug testing program conducted by the NCAA. You will be provided with these programs policies and consent forms at the beginning of each academic year. You must sign the Informed/Consent Statement to be eligible to compete. By signing this, you are confirming that you have been informed of the Department’s drug policy and consent to undergo random drug testing throughout the year.

NCAA BANNED DRUGS

The NCAA list of banned-drug classes is subject to change by the NCAA Executive Committee. Please visit the NCAA education services website for the current list. www.ncaa.org

Many nutritional/dietary supplements contain NCAA banned substances. Impure supplements may lead to a positive NCAA drug test. The use of supplements is at the student-athlete’s own risk. Student-athletes should contact their institution’s team physician or athletic training for further information.

BANNED SUBSTANCES & SUPPLEMENTS

The following three areas are of critical importance to protecting health and eligibility of student-athletes.

1. **NCAA Banned Drugs:** The NCAA lists banned drugs by class, and any substance that is chemically related to the class is banned (unless specifically exempted.) When the NCAA originally developed the banned drug classes, many examples were listed under each class, though the list was never an exhaustive list of all banned drugs. From the beginning, any stimulant and anabolic steroid was banned, even if it was not named as an example under the banned drug class. THERE HAS NEVER BEEN A COMPLETE LIST OF BANNED DRUGS. This concept is critically important to compliance with NCAA banned drug regulations. In recent years, it has become clear that the list of examples, instead of providing some clarification, have actually created a false sense of security to student-athletes and staff alike, who believe that if the ingredients on a product are not found on "the list" in the same manner the product manufacture names them, they are not banned. And as we explain below, with the many new supplements and designer drugs appearing on the market annually, creating a complete list is impossible.
2. **Nutritional Dietary Supplements:** Since 1994, with the enactment of the Dietary Supplement Health and Education Act, DSHEA, the number of supplement products, and particularly products targeted to body building and athletic performance, has exploded. The stated intent of DSHEA was to provide health products that consumer could easily access; but the reality of DSHEA is that many stimulants, anabolic steroids, diuretics and other non-essential nutrients are included in supplement products promoted to the public and our student-athletes as a quick route to enhanced performance –sexual, athletic and even cognitive. DSHEA allows supplement products to go on the market without first proving effectiveness, safety and purity, creating a real drug problem for our student-athletes and for consumers in general. Manufacturers add designer drugs and proprietary ingredients, and many of these products are spiked or contaminated with banned ingredients that are not listed on the labels. And some supplement products change formulas without changing the name of the product. This lack of premarket review and the ever-changing product formulas create real risks to eligibility, health and safety. Student-athletes need to be aware of these real risks and understand that these products are NOT necessary for their health and performance and most are a waste of money. Student-athletes should be advised that the most effective and safest way to enhance their performance is to avoid these questionable products and rely on a combination of a healthy diet, appropriate conditioning, rest and recovery, and avoiding substance abuse.
3. **Advising Student-Athletes who want to use supplements:** Even with the above stated concern, many of our student-athletes insist on using dietary supplements. In most cases, members of the sports medicine staff are assigned the responsibility to educate student-athletes about banned drugs and to advise about and review supplement products that student-athletes intend to use. The burden of this awesome responsibility can be dramatically reduced by establishing an athletics department policy that student-athletes bring all supplement products to the appropriate athletics staff before using, and then checking all supplements through the Resource Exchange Center, REC, staffed by the National Center for Drug Free Sport, the NCAA third party drug testing administrator. The REC is the only authoritative resource for questions related to whether listed ingredients on nutritional supplement product labels or in medications contain NCAA banned substances. Because of the changing nature of the dietary supplement industry and the manner in which manufacturers use proprietary names and rename products to suit their purposes, there is no way to create a reliable database of reviewed products. Institutional staff should submit each time a student-athlete brings forth a dietary supplement product, as last year's review may no longer apply to the this year's newly formulated product by the same name. To access the REC, call toll free 1-877-202-0769 or go to www.drugfreesport.com/rec <<http://www.drugfreesport.com/rec>>, select NCAA, and insert password ncaa1, ncaa2, or ncaa3 (depending on your divisional affiliation). Right on the home page you can select "Ask about Dietary Supplements" or go to the "Prescription/Over-the-Counter Drug Search". It's as easy as 1, 2, or 3!

PREGNANCY PROTOCOL FOR INTERCOLLEGIATE ATHLETICS

The Sacramento State University athletics department is committed to the personal health and development of all our members, and to the educational mission of our school. We strive to provide an environment that respects all pregnancy and parenting decisions and urges all participants to work cooperatively toward degree completion. This protocol sets forth the protections that should be provided for pregnant and parenting students, including those with pregnancy related conditions. It also prohibits retaliation against any student or employee who complains about issues related to the enforcement of this Pregnancy Protocol. We want to protect every student-athletes physical and psychological health, and their ability to complete their education.

What to do if you become pregnant: As soon as you learn that you are pregnant, we encourage you to tell your coach, athletic trainers, as well as your personal physician, your religious advisor, family members, and others important to you. We recognize that a student-athlete's pregnancy is often a life changing event. We want to protect your health and scholarship. Do not immediately assume that you must withdraw from your sport. We want to give you time and help in considering your options. Confidentiality will be maintained until student-athlete gives permission to tell the appropriate individuals.

What happens to your scholarship: If you are pregnant and you decide to tell your coach or athletic trainer, and you do not voluntarily withdraw from your sport, then your scholarship will remain in place for the remainder of that academic year. Please refer to the terms and conditions section of your scholarship agreements or see the athletic compliance office if you have any questions.

Can you continue training and competing: If you decide to remain pregnant and wish to continue in your sport, we will form a decision-support team that consists of you, your coach, athletic trainer, healthcare professional(s), and others as appropriate. Depending on your sport and with your healthcare professional's approval; you may be able to continue training and competing up to/past your 14th week of pregnancy. The decision-support team will provide mandatory monitoring of your health and academic progress, and will assist you in your return to competition if that is your desire.

Who can help you: Specific individuals who can help you:

Team Physician	Dr. Ronald Sockolov	916-927-1114	
Student Health Services		916-278-6461	
NCAA Faculty Athletic Representative (FAR)	Dr. Steve Perez	916-278-6919	sjperez@csus.edu
Athletic Compliance & Financial Services Director	Katherine Zedonis	916-278-4537	kzedonis@csus.edu
Athletic Director	Dr. Terry Wanless	916-278-6348	sacad@csus.edu
Senior Women Administrator	Lois Mattice, MS, ATC	916-278-7548	lmattice@csus.edu
OB/GYN	Dr. Stephen Hiuga	916-927-3178	
Personal Physician or OB/GYN			

What is covered by your insurance: Sacramento State University will not cover pregnancy under their athletic injury medical insurance. The individual student-athlete will need to use their personal medical health insurance coverage. The Sacramento State University Student Health Center can refer patients with no medical insurance to the appropriate resources.

What if you're a male athlete whose partner becomes pregnant: Male student-athletes will not be affected by physical changes associated with pregnancy. However, it is possible to suffer from psychological stress, have concerns about the health of your pregnant partner and her fetus, and question your readiness for fatherhood and the personal and financial obligations you face. In any of these circumstances, we encourage you to discuss them with your partner and, whether she is a student-athlete or not, join her in assembling a support team as outlined and recommended above in this policy.

Medical Hardship and Eligibility: If the student-athlete becomes pregnant they are eligible to apply for a medical hardship for that season of competition that they will miss due to pregnancy. The student-athlete, coach, athletic compliance office and athletic trainer will make this decision on whether or not to pursue a medical hardship. The athletic trainer will collect all of the necessary medical documentation and submit to the governing conference for review.

TIPS FOR TALKING TO A FRIEND WHO MAY BE STRUGGLING WITH DISORDERED EATING

If you are worried about your friend's eating behaviors or attitudes, it is important to express your concerns in a loving and supportive way. It is also necessary to discuss your worries early on, rather than waiting until your friend has endured many of the damaging physical and emotional effects of eating disorders. In a private and relaxed setting, talk to your friend in a calm and caring way about the specific things you have seen or felt that have caused you to worry.

Set a time to talk. Set aside a time for a private, respectful meeting with your friend to discuss your concerns openly and honestly in a caring, supportive way. Make sure you will be some place away from other distractions

Communicate your concerns. Share your memories of specific times when you felt concerned about your friend's eating or exercise behaviors. Explain that you think these things may indicate that there could be a problem that needs professional attention.

Ask your friend to explore these concerns with a counselor, doctor, nutritionist, or other health professional who is knowledgeable about eating issues. If you feel comfortable doing so, offer to help your friend make an appointment or accompany your friend on their first visit.

Avoid conflicts or a battle of the wills with your friend. If your friend refuses to acknowledge that there is a problem, or any reason for you to be concerned, restate your feelings and the reasons for them and leave yourself open and available as a supportive listener.

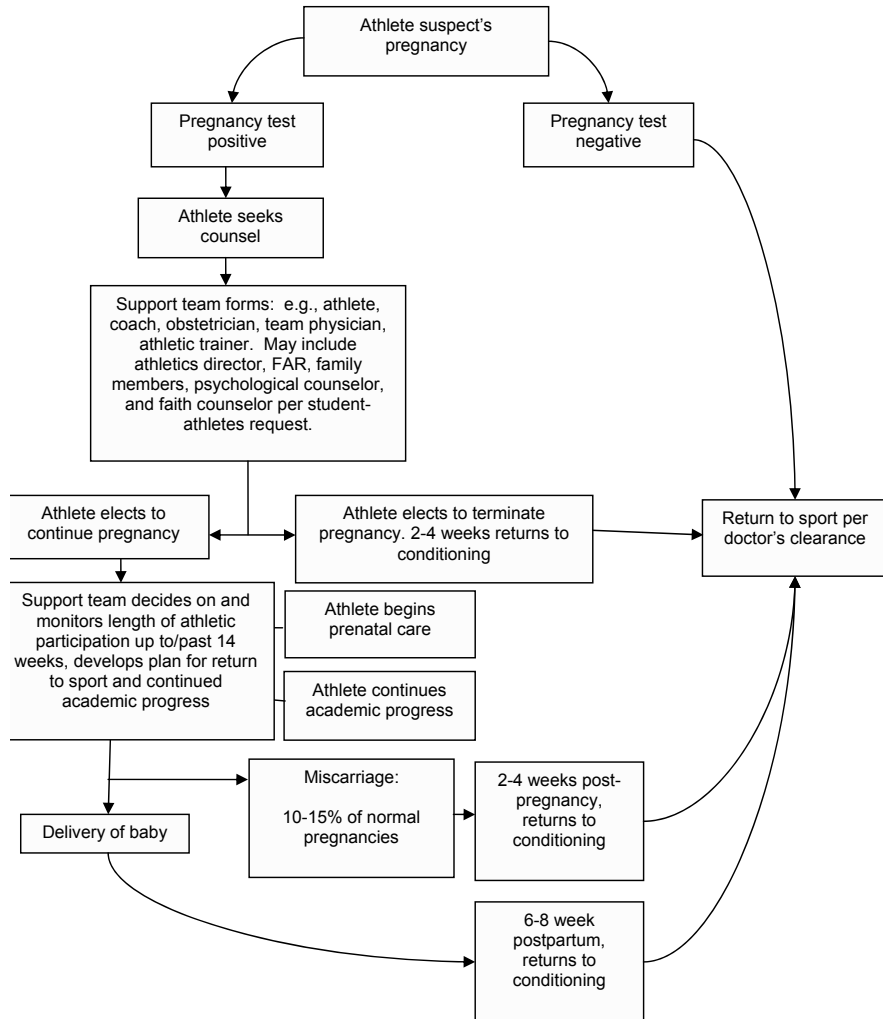
Avoid placing shame, blame, or guilt on your friend regarding their actions or attitudes. Do not use accusatory "you" statements like, "You just need to eat." Or, "You are acting irresponsibly." Instead, use "I" statements. For example: "I'm concerned about you because you refuse to eat breakfast or lunch." Or, "It makes me afraid to hear you vomiting."

Avoid giving simple solutions. For example, "If you'd just stop, then everything would be fine!"

Express your continued support. Remind your friend that you care and want your friend to be healthy and happy.

After talking with your friend, if you are still concerned with their health and safety, find a trusted adult or medical professional to talk to. This is probably a challenging time for both of you. It could be helpful for you, as well as your friend to discuss your concerns and seek assistance and support from a professional.

Source: National Eating Disorders Association, 2005



Athletic Medical Staff	SHS/CAPS Staff	Administration	Community Resources
Dr. Alan Hirahara Sacramento State Team Physician (916) 733-5049	Joy Stewart-James Student Health Services Medical Director (916) 278-6049	Dr. Terry Wanless Director of Athletics (916) 278-6348 sacad@csus.edu	Summit Eating Disorders & Outreach Program 601 University Ave #225 Sacramento, Ca (916) 920-5276
Dr. Ronald Sockolov Sacramento State Team Physician (916) 927-1114	Dr. Lori Roberto Clinical Health Psychologist (916) 278-9355 lkroberto@csus.edu	Dr. Steve Perez Faculty Athletic Repre- sentative (916) 278-6919 sjperez@csus.edu	Katherine Parker, RD 2509 Capitol Ave Suite 201 Sacramento, CA (916) 455-1155
Certified Athletic Trainer Yosemite 193 (916) 278-6150 or Broad Center (916) 278- 2464	Shauna Shultz, RD Nutritionist (916) 278-6038 schultzs@csus.edu	Lois Mattice Senior Woman Administrator (916) 278-7548 Lmattice@saclink.csus.edu	

For more information:

http://www.hornetsports.com/assets/athletic_dept/DisorderedEatingGuidelines.pdf

OTHER DEPARTMENT OF ATHLETICS INFORMATION

GRIEVANCE PROCEDURE

Student-athletes experiencing a problem, regardless of the cause of the problem, have an opportunity to request assistance in dealing with the issue. This would include (but not be limited to) financial aid, transfer releases, allowing a student-athlete the opportunity to compete for positions, sexual harassment issues, abusive behavior, hazing, excessive practice, sexual orientation or sexual discrimination. The student-athlete may discuss the problem with a coach or an administrator (compliance staff, athletic trainer, academic counselor, sport supervisor). If the problem involves an administrator, the student-athlete should proceed directly to the Athletic Director with the problem/issue. The coach or administrator proceeds to discuss the problem with the appropriate administrative person. The problem will be noted and dealt with. The administrator will provide feedback to the student-athlete on the action taken in relation to the problem. If the outcome is acceptable, the student-athlete accepts the decision of the administrator and the problem is resolved. If the outcome is not acceptable, the student-athlete may appeal the decision to the Athletic Director. If the outcome of the appeal to the Athletic Director is not acceptable, the student-athlete has the opportunity to appeal to the Sacramento State general University channels.

SPORT SUPERVISORS

Athletic administrators who work closely with specific sport coaches and teams are sport supervisors. These individuals are available to guide student-athletes to appropriate resources and to discuss any concerns or problems that may arise that cannot be managed successfully within the team situation. The sport supervisor meets with each team at the beginning of the season to address any questions students might have as the academic year begins. Throughout the year, the sports supervisors work closely with the coaches and are available to support their teams. At the end of the year, the sport supervisor will administer an "Athletic Assessment/Exit Interview" questionnaire to the student-athletes. These evaluation tools provide important feedback on various aspects of the sports program and services provided to student-athletes.

ATHLETICS ASSESSMENT/EXIT INTERVIEW

In order to improve the quality of our program, the Athletics Department seeks constructive feedback from the student-athlete. The Athletic Assessment/Exit Interview questionnaire provides the department with information which may be useful to coaches and administrators in improving coaching techniques, behaviors, strategies or policies that impact the student-athlete.

Ask each student-athlete to voluntarily fill out this questionnaire and provide their name. The responses to questions on this assessment will remain anonymous (coaches will see information in aggregate form only). The department will still consider feedback provided if the student-athlete choose not to include their name.

The actual responses on the exit interviews will be kept confidential, to be read only by the Director of Athletics, Associate AD, Compliance Director and the FAR. However, their identity is important should the Director of Athletics feel the need to follow-up on this questionnaire with an interview. The questionnaire is administered by the applicable sport supervisor at the conclusion of the championship segment of that team's season. The coach will only receive a summary of the responses to these questions provided by all student-athletes.

Constructive feedback is always welcome, and student-athletes need not wait until the end of their season, year or athletic career to offer suggestions or express concerns.

INTERCOLLEGIATE ATHLETIC ADVISORY COMMITTEE

The purpose of the Intercollegiate Athletic Advisory Committee (IAAC) is to provide guidance to the President of Sacramento State in developing, implementing, and evaluating policies that balance intercollegiate athletics with academic rigor and promote equity in the intercollegiate athletics program. The advisory committee reports to the President.

The IAAC will meet in October, December, March and May. Additionally meetings may be called at the discretion of the chair. Acting of its own volition, upon the request of the President, the Advisory Committee shall develop and supervise policies for the intercollegiate athletics program, including but not limited to the following:

1. Develop and monitor academic standards with respect to Athletics;
2. Formulate, review, and update all policies pertaining to intercollegiate athletics;
3. Review the annual athletic budget and provide guidance concerning other financial matters of the Intercollegiate Athletic Program;

4. Review all competitive schedules;
5. Review all Department of Intercollegiate Athletics awards to athletes;
6. Provide information and assistance to the official representatives of the University for all athletic conference and NCAA meetings;
7. Ensure that the intercollegiate athletic program adheres to all policies, rules, and regulations set forth by the University administration and the NCAA;
8. Review policy relating to the use of athletic facilities as they relate to the Department of Intercollegiate Athletics;
9. Establish, implement, and annually review policies on equity and nondiscrimination, including monitoring progress toward achieving gender equity in Athletics;
10. Participate in the search and screening process for head coaches and senior Athletics Department administrators.

The membership to this committee consists of Membership: Alumni/Community (two); a Coach Representative; Student Representatives (three); Student Services Representative; Administrative Representative; and the Faculty Athletic Representative. The President will appoint a chair from among the advisory committee membership annually and committee chair reports to the President.

TRAVEL POLICIES

Seat Belt Use

Sacramento State recognizes that seat belts are effective in preventing injuries and fatalities. We care about our student-athletes and want to reduce the risk that, in the event of an accident, a passenger is injured or killed. Therefore, all student-athletes of Sacramento State must wear seat belts when operating a school-owned vehicle or any vehicle on our premises or while on school business. All student-athletes are required to use seat belts whenever they are driving or riding in any vehicle.

Travel Waiver and Release of Liability

All student-athletes must sign a travel waiver and release of liability form available from each coach in the event that they do not travel with their sport team to or from (one-way or two-ways) an event.



CAMPUS DIRECTORY

EMERGENCY 911

(red phones can be used) 278-6900

Advising

Academic Advising Center	278-6351	LSN 1013
Advising Center for Teaching Major	278-4526	LSN 2008
New Student Orientation	278-7841	LSN 1010
Student-Athlete Resource Center	278-5431	LSN 3002

Colleges

Arts & Letters	278-6502	MRP 5000
Business Administration	278-6578	TAH 1010
Education	278-6639	EUR 206
Engineering & Computer Science	278-6366	RVR 2014
Health & Human Services	278-7255	SLN 5002
Mathematics/Statistics	278-6534	BRH 141
Natural Sciences	278-4655	SQU 334
Social Sciences &	278-6504	AMD 255
Interdisciplinary Studies		

Student Services

Academic Achievement-EOP	278-6183	LSN 2205
Admissions & Records	278-3901	LSN Lobby
Career Center	278-6231	LSN 1013
College of Continuing Education	278-4433	Napa Hall
Evaluations	278-4862	LSN Lobby
Financial Aid	278-6554	LSN 1006
General Education	278-5344	SAC 234
Graduate Studies	278-6470	RFC 206
Health Center	278-6461	The WELL
Housing and Residential Life	278-6655	Sierra Hall
Psychological Counseling Services	278-6416	The WELL
Reentry Services	278-7847	LSN Lobby
Samlink Help	278-7337	AIRC 2005
Services to Students with Disabilities	278-6955	LSN 1008
Student Affairs	278-6060	LSN 3008
Student Financial Services	278-6736	LSN 1001
Teaching Credentials Advising	278-6403	EUR 216
TESOL	278-5394	CLV 138
Testing Center	278-6296	LSN 2302
University Outreach	278-7362	LSN 1011
Veteran's Affairs	278-6733	LSN 3000

CAMPUS DIRECTORY

Campus Services

Alumni Center	278-6295	AC
Aquatic Center	278-2842	Lake Natomas
Associated Student (ASI)	278-6784	UU 3rd FI
Intercollegiate Athletics	278-6481	YSM 134
Bike Compound	278-7275	
Box Office (Theater)	278-6257	STH 1
Career Center	278-6231	LSN 1013
Central Ticket Office	278-4323	UU 1st FI
Children's Center	278-6216	CCC
Computer Store	278-6500	Bookstore
Copy Graphics	278-6960	RFC 151
Global Education	278-6686	LSN 2304
Hornet Bookstore	278-6446	Bookstore
General Books	278-5687	Bookstore
Textbooks	278-6445	Bookstore
Supply Department	278-7314	Bookstore
KSSU-AM 1580	278-3343	UU 1st FI
Library	278-6926	Library
Reserve Book Room	278-6876	LIB 1001
Lost & Found	278-3463	PSB
Multicultural Center	278-6101	LIB 1010
Night Shuttle Service	278-7260	
OneCard Center	278-7878	BRH Annex
Peak Adventures	278-6321	The WELL
Bike Shop	278-6662	The WELL
Public Safety	278-6851	PSB 1
Recreational Sports	278-4111	UU 1st FI
Registrar's Office	278-3901	LSN Lobby
Safe Rides	278-7923	UU 1st FI
State Hornet Newspaper	278-6583	UU 2nd FI
Student Organizations & Leadership	278-6595	UU 3rd FI
The Store	278-7906	UU 1st FI
Transcripts/Outgoing	278-5507	LSN Lobby
Transportation & Parking	278-7275	7667 Folsom Blvd.
University Enterprises	278-7001	BS 3rd FI
University Switchboard	278-6011	SAC 140
University Union	278-6744	UU
Information Desk	278-6997	UU 1st FI
The WELL	278-7904	The WELL
Women's Resource Center	278-7388	UU 3rd FI
WPJ Office	278-6409	CLV 111

AUGUST 2011

{MONDAY}	{TUESDAY}	{WEDNESDAY}
1	2	3
8	9	10
15	16	17
22	23	24
Eid al-Fitr begins at sundown 29	30	31

{THURSDAY}	{FRIDAY}	{SATURDAY & SUNDAY}
4	5	6 7
11	12	13 14
18	19	20 21
Laylat al-Qadr begins at sundown 25	26	27 28

OCTOBER 2011

{MONDAY}	{TUESDAY}	{WEDNESDAY}
3	4	5
Columbus Day (Observed) 10	11	12
17	18	19
24	25	26
Halloween 31		

{THURSDAY}	{FRIDAY}	{SATURDAY & SUNDAY}
		1
		2
6	Yom Kippur begins at sundown 7	8
		9
13	14	15
		16
20	21	22
		23
27	28	29
		30

NOVEMBER 2011

{MONDAY}	{TUESDAY}	{WEDNESDAY}
	1	2
7	8 <i>Election Day</i>	9
14	15	16
21	22	23
28	29	30

{THURSDAY}	{FRIDAY}	{SATURDAY & SUNDAY}
3	4	5 <i>Eid al-Adha begins at sundown</i>
10	11 <i>Veterans Day</i>	6 <i>Standard Time returns</i>
17	18	12 13
24 <i>Thanksgiving</i>	19 20	19 20
25 <i>Muharram begins at sundown</i>	26	26 27

DECEMBER 2011

{MONDAY}	{TUESDAY}	{WEDNESDAY}
5	6	7
12	13	14
19	Hanukkah begins at sundown	21
Kwanzaa begins	27	28

{THURSDAY}	{FRIDAY}	{SATURDAY & SUNDAY}
1	2	3
		4
8	9	10
		11
15	16	17
		18
First Day of Winter	23	24
		Christmas
29	30	New Year's Eve
		31

JANUARY 2012

{MONDAY}	{TUESDAY}	{WEDNESDAY}
2	3	4
9	10	11
Martin Luther King, Jr. Day (Observed)	17	18
Chinese New Year	24	25
30	31	

{THURSDAY}	{FRIDAY}	{SATURDAY & SUNDAY}
		New Year's Day 1
5	6	7
		8
12	13	14
		15
19	20	21
		22
26	27	28
		29

FEBRUARY 2012

{MONDAY}	{TUESDAY}	{WEDNESDAY}
		1
6	7	8
13	Valentine's Day	14
		15
Presidents' Day	20	21
		Ash Wednesday Washington's Birthday
		22
27	28	29

{THURSDAY}	{FRIDAY}	{SATURDAY & SUNDAY}
Groundhog Day	2	Mawlid al-Nabi begins at sundown
		3
		4
		5
		6
		7
		8
		9
		10
		11
		12
		Lincoln's Birthday
		13
		14
		15
		16
		17
		18
		19
		20
		21
		22
		23
		24
		25
		26
		27
		28
		29

MARCH 2012

{MONDAY}	{TUESDAY}	{WEDNESDAY}
5	6	7
12	13	14
19 <i>First Day of Spring</i>	20	21
26	27	28

{THURSDAY}	{FRIDAY}	{SATURDAY & SUNDAY}
1	2	3
		4
8	9	10
		<i>Daylight-Saving Time begins</i> 11
15	16	<i>St. Patrick's Day</i> 17
		18
22	23	24
		25
29	30	31

APRIL 2012

{MONDAY}	{TUESDAY}	{WEDNESDAY}
2	3	4
9	10	11
16	17	18
23	24	25
30		

{THURSDAY}	{FRIDAY}	{SATURDAY & SUNDAY}
		April Fools' Day Palm Sunday
5	Good Friday Passover begins at sundown	6 7
12	13	Easter
19	20	14 15 21
26	27	Earth Day
		22 23 24 25 26 27 28 29

MAY 2012

{MONDAY}	{TUESDAY}	{WEDNESDAY}
	1	2
7	8	9
14	15	16
21	22	23
Memorial Day (Observed) 28	29	30

{THURSDAY}	{FRIDAY}	{SATURDAY & SUNDAY}
3	4	5 Cinco de Mayo
		6
10	11	12
		13 Mother's Day
17	18	19
		20
24	25	26
		27
31		

JUNE 2012

{MONDAY}	{TUESDAY}	{WEDNESDAY}
4	5	6
11	12	13
18	19	20 <i>First Day of Summer</i>
25	26	27

{THURSDAY}	{FRIDAY}	{SATURDAY & SUNDAY}
	1	2
		3
	7	8
		9
		10
<i>Flag Day</i>	14	15
		16
		<i>Father's Day</i>
	21	22
		23
		24
	28	29
		30

JULY 2012

{MONDAY}	{TUESDAY}	{WEDNESDAY}
2	3 <i>Independence Day</i>	4
9	10	11
16	17	18
23	24	25
30	31	

{THURSDAY}	{FRIDAY}	{SATURDAY & SUNDAY}
		1
5	6	7
		8
12	13	14
		15
<i>Ramadan begins at sundown</i>	19	20
		21
		22
26	27	28
		29

AUGUST

WEEKLY GOALS:

"No man fails if he does his best." – Orison Swett Marden

MONDAY 1
Monday 1

TUESDAY 2
Tuesday 2

WEDNESDAY 3
Wednesday 3

august							2011							september							
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s	
1	2	3	4	5	6								1	2	3						
7	8	9	10	11	12	13	4	5	6	7	8	9	10								
14	15	16	17	18	19	20	11	12	13	14	15	16	17								
21	22	23	24	25	26	27	18	19	20	21	22	23	24								
28	29	30	31				25	26	27	28	29	30									

HORNETS SACRAMENTO STATE



THURSDAY 4
Thursday 4

FRIDAY 5
Friday 5

SATURDAY 6
Saturday 6

SUNDAY 7
Sunday 7

AUGUST

WEEKLY GOALS:

"The formula for success is simple: practice and concentration, then more practice and more concentration." – "Babe" Didrikson Zaharias

MONDAY 8

TUESDAY 9

WEDNESDAY 10



august							2011							september								
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s		
	1	2	3	4	5	6							1	2	3							
7	8	9	10	11	12	13	4	5	6	7	8	9	10	11	12	13	14	15	16	17		
14	15	16	17	18	19	20	11	12	13	14	15	16	17	18	19	20	21	22	23	24		
21	22	23	24	25	26	27	18	19	20	21	22	23	24	25	26	27	28	29	30			
28	29	30	31				25	26	27	28	29	30										



HORNETS SACRAMENTO STATE

THURSDAY 11

TBA - W Soccer Exhibition -
opponent TBA (Home)

FRIDAY 12

SATURDAY 13

SUNDAY 14

WEEKLY GOALS:

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."
 — Martin Luther King, Jr.

Monday 15

Tuesday 16

Wednesday 17



august							2011							september							
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s	
	1	2	3	4	5	6						1	2	3							
7	8	9	10	11	12	13	4	5	6	7	8	9	10								
14	15	16	17	18	19	20	11	12	13	14	15	16	17								
21	22	23	24	25	26	27	18	19	20	21	22	23	24								
28	29	30	31				25	26	27	28	29	30									



Thursday 18

Friday 19

Saturday 20

Sunday 21

2:00 PM - M Soccer vs Cal State Stanislaus (exhibition) (Home)
 5:00 PM - W Soccer vs Seattle (Home)

5:00 PM - M Soccer vs Stanford (exhibition) (Home)

AUGUST

WEEKLY GOALS:

"You cannot achieve a new goal by applying the same level of thinking that got you where you are today." – Albert Einstein

Monday 22

Tuesday 23

Wednesday 24

august							2011							september													
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s							
1	2	3	4	5	6								1	2	3												
7	8	9	10	11	12	13	4	5	6	7	8	9	10														
14	15	16	17	18	19	20	11	12	13	14	15	16	17														
21	22	23	24	25	26	27	18	19	20	21	22	23	24														
28	29	30	31				25	26	27	28	29	30															

HORNETS

SACRAMENTO STATE



Laylat al-Qadr begins at sundown

Thursday 25

4:00 PM - W Soccer vs The Master's College (Home)

Friday 26

Saturday 27

Sunday 28

AUGUST

WEEKLY GOALS:

*"Laziness may appear attractive, but work gives satisfaction."
- Anne Frank*

MONDAY 29

Eid al-Fitr begins at sundown

TUESDAY 30

WEDNESDAY 31

august							2011							september						
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s
1	2	3	4	5	6								1	2	3					
7	8	9	10	11	12	13	4	5	6	7	8	9	10							
14	15	16	17	18	19	20	11	12	13	14	15	16	17							
21	22	23	24	25	26	27	18	19	20	21	22	23	24							
28	29	30	31				25	26	27	28	29	30								

HORNETS SACRAMENTO STATE

THURSDAY 1

5:00 PM - W Soccer vs Pacific (Home)
7:30 PM - Volleyball vs Fresno State (Home)

FRIDAY 2

12:30 PM - Volleyball vs Marist (Home)
7:30 PM - Volleyball vs Cal State Northridge (Home)

SATURDAY 3

4:00 PM - M Soccer vs San Francisco (Home)

SUNDAY 4

SEPTEMBER

WEEKLY GOALS:

"The world is round and the place which may seem like the end may also be only the beginning." – Ivy Baker Priest

MONDAY 5

Labor Day

TUESDAY 6

WEDNESDAY 7



september							2011							october							
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s	
				1	2	3							1								1
4	5	6	7	8	9	10	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
11	12	13	14	15	16	17	16	17	18	19	20	21	22	16	17	18	19	20	21	22	
18	19	20	21	22	23	24	23	24	25	26	27	28	29	23	24	25	26	27	28	29	
25	26	27	28	29	30		30	31						30	31						

HORNETS SACRAMENTO STATE



THURSDAY 8

1:30 PM - W Soccer vs San Francisco (Home)

FRIDAY 9

SATURDAY 10

1:00 PM - M Soccer vs Oregon State (Home)
3:30 PM - W Soccer vs Creighton (Home)

SUNDAY 11

SEPTEMBER

WEEKLY GOALS:

*"Without discipline, there is no life at all."
- Katherine Hepburn*

Monday 12

Tuesday 13

Wednesday 14

7:00 PM - Volleyball vs UC Davis
(Home)



september							2011							october							
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s	
					1	2	3														1
4	5	6	7	8	9	10								2	3	4	5	6	7	8	
11	12	13	14	15	16	17								9	10	11	12	13	14	15	
18	19	20	21	22	23	24								16	17	18	19	20	21	22	
25	26	27	28	29	30									23	24	25	26	27	28	29	
														30	31						

HORNETS SACRAMENTO STATE



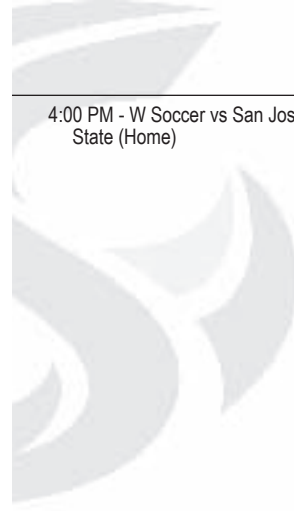
Thursday 15

Friday 16

Saturday 17

Sunday 18

4:00 PM - W Soccer vs San Jose
State (Home)



SEPTEMBER

WEEKLY GOALS:

*"Attempt the impossible in order to improve your work."
- Bette Davis*

Monday 19

Tuesday 20

Wednesday 21



september							2011							october							
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s	
					1	2	3														1
4	5	6	7	8	9	10								2	3	4	5	6	7	8	
11	12	13	14	15	16	17								9	10	11	12	13	14	15	
18	19	20	21	22	23	24								16	17	18	19	20	21	22	
25	26	27	28	29	30									23	24	25	26	27	28	29	
														30	31						

HORNETS SACRAMENTO STATE



7:00 PM - Volleyball vs Northern Arizona (Home)

Thursday 22

First Day of Autumn

Friday 23

1:00 PM - Volleyball vs Northern Colorado (Home)
6:05 PM - Football vs Montana (Home)

Saturday 24

Sunday 25

SEPTEMBER

WEEKLY GOALS:

*"Adventure is worthwhile in itself."
- Amelia Earhart*

MONDAY 26

TUESDAY 27

WEDNESDAY 28

Rosh Hashanah begins at sundown

september							2011							october							
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s	
					1	2	3														1
4	5	6	7	8	9	10								2	3	4	5	6	7	8	
11	12	13	14	15	16	17								9	10	11	12	13	14	15	
18	19	20	21	22	23	24								16	17	18	19	20	21	22	
25	26	27	28	29	30									23	24	25	26	27	28	29	
														30	31						

HORNETS SACRAMENTO STATE



29 Thursday

TBA - W Soccer vs Portland State (Home)

30 Friday

1 Saturday

2 Sunday

OCTOBER

WEEKLY GOALS:

"Once you realize how good you really are, you never settle for playing less than your best." - Reggie Jackson

MONDAY 3

TUESDAY 4

WEDNESDAY 5



october							2011							november							
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s	
						1							1	2	3	4	5				
2	3	4	5	6	7	8	6	7	8	9	10	11	12	13	14	15	16	17	18	19	
9	10	11	12	13	14	15	13	14	15	16	17	18	19	20	21	22	23	24	25	26	
16	17	18	19	20	21	22	20	21	22	23	24	25	26	27	28	29	30				
23	24	25	26	27	28	29	27	28	29	30											
30	31																				

HORNETS SACRAMENTO STATE



THURSDAY 6

FRIDAY 7

SATURDAY 8

SUNDAY 9

Yom Kippur begins at sundown
 4:00 PM - M Soccer vs Cal State Bakersfield (Home)
 7:00 PM - Volleyball vs Portland State (Home)

7:00 PM - Volleyball vs Eastern Washington (Home)

1:00 PM - M Soccer vs Seattle (Home)

OCTOBER

WEEKLY GOALS:

"This is the team. We're trying to go to the moon. If you can't put someone up, please don't put them down." – NASA motto

MONDAY 10

Columbus Day (Observed)

TUESDAY 11

WEDNESDAY 12

october							2011							november										
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s				
					1								1	2	3	4	5							
2	3	4	5	6	7	8	6	7	8	9	10	11	12											
9	10	11	12	13	14	15	13	14	15	16	17	18	19											
16	17	18	19	20	21	22	20	21	22	23	24	25	26											
23	24	25	26	27	28	29	27	28	29	30														
30	31																							

HORNETS SACRAMENTO STATE

THURSDAY 13

TBA - W Soccer vs Northern Arizona (Home)

FRIDAY 14

SATURDAY 15

TBA - W Soccer vs Northern Colorado (Home)

SUNDAY 16

OCTOBER

WEEKLY GOALS: _____

*"If it had not been for the wind in my face,
I wouldn't be able to fly at all." – Arthur Ashe*

Monday 17

Tuesday 18

Wednesday 19

october							2011							november							
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s	
					1								1	2	3	4	5	6	7	8	9
2	3	4	5	6	7	8	6	7	8	9	10	11	12	13	14	15	16	17	18	19	
9	10	11	12	13	14	15	20	21	22	23	24	25	26	27	28	29	30				
16	17	18	19	20	21	22															
23	24	25	26	27	28	29															
30	31																				

HORNETS SACRAMENTO STATE



TBA - W Soccer vs Idaho State
(Home)

Thursday 20

4:00 PM - M Soccer vs Denver
(Home)
7:00 PM - Volleyball vs Seattle
(Home)

Friday 21

6:05 PM - Football vs Eastern
Washington (Home)

Saturday 22

1:00 PM - M Soccer vs Air Force
(Home)

Sunday 23

OCTOBER

WEEKLY GOALS:

"I have found that among its other benefits, giving liberates the soul of the giver." – Maya Angelou

MONDAY
Monday 24

TUESDAY
Tuesday 25

WEDNESDAY
Wednesday 26

october							2011							november						
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s
					1								1	2	3	4	5	6	7	8
2	3	4	5	6	7	8	6	7	8	9	10	11	12	13	14	15	16	17	18	19
9	10	11	12	13	14	15	13	14	15	16	17	18	19	20	21	22	23	24	25	26
16	17	18	19	20	21	22	20	21	22	23	24	25	26	27	28	29	30			
23	24	25	26	27	28	29	27	28	29	30										
30	31																			

HORNETS

SACRAMENTO STATE



THURSDAY
27 Thursday

FRIDAY
28 Friday

6:05 PM - Football vs Northern Arizona (Home)

SATURDAY
29 Saturday

SUNDAY
30 Sunday

NOVEMBER

WEEKLY GOALS:

"The harder you work, the harder it is to surrender."
 – Vince Lombardi

MONDAY 31

Halloween

TUESDAY 1

WEDNESDAY 2

november							2011							december									
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s			
			1	2	3	4	5						1	2	3								
6	7	8	9	10	11	12	4	5	6	7	8	9	10	11	12	13	14	15	16	17			
13	14	15	16	17	18	19	11	12	13	14	15	16	17	18	19	20	21	22	23	24			
20	21	22	23	24	25	26	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
27	28	29	30				25	26	27	28	29	30	31										

HORNETS SACRAMENTO STATE

THURSDAY 3

7:00 PM - Volleyball vs Weber State (Home)

FRIDAY 4

Eid al-Adha begins at sundown
 2:00 PM - M Soccer vs San Jose State (Home)
 7:00 PM - Volleyball vs Idaho State (Home)

SATURDAY 5

Standard Time returns

SUNDAY 6

NOVEMBER

WEEKLY GOALS:

*"Nothing in life is to be feared. It is only to be understood."
- Marie Curie*

MONDAY 14

TUESDAY 15

WEDNESDAY 16



november							2011							december						
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s
			1	2	3	4	5						1	2	3					
6	7	8	9	10	11	12		4	5	6	7	8	9	10						
13	14	15	16	17	18	19		11	12	13	14	15	16	17						
20	21	22	23	24	25	26		18	19	20	21	22	23	24						
27	28	29	30					25	26	27	28	29	30	31						



HORNETS SACRAMENTO STATE

THURSDAY 17

FRIDAY 18

SATURDAY 19

SUNDAY 20

2:05 PM - Football vs UC Davis (Home)

NOVEMBER

WEEKLY GOALS:

"Common sense is the knack of seeing things as they are; and doing things as they ought to be." – Harriet Beecher Stowe

MONDAY 21

TUESDAY 22

WEDNESDAY 23



november							2011							december									
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s			
			1	2	3	4	5						1	2	3								
6	7	8	9	10	11	12	4	5	6	7	8	9	10	11	12	13	14	15	16	17			
13	14	15	16	17	18	19	18	19	20	21	22	23	24	18	19	20	21	22	23	24			
20	21	22	23	24	25	26	25	26	27	28	29	30	31	25	26	27	28	29	30	31			
27	28	29	30																				

HORNETS SACRAMENTO STATE



Thanksgiving

THURSDAY 24

Muharram begins at sundown

FRIDAY 25

SATURDAY 26

SUNDAY 27



NOVEMBER

WEEKLY GOALS:

*"No one can make you feel inferior without your consent."
- Eleanor Roosevelt*

MONDAY 28

TUESDAY 29

WEDNESDAY 30



november							2011							december						
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s
			1	2	3	4	5						1	2	3					
6	7	8	9	10	11	12		4	5	6	7	8	9	10						
13	14	15	16	17	18	19		11	12	13	14	15	16	17						
20	21	22	23	24	25	26		18	19	20	21	22	23	24						
27	28	29	30					25	26	27	28	29	30	31						

HORNETS

SACRAMENTO STATE



THURSDAY 1

FRIDAY 2

SATURDAY 3

SUNDAY 4



DECEMBER

WEEKLY GOALS:

*"There are no gains without pains."
- Benjamin Franklin*

MONDAY 5

TUESDAY 6

WEDNESDAY 7

december 2011/12							january						
s	m	t	w	t	f	s	s	m	t	w	t	f	s
			1	2	3		1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31	29	30	31				

HORNETS SACRAMENTO STATE

THURSDAY 8

FRIDAY 9

SATURDAY 10

SUNDAY 11

DECEMBER

WEEKLY GOALS:

*"Do the best you can in every task, no matter how unimportant it may seem at the time.
 No one learns more about a problem than the person at the bottom."
 - Sandra Day O'Connor*

Monday 12

Tuesday 13

Wednesday 14



december							2011/12							january						
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s
			1	2	3		1	2	3	4	5	6	7							
4	5	6	7	8	9	10	8	9	10	11	12	13	14	15	16	17	18	19	20	21
11	12	13	14	15	16	17	15	16	17	18	19	20	21	22	23	24	25	26	27	28
18	19	20	21	22	23	24	22	23	24	25	26	27	28	29	30	31				
25	26	27	28	29	30	31	29	30	31											

HORNETS SACRAMENTO STATE

Thursday 15

Friday 16

Saturday 17

Sunday 18

DECEMBER

WEEKLY GOALS:

*"Make the most of yourself, for that is all there is of you."
- Ralph Waldo Emerson*

Monday 19

Tuesday 20

Wednesday 21

Hanukkah begins at sundown



december							2011/12							january						
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7
25	26	27	28	29	30	31	29	30	31											

HORNETS SACRAMENTO STATE



First Day of Winter

Thursday 22

Friday 23

Saturday 24

Christmas

Sunday 25



DECEMBER

WEEKLY GOALS:

"If you really want something you can figure out how to make it happen."
 – Cher

MONDAY 26

Kwanzaa begins

TUESDAY 27

WEDNESDAY 28

december 2011/12							january						
s	m	t	w	t	f	s	s	m	t	w	t	f	s
			1	2	3		1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31	29	30	31				



HORNETS

SACRAMENTO STATE

THURSDAY 29

FRIDAY 30

SATURDAY 31

SUNDAY 1

New Year's Eve

New Year's Day

JANUARY

WEEKLY GOALS:

*"The price of greatness is responsibility."
 – Winston Churchill*

MONDAY 2

TUESDAY 3

WEDNESDAY 4



january							2012							february						
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s
1	2	3	4	5	6	7				1	2	3	4							
8	9	10	11	12	13	14	5	6	7	8	9	10	11	12	13	14	15	16	17	18
15	16	17	18	19	20	21	12	13	14	15	16	17	18	19	20	21	22	23	24	25
22	23	24	25	26	27	28	19	20	21	22	23	24	25	26	27	28	29			
29	30	31					26	27	28	29										

HORNETS

SACRAMENTO STATE

THURSDAY 5

FRIDAY 6

SATURDAY 7

SUNDAY 8



JANUARY

WEEKLY GOALS:

"We plant seeds that will flower as results in our lives, so best to remove the weeds of anger, avarice, envy and doubt, that peace and abundance may manifest for all."
 — Dorothy Day

Monday 9

Tuesday 10

Wednesday 11



january							2012							february						
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s
1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30	31					29	30	31					29	30	31				

HORNETS

SACRAMENTO STATE

Thursday 12

Friday 13

Saturday 14

Sunday 15

JANUARY

WEEKLY GOALS: _____

*"I've finally stopped running away from myself.
Who else is there better to be?" – Goldie Hawn*

MONDAY 16

Martin Luther King, Jr. Day
(Observed)

TUESDAY 17

WEDNESDAY 18

january							2012							february							
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s	
1	2	3	4	5	6	7					1	2	3	4							
8	9	10	11	12	13	14	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
15	16	17	18	19	20	21	19	20	21	22	23	24	25	26	27	28	29				
22	23	24	25	26	27	28	26	27	28	29											
29	30	31																			

HORNETS SACRAMENTO STATE

THURSDAY 19

FRIDAY 20

SATURDAY 21

SUNDAY 22

JANUARY

WEEKLY GOALS:

*"We must use time as a tool, not as a crutch."
 – John F. Kennedy*

MONDAY 23

Chinese New Year

TUESDAY 24

WEDNESDAY 25

january							2012							february						
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s
1	2	3	4	5	6	7	1	2	3	4	5	6	7	8	9	10	11	12	13	14
8	9	10	11	12	13	14	5	6	7	8	9	10	11	12	13	14	15	16	17	18
15	16	17	18	19	20	21	12	13	14	15	16	17	18	19	20	21	22	23	24	25
22	23	24	25	26	27	28	19	20	21	22	23	24	25	26	27	28	29			
29	30	31					26	27	28	29										



HORNETS

SACRAMENTO STATE

THURSDAY 26

FRIDAY 27

SATURDAY 28

SUNDAY 29

FEBRUARY

WEEKLY GOALS: _____

*"Imagination rules the world."
- Napoleon Bonaparte*

MONDAY 30

TUESDAY 31

WEDNESDAY 1



february							2012							march							
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s	
			1	2	3	4						1	2	3							
5	6	7	8	9	10	11	4	5	6	7	8	9	10	11	12	13	14	15	16	17	
12	13	14	15	16	17	18	11	12	13	14	15	16	17	18	19	20	21	22	23	24	
19	20	21	22	23	24	25	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
26	27	28	29				25	26	27	28	29	30	31								

HORNETS SACRAMENTO STATE



Groundhog Day

THURSDAY 2 Thursday

Mawlid al-Nabi begins at sundown

FRIDAY 3 Friday

SATURDAY 4 Saturday

SUNDAY 5 Sunday

FEBRUARY

WEEKLY GOALS:

"A creative man is motivated by the desire to achieve, not by the desire to beat others." – Ayn Rand

MONDAY 6

TUESDAY 7

WEDNESDAY 8



february							2012							march							
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s	
			1	2	3	4						1	2	3							
5	6	7	8	9	10	11	4	5	6	7	8	9	10	11	12	13	14	15	16	17	
12	13	14	15	16	17	18	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
19	20	21	22	23	24	25	25	26	27	28	29	30	31								
26	27	28	29																		

HORNETS SACRAMENTO STATE



THURSDAY 9

FRIDAY 10

SATURDAY 11

SUNDAY 12

Lincoln's Birthday



FEBRUARY

WEEKLY GOALS: _____

“Opportunity is missed by most people because it is dressed in overalls and looks like work.” – Thomas Edison

MONDAY 13

TUESDAY 14

Valentine's Day

WEDNESDAY 15

february							2012							march							
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s	
			1	2	3	4						1	2	3							
5	6	7	8	9	10	11	4	5	6	7	8	9	10	11	12	13	14	15	16	17	
12	13	14	15	16	17	18	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
19	20	21	22	23	24	25	25	26	27	28	29	30	31								
26	27	28	29																		

HORNETS SACRAMENTO STATE



THURSDAY 16

FRIDAY 17

SATURDAY 18

SUNDAY 19

FEBRUARY

WEEKLY GOALS:

"Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down." – Oprah Winfrey

MONDAY 20

Presidents' Day

TUESDAY 21

WEDNESDAY 22

Ash Wednesday
Washington's Birthday

february							2012							march							
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s	
			1	2	3	4						1	2	3							
5	6	7	8	9	10	11	4	5	6	7	8	9	10	11	12	13	14	15	16	17	
12	13	14	15	16	17	18	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
19	20	21	22	23	24	25	25	26	27	28	29	30	31								
26	27	28	29																		



HORNETS SACRAMENTO STATE

THURSDAY 23

FRIDAY 24

SATURDAY 25

SUNDAY 26

FEBRUARY

WEEKLY GOALS: _____

"Be who you are and say what you feel because those who mind don't matter and those who matter don't mind." – Dr. Seuss

MONDAY 27

TUESDAY 28

WEDNESDAY 29



february							2012							march						
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s
			1	2	3	4							1	2	3					
5	6	7	8	9	10	11	4	5	6	7	8	9	10							
12	13	14	15	16	17	18	11	12	13	14	15	16	17							
19	20	21	22	23	24	25	18	19	20	21	22	23	24							
26	27	28	29				25	26	27	28	29	30	31							

HORNETS

SACRAMENTO STATE



THURSDAY 1

FRIDAY 2

SATURDAY 3

SUNDAY 4



MARCH

WEEKLY GOALS: _____

"One of the secrets to life is to make stepping stones out of stumbling blocks." – Jack Penn

MONDAY 5

TUESDAY 6

WEDNESDAY 7



march							2012							april						
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s
			1	2	3		1	2	3	4	5	6	7	8	9	10	11	12	13	14
4	5	6	7	8	9	10	15	16	17	18	19	20	21	22	23	24	25	26	27	28
11	12	13	14	15	16	17	22	23	24	25	26	27	28	29	30					
18	19	20	21	22	23	24														
25	26	27	28	29	30	31														

HORNETS SACRAMENTO STATE



THURSDAY 8

FRIDAY 9

SATURDAY 10

SUNDAY 11

Daylight-Saving Time begins

MARCH

WEEKLY GOALS:

*"Truth is the only safe ground to stand upon."
 – Elizabeth Cady Stanton*

MONDAY 12

TUESDAY 13

WEDNESDAY 14



march							2012							april						
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s
			1	2	3		4	5	6	7	8	9	10	11	12	13	14	15	16	17
4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7
25	26	27	28	29	30	31	29	30						8	9	10	11	12	13	14
														15	16	17	18	19	20	21
														22	23	24	25	26	27	28
														29	30					

HORNETS

SACRAMENTO STATE

THURSDAY 15

FRIDAY 16

St. Patrick's Day

SATURDAY 17

SUNDAY 18

MARCH

WEEKLY GOALS:

"There is no shortage of good days. It is good lives that are hard to come by." – Annie Dillard

MONDAY 19

TUESDAY 20

WEDNESDAY 21

First Day of Spring



march							2012							april						
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s
			1	2	3		1	2	3	4	5	6	7	8	9	10	11	12	13	14
4	5	6	7	8	9	10	15	16	17	18	19	20	21	22	23	24	25	26	27	28
18	19	20	21	22	23	24	29	30												
25	26	27	28	29	30	31														

HORNETS SACRAMENTO STATE



THURSDAY 22

FRIDAY 23

SATURDAY 24

SUNDAY 25



MARCH

WEEKLY GOALS:

"Nothing is so embarrassing as watching someone do something that you said couldn't be done." – Sam Ewing

MONDAY 26
Monday 26

TUESDAY 27
Tuesday 27

WEDNESDAY 28
Wednesday 28



march							2012							april						
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s
			1	2	3		1	2	3	4	5	6	7	8	9	10	11	12	13	14
4	5	6	7	8	9	10	15	16	17	18	19	20	21	22	23	24	25	26	27	28
11	12	13	14	15	16	17	29	30												
18	19	20	21	22	23	24														
25	26	27	28	29	30	31														



HORNETS SACRAMENTO STATE

THURSDAY 29
Thursday 29

FRIDAY 30
Friday 30

SATURDAY 31
Saturday 31

April Fools' Day
Palm Sunday

SUNDAY 1
Sunday 1

APRIL

WEEKLY GOALS:

"I like pressure. If I am not on the edge of failure, I'm not being sufficiently challenged." – Jewel

MONDAY 2

TUESDAY 3

WEDNESDAY 4



april							2012							may						
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
22	23	24	25	26	27	28	29	30						2	3	4	5	6	7	8
														9	10	11	12	13	14	15
														16	17	18	19	20	21	22
														23	24	25	26	27	28	29
														30	31					

HORNETS SACRAMENTO STATE



THURSDAY 5

FRIDAY 6

SATURDAY 7

SUNDAY 8

Good Friday
Passover begins at sundown

Easter



APRIL

WEEKLY GOALS:

*"I can accept failure. Everyone fails at something.
But I can't accept not trying." – Michael Jordan*

MONDAY 9

TUESDAY 10

WEDNESDAY 11



april							2012							may						
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
22	23	24	25	26	27	28	29	30						27	28	29	30	31		

HORNETS

SACRAMENTO STATE

THURSDAY 12

FRIDAY 13

SATURDAY 14

SUNDAY 15



APRIL

WEEKLY GOALS:

"It's lack of faith that makes people afraid of meeting challenges, and I believe in myself." – Muhammad Ali

MONDAY 16

TUESDAY 17

WEDNESDAY 18



april							2012							may						
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s
1	2	3	4	5	6	7	1	2	3	4	5	6	7	8	9	10	11	12	13	14
8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30					
22	23	24	25	26	27	28	29	30												

HORNETS SACRAMENTO STATE



THURSDAY 19

FRIDAY 20

SATURDAY 21

Earth Day

SUNDAY 22

APRIL

WEEKLY GOALS:

*"Challenges make you discover things about yourself that you never really knew.
They're what make the instrument stretch — what make you go beyond the norm."
— Cicely Tyson*

Monday 23

Tuesday 24

Wednesday 25



april							2012							may						
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
22	23	24	25	26	27	28	29	30						1	2	3	4	5	6	7
														8	9	10	11	12	13	14
														15	16	17	18	19	20	21
														22	23	24	25	26	27	28
														29	30	31				

HORNETS

SACRAMENTO STATE

26 Thursday

27 Friday

28 Saturday

29 Sunday

MAY

WEEKLY GOALS:

"If you want to make peace with your enemy, you have to work with your enemy. Then he becomes your partner." – Nelson Mandela

MONDAY 30

TUESDAY 1

WEDNESDAY 2



may							2012							june							
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s	
	1	2	3	4	5								1	2							
6	7	8	9	10	11	12	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
13	14	15	16	17	18	19	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
20	21	22	23	24	25	26	24	25	26	27	28	29	30								
27	28	29	30	31																	

HORNETS SACRAMENTO STATE



THURSDAY 3

FRIDAY 4

SATURDAY 5

SUNDAY 6

Cinco de Mayo



WEEKLY GOALS:

"Courage is the ladder on which all the other virtues mount."
- Clare Boothe Luce

MONDAY 7
Monday 7

TUESDAY 8
Tuesday 8

WEDNESDAY 9
Wednesday 9



Calendar for May and June 2012 with days of the week and dates.



THURSDAY 10
Thursday 10

FRIDAY 11
Friday 11

SATURDAY 12
Saturday 12

Mother's Day

SUNDAY 13
Sunday 13



MAY

WEEKLY GOALS:

"Some of the world's greatest feats were accomplished by people not smart enough to know they were impossible." - Doug Larson

MONDAY 14

TUESDAY 15

WEDNESDAY 16



Calendar for May and June 2012 showing days of the week and dates.



THURSDAY 17

FRIDAY 18

SATURDAY 19

SUNDAY 20



WEEKLY GOALS:

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." – Margaret Mead

MONDAY 21

TUESDAY 22

WEDNESDAY 23



may							2012							june							
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s	
			1	2	3	4	5						1	2							
6	7	8	9	10	11	12	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
13	14	15	16	17	18	19	10	11	12	13	14	15	16	17	18	19	20	21	22	23	
20	21	22	23	24	25	26	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
27	28	29	30	31			24	25	26	27	28	29	30								

HORNETS SACRAMENTO STATE



THURSDAY 24

FRIDAY 25

SATURDAY 26

SUNDAY 27



MAY

WEEKLY GOALS:

"You can always wish for what you don't have, but always respect what you do have." - Suzanne Vermilyea

MONDAY 28

Memorial Day (Observed)

TUESDAY 29

WEDNESDAY 30

Calendar for May and June 2012 showing days of the week and dates.



THURSDAY 31

FRIDAY 1

SATURDAY 2

SUNDAY 3

JUNE

WEEKLY GOALS:

*"If there is to be any peace it will come through being, not having."
 – Henry Miller*

MONDAY 4

TUESDAY 5

WEDNESDAY 6



june							2012							july						
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s
					1	2	1	2	3	4	5	6	7	8	9	10	11	12	13	14
3	4	5	6	7	8	9	8	9	10	11	12	13	14	15	16	17	18	19	20	21
10	11	12	13	14	15	16	15	16	17	18	19	20	21	22	23	24	25	26	27	28
17	18	19	20	21	22	23	22	23	24	25	26	27	28	29	30	31				
24	25	26	27	28	29	30	29	30	31											



HORNETS

SACRAMENTO STATE

7 Thursday

8 Friday

9 Saturday

10 Sunday

JUNE

WEEKLY GOALS:

"To fulfill a dream, to be allowed to sweat over lonely labor; to be given a chance to create, is the meat and potatoes of life." – Bette Davis

MONDAY 11

TUESDAY 12

WEDNESDAY 13



june							2012							july						
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s
				1	2		1	2	3	4	5	6	7	8	9	10	11	12	13	14
3	4	5	6	7	8	9	15	16	17	18	19	20	21	22	23	24	25	26	27	28
10	11	12	13	14	15	16	22	23	24	25	26	27	28	29	30	31				
17	18	19	20	21	22	23														
24	25	26	27	28	29	30														

HORNETS SACRAMENTO STATE



Flag Day

THURSDAY 14

FRIDAY 15

SATURDAY 16

Father's Day

SUNDAY 17

JUNE

WEEKLY GOALS:

"There is no man living who isn't capable of doing more than he thinks he can do." – Henry Ford

MONDAY 18

TUESDAY 19

WEDNESDAY 20

First Day of Summer



june							july						
s	m	t	w	t	f	s	s	m	t	w	t	f	s
				1	2		1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

HORNETS SACRAMENTO STATE



THURSDAY 21

FRIDAY 22

SATURDAY 23

SUNDAY 24



JUNE

WEEKLY GOALS:

*"You really can change the world if you care enough."
 – Marion Wright Edelman*

MONDAY 25

TUESDAY 26

WEDNESDAY 27



june							july						
s	m	t	w	t	f	s	s	m	t	w	t	f	s
				1	2		1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

HORNETS SACRAMENTO STATE

THURSDAY 28

FRIDAY 29

SATURDAY 30

SUNDAY 1

WEEKLY GOALS:

"Action is the antidote to despair."
- Joan Baez

Monday 2

Tuesday 3

Wednesday 4

Independence Day



Calendar for July and August 2012 showing days of the week and dates.



Thursday 5

Friday 6

Saturday 7

Sunday 8



JULY

WEEKLY GOALS:

*"The time is always right to do what is right."
 – Martin Luther King, Jr.*

MONDAY 9

TUESDAY 10

WEDNESDAY 11



july							2012							august						
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
22	23	24	25	26	27	28	29	30	31					1	2	3	4	5	6	7
														8	9	10	11	12	13	14
														15	16	17	18	19	20	21
														22	23	24	25	26	27	28
														29	30	31				

HORNETS SACRAMENTO STATE

THURSDAY 12

FRIDAY 13

SATURDAY 14

SUNDAY 15

JULY

WEEKLY GOALS:

*"Where there is great love there are always miracles."
 – Willa Cather*

MONDAY 16

TUESDAY 17

WEDNESDAY 18



july							2012							august						
s	m	t	w	t	f	s	s	m	t	w	t	f	s	s	m	t	w	t	f	s
1	2	3	4	5	6	7	1	2	3	4										
8	9	10	11	12	13	14	5	6	7	8	9	10	11	12	13	14	15	16	17	18
15	16	17	18	19	20	21	12	13	14	15	16	17	18	19	20	21	22	23	24	25
22	23	24	25	26	27	28	19	20	21	22	23	24	25	26	27	28	29	30	31	
29	30	31					26	27	28	29	30	31								

Ramadan begins at sundown

THURSDAY 19

FRIDAY 20

SATURDAY 21

SUNDAY 22



HORNETS

SACRAMENTO STATE

