August 11, 2019

Dear Coyote Student-Athlete:

Welcome to Kansas Wesleyan University and congratulations on being one of the elite - the less than 10 percent of high school athletes that compete at the four-year college level. It’s a great honor --- and a responsibility.

At Kansas Wesleyan, we proudly compete as a member of the National Association for Intercollegiate Athletics (NAIA) and are focused on building a model NAIA program. This includes providing an outstanding experience for you as a student-athlete, giving you the opportunity to reach your potential academically and athletically. In addition, you will have the opportunity to participate in community service projects and learn valuable character traits like teamwork, persistence and leadership that will make you a sought after employee.

As a student-athlete, you also have a responsibility. First, you are a role model – to the youth of Salina and to those back at your high school and hometown. Keep that in mind as you make decisions. We are fortunate to be located in the welcoming community of Salina. Please help us continue to extend our quality reputation in your adopted hometown.

Second, we expect you to compete in the classroom as diligently as you compete in athletics. Give your classroom experience your best effort, and I'm confident you will join the majority of our student-athletes that are on the Dean's List each semester.

Third, we expect you to give your teammates, athletic trainers, coaches and administration the same respect that you expect.

This year is also the 50th anniversary of women's athletics at Kansas Wesleyan. Thanks to KWU pioneer Ginny Bevan, Kansas Wesleyan as at the forefront of offering opportunities for women to compete against other institutions. There will be opportunities for each of our women's athletics teams to participate in the celebration.

It’s a great time to be a student-athlete as we build a program that will not only become the pre-eminent athletics program in the Kansas Collegiate Athletic Conference (KCAC), but will become one with national acclaim. Thank you for joining us for the 2019-20 season. Best of luck with all of your endeavors.

Sincerely,

Mike Hermann
Vice President & Director of Athletics
Salina Regional Orthopedic and Sports Medicine is proud to be the Sports Medicine provider to Kansas Wesleyan Athletes.

Salina Regional Sports Medicine offers comprehensive care which includes education to prevent sports injuries, sports performance, and the healing and preservation of damaged joints through surgery and rehabilitation.

Dr. Hawkes specializes in the diagnosis and treatment of ligament, cartilage and meniscus injuries, including treatment of the shoulder, hip and knee. Dr. Pyle specializes in non-operative sports medicine including sports related injuries, ultrasound guided joint injections and dry needling, and other general sports medicine such as fatigue, nutrition, and concussion management. Drs. Hawkes and Pyle work with a team of physical therapists, athletic trainers, and advanced practice providers to support Kansas Wesleyan University providing the highest-quality, most timely care to athletes of every sport.
Kansas Wesleyan University Student-Athlete Manual

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Kansas Wesleyan University Mission Statement

The mission of Kansas Wesleyan University is to promote and integrate academic excellence, spiritual development, personal well-being, and social responsibility.

Kansas Wesleyan provides an educational program characterized by excellence, within a caring community, rooted in the liberal arts tradition. The call of the university is to develop both intellect and character, to stimulate creativity and discover, to nurture the whole person - body, mind, and spirit. Diversity is embraced in curriculum, faculty, and students.

Kansas Wesleyan University prepares students not only for careers and professions but also for lifelong learning. The University equips its students for responsible leadership in their communities, for useful service in and to the world, and for stewardship of the earth.

Kansas Wesleyan University provides a setting in which faith and learning are integrated; encounter with the Christian proclamation is an integral part of the life of the University. The University fosters the lively discussion of faith and values, encouraging students to develop a thoughtful personal world view informed by Christian tradition.

Kansas Wesleyan University serves the church, community, and the world by providing a variety of resources for educational, cultural, and spiritual enrichment. The aim of the University is to discover, to build, and to share a higher quality of life and a broader vision of the world.

Kansas Wesleyan Athletics Mission Statement

The Kansas Wesleyan Athletics mission is to build a model NAIA athletics program that strives for excellence in academics, athletics, leadership, and service to others, while embracing sportsmanship, respect, responsibility and integrity.
KCAC Philosophy

Our intention is that intercollegiate athletics among Kansas Collegiate Athletic Conference (KCAC), members be an integral part of the total educational process. Through athletics, participants find one more avenue to experience and understand themselves, the competitors, and the world in which they live. In the act of competition, there is an emphasis on commitment, cooperation, high achievement and working toward a common goal. Member institutions, although varied and diverse, share a common commitment to Christian values, high standards of character development, moral integrity, and social values. The KCAC supports equity in all facets of athletics.

KCAC History

The KCAC roots go back to the first successful organization among Kansas colleges for athletics in 1890. This loose membership grew to 17 members, which included Kansas Wesleyan University, as well as the University of Kansas and Kansas State Agricultural College by 1920 and the name was altered to the Kansas Intercollegiate Athletic Conference. The original KCAC was disbanded in 1928 and a new conference was re-formed, the Kansas College Athletic Conference. The six original members included Kansas Wesleyan, Ottawa, Baker, Bethany, McPherson and St. Mary’s.

Current KCAC Members

<table>
<thead>
<tr>
<th>Institution</th>
<th>Location (Population)</th>
<th>Joined KCAC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avila University</td>
<td>Kansas City, MO (491,918)</td>
<td>2018</td>
</tr>
<tr>
<td>Bethany College</td>
<td>Lindsborg, KS (3,458)</td>
<td>1928</td>
</tr>
<tr>
<td>Bethel College</td>
<td>North Newton, KS (1,759)</td>
<td>1938</td>
</tr>
<tr>
<td>Friends University</td>
<td>Wichita, KS (389,255)</td>
<td>1953</td>
</tr>
<tr>
<td><strong>Kansas Wesleyan University</strong></td>
<td><strong>Salina, KS (47,707)</strong></td>
<td><strong>1928</strong></td>
</tr>
<tr>
<td>McPherson College</td>
<td>McPherson, KS (13,155)</td>
<td>1928</td>
</tr>
<tr>
<td>Oklahoma Wesleyan University</td>
<td>Bartlesville, OK (35,750)</td>
<td>2015</td>
</tr>
<tr>
<td>Ottawa University</td>
<td>Ottawa, KS (12,649)</td>
<td>1928-1970, 1981</td>
</tr>
<tr>
<td>University of Saint Mary</td>
<td>Leavenworth, KS (35,251)</td>
<td>2000</td>
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<tr>
<td>Southwestern College</td>
<td>Winfield, KS (12,301)</td>
<td>1958</td>
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<tr>
<td>Sterling College</td>
<td>Sterling, KS (2,328)</td>
<td>1958</td>
</tr>
<tr>
<td>Tabor College</td>
<td>Hillsboro, KS (2,993)</td>
<td>1968</td>
</tr>
<tr>
<td>York College</td>
<td>York NE (7,766)</td>
<td>2016</td>
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</tbody>
</table>
The NAIA

The National Association of Intercollegiate Athletics (NAIA), headquartered in Kansas City, Mo., is a governing body of small athletics programs that are dedicated to character-driven intercollegiate athletics. Since 1937, the NAIA has administered programs and championships in proper balance with the overall college educational experience.

The student-athlete is the center of all NAIA experiences. Each year more than 60,000 student-athletes have the opportunity to play college sports at more than 250 NAIA member institutions.

The seed of the NAIA began 82 years ago with the tipoff of a men’s basketball tournament in Kansas City in 1937 that has become the longest running event in college basketball. Out of the tournament grew the NAIA, an association that has been an innovative leader. The NAIA was the first collegiate athletics association to invite historically black institutions into membership and the first to sponsor both men’s and women’s national championships. It was the first organization to admit Canadian universities and today’s membership includes a school in the U.S. Virgin Islands.

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

The NAIA recognizes teams that have a minimum of a 3.00 GPA for all eligible student-athletes. In 2018-19, 19 Kansas Wesleyan teams earned the honor:

<table>
<thead>
<tr>
<th>Team</th>
<th>GPA</th>
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<tbody>
<tr>
<td>Volleyball</td>
<td>3.60</td>
</tr>
<tr>
<td>Women’s Indoor Track</td>
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<tr>
<td>Women’s Outdoor Track</td>
<td>3.54</td>
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<tr>
<td>Women’s Golf</td>
<td>3.42</td>
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<tr>
<td>Women’s Cross Country</td>
<td>3.40</td>
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<td>Women’s Soccer</td>
<td>3.32</td>
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<tr>
<td>Competitive Cheer</td>
<td>3.30</td>
</tr>
<tr>
<td>Women’s Tennis</td>
<td>3.26</td>
</tr>
<tr>
<td>Women’s Basketball</td>
<td>3.23</td>
</tr>
<tr>
<td>Men’s Cross Country</td>
<td>3.21</td>
</tr>
<tr>
<td>Softball</td>
<td>3.20</td>
</tr>
<tr>
<td>Men’s Outdoor Track</td>
<td>3.17</td>
</tr>
<tr>
<td>Men’s Golf</td>
<td>3.13</td>
</tr>
<tr>
<td>Men’s Bowling</td>
<td>3.11</td>
</tr>
<tr>
<td>Baseball</td>
<td>3.10</td>
</tr>
<tr>
<td>Men’s Basketball</td>
<td>3.05</td>
</tr>
<tr>
<td>Competitive Dance</td>
<td>3.04</td>
</tr>
<tr>
<td>Men’s Indoor Track</td>
<td>3.03</td>
</tr>
<tr>
<td>Women’s Bowling</td>
<td>3.02</td>
</tr>
</tbody>
</table>
**Academic Achievement**

The academic experience of student-athletes is of primary importance. While recognizing your dedication to athletic achievement, the University encourages all student-athletes to engage themselves in the pursuit of academic excellence as well.

The University provides several effective “safety nets” to assist students experiencing academic difficulty. Don’t be shy about using resources available to you. Given the many demands on your time, it is important that you seek out the academic support services of the institution whenever you experience academic difficulties. The first response to academic difficulty should be meeting with your course professor. Other resources are available through the Albert Nelson Student Success Center, located in the Memorial Library.

**Class Attendance**

Student-athletes are expected to review the **missed class schedule** with professors in the first two weeks of the semester. Students should then remind the professors as the conflict approaches. Absence from class because of athletic competition does not excuse a student-athlete from any kind of course requirement. Missed classes for travel for University sanctioned competition are excused absences. Respectful communication with professors is imperative and expected of all student-athletes.

Students are not permitted to miss class, seminars or labs to attend practice. Discuss your academic schedule with your coach so that he or she is aware of the days where there are class conflicts with practice.

Since student-athletes miss class during the term, class attendance is expected for those days when there is not a conflict with competition or travel. Students are expected to attend a partial class when the team departure comes during the scheduled class.
Student-Athlete Code of Conduct

All Kansas Wesleyan student-athletes should conduct themselves in an appropriate manner at all times. Respect for one’s institution, teammates, coaches, opponents and officials should be emphasized at all times.

Discipline Policy

The intercollegiate athletics programs at Kansas Wesleyan set a high standard for commitment, achievement and character. The Coyote students who choose to join these athletics programs choose to make sacrifices and accept the responsibility of representing Kansas Wesleyan University. A student-athlete represents Kansas Wesleyan at all times, on and off the playing surface, in and out of season. Appropriate conduct is expected at all times.

Each head coach has the responsibility for establishing behavior expectations for his/her team. The head coach has the responsibility for addressing violations. The Athletics Policy is intended to affirm the authority of the head coach while at the same time, establishing a base of understanding about appropriate conduct and the minimum outcomes for all student-athletes who violate those standards.

The following sanctions can be applied in instances where a report to Athletics (e.g., University discipline sanction, City of Salina police or other agency report, arrest, etc.) identifies a student-athlete as committing an offense. The policy is not designed to be used in situations involving violations of team rules or team alcohol policies by themselves, which clearly fall under the purview of the head coach.

In general, a minor violation is considered to occur in any situation where an individual:
- is charged with a disorderly persons offense or receives a citation and in looking at the totality of the circumstances, it is reasonable to believe the person committed the act (e.g., open container, false identification, underage possession of alcohol, hosting a party, etc.);
- is found guilty of a University disciplinary infraction and it assigned less than six months’ probation; or
- is found to have generally engaged in conducted that is deemed inappropriate, reckless, instigating or malicious, but does not rise to the threshold of a major violation.

A major violation is considered to have occurred in any situation where an individual:
- is charged with a felony and, in looking at the totality of the circumstances, it is reasonable to believe that the person committed the act; or
- is found guilty of a University disciplinary infraction and is assigned six months or longer probation due to the severity of the incident or any drug related offense, regardless of the length of the probation; or
- is found to have engaged in conduct that is deemed inappropriate, reckless, instigating or malicious.
If a student-athlete receives a citation from the police or is arrested, the student should contact his or her head coach as soon as practical.

### Drugs and Alcohol

Students at Kansas Wesleyan University are expected to be acquainted with and to abide by both the State of Kansas and University regulations regarding the consumption of alcohol. At no time is it permissible to possess or consume alcoholic beverages on the University campus or during University-sanctioned road trips from the time the student leaves campus until the student returns. University policy prohibits the possession, distribution or use of illegal drugs.

### Tobacco

The use of tobacco or tobacco products is not permitted by participants, coaches, cheerleaders, athletic trainers, game administrators or officials during all Kansas Wesleyan sanctioned competition and practices.

<table>
<thead>
<tr>
<th></th>
<th>Minor</th>
<th>Major</th>
</tr>
</thead>
<tbody>
<tr>
<td>First</td>
<td>No department sanction, coach implements appropriate sanction and notifies department of action</td>
<td>Minimum suspension of 10% of scheduled contests</td>
</tr>
<tr>
<td>Second</td>
<td>Student-athlete meets with the director of athletics and receives sanction</td>
<td>Minimum suspension of 30% of scheduled contests</td>
</tr>
<tr>
<td>Third</td>
<td>Minimum suspension of 10% of scheduled contests</td>
<td>Dismissal from team</td>
</tr>
<tr>
<td>Fourth</td>
<td>Dismissal from team</td>
<td></td>
</tr>
</tbody>
</table>
Hazing

Kansas Wesleyan University believes every team has the responsibility to create an environment within which all activities are pursued in a sound and productive manner. Any team or member of a team which includes hazing as part of its activities creates a risk for hazardous conditions.

Kansas Wesleyan defines hazing as “any activity or action which subtly, flagrantly, recklessly or deliberately demeans, embarrasses, threatens, invites ridicule or draws inappropriate or negative attention to a student-athlete or group of student-athletes.

Hazing also includes an attitude that one student-athlete is superior to another or that membership on the team must be earned through personal service or meaningless activities.

Action and activities that are prohibited include, but are not limited to the following:

- Any activity or action that may create a risk to the health, safety, welfare or property of the University or any member of its community.
- Paddling, beating or otherwise permitting a student to hit other students.
- Requiring or encouraging a student to wear degrading or uncomfortable garments.
- Depriving a student-athlete of the opportunity for sufficient sleep or interference with academic efforts.
- Requiring or encouraging a student to consume alcohol or drugs.
- Morally degrading or humiliating games or other activities that make a student the object of amusement, ridicule or intimidation.
- Any requirement that compels a student to participate in an activity which is illegal, perverse, publicly indecent or contrary to his genuine moral beliefs.

Kansas Wesleyan University is opposed to any form of hazing. Any violation of this policy should be reported to the head coach of the team, director of athletics, and, if necessary, the executive director of student development. Any student-athlete who violates this policy will be subject to penalization.
Social Media Posting Policy

A Kansas Wesleyan student-athlete represents Kansas Wesleyan at all times, on and off the playing surface, in and out of season. Appropriate public conduct and representation is expected at all times. With the explosion of social media, there is a greater chance now for a student-athlete to express himself or herself in a manner that can be creative, thought-provoking, humorous or serious. At the same time, there is a greatly increased chance to accidently or inadvertently get into situations that can carry with them serious consequences.

It is the policy of the Department of Athletics not to censor any student-athlete, coach or administrator who is interested in posting on social media. It is important to keep in mind a few guidelines to stay away from troubling situations.

First, student-athletes should consider that every post is public. Even private Twitter accounts can become public if they are retweeted. The general rule of thumb is to consider that all posts will be read by coaches, teammates, opponents, officials, parents, friends, Directors of Admission for graduate schools and prospective employers. Second, anonymous message boards and forums where posters use names to keep them anonymous are potential hazards for athletics teams. Discussing sensitive team information, such as injuries, recruiting, personnel changes and disciplinary situations may end up in a separate message board, blog or other media source.

The Athletics Discipline Policy will be invoked in cases where sound judgment is not used and material that is posted poorly represents Kansas Wesleyan University.

Recruiting Visits

Kansas Wesleyan student-athletes are occasionally asked to participate in recruiting activities during recruiting visits. Please remember the following guidelines:

- You may not arrange or permit excessive entertainment for a prospect on or off campus. Entertainment must be within the realm of normal student life at Kansas Wesleyan. Permissible activities include home athletic contests, theatre productions, music performances, etc. Other activities including visiting local restaurants or the movie theatre are also permitted.
- Alcohol should not be served or consumed in the presence of recruits. It is not permitted to serve alcohol to recruits, even at restaurants, make trips to bars with under-aged prospects or provide illegal substances to prospects.
Team Travel

Student-athletes should remember that they are representatives of Kansas Wesleyan University whenever their team is on the road for competition. All trips begin when the team leaves campus and end upon return to campus. The following are a few items of importance:

Student-athletes will ride to and from all athletic contests with their team.

The only exceptions to this rule will be:

- A student-athlete may ride home and/or back to campus with his or her parents if the head coach gives permission.
- The director of athletics will decide any further exceptions to the above rule on a case-by-case basis. Requests must be made a minimum of one business day in advance of the trip.

Student-athletes will not be allowed to leave the game site with someone other than his or her parents.

When staying in hotel rooms, the charges and tax are the responsibility of the University. Incidental expenses such as telephone, room service or movies are to be paid by the room occupants prior to checkout. Coaches may prohibit pay movies from being charged to hotel rooms. Individuals are financially responsible for any property damage or theft. When individual responsibility cannot be determined, the entire team will be held responsible.

Room assignments are to be made by the head coach, and students are not permitted to change room assignments.

The Everett Morgan Strength Training Center

The Morgan Strength Center is available for all students during the open hours, usually 11 a.m. to 9 p.m., Monday through Friday. Team conditioning sessions can be set up before or during open hours. If the center is closed, a coach must be present during conditioning. Student-athletes should keep in mind that the facility is open to all students during normal hours and should be willing to share equipment appropriately. Derek Arnold is the fitness center coordinator.

Please see the attached addendum for more information on the Morgan Strength Center.
Student-Athlete Advisory Committee

Each individual sport program can have two individuals on the Student-Athlete Advisory Committee (SAAC). This group meets regularly to advise the director of athletics on issues, particularly as it relates to student-athlete welfare and other important issues related to the experience of the student-athletes. SAAC members will be sharing information from the meetings with the team members.

The 2018-19 SAAC officers are:
- President ................................................... Bailie Troll (women’s track)
- Vice President ......................................... CJ Crader (baseball)
- Secretary ................................................... Jacob Lovell (men’s track)
- Treasurer ................................................... Courtney Heinen (women’s basketball)
- Student Government Assoc. Rep..... Justin Sullivan (football)
- Student Development Liaison........... Bianca Sanchez (softball, cheer)
- KCAC SALT Representative............... Michelle Sugimura (cheer)
- KCAC SALT Representative............... Jacob Lovell (track)

The KCAC has a similar student-led organization, Student-Athlete Leadership Team (SALT). Juniors Michelle Sugimura and Jacob Lovell are the KWU representatives to SALT.

The NAIA has a similar organization of student-athletes – the Association of Student-Athletes. Molly Little, a senior volleyball and track & field student-athlete at York College, is the KCAC representative for 2019-20.

Transfer Regulations

The KCAC required one-year residence at the new institution before a student can be eligible to compete at another KCAC institution following the signing of a KCAC letter of intent or identifying at a KCAC institution. The one-year requirement cannot be waived by the KCAC institution.

The NAIA requires a 16-week residency period at a new institution before a student-athlete can be eligible. Students who have a strong desire to transfer should discuss options with their head coach.

There is no “release” required for transferring. Students wishing to transfer should start with a conversation with his or her head coach.
**NAIA Academy**

The NAIA Academy offers courses to assist student-athletes, including Live 5 and myPlaybook courses. The myPlaybook courses were added to prepare students for the NAIA drug testing program, which will begin at NAIA championships in 2017-18.

The courses below are required by year. Those students joining the university at transfers should catch up to their academic year by September 30.

**Freshmen**
- Live 5 Course #1: Learn to Live 5
- myPlaybook Course #1 NAIA Rules and PED Awareness

**Sophomores**
- Live 5 Course #2: Master the Fundamentals
- myPlaybook Course #2 Dietary Supplements and Sports Nutrition

**Juniors**
- Live 5 Course #3 Live 5 & Lead
- myPlaybook Course #3 Life Skills

**Seniors**
- Live 5 Course #4 Live 5 for Life
- myPlaybook Course #4 The Transition from College Athlete to Healthy Adult Lifestyle

Character Study courses are not required and students can opt out on the first screen.

**KWU Emphasis of Champions of Character in Competition**

Demonstrating Champions of Character in competition is important to Kansas Wesleyan University and any student or coach that is ejected from a game for a sportsmanship violation will be required to miss 200% of the NAIA mandated time before returning to competition.

**Student-Athlete Exit Surveys and Interviews**

Each senior student-athlete will be asked to complete an exit survey near the end of his or her senior season. This information assists the athletics program in assessing the experience of our student-athletes. When completing the exit survey, students may also request an in-person exit interview with the director of athletics or the faculty athletics representative.

Each student completes an end of the year survey near the end of the competition season.
Kansas Wesleyan University’s Good Standing:

Academic Good Standing: Undergraduate
To be considered in academic good standing, students must meet the GPA standard below:

<table>
<thead>
<tr>
<th>Credit Hours Earned</th>
<th>Minimum CGPA for Good Standing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 28</td>
<td>1.70</td>
</tr>
<tr>
<td>28 or greater but less than 44</td>
<td>1.80</td>
</tr>
<tr>
<td>44 or greater but less than 60</td>
<td>1.90</td>
</tr>
<tr>
<td>60 and over</td>
<td>2.00</td>
</tr>
</tbody>
</table>

Academic Good Standing: Graduate Students
To be considered in academic good standing, students must meet the GPA standard: Graduate Students must achieve a Cumulative Grade Point Average (CGPA) of 3.000 or higher.

Student-Athlete Eligibility

Students with questions about student-athlete eligibility should set an appointment with Jacob Ogle (833-4465) to discuss the details. A supplement to this document has the NAIA addresses the NAIA eligibility rules, particularly those related to Freshman Eligibility, Continuing Eligibility, Seasons of Competition, Transfer Eligibility, Amateurism and Eligibility Forms.

Eligibility Quick Summary

<table>
<thead>
<tr>
<th>4th academic year</th>
<th>12 hours</th>
<th>24 hrs in last 2 semesters</th>
<th>2.0 GPA</th>
<th>4th Season of Competition</th>
<th>72 total hours</th>
<th>2.0 GPA</th>
</tr>
</thead>
<tbody>
<tr>
<td>3rd academic year</td>
<td>12 hours</td>
<td>24 hrs in last 2 semesters</td>
<td>2.0 GPA</td>
<td>3rd Season of Competition</td>
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<td>12 hours</td>
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<td>2.0 GPA</td>
<td>2nd Season of Competition</td>
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<tr>
<td>1st academic year</td>
<td>12 hours</td>
<td>9 hours prior to 2nd semester</td>
<td>2.0 GPA</td>
<td>1st Season of Competition</td>
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**KANSAS WESLEYAN UNIVERSITY ATHLETICS STAFF DIRECTORY**

**Updated 8/4/2019**

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<th>SPORT</th>
<th>NAME</th>
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<td><strong>Athletics Office</strong></td>
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<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td>Mike Hermann</td>
<td>Director of Athletics</td>
<td>101</td>
<td><a href="mailto:mh@kwc.edu">mh@kwc.edu</a></td>
<td>620-352-1300</td>
</tr>
<tr>
<td></td>
<td>Tiffany Daniels</td>
<td>Assistant Athletics Director</td>
<td>104</td>
<td><a href="mailto:tiffanyd1@kwc.edu">tiffanyd1@kwc.edu</a></td>
<td>620-352-1300</td>
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<tr>
<td></td>
<td>Dave Toelle</td>
<td>Sports Information Director</td>
<td>121S</td>
<td><a href="mailto:dave.toelle@kwc.edu">dave.toelle@kwc.edu</a></td>
<td>785-643-0913</td>
</tr>
<tr>
<td></td>
<td>Bob Davidson</td>
<td>Special Correspondent for CFN</td>
<td>104</td>
<td><a href="mailto:bbd@kwc.edu">bbd@kwc.edu</a></td>
<td>785-643-0913</td>
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<td></td>
<td>Meagan Contreras</td>
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<td>805-368-0767</td>
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<tr>
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<td>Jacob Ogie</td>
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<td>865-387-9575</td>
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<td><strong>Athletic Training</strong></td>
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<td></td>
<td>Daniel O’Connell</td>
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<td></td>
<td>Elizabeth Ketchem</td>
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<td><a href="mailto:elizabeth.ketchem@kwc.edu">elizabeth.ketchem@kwc.edu</a></td>
<td>316-217-3752</td>
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<td>703-258-2196</td>
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<tr>
<td><strong>Baseball</strong></td>
<td>Bill Neale</td>
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<td><a href="mailto:bill.neale@kwc.edu">bill.neale@kwc.edu</a></td>
<td>580-752-0200</td>
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<tr>
<td></td>
<td>Jonathan Freemyer</td>
<td>Assistant Baseball Coach</td>
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<td><a href="mailto:jonathan.freemyer@kwc.edu">jonathan.freemyer@kwc.edu</a></td>
<td>832-444-4697</td>
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<td></td>
<td>Ryan Cantrell</td>
<td>Assistant Baseball Coach</td>
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<td><a href="mailto:ryan.cantrell@kwc.edu">ryan.cantrell@kwc.edu</a></td>
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<td></td>
<td>Anthony Monson</td>
<td>Head Men’s Basketball Coach</td>
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<td><a href="mailto:anthony.monson@kwc.edu">anthony.monson@kwc.edu</a></td>
<td>785-577-0796</td>
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<td></td>
<td>Rob Davidson</td>
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<td><a href="mailto:rob.davidson@kwc.edu">rob.davidson@kwc.edu</a></td>
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<td></td>
<td>Sam Harrison</td>
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<td></td>
<td>Ryan Showman</td>
<td>Head Women’s Basketball Coach</td>
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<tr>
<td><strong>Bowing</strong></td>
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<tr>
<td></td>
<td>Brandon Russom</td>
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<td><strong>Cheer</strong></td>
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<td></td>
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<tr>
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<td></td>
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<td>Diego Cocoon</td>
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<td>750-317-4657</td>
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</table>
Basics of Eligibility — NAIA Legislative Services

NAIA Eligibility Center

- All first-time NAIA participants must register at www.PlayNAIA.org and receive an Eligibility Center determination.
- Must receive determination prior to participating in any contest (scrimmage, exhibition or regular season).
- Encourage students to submit transcripts and applicable test scores as soon as possible.

Eligibility Basics

An NAIA student:

- May compete during his/her first 10 semesters/15 quarters only
- Must meet freshman and/or continuing eligibility requirements
- Must be enrolled in at least 12 credit hours
- Must be making normal progress toward a baccalaureate degree
- Must have a 2.0 GPA on a 4.0 scale (for juniors and seniors, athletically or academically)
- Must meet transfer eligibility requirements (if applicable)
- May compete during four seasons only

Terms of Attendance

An NAIA student may only compete during the first 10 semesters/15 quarters of full-time enrollment.

- Any term (excluding summer sessions) in which the student becomes identified will be considered a term of attendance.
- Exceptions: V.E.1a-b
  - Pregnancy
  - Debilitating illness

Identification

A student identifies with an institution if:

- Competes in a contest
  - Charged with season
  - Charged with term

- Is enrolled in 12 hours and attends one class while being enrolled in 12 hours
  - Charged with term

Upon identification the term immediately counts as one of the student’s 10 semesters or 15 quarters.
Basics of Eligibility — NAIA Legislative Services

Freshman Eligibility

Freshman: A student who has not been previously identified at any institution of higher learning for 2 semesters/3 quarters.

To be eligible for competition, a freshman must be:
- Graduate of accredited high school or be accepted as regular student in good standing, **AND**
- Meet two of three requirements:
  - Test Score: Minimum score of:
    - ACT — 18
    - SAT — 860 (Critical Reading and Math Sections only)
  - High School GPA: Minimum overall high school GPA of 2.000 on 4.000 scale
  - Class Rank: Top 50% of high school graduating class

International Students

- Must meet 2 of 3 requirement, but those requirements are calculated differently than domestic students
- Academic records required will vary per country

2nd Term Freshmen

9 Hour Rule
- Student must meet entering freshman requirements (2 of 3)
- Student must also have passed at least 9 hours prior to the second term
- Can’t count pre-identification hours

Continuing Eligibility

12 Hour Rule
- To compete, a student must be enrolled in a minimum of 12 institutional credit hours.
  - At least 9 hours must be at the NAIA institution
  - Maximum 3 hours may be from another institution (with prior permission from registrar)
  - If a student drops below 12 hours at any time, student must immediately stop competing.

24/36 Hour Rule
- To compete, a student must have earned:
  - 24 hours during the student’s previous two semesters
  - Includes:
    - Up to 12 non-term hours
    - Any non-term hours must be earned after the student’s 2nd most recent term
Basics of Eligibility — NAIA Legislative Services

Continuing Eligibility

24/36 Hour Rule

- 1st academic year: 12 hours enrolled
- 2nd academic year: 12 hours enrolled
- 3rd academic year: 12 hours enrolled
- 4th academic year: 12 hours enrolled
- Summer: 4 hours
- Winter: 4 hours
- Fall 2011: 8 hours
- Spring 2012: 8 hours

To complete, must have earned 24 hours during the student’s previous two semesters or 36 hours during the student’s previous three quarters.

Calculating GPA

- First TOA at your institution: cumulative GPA from all transcripts
- After initial TOA at your institution: use institution’s cumulative GPA policy for all students
- Retention/Graduation GPA is only used if it is the only GPA
- If multiple “cumulative GPAs” appear, use whichever GPA institution uses to determine honors, graduation, etc.

Continuing Eligibility

Progress Rule

- 4th Semester of Competition: 72 total hours
- 3rd Semester of Competition: 48 total hours
- 2nd Semester of Competition: 24 total hours

A student must have earned:
- 2nd SOC: 48 semester hrs
- 3rd SOC: 48 semester hrs
- 4th SOC: 72 semester hrs
- At least 48 semester/72 quarter hrs

Continuing Eligibility

2.0 GPA for Juniors

- 1st academic year: 2.0 GPA required (24 hours)
- 2nd academic year: 2.0 GPA required (48 hours)
- 3rd academic year: 2.0 GPA required (72 hours)
- 4th academic year: 2.0 GPA required (72 hours)

For a student to participate after attaining junior status (academically or athletically):
- Must have a cumulative GPA of 2.0 on a 4.0 scale

Fix Continuing Eligibility

Putting it All Together

<table>
<thead>
<tr>
<th>Article V, Section C, Item 6</th>
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<td>Article V, Section C, Item 9</td>
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<td>Article V, Section C, Item 8-9</td>
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NAIA National Office • 1200 Grand Blvd., Kansas City, MO 64106 • 816.595.800
Basics of Eligibility — NAIA Legislative Services

Seasons of Competition
A student may compete in 4 seasons of competition in any sport
Includes:
- Intercollegiate competition
  - Varsity, JV or Freshman
  - Transfer students’ SOC are determined by previous association
- Non-intercollegiate “elite level” competition
  - Can include collegiate club play
  - Does not include U19 leagues

Competitive Experience
Countable Competition
- Additional SOCs must be charged for each year after high school graduation in which a student does not play college sports and participates in NAIA-level “countable” competition
- FAR should review the student’s competitive experience on the Competitive Experience Form
- Cannot be charged more than 1 SOC in 12-month period for outside competition
- When to use the Competitive Experience Form:
  - Student has a break in continuous NAIA enrollment

Transfers
- Students who identified previously at any other collegiate institution
  - If came from a four-year institution and played
  - If attended only two-year institutions before
  - Never competed at the immediately previous four-year institution
  - If previous four-year institution provides “release” and has a 2.0 GPA
  - If within an NAIA conference
  - 16-week residency required
  - No residency period
  - No residency period
  - No residency period
  - Conference rules may apply

Recertification
- Any student-athlete certified as eligible in the fall semester must be recertified if the student will participate in the spring term.
  - Student-athletes must be properly recertified by midnight on the 21st day after the official close of the previous term.
  - A student-athlete must stop participating immediately upon discovering the student no longer meets continuing eligibility requirements.
Amateur Status

- Amateurism is sport specific
- Except if the student is professional in:
  - Cross Country, Indoor Track & Field, Outdoor Track & Field: Pro in all three
  - Indoor or Arena Football: Pro in football
  - Indoor Soccer: Pro in soccer

Amateur Status

Acts that result in a loss of amateur standing:
- Cash awards
- Sign contract with any pro team
- Remuneration for use of name and picture
- Reimbursement over actual expense amount
- Participating in any athletics contest where remuneration exceeds actual expenses of travel, meals and lodging only
- Agreeing to compete in professional athletics, with either pro sports organization or with those authorized to represent the athlete

Examples

- Playing with an amateur team against a pro team
- Trying out for pro team
- Submitting highlight video to win a contest with a cash prize
- Competing in ITF events, earning cash prize, but not accepting prize and completing amateurism forms

Medical Hardship Waivers

- Medical hardships restore a student's season of competition when the student sustains a season-ending injury or illness.
- Must be verified by medical doctor treating the student.
- Student must not have competed in more than permissible number of contests.
- Injury cannot occur in last regular season contest or postseason.
- Restores a season of competition but does not restore any terms toward the 10 semester/15 quarter rule.

Hardship Waiver Forms

- Coach / AD / FAR must complete portions 1-4
- Transcript is required
- Competition dates – be prepared to submit verifying stats
- Signatures

Resources

- NAIA.org
- PlayNAIA.org
- NAIAHelp.com
Sports Medicine Information

Defining Athletic Training
The Board of Certification (BOC) Certified Athletic Trainer, or ATC, is a highly educated and skilled professional whose specialty is in athletic health care. The ATC is recognized as an Allied Health Professional. As a sports medicine expert and member of the complete health care team, the ATC works under the direction of a licensed physician and in cooperation with other health care professionals and sports team members.

“Athletic Trainers (ATs) are health care professionals who collaborate with physicians. The services provided by ATs comprise prevention, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions.”
* Athletic training is recognized by the American Medical Association (AMA) as a health care profession.

Objective
The objective for the Athletic Training Room are to provide the highest level of athletic and sports medicine care to the intercollegiate student-athletes of Kansas Wesleyan University. This includes the care, prevention and rehabilitation of athletic injuries and helping to direct the nutritional and physiological needs of the student athlete.

General Policy
The athletic training staff will operate within the guidelines outlined in the NCAA Sports Medicine Handbook (as adopted by the NAIA), the NAIA Manual, and the Kansas Collegiate Athletic Conference guidelines. The athletic training staff will also adhere to the KWU Faculty/Staff and Student Handbooks.
At all times, the welfare of the student-athlete will be of utmost priority in the actions of the sports medicine staff. All medical decisions are made under the supervision of the KWU team physicians.

The Athletic Training Room
The Athletic Training Room is a coed facility appropriate attire and dialogue are expected.

Hours of Operation
The Athletic Training Room will be open to “by appointment” services from the hours of 9:00 AM to 12:00 PM, “walk in clinic” from the hours of 1:00 pm to 4:00pm, and “ice and ice baths only” from 4:00pm to 6:00pm Monday through Friday. These hours will be maintained during the season to allow for more accessibility for ongoing care and rehabilitation. The Athletic Training Staff will determine specific treatment hours for a team’s practice and competition.

Contagious Disease
Any Student-Athlete with a contagious or potentially contagious illness should avoid direct contact, regardless of the setting. Students suffering from a cold, sore throat, respiratory illness, intestinal illness, or other condition with an oral temperature of 101° or greater should report to an Athletic Trainer.
Missed Class for Illness
If a student must miss class or clinical assignment due to illness, they should contact their instructor prior to their absence. If unable to contact their instructor prior to class, they should contact him/her as soon as possible after the conclusion of their class. The Athletic Training staff does not/will not excuse any Student-Athlete from missing their assigned class or assignment. Only the Academic Provost office can officially excuse any student from a class. Additionally, no professional staff member can send a note excusing a student from a class due to illness or injury; except as stated in the KWU Concussion Policy.

Responsibility for Reporting Injuries
The student-athlete must be an active participant in his/her healthcare and as such, it is his/her responsibility to report all injuries and illnesses, including signs and symptoms of concussions, to KWU’s medical staff. The student-athlete must fully disclose in writing any prior medical conditions and will also disclose any future conditions to the KWU’s medical staff.

Concussion Facts:

1. A concussion is a brain injury for which I am responsible for reporting to KWU’s team physician or certified athletic trainer.

2. A concussion can affect my ability to perform everyday activities, including reaction time, balance, sleep, concentration and classroom performance.

3. It is my responsibility to report to a member of the KWU’s medical staff if I receive a blow to the head or body and experience signs or symptoms of a concussion, which may include: headache, blurred vision, weakness in one arm or leg, loss of consciousness, stumbling, loss of balance, nausea/vomiting, confusion, memory loss, or change in personality (including irritability and depression).

4. I may notice some symptoms of a concussion immediately, but other symptoms may show up hours or days after the initial injury. It is my responsibility to report any delayed signs or symptoms to the KWU’s team physician or certified athletic trainer.

5. If I suspect a teammate has a concussion, I am responsible for reporting the injury to the KWU’s team physician or certified athletic trainer.

6. I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion-like symptoms until I am cleared by a member of the KWU’s medical staff.

7. Following a concussion, the brain needs time to heal. I am more likely to have a repeat concussion if I return to play before my symptoms resolve. In rare cases, repeat concussions can cause permanent brain injury or death. Because of this, I understand it is important to accurately report my signs and/or symptoms if I have been diagnosed with a concussion.
Sports Medicine Information

Referral Protocol
In the event that a student-athlete is injured or becomes ill, the student-athlete must first contact the Athletic Training staff.

1. Upon completion of an examination, an Athletic Training staff member may refer the student-athlete to a team physician or a consulting physician. The student-athlete MUST report to the Athletic Training staff before seeing a physician.
   a) All non-athletic related injury and/or illness will be the responsibility of the student-athlete. (See INSURANCE COVERAGE for explanation of benefits)

2. In the event a student-athlete sustains a non-athletic illness and must be referred to a physician specialist outside the confines of the team physician, the student-athlete will be held responsible for all medical payments.

3. Head Coaches, assistant coaches, student coaches, managers, or any other KWU personnel shall not be permitted to schedule appointments for any student-athlete without first consulting the Athletic Training staff. Any referrals without following proper procedures may result in the student-athlete being held responsible for payments. In the event of an athletic related emergency, or the athletic training staff is unavailable, any KWU personnel should provide the student-athlete access to a medical facility of choice.

4. The student-athlete will be responsible for payment of any fees resulting from missed appointments, including dental, eye exams, physical therapy, or any other medical problem.

5. If the student-athlete receives care from any allied health professional unauthorized by the KWU Athletic Training team or athletic department, all responsibility for this kind of treatment or any expenses will be that of the student-athlete. Further, a student-athlete who seeks treatment from an unauthorized allied health professional may not return to participation until released by KWU team physicians. Failure to report unauthorized medical treatment may result in further injury for which the athletic training staff and the athletic department will not be responsible and may result in suspension or further penalty at KWU’s discretion.

6. The team physicians shall be kept informed of all injuries and or illnesses and have the final authority with regard to all medical disqualifications, treatment, medical hardships, and return of the student-athlete to full participation.

7. In the event that a Student-Athlete sees a Physician outside the KWU Sports Medicine Advisory Team, the Student-Athlete must fill out and request all medical records to be sent to the KWU Athletic Training Department. This medical information release form is to allow all medical information to be transferred to the Team Physician and to be permanently placed in the Student-Athletes file for future consultation with the referring / secondary Physician.
Sports Medicine Information

Insurance Coverage
In the event a student-athlete needs to see a medical doctor for a sport related injury/ailment, Kansas Wesleyan University insurance will act as a secondary policy, covering up to half of medical costs if the student-athlete does not have their own primary policy. Student athletes should obtain their own primary insurance prior to participation. Upon injury, the athletic trainer will file a claim report to the insurance company. Student-athletes must present a secondary insurance card to the doctor office prior to being seen, along with their primary insurance card, and photo identification.

Medical Files
The files listed below are to be maintained within the AT area for explicit use by the Professional Staff for the maintenance of health records for all competing Student-Athletes. These files are maintained in paper form with some also kept electronically.

1. Departmental Pre Season Physical Packet
   a. Contact information
   b. Personal health insurance information
   c. Medical History
   d. Immunization records
   e. Physical examination
2. AT HIPAA Authorization / Consent Form
3. Injury reports
4. Treatment and rehabilitation records
5. Doctor Notes
# Sports Medicine Information

## Concussion

### What Is a Concussion?
A concussion is a brain injury that:
- Is caused by a blow to the head or body.
- From contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.
- Can change the way your brain normally works.
- Can range from mild to severe.
- Presents itself differently for each athlete.
- Can occur during practice or competition in ANY sport.
- Can happen even if you do not lose consciousness.

### How Can I Prevent a Concussion?
Basic steps you can take to protect yourself from concussion:
- Do not initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
- Avoid striking an opponent in the head. Undercutting, diving elbows, stepping on a head, checking an unprotected opponent, and sticks to the head all cause concussions.
- Follow your athletics department’s rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Practice and perfect the skills of the sport.

### What Are the Symptoms of a Concussion?
You can’t see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury. Concussion symptoms include:
- Amnesia.
- Confusion.
- Headache.
- Loss of consciousness.
- Balance problems or dizziness.
- Double or blurry vision.
- Sensitivity to light or noise.
- Nausea (feeling that you might vomit).
- Feeling sluggish, foggy or groggy.
- Feeling unusually irritable.
- Concentration or memory problems (forgetting game plays, facts, meeting times).
- Slowed reaction time.

Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

### What Should I Do If I Think I Have a Concussion?
Don’t hide it. Tell your athletic trainer and coach. Never ignore a blow to the head. Also, tell your athletic trainer and coach if one of your teammates might have a concussion.

Report it: Do not return to participation in a game, practice or other activity with symptoms. The sooner you get checked out, the sooner you may be able to return to play.

Get checked out: Your team physician, athletic trainer, or health care professional can tell you if you have had a concussion and when you are cleared to return to play. A concussion can affect your ability to perform everyday activities, your reaction time, balance, sleep and classroom performance.

Take time to recover. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death. Severe brain injury can change your whole life.

### It’s Better to Miss One Game Than the Whole Season. When in Doubt, Get Checked Out.
For more information and resources, visit www.NCAA.org/health-safety and www.CDC.gov/Concussion.

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References to any commercial entity or product or service on this page should not be construed as an endorsement by the Government of the company or its products or services.
Strength & Conditioning

- **Hours of Operation**
  - **Academic Years Hours**
    - Monday – Thursday: 11 am – 8 pm
    - Friday: 11 am – 8 pm
    - Saturday: Closed
    - Sunday: 5 pm – 9 pm
  - **Summer and Break Hours**
    - Monday – Friday: 4 pm – 7 pm
    - No weekend hours

- **Intended Users**
  - KWU Students, Faculty, & Staff – free of charge
  - All outside guests must first receive permission from Director of Athletics

- **Rules & Regulations**
  - All users must be 17 years of age to use the facility – unless under the direct supervision of an adult
  - Proper exercise attire (shirt & shorts) and close-toed athletic shoes are required
  - No food, drink, or chewing gum are allowed – water bottles are permitted
  - Please wipe down all equipment before and after use
  - Use spotters on all heavy lifts. Fitness Center staff can assist in spotting
  - Return and rack all weights/dumbbells when finished
  - Return all bars to the standard position when finished
  - Do not slam weights together or drop dumbbells, bars, or plates on the floor
  - Do not throw medicine balls against the wall
  - Do not lean against or put your hands on the mirrors
  - Horseplay or unsafe activity is not acceptable
  - The use of profanity will not be tolerated
  - Do not prop open doors to the Fitness Center
  - Personal stereos with headphones are acceptable – any larger devices will not be permissible

- **Fitness Center Contact**
  - Derek Arnold, Fitness Center Coordinator, derek.arnold@kwu.edu