



Western

Sports & Recreation Services

STUDENT-ATHLETE HANDBOOK

2011-2012



The UNIVERSITY of WESTERN ONTARIO

CORPORATE PARTNERS

		
		
		
		
		
		

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The London Free Press



September 2011

Dear Mustangs,

On behalf of the staff in Sport and Recreation Services, I welcome back our returning student-athletes and offer a very warm welcome to our first year Mustangs. We are all looking forward to the upcoming year with great anticipation and excitement.

Our partnership with the Western Fair will continue to provide our teams both the opportunity to fund raise as well as to serve as an outreach into the London and the surrounding area for all our sports. The academic success program is in its second year and by all accounts was very successful in assisting our student athletes in meeting the academic and athletic demands in the first year of operation. The "Leaders Circle", which has representation from all teams, will be in contact with you regarding the opportunities for you to get involved and will provide scheduled Mustang events for student athletes to support each other throughout the year.

You are ambassadors for this university in the local community, in your neighbourhoods and on the road in competition. You serve as role models and mentors for athletes in our community, your home town and on your own team. You are part of a rich history, with a tradition of excellence and a reputation of sportsmanship, fairplay and respect for your teammates, coaches, officials and your competitors. **HOW PURPLE ARE YOU?** The answer to that goes well beyond wearing the colours, as a varsity athlete it is how you represent yourself, your family, teammates, coaches and university on and off "the field of play." Remember you are a Mustang and that comes with great opportunities and responsibilities. Be purple and proud!

You have a tremendous support system beginning with your teammates and coaches along with the staff in Sports and Recreation Services here at Western. Stay on top of your academic work, train hard and enjoy the experience of being a Mustang. This Student-Athlete Handbook contains information, advice, direction and policies to serve you and to assist you in achieving your goals as a scholar-athlete. Please make sure you read through it and if you have any questions contact us at mustangs@uwo.ca.

Thérèse Quigley

Director, Sports and Recreation Services



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We would like to acknowledge Brock University and McMaster University for portions of this handbook.

Did You Know?

The University of Western Ontario was founded in 1878 by Bishop Isaac Hellmuth and the Anglican Diocese of Huron as "The Western University of London Ontario. The first students graduated in arts and medicine in 1883.

PROGRAM OF INTERCOLLEGIATE ATHLETICS DIRECTORY

NAME	LOCATION	PHONE	EMAIL
Quigley, Thérèse	Room 3165A, Thames Hall Director, Sports & Recreation Services	519-661-2111 ext. 88448	tquigley@uwo.ca
Mathies, Chuck	Room 3165A, Thames Hall Manager, Sports & Recreation Services	519-661-2111 ext. 86716	cmathie@uwo.ca
Gati, Holly	Room 110, Westminster Hall Alumni Development Officer	519-661-2111 ext. 87086	hgati@uwo.ca
Wheatley, Sean	Room 3235B, WSRC Manager, Business Operations	519-661-2111 ext. 88535	swheatle@uwo.ca
Cooper, Bonnie	Room 3170A, Thames Hall Varsity Sports Coordinator	519-661-2111 ext. 85003	bcooper@uwo.ca
Emery, Beth	Room 3170C, Thames Hall Varsity Clubs Coordinator	519-661-2111 ext. 88349	bemery2@uwo.ca
Castrilli, Sherri	Room 3235, WSRC Travel Coordinator	519-661-3552	sherri.castrilli@uwo.ca
Im-Jenkins, Beth	Room 2130, Thames Hall Facility Coordinator	519-661-3711	eimjenk@uwo.ca
Durack, Dan	Room 3160, Thames Hall Events Coordinator	519-661-2111 ext. 88331	ddurack@uwo.ca
Young, Jason	Room 3170D, Thames Hall Manager, Sponsorship, Marketing & Sales	519-661-2111 ext. 80031	jyoung47@uwo.ca
Didi, Fadi	Room 3156, Thames Hall Media Relations Officer	519-661-3089	fdidi2@uwo.ca
McLachlin, Chris	Room 3156, Thames Hall Media Relations Officer	519-661-3089	cmclach6@uwo.ca
Charlton, Ann	Room 3235A, WSRC Payroll Clerk	519-661-2111 ext. 85043	phcamc@uwo.ca
Patrick, Susan	Room 3235A, WSRC Accounts Payable/Receivable	519-661-2111 ext. 85486	spatrick@uwo.ca
Irvine, Stuart	Room 3170F, Thames Hall Publications & Graphic Design	519-661-2111 ext. 85490	sirvin2@uwo.ca
Mitchell, Nikki	Room 3170A, Thames Hall Administrative Assistant to the Director	519-661-3551	nmitche7@uwo.ca
Walsh, Rob	Room 2160B, Thames Hall Athletic Therapist	519-661-2111 ext. 88369	rwalsh@uwo.ca
Watson, Jeff	TD Waterhouse Stadium Strength & Conditioning	519-661-2111 ext. 81031	jwatso45@uwo.ca
Coaches	Room 3170, Thames Hall	519-661-3551	
Thames Hall Locker Room	Room 2130D, Thames Hall	519-661-3711	
Mustang Tickets	Mustang Store, Alumni Hall	519-661-4077	
Fowler Kennedy Sport Medicine Clinic	Ground Floor, 3M Centre	519-661-3011	
TD Waterhouse Stadium		519-661-2111 ext. 88395	
Thompson Arena		519-661-3629	
Campus Police	Room 57, Stevenson-Lawson	519-661-3300	
Western Foot Patrol	Room 47, UCC	519-661-3650	
Health Services	Room 11, UCC	519-661-3030	
Student Development Centre	4 th Floor, WSS	519-661-3031	
University Student Council (USC)	Room 340, UCC	519-661-3574	
Office of the Registrar	1 st Floor, WSS	519-661-2100	
Scholarships & Awards	Room 1100, WSS	519-661-2100	
Western News	Ste 360, Westminster Hall	519-661-2045	
Gazette	Room 263, UCC	519-661-3580	
CHRW Radio	Room 250, UCC	519-661-3602	

Did You Know?

The Women's Athletic Alumnae (WAA) and the "W" Club are the women's and men's alumni organizations here at Western. Being a member of a varsity team makes you official members of these organizations.

2011-12 ACADEMIC CALENDAR

First Semester

		Jan. 17	Last day to add a second-term half course, or a second-term full course
Sept. 8	Fall/Winter Term classes begin	Jan. 20	Last day to drop a second-term first quarter ('s') course without academic penalty
Sept. 14	WEB registration ends	Jan. 31	Deadline to apply for relief against a final grade in a first-term course
Sept. 16	Last day to add a full course, a first-term half course, a first-term first quarter ('q') course (Kin), a first-term full course, or a full-year half course	Feb. 15	Last day to drop a second-term half course, or a second-term full course without academic penalty
Sept. 23	Last day to drop a first-term first quarter ('q') course (Kin) without academic penalty	Feb. 18	Last day to add a second-term second quarter ('t') course (fourth quarter, Kin)
Oct. 10	Thanksgiving Holiday	Feb. 20	Family Day
Oct. 15	Deadline to apply for relief against a final grade in a Spring/Summer Distance Studies course Last day to drop a first-term half course or a first-term full course (2011-12 Fall/Winter Term) without academic penalty	Feb. 20-24	Reading Week
Oct. 24	First day of a first-term second quarter ('r') course (Kin)	Mar. 2	Last day to drop a second-term second-quarter ('T') course without academic penalty (Kinesiology).
Oct. 27-28	Autumn Convocation	Mar. 6	First day for web registration for Summer Evening and Spring/Summer Distance Studies
Oct. 28	Last date to add a first-term second quarter ('r') course (Kin)	Mar. 8	First day for web registration for Intersession
Nov. 4	Last date to drop a first-term second quarter ('r') course (Kin) without penalty	Mar. 13	First day for web registration for Summer Day
Nov. 30	Last day to drop a full course and full-year half course (on-campus day and evening and Distance Studies) without academic penalty	Apr. 6	Good Friday
Dec. 7	Classes end	Apr. 7-8	Passover
Dec. 8-9	Study Day	Apr. 8	Easter Sunday
Dec. 10-21	Mid-year examination period	Apr. 11	Fall/Winter Session classes end
Dec. 22	First term ends for all programs except Dentistry, Education, Law and Medicine	Apr. 12-13	Study Days
		Apr. 14-30	Final examination period
		May 11	Last day to add a full course, a first-term half course, a first-term first quarter ('q') course, and a full year half-course in Summer Evening

Second Semester

		May 14	Intersession courses begin
Jan. 9	Classes resume	May 15	Last day to add a full course, or a 6-week half course, a first-term first quarter ('q') course or a full-year half course in Intersession
Jan. 13	Last day to add a second-term first quarter ('s') course (third quarter, Kin)		

ELIGIBILITY

CIS (CANADIAN INTERUNIVERSITY SPORT) ELIGIBILITY RULES

http://english.cis-sic.ca/information/members_info/eligibility_package

Definition of CIS Sports and Student-Athletes

CIS sports are those which are offered by both the OUA and the CIS and lead to both OUA and CIS championships. CIS athletes are those who compete in CIS sports. Student-athletes who participate in a CIS sport must meet all the CIS eligibility requirements for participation in that sport.

1) Course Load Requirements

A student-athlete must be enrolled in a minimum of three (3) courses, (minimum 9 credit hours or equivalent) in the term in which he/she is competing within the CIS.

2) Academic Standing

a) In order to be eligible for CIS competition, a continuing student-athlete must be in good standing.

b) Any athlete who is ineligible to compete in CIS competition because the athlete is no longer in good standing, must, over and above previously attained academic credits, successfully complete within an academic year three (3) full courses, or six (6) half courses, or eighteen semester hours at a recognized post-secondary institution where courses are recognized for credit at the member institution registering the CIS athlete.

c) Any athlete officially classified by a member institution as an academic exchange or visiting student shall be eligible to participate in CIS competition for one competitive season. (note: the transfer rule does not apply, i.e. athlete does not have to sit out one year, when an exchange student returns from his/her exchange to his/her original institution).

3) Graduating Year

An athlete who completes a degree during the previous academic year is eligible to participate in CIS sports notwithstanding that the athlete did not, during the previous calendar year, successfully complete sufficient courses to maintain the status of a "student in good standing".

4) National Team Membership (Team Sports)

a) An athlete who is an official member of a Canadian National Team who attends a National Designated Training Centre shall **not** be eligible to participate in CIS competition for the institution that is designated as the National Training Centre.

b) An athlete who is a member of a Canadian National Team during an academic year is eligible to participate in a CIS sport, provided that the athlete is registered in enough courses to fulfill the course load requirements at the time of participation.

c) An official member of a Canadian National Team who wishes to participate in a CIS sport may apply to the Eligibility Committee for permission to compete in the succeeding year, provided that the athlete is a full-time student of a member institution and has successfully completed nine (9) semester hours, three (3) half courses, or one and one-half (1 ½) full courses in a preceding year.

5) Transfer-General

Canadian Colleges Athletic Association (CCAA)

A student-athlete, who transfers to a member institution from a post secondary degree or non-degree granting institution that participates in the Canadian Colleges Athletic Association leagues shall be eligible to participate immediately in CIS competition, unless:

a) the athlete has participated in any post-secondary institution game or games in that semester or term, or

b) the athlete has not achieved a minimum 60% average or equivalent on those courses utilized to determine his / her university admission as per Policy 40.10.3.3.6 or

c) commencing in academic year 2008-09, the athlete has not maintained his/her academic eligibility to continue participating in the CCAA, or

d) the athlete has completed his/her CCAA eligibility

CIS Transfer

A student-athlete, who transfers from one CIS member institution to another member institution, must not participate in any competition (conference or non-conference) for a period of one year in the recognized sport of CIS in which such athlete participated at the previous CIS institution in order to be eligible for CIS participation. Reference 40.10.3.5.1 – Graduate Student and 40.10.5.4.3 for exceptions.

Specific to the sports of swimming, track & field, and cross-country running, a student-athlete can transfer to a CIS institution from any degree granting post-secondary institution without restriction in an immediately subsequent academic year if all the following conditions are satisfied:

- i) The student-athlete is transferring prior to the start of the first date of class of what would be his/her second consecutive academic year at the post-secondary institution; and,
- ii) The student-athlete has not previously attended and been charged with a year of eligibility at another post-secondary institution prior to the one they are seeking an unrestricted transfer from

6) Graduate Student

A student-athlete, who enrolls in a **doctorate, master's degree, or first professional degree (as classified by AUCC)** at a member institution, **and** who **attended** another institution the previous academic year, shall retain any available CIS eligibility to participate immediately.

NON-CIS Transfer (Degree granting)

A student-athlete, who transfers to a CIS member institution from a non-Canadian post-secondary degree granting institution (such as the NCAA and NAIA), cannot participate for a period of one year in the sport in which such athlete participated at the previous post secondary institution in order to be eligible for CIS participation.

Reference 40.10.3.5.1 – Graduate Student **and 40.10.5.4.3** for exceptions.

7) Withdrawal-General

Any student-athlete who has been required to withdraw by their institution can compete immediately upon successfully completing 18 credit hours within an academic year at any post-secondary institution where courses are recognized for credit at the member institution registering the CIS athlete.

8) Participation

An athlete who has participated in a CIS sport at a degree granting post-secondary institution shall not be eligible to transfer and participate in the same sport at another member institution in the same academic year.

9) Maximum Years

- a) An athlete shall be permitted to participate in CIS competition for five (5) years.
- b) An athlete who has completed their eligibility to participate in post secondary sport in a non-Canadian jurisdiction, in accordance with that jurisdiction's rules, is ineligible for CIS competition.

10) Charging Of Eligibility

a) Participation in three or more non-conference competitions or tournaments, wherein any number of competitions that occur during three consecutive days shall count as one non-conference competition for the purposes of this rule. This includes participation within a club or community league, beyond CIS conference competition, during the academic year. Please note, effective 2011-2012 and specific to the sports of cross-country running, wrestling, track & field, and swimming, all competitions outside a CIS Championship or Conference Championship (or equivalent) are considered to be non-conference competitions for the purpose of this rule.

Did You Know?

Since its inception in 1898, Western has won the Yates Cup football Provincial Championship twenty-seven times.

- b) In the sports of basketball, curling, field hockey, ice hockey, soccer, and volleyball, participation in any conference competition if there is a non-conference schedule in that sport as determined by the institution, irrespective of the participation of the student-athlete in the non-conference schedule.
- c) In the sports of football and rugby, and where a team has a one-game exhibition schedule, a student-athlete may participate in one regular season game without consuming a year of eligibility.
- d) In the sports of basketball, curling, field hockey, football, ice hockey, rugby, soccer, and volleyball, participation in two or more conference competitions I there is no non-conference schedule in that sport as determined by the institution.
- e) Applicable to all sports, any participation in a conference playoff or conference-specific competitive structure that determines qualification to a CIS Championship.
- f) Applicable to all sports, any participation in a CIS Championship.

11) Participation as a Professional

- a) Any professional athlete may participate in CIS competition one calendar year from the date that the athlete last participated in a professional game or event in that sport.
- b) One year of eligibility shall be charged to a professional athlete for each year that the athlete participated in a CIS sport as a professional.
- c) An athlete who participated in a professional league game, playoff game, or event in a CIS recognized sport in the same academic year in which the athlete has participated in post-secondary competition in a CIS sport, shall only be charged with one year of eligibility.
- d) Beginning with participate in 2011-12, participation in any league based outside of Canada and the US, subsequent to August 15th of the year an athlete turns 20, will be recognized as a professional league.

12) Sport Specific Requirements

Men's basketball, ice hockey, soccer, football, and volleyball have sport specific eligibility rules. (Check with your coach or the Intercollegiate Athletics Office for sport specific rules).

OUA (ONTARIO UNIVERSITY ATHLETICS) ELIGIBILITY

<http://oua.ca.ismmedia.com/ISM2/Documents/CONSTITUTION.pdf>

Definition of OUA Sports and Student-Athletes

OUA sports are those which are offered by the OUA, lead to OUA championships, and are not offered by the CIS. OUA athletes are those who compete in OUA sports.

OUA Student-Athlete Eligibility Requirements

1. Undergraduate students are eligible provided they are registered as "full-time" by the academic regulations of the respective institutions or are registered in a minimum of three (3) full courses or the equivalent during the academic term (September to April).
2. In order to participate in the subsequent year, undergraduate students must successfully complete three (3) full courses or the equivalent and pay an athletic fee.
3. Graduate students may compete if they are declared "full-time" by the academic regulations of their respective institutions.
4. In order to participate in the subsequent year, graduate students must be deemed "in good standing" as determined by the academic regulations of their respective institutions and must also pay an athletic fee.
5. Students participating in OUA sports not leading to a CIS national championship shall be permitted unlimited years eligibility.
6. Students who have participated in sport competition as professionals, and who wish to participate in OUA competition, shall be governed by CIS eligibility rules.

POLICY ON PARTICIPATION ON MORE THAN ONE INTERCOLLEGIATE TEAM

The University of Western Ontario does not prohibit a student-athlete from participating on more than one intercollegiate team during the academic year. However, it is incumbent upon the student-athlete in full consultation and partnership with the relevant coaches to gain a clear understanding about the terms and conditions which will prevail in order for the student-athlete to participate in more than one sport. The student-athlete should be aware of the fact that, in some instances, it may not be possible for such an agreement to be reached.

When such an agreement cannot be reached, a coach or student-athlete may formally notify in writing the Director of Sports and Recreation Services of the School of Kinesiology, Faculty of Health Sciences that a satisfactory resolution has not been achieved. The author of the letter must provide a copy of the notification to the other relevant parties (i.e. other coach(es) or student athlete). The Director will then convene a meeting, or a series of meetings, in order to determine which one of three courses of action will be pursued. They are:

1. achieving a mutually satisfactory resolution with the assistance of the Director.
2. requesting mediation from a mutually acceptable, neutral third party.
3. requesting a formal review to be conducted by the Director.

If the third course of action is taken, it will be the responsibility of the Director to notify the relevant parties what rules and procedures (i.e., order of proceedings, rules of evidence, etc.) will govern the conduct of a formal review. Upon conclusion of a formal review, the Director will issue a decision in writing to the relevant parties.

ACADEMICS AND ATHLETICS

The Program of Intercollegiate Athletics is committed to the concept of the student-athlete. Athletes must fulfill the normal requirements of their academic program as well as by the regulations of the CIS and OUA (see eligibility rules).

It is acknowledged that athletes must devote a great deal of time to their sport in order to excel. However, you as an athlete must recognize that your first priority is your academic program. Over the years, athletes have graduated from virtually all of Western's faculties and professional schools while excelling in their chosen sport. When asked, the most common reason given by athletes who have done well in both, is that their time was managed well. Ultimately, the responsibility for academic success lies with the individual student-athlete.

WHAT HAPPENS IF...

...practice conflicts with class?

Inevitably, with the number of students and courses on the campus, there are bound to be some conflicts with intercollegiate practices. It is the policy of the Program of the Intercollegiate Athletics that you are expected to honour your academic commitment and attend class. This may result in your late arrival at practice or your early departure.

...practice time/scheduled interuniversity competition conflicts with a test or mid-term?

Tests or mid-terms are sometimes scheduled outside of regular class meeting times. Once again, the academic commitment has priority. However, you may pick up an Intercollegiate Commitment Verification Form from the Intercollegiate Athletics Program Office or print one from the athletics website, have your coach and either the Manager of Intercollegiate Athletics (Chuck Mathies), Coordinator Varsity Sports (Bonnie Cooper) or the Coordinator Varsity Clubs (Beth Emery) to sign it, and return it to your professor at least one week prior to your test or mid-term. It will be left to the discretion of your professor whether alternate arrangements can be made to write the test or mid-term. Remember that this is **NOT** your decision! It is your responsibility to inform your professor well in advance and to resolve the conflict in a cooperative manner.

WESTERN STUDENT ATHLETE FEE

The Western Student-Athlete has been revised from last year and includes the following:

- For all athletes the fee will be \$145.00 which includes all department athletic fees and an athlete package from UnderArmour consisting of a warm up suit and a dry fit shirt.
- The **e-PPE** is an Internet based, comprehensive and detailed risk-assessment questionnaire that each FIRST YEAR student-athlete will complete along with a physical. The e-PPE website can be accessed from any computer that has an internet connection. The cost of the e-PPE is \$10. Returning athletes just need to complete the RETURNING ATHLETE ANNUAL HEALTH UPDATE found at:
http://www.westernmustangs.ca/documents/2011/6/24/2011-pPPE-Returning_Athlete_Update_Form.pdf?id=730
- Student-athletes who wish to use the varsity Weight Room will be required to purchase a shoe tag at a cost of \$25.00. This will give them access to the weight rooms for the next 12 months during supervised hours.

(Note: Arrangements will be made with your coaches for the payment of these fees which must be received by Sept. 30, 2011 for all one-term (fall) and full-year sports and by Nov. 30, 2011 for all two-term (winter) sports.)

LEADERS CIRCLE

The Leaders Circle will consist of leader representation from every team. It will work on behalf of all student athletes to instill pride in the Western Mustang teams, improving communication, fostering positive relations with the community and promoting a positive student-athlete experience.

OBJECTIVES

1. Facilitate communication between Western varsity athletes, the Leaders Circle, and the athletic administration in the Sports and Recreation Services department. This is accomplished through regular meetings and appropriate publicity of the Circle's activities through appropriate media.
2. Providing leadership and development opportunities for members of the Leaders Circle and all varsity athletes (ie. Outreach programs, Attitude)
3. Providing the administration a resource for feedback in all areas relevant to varsity athletics at Western. (e.g. Program evaluation, banquet formats, awards)
4. Promoting sportsmanship for all varsity athletes and adherence to the Athletes Code of Conduct.
5. Initiating a number of activities for athletes and helping the administration recognize outstanding achievements of Western athletes. Examples can include: Homecoming, Orientation, Athletic Banquet, Athlete Socials, Development Opportunities, Community Outreach.
6. Representing varsity athletes at and where appropriate holding membership on other sport and non-sport associations both on and off campus. Examples include ad-hoc committees, CIS and OUA committees, communications
7. Meeting Dates: Sun. Sept 18/11, 6:00pm, Sun. Oct 16/11, 6:00pm, Sun. Nov 20/11, 6:00pm, Sun. Jan 15/12, 6:00pm, Sun. Feb 12/12, 6:00pm.

ACADEMIC SUCCESS PROGRAM

The Academic Success Program is a new initiative this year that has formalized a relationship with the Student Development Centre (SDC). It has two main components to it: learning skills workshops and study hall. The intent is to help assist student athletes in the transition and adjustment to the demands of university academics, varsity sport and university life.

There will be six key seminars available to all student athletes but **mandatory** for **first year** athletes. Attendance will be tracked at all sessions.

Wed. Aug. 31 st	10:00 to 11:00 a.m.	3M Centre, Rm 3250	Time Management
Tues. Sept. 6 th	3:00 to 4:00 p.m.	3M Centre, Rm 3250	Time Management
Thurs. Sept. 22 nd	4:00 to 5:00 p.m.	HSB, Room 236	Effective Textbook Strategies
Sun. Sept. 25 th	7:30 to 8:30 p.m.	3M Centre, Rm 3250	Learning from Lectures
Sun. Oct. 16 th	7:30 to 9:00 p.m.	3M Centre, Rm 3250	Multiple Choice – Prep & Writing

Mentors

Our ASP mentors are students in our Masters of Coaching program in the School of Kinesiology. All mentors have a varsity sport background and therefore an understanding of the demands of student athletes. Our mentors will play an integral part in helping student athletes set goals and balance academic life with athletic life. They will provide group and individualized attention during study hall sessions.

Study Hall

Study hall is available to student athletes (mandatory for some) each week on Sunday, Tuesday and Thursday from 7:30 p.m. to 11:00 p.m. Those involved in study hall are committed to a 2 hour slot during the session and must attend 2 of the 3 sessions per week. If the student cannot make study hall due to class, practice or game they should speak to their coach or one of the ASP contacts for an alternate study hall plan.

Contact Us

For more information about this program contact:

Bonnie Cooper	OR	Coleen Dalton
Intercollegiate Athletics		Student Development Centre
Thames Hall, Room 3170		Western Student Services, Room 4100
bcooper@uwo.ca		coleen.dalton@uwo.ca
(519) 661-2111 ext. 85003		(519) 661-2183

Did You Know?

There are three women inducted into the "W" Club Hall of Fame (men's alumni) for their outstanding contribution to athletics at Western. Kay Easun (Miles), Elfrida Berzins and June Burr.

STUDENT DEVELOPMENT CENTRE

4th Floor, WSSB

www.sdc.uwo.ca

SDC's LEARNING SKILLS SERVICES - 661-2183 • learning@sdc.uwo.ca

The Student Development Centre's Learning Skills Services is open year-round and offers individual appointments, presentations, drop-in help in SDC's Learning Skills Clinic, and various self-help and on-line resources. Topics such as time management, learning from lectures & textbooks, and exam preparation & test taking strategies are explored with students to assess the effectiveness of individual study habits and to recommend learning strategies that lead to academic success. For more information visit SDC in Room 210, UCC or www.sdc.uwo.ca/learning.

SDC's EFFECTIVE WRITING PROGRAM - 661-3031 • ewptutor@sdc.uwo.ca

The Effective Writing Program provides opportunities for members of the university community to improve their writing skills. EWP offers one-on-one instruction, non-credit courses and workshops on a variety of topics, evening drop-in hours at Weldon Library, an on-line writing service and help for ESL students. For more information visit SDC, Room 210 UCC or www.sdc.uwo.ca/writing.

SDC's PSYCHOLOGICAL SERVICES - 661-3031

Students have access to confidential, professional counseling to help them cope with personal and social concerns. Psychological Services provides individual and group counseling as well as crisis counseling appointments. There are workshops for issues such as procrastination, grief, and self-esteem.

SDC's CAREER SERVICES - 661-3559 • career@sdc.uwo.ca

Students have access to resources that will assist them with career decisions and transitions. Resources include career counseling, on-line interest testing, workshops (on topics such as business etiquette, job searching for international students, interview power, marketing yourself on paper), volunteer opportunities, education and labour market information, drop-in job search assistance at the Job Search Clinic, a resource library, an all-campus job fair, videoconferencing services and on-line access to jobs and employers. For information visit SDC or www.sdc.uwo.ca/career.

Other services offered by the Student Development Centre include: International Student Services (and The International Student Centre), Services for Students With Disabilities (and The Adaptive Computing Technology Lab), First Nations Services (and The First Nations Learning Resource Centre), The Volunteers In Progress Program, The Western Assistantship Program and The Gay, Lesbian, Bisexual and Transgendered Peer Support Program.



Did You Know?

Don Wright donated \$250,000 toward the new track at TD Waterhouse Stadium, set a school record of 22 feet, eight inches in the broad jump as a first-year student in 1929, a mark that stood for 44 years.

FOWLER KENNEDY SPORT MEDICINE CLINIC

3M CENTRE - 661-3011

Coaches, Managers, Trainers, & Athletes Please Read Carefully

The University of Western Ontario is fortunate to have an outstanding Sport Medicine facility staffed by world-class Sport Medicine Physicians, Orthopaedic Surgeons, Sport Physiotherapists, Athletic Therapists, and other health professionals. Our philosophy is to provide total care for the student athlete. All medical problems, from colds to musculoskeletal injuries, may be treated at the Fowler Kennedy Sport Medicine Clinic. Student athletes will receive the best diagnostic, treatment and rehabilitation services available.

1. PRE-SEASON SCREENING PROCESS OF UWO ATHLETES

ONLY FIRST YEAR AND /OR TRANSFER STUDENTS will be required to complete a pre-participation medical examination – see below

A) All first year athletes participating in the **high risk sports** of Football, Men's and Women's Hockey, Men's and Women's Rugby and Wrestling will be required to have their E-PPE and Pre-participation medical Examination with FKSMC. The coaches for these teams will be contacted and given dates for these Physicals to be done at FKSMC.

B) All other first year athletes – regardless of sport – a pre-participation clearance to play medical examination will be required. All first year athletes are required to go online to complete the e-PPE health history questionnaire and then use the forms that the system generates for the comprehensive physical to be done by their Family Physician. We would encourage this process to be done by the Family Physician prior to coming to Western to September. FKSMC may be able to assist some athletes who do not have a family Physician by special request.

*** Note for this group you will be required to submit Form A signed by a Physician and the Athlete to the IA Office ***

C) All Returning Athletes – All returning athletes will be required to complete the returning athlete form which can be found on the Mustang website under CONTACT US – ATHLETE & COACH FORMS. These forms must be submitted to your coach/trainer at the first practice. These will then be reviewed for potential issues. If an issue is identified the athlete will be contacted to clarify and / or see a Physician.

Accessing the E-PPE - Overview For all **FIRST YEAR ATHLETES ONLY**

Identifying risk factors that predispose an athlete to injuries or illnesses is the fundamental purpose of the e-PPE. Medical experts are convinced that a detailed, comprehensive and validated e-PPE can assist in overall management of the athlete discovering previously undetected potential medical problems that pose a risk to the competitive athlete.

How does the e-PPE work?

The e-PPE is an internet based, comprehensive and detailed risk-assessment questionnaire that each student athlete completes. All Athletes must complete this questionnaire. If the Athlete has any concerns our Sport Medicine Physicians are more than happy to help.

Address: <http://university.e-ppe.com> go to this site

Once there - click - on - University of Western Ontario – you will be asked to confirm your choice - this will take you to the registration page.

First year and/or transfer students - Access the e-PPE website from any computer that has an internet connection. The student will have to go through the new athlete registration process then continue to complete the questionnaire. After the student registers by providing personal profile information, they begin answering the questions that address issues such as current and past medical problems, injuries, family history, medications, allergies and eating habits. Depending on the responses to key questions more detailed information may be requested. Each section must say 100% complete before the student will be considered completed. You will be instructed to attach yourself to a team in the “manage team memberships” section -please be sure to attach yourself to the appropriate “2011” Team – then scroll to the bottom and “click” done.

Coaches should encourage ALL RECRUITS AND FIRST YEAR athletes to have the Medical Examination done prior to coming to Western.

The cost of all access to the E-PPE will be 10.00 per athlete that registers on your team.

Cost for Medical Examination at FKSMC will be \$ 70.00 for the high risk sports – billed through IA. All other requests for first year Physicals will be \$130.00 WITH \$15.00 CHARGE FOR EACH PAGE THAT HAS BE TO BE FILLED OUT (Note: this is the same price at Student Health Services – they have also agreed to do the physicals for the athletes. Please call 519-661-3030 to book). FKSMC does try to make time available to do these Physicals however to expedite the process we encourage All COACHES to request their athletes complete this prior to coming to Western.

2. POST-PRACTICE / POST-GAME INJURY CARE

An athlete who is injured during a practice or game should report that injury immediately to the team trainer for immediate evaluation and sports first aid. The student trainer can then assist the athlete in arranging appropriate medical /therapy care. If your team does not have a trainer you should call the Clinic at 661-3011 to arrange an appointment. When booking an appointment - Please tell the receptionist which team you are on and that you were injured during a game or practice. Athletes may only be in the Clinic and Training Room for post-practice or post-game icing if a student trainer is present to supervise and assist as necessary. If an athlete requires ice when the Clinic and Training Room are closed, he/she may secure ice from the Thames Hall equipment cage/locker room. Athletes may make individual appointments to see a physician regarding other ailments.

3. OTHER MEDICAL AND THERAPY APPOINTMENTS

Medical and therapy are by **appointment only**. Athletes requiring medical care should make an appointment with a physician by calling the Clinic at 661-3011- when booking be sure to tell the receptionist which team you are on. If you require Physiotherapy the physician will give you a referral note. (*A Physician referral is required for reimbursement by extended health benefit plans including the Student Plan at UWO- this referral must be received prior to the appointment.*) You may then make an appointment with a therapist. If an athlete misses or arrives 15 minutes or later for a medical appointment, he/she forfeits his/her treatment for that day and a no-show fee of \$25.00 will be billed to the individual. Those athletes who miss two therapy appointments will be discharged from treatment. This will be noted on the athlete’s treatment record and the athlete’s coach will be informed. Cancellations must be made 24 hours in advance; otherwise it constitutes a no-show. If possible, athletes should schedule their treatment so that it is completed by 3:30 p.m., thus not interfering with their practice times. The clinic waiting room can be extremely busy at times. Please remember to be considerate of other patients visiting the clinic and keep the noise to a minimum while waiting.

4. TEAM PHYSICIAN

The Primary Care Sport Medicine physicians at the Clinic are able to see athletes for their medical problems during the season. Every effort will be made to accommodate urgent problems or injuries. If that physician is not available, then the athletes may see one of the other physicians in the Clinic. It is then the responsibility of the student trainer and/or athlete to inform the coach of any problems, injuries, and treatment. This will facilitate continuity of care for the athlete. Coaches with questions regarding their injured athlete(s) should contact the team physician the athlete has seen. In order for the Team Physician to answer questions concerning an athlete, the athlete must have completed the e-PPE form and signed the agreement that allows the Team Physician to speak with the coach.

5. PROPHYLACTIC TAPING

Prophylactic taping will be provided for prescribed purposes only, based on objective findings at the pre-participation physical and/or due to injury during the season. This applies to the taping of ankles particularly. Those who want to have ankles supported prophylactically will use their own braces, ankle or ankle wraps. Ankle braces are available from the clinic store (The Wreck Room) located in the Fowler Kennedy Sport Medicine Clinic. Athletes with weak but not unstable ankles should strengthen their ankles and not rely on tape for strength. The Clinic staff will be pleased to provide such an exercise program. Athletes are to be taped by their team trainer unless the student trainer has made other arrangements with the Clinic staff.

6. MEDICAL HEALTH INSURANCE

It is important that athletes understand the different health insurance options that are available to them. Payment methods for medical and physiotherapy services differ and are outlined below.

Medical Services (Physicians)

All athletes have access to medical services through their Provincial Health Plans or equivalent (UHIP) for out-of-country students. Athletes simply have to present their health card at the time of treatment and most services will be covered. Therefore, no athlete should be without medical care.

International students are eligible for the same coverage as Ontario residents through their participation in a program called UHIP. Students must simply present their UHIP number to our staff and the services will be billed directly to UHIP. There is no cash outlay by students.

Physiotherapy Services

Since physiotherapy and other uninsured services are not covered under Provincial Health Plans, (OHIP) the method of paying for these services is a little more complex. Payment options for uninsured services are described below.

All student athletes, managers and trainers are required to keep the extended health insurance provided by the University of Western Ontario to ensure adequate coverage in the event of an injury. In addition, all potential athletes should check their parents' extended health insurance plan to ensure they know the extent of their physiotherapy coverage before arriving at training camp.

At the physician's discretion an athlete may be referred to therapy. If so, athletes have a number of options:

Varsity Sport Athletes:

1. In-season athletes should book their appointments with the IA Head Athletic Therapist (Rob Walsh). The Head Athletic Therapist will see out-of-season athletes if appointment times are

available. Waiting period will depend on the availability of the Head Athletic Therapist. There will be no charge to athletes treated by the Head Athletic Therapist. If the Head Athletic Therapist is unavailable or your injury warrants the care of a physiotherapist refer to #2.

2. a) Varsity Sport Athletes enrolled in the UWO student insurance plan can simply assign the benefits to the Fowler Kennedy Sport Medicine Clinic.

This process requires that the athlete complete the appropriate information on the insurance claim form (clinic receptionists will provide assistance). The claim will be processed by the clinic.

b) Unfortunately, the clinic cannot bill directly any athlete who has opted out of the UWO student insurance plan or is submitting the insurance claim through their parents' plan. In this case, the athlete will pay for each treatment and submit their claims to their insurance company for reimbursement. The Physician referral is required for reimbursement. ***Student Athletes are not to opt out.***

In a) or b) above, once the athlete has reached their maximum allowable amount (in the case of the UWO student insurance plan that amount is \$240.00 per year). Intercollegiate Athletics will pay for additional physiotherapy up to a maximum of \$270. The combination of these two plans should allow you to manage your treatment needs. However, once both are exhausted student athletes will be required to pay for further treatments. All student athletes who max out on the two plans will need to consult with the Manager of Athletics.

All Other OUA Varsity Athletes

OUA Varsity athletes will be booked with a physiotherapist. These appointments will require a Physician Referral if the student wishes to submit for reimbursement. If the OUA varsity athlete is unable to pay at each visit the Clinic will bill the UWO Student Health Plan at the athlete's request. The varsity athlete must complete the UWO Student Insurance Claim Form and the Student Consent Form for Billing UWO Student Insurance Claims form. At minimum all deductible amounts must be paid at the time of treatment.

Bracing:

Most extended health insurance plans have a provision for the coverage of braces and orthotics. Students can initiate the same options for payment as described for physiotherapy. A Physician referral is required for reimbursement for these services.

Important: We encourage all athletes to familiarize themselves with their extended health insurance plan so they understand the specific details before an injury occurs.

Some People you should know at the Fowler Kennedy Sport Medicine Clinic

Medical Director: Dr. Bob Litchfield
Secretary: Sue Ward
Executive Director: Bob Furlong
Assistant: Theresa O'Donnell
Director of Primary Care: Dr. Lisa Fischer
Administrative Assistant: Sandra Shaw
Coordinator, IA Medical Coverage: Dr. Kevin Willits
Director of Physiotherapy: Nancy Adams
UWO Head Athletic Therapist: Rob Walsh

Have a Great Season!

CIS DRUG EDUCATION AND DOPING CONTROL PROGRAM

The Program of Intercollegiate Athletics supports the position of the Canadian Interuniversity Athletic Union (CIS) which states:

CIS is unequivocally opposed to any doping practices by student-athletes or by individuals in positions of leadership in amateur sport (i.e. coaches, medical practitioners, sport scientists, administrators, team managers, etc.). This not only includes presence in a sample of a substance or method prohibited by the World Anti-Doping Agency (WADA) but also:

- Use or attempted use;
- Refusing or evading;
- Athlete availability, whereabouts information and missed tests;
- Tampering or attempted tampering with any part of doping control;
- Possession of prohibited substances and methods;
- Trafficking or attempted trafficking;
- Administration or attempted administration.

The CIS has unannounced doping control program in all sports. The CIS can and will test for all substances listed on the full International Olympic Committee (IOC) list of banned and restricted doping classes and methods.

A structured framework for doping infractions has been developed by the CIS. Once a doping infraction has been confirmed and this result has been communicated to the athlete and the respective university athletic director, the CIS and the member institution will cooperatively develop and release a public statement. This public statement will include the name of the individual who has committed the doping infraction and information on the appeal process. The actual release will be issued by the CIS in conjunction with the respective university.

Information about the CIS Drug Education and Doping Control Program can be found at the CIS website at <http://www.universitysport.ca/e/student/index.cfm#doping> or, alternatively, from either the intercollegiate athletics office or the doping control officers at the Fowler Kennedy Sport Medicine Clinic.

Penalties for Anti-Doping Rule Violations

- a) **Removal of Awards/Records:** In accordance with the CADP, once an Anti-Doping Rule Violation (ADRV) has been confirmed by the Doping Tribunal, including an ADRV where no period of ineligibility is imposed on the athlete*, any CIS record or title awarded to the athlete in question shall be rescinded retroactive to the date of the Doping Tribunal decision or the date of the sample collection that gave rise to the ADRV, whichever is earlier. In the case of a team sport and a singular anti-doping rule violation, the team to which the athlete belongs will not be penalized and any record or title shall remain in place.

* Exception: please note that an athlete who participates in a team sport and who is subject to an ADRV where no period of ineligibility is imposed on the athlete will not have any CIS record or title awarded rescinded.

- b) **Sanctions:** An athlete will forfeit one (1) year of CIS eligibility for each full year he/she is suspended by CCES for an Anti-Doping Rule Violation. In the case of a suspension imposed by CCES that is less than one year of ineligibility **or that is reduced to less than one year of ineligibility**, and that extends into the time between the end of the current competitive season and the start of the subsequent competitive season (the “off-season”), the athlete (i) will be unable to participate in any sport activity for the full duration of the CCES imposed period of ineligibility and, in addition, (ii) will be unable to participate in any CIS activity for the length of the off-season portion of the CCES imposed period of ineligibility during the subsequent CIS competitive season(s), provided the extension of the period of ineligibility as it affects

participation in CIS sport in the subsequent CIS competitive season does not extend beyond the later of (a) the date on which 50% of the athlete's (team) regular season (or equivalent) schedule is completed, or (b) the date the CCES imposed period of ineligibility ends.

ON-LINE ANTI-DOPING COURSE: As a member of the CIS, the Program of Intercollegiate Athletics at Western must ensure that student-athletes are educated on drug use and doping control in sport. The CIS has established the CIS-CCES doping education e-Learning course. Student-athletes in their first year of eligibility are required to complete the comprehensive version with all other student-athletes to complete the update version of the course. Transfer students from another CIS institution who have completed the comprehensive version would be required to complete the update version only. The sessions must be completed prior to or within the first 2 weeks of the competitive season, are mandatory and, as such, are a condition of eligibility. For those student-athletes who participate on non-CIS teams, completion of the e-Learning course is not mandatory but is strongly encouraged.

The Canadian Centre for Ethics in Sport is pleased to invite you to complete the e-learning course True Sport Clean 101.

Use this University of Western Ontario enrollment key to set up your own account on the CCES Online Education portal at <http://onlinelearning.cces.ca>.

- Enrollment Key: poDCnkjL
- Password: GgoiGfGI
- Click [Login].
- You will be prompted to enter your name and your email address, which will generate a unique username.
- Enter a password that you will remember.

A message confirming your new username and password will appear on screen, and will also be emailed to you. You then need to log in with your new username and password.

If you return at a later date to start training or to continue a partially completed course, you must log in with your unique username and password. Do not use the enrollment key again. **Where can I find a complete list?**

- for the most up-to-date listing of permitted, restricted and banned substances, please visit the Canadian Centre for Ethics in Sport (CCES) website at www.cces.ca
- you can also contact the CCES toll-free at 1-800-672-7775

Did You Know?

That our Academic Success Program is the only Canadian university that has mentors who are Masters students (School of Kinesiology). The mentors are in study hall to help and advise you!

VARSITY WEIGHT TRAINING CENTRE POLICY

The Michael Kirkley Training Centre

IT IS YOUR FACILITY. PLEASE LOOK AFTER IT AND MONITOR ITS USE.

The following guidelines must be strictly adhered to: Failure to comply will lead to suspension of privileges.

1. The weight room is only for the use of current members of Western intercollegiate athletic teams, coaching staff and alumni during supervised hours.
2. Those wishing to use the Kirkley weight rooms must pay a \$25 fee and will receive a shoe tag. The shoe tag is to be laced into a shoe and must be displayed prominently during facility use. It is non-transferable and issued only once per year. The tag is valid from September through August. If the tag is lost, a fee of \$30.00 will be levied for a replacement.
3. Access to each weight room is available for team supervised bookings and during posted supervised hours.
4. **IF A SUPERVISOR OR ADMINISTRATOR SHOULD ENTER THE ROOM AND FIND AN ATHLETE NOT WEARING A SHOE TAG, A WARNING WILL BE GIVEN TO THE STUDENT. THE NEXT TIME THIS OCCURS, THE STUDENT WILL LOSE THE PRIVILEGE OF ACCESS TO BOTH FACILITIES FOR A PERIOD OF TIME.**
5. The hours of operation of the room will be posted. Reduced hours of operation are in effect during the summer, exams, conference week and closed on statutory holiday weekends.
6. The equipment must be treated with respect and athletes must observe the highest personal conduct while using the facility. The weights must be placed on the weight racks when not in use and the room must be kept tidy.
7. If you are unsure of how to use a particular piece of equipment, seek the advice of the on site supervisor or Jeff Watson our Strength and Conditioning coach.

Did You Know?

Michele Vesprini (basketball), Michael Potts (soccer) and Jennifer Cotten (track & field) are the only two-time winners of the Athlete of the Year. Vesprini won the F.W.P. Jones Trophy in 1994-95 and 1995-96, Potts won the Claude Brown Trophy in 1999-00 and 2000-01 and Cotten won in 2008-09 and 2009-10.

TEAM TRAVEL REGULATIONS (August 2011 – April 2012)

The Program of Sports and Recreation Services (SRS) coordinates travel arrangements for all varsity athletic teams each season. As such, the University has a number of considerations and rules governing travel of athletic teams:

1. Team members and coaches are representatives of *The University of Western Ontario* and must conduct themselves with good taste and good judgment at all times.
2. SRS will make every attempt to ensure that the teams travel in safe and comfortable vehicles, and under the safest of circumstances possible. Decisions about the mode of transportation will be governed by; size of team, distance to travel, weather conditions, budget, availability of vehicles, and tradition.
3. In an emergency situation, the driver, the coach or team leader may make a decision to stop travel until conditions are safe to travel.
4. The consumption and transport of alcohol on any motor vehicle used by *The University of Western Ontario* sport teams is strictly prohibited. Violation of this policy will be dealt with in a very firm manner and could lead to the suspension of the team from further intercollegiate athletic competition.
5. All team members and coaches are expected to travel with the team to and from all competitions. Your coach will advise you about travel arrangements, departure and return times and any other pertinent information. If you are not traveling with the team a TRAVEL RELEASE FORM must be filled out and approved by your coach (<http://www.westernmustangs.ca/documents/2009/7/7/Travel%20Release%20Form.pdf?tab=athletecoachforms>) prior to departure.
6. The use of personal vehicles to transport team members is not encouraged and must be approved by the coach and the Program of SRS. The use of such personal vehicles places undue financial responsibility on the drivers in the case of legal action or damage to the vehicle. Whenever possible, vehicles should be arranged by the Program of SRS.
7. *The University of Western Ontario* will not pay for personal infractions or expenses (e.g., parking or traffic fines). These are the responsibility of the driver.
8. Some teams receive a meal subsidy. For these student-athletes and coaches, the meal subsidy is only provided for meals that are missed while traveling outside London. The meal subsidies are the same for all sports. Student-athletes must sign their name and student number on a "Meal Allowance Form" which indicates receipt of the subsidy.

The following allowances will apply: Breakfast - \$3 Lunch - \$4 Dinner - \$8

Athlete Expectations with Respect to Accommodations

1. It is expected that all student-athletes will stay in the accommodations that are booked for the team, unless previously arranged with the coach.
2. Occupants should examine their assigned rooms for any damaged items and report it to their coach and the hotel management to ensure that the problems are not attributed to their occupancy.
3. Student-athletes are personally responsible for any damage to the room or any items reported missing from the room. Any damage incurred by a student-athlete will be the financial responsibility of that student-athlete and disciplinary action will be taken.

4. Student-athletes are responsible for any charges to the room, other than room and tax. Personal expenses such as telephone calls, movie and video rentals are the responsibility of the student-athlete.
5. Alcoholic beverages are not allowed in accommodations provided and booked through the Program of SRS.
6. Coaches will enforce curfews for all members during any stay over.

WESTERN FOOT PATROL

The safety of the student-athletes is of paramount concern to the Program of Intercollegiate Athletics. The University of Western Ontario offers a foot patrol service during the evenings for personal walking escorts around the campus. Student-athletes are strongly encouraged to make use of this service during the evenings before or after practices. The telephone number is 661-3650.

POLICY ON ORIENTATION ACTIVITIES/HAZING

The Intercollegiate Athletic Program subscribes to the following definition of orientation activities/hazing as “any action taken or situation created, intentionally, to produce mental or physical discomfort, embarrassment, harassment, or ridicule”. **Even well intentioned activities or situations meant to make students feel part of a group or team qualify as hazing, if they make any student feel uncomfortable in any way.**

The Program of Intercollegiate Athletics is vehemently opposed to any form of hazing at any time.

As a student-athlete, if you are aware of any hazing, please report it to the intercollegiate athletic administrators or to the USC “Hazing Report Line”. The Report Line is a secure, confidential voice-mail system used to collect reports of hazing incidents on campus. The phone number for the line is 661-2111 ext. 82660. The line is monitored regularly and privately. Students who witness hazing are encouraged to report it.

POLICY ON HARASSMENT AND DISCRIMINATION

The Program of Intercollegiate Athletics at The University of Western Ontario supports the Harassment and Discrimination Policy of the Canadian Interuniversity Athletic Union (CIS). This policy is committed to providing a sport and work environment in which all individuals are treated with respect and dignity. The CIS recognizes that harassment is prohibited by the Canadian Human Rights Code and by human rights legislation in every province and territory of Canada. Harassment can also be an offense under Canada’s Criminal Code.

Please consult the Program of Intercollegiate Athletics (661-3551) or the Department of Equity Services (661-3334) at The University of Western Ontario for further information.

THE UNIVERSITY OF WESTERN ONTARIO CODE OF CONDUCT FOR VARSITY TEAMS

The Department of Sports and Recreation Services requires that all student-athletes* conduct themselves in a manner consistent with the high values and tradition maintained by The University of Western Ontario. All students are expected to understand that they are required to behave at all times in a manner consistent with the Western Code of Student Conduct, and will be subject to

discipline under that Code if it is violated. The Western Code of Student Conduct is located at <http://www.uwo.ca/univsec/board/code.pdf>

Generally, the head coach (in accordance with league regulations and issues pertinent to the specific sport) is responsible for the establishment and implementation of team rules and behavioural expectations. Coaches are responsible for establishing team curfews when on staying overnight.

Behavioural Expectations

These are specific behavioural expectations that apply to the student-athlete and may or may not be covered in the WESTERN Code of Student Conduct.

- you are committed to behaviour that will enhance the image of Western and your teammates;
- you conduct yourself in the spirit of sporting behaviour in all situations;
- you treat others with the utmost respect and dignity, which would include, but not be limited to:
 - behaving according to the rules of your sport(s)
 - refraining from and eliminating sexist, racist or discriminating language and/or behaviour
 - you abide by the rules and regulations of your sport, as set out by the OUA, the CIS and the sport-governing body;
- you do not willfully damage the property of others, which would include, but not be limited to:
 - equipment and facilities at Western and other universities
 - hotel rooms
 - transportation vehicles
- you do not consume or transport alcoholic beverages on team vehicles
- you shall reflect the fact that student-athletic programs are first and foremost an educational experience
- you shall not allow your participation in student-athlete programs to interfere with other educational activities, such as fulfilling academic requirements

**Student-athlete is defined as a University of Western Ontario student who has been selected to be a member of a varsity team.*

SANCTIONS FOR VIOLATION OF PROGRAM POLICY

Violation of any policy will be dealt with in a very firm manner by the intercollegiate athletics administration. Sanctions may include any or all of the following: suspension (of the individual and/or the team from further intercollegiate athletic competition), probation of the individual and/or the team, adjustments to travel arrangements (e.g. suspension of overnight accommodation), and ineligibility for individual awards (e.g. 1st and 2nd colours, Bronze W, Purple Blanket).

SANCTIONS RELATED TO TEAM EVENTS INVOLVING ALCOHOL CONSUMPTION

It is unacceptable for any Mustang team to host a team event where alcohol is available. All student events that include alcohol require approval via the Campus Alcohol Policy. Any team not abiding by this policy will be subject to sanctions involving those responsible for the event.

THE UNIVERSITY OF WESTERN ONTARIO COACHES CODE OF CONDUCT

The University of Western Ontario is adopting the Canadian Professional Coaches Association Coaching Code of Ethics which will apply to coaches of Western Varsity Sport teams. This code of ethics is located at:

http://www.icce.ws/ethics/documents/CAN_Coaching_Code_of_Ethics.pdf

MEDIA RELATIONS AND SPORTS INFORMATION ROOM 3170, THAMES HALL

The Media Relations Office is responsible for a number of activities that directly relate to you and your team including: media relations, reporting results, information distribution, publications, public relations and website updates. None of this can be done without your help and assistance, as well as the support of your teammates and coaches.

There are two main areas in which the Media Relations Office will need your help during the 2009-10 season: Media Relations and Public Relations.

THE BASICS: When it comes to responding to the media, please do your best to fulfill all of your interview requests. Most interviews will be arranged with you through the Media Relations Office and therefore work with your schedules. On the rare occasion that you are contacted directly by the media, please do your best to accommodate the request. Always let Media Relations Officer Andy Watson know of an interview, preferably before you speak with the reporter, to allow for media monitoring and follow-up phone calls. At anytime, if you run into a problem and/or don't like the way an interview went or how a story came across after publication/airing, please contact the Media Relations Office immediately and we will follow up.

MEDIA RELATIONS: Cooperation with the media and the Media Relations Office is an important responsibility in your role as a student-athlete. It is through these efforts that you gain recognition for yourself and your team as well as the Athletic Department as a whole. Successfully dealing with the media is not only key to your time as a Mustang, but also to your future both in sport and your career. Over the course of the season, you may be asked to participate in a number of media and public relations opportunities. Take this responsibility seriously – you are not only representing yourself, but also your teammates, coaches, fellow varsity athletes, the Sports and Recreation Services Department and the University.

SUPPORT OUR SPONSORS: At Western, we are very fortunate to have a number of tremendous sponsors who contribute significantly to our Intercollegiate Athletics program. Our sponsors assist us financially and provide enhanced visibility for our teams. Sponsors are important members of our athletics teams and we want to build lasting relationships with them for the future. Please remember to support them at all times.

STORY IDEAS: If you are doing something you feel the public would like to hear about or you have a teammate who you'd like to brag about, we want to know and get your story out. Quite often, great stories go untold without the information getting to the media. Please send your stories along to the media relations office. Ideas of what to send along include: provincial or national team tryouts or selections; off-season sporting accomplishments; career placements; semi-pro or pro tryouts or selections; volunteer efforts; record setting; bizarre stories; and family connection stories.

SOCIAL MEDIA and STUDENT-ATHLETES: With the growing popularity of social media and social networking sites such as Facebook, MySpace and others, consider as a Western Mustangs student-athlete that you are in the public light. Consider reviewing your profiles and removing anything that could put the school, your team, your teammates or even yourself in a bad light.

Anything showing you drinking, partying, posting profanity or even calling out coaches in social media is subject to public scrutiny. Review your pages prior to the start of the season and remove anything you would deem inappropriate.

Here are a few sites you can review for background as to why we suggest this. Articles to consider:

http://www.usatoday.com/sports/college/other/2006-03-08-athletes-websites_x.htm
http://www.usatoday.com/tech/news/internetprivacy/2006-03-08-facebook-myspace_x.htm

CONTACT INFO: For more information, please contact Media Relations Officer Chris McLachlin at 519 661.3089 (w) 519 709.1858 (c) or by email at cmclach6@uwo.ca. To keep up to date on Mustang Athletics news, visit our official website at www.westernmustangs.ca.

MARKETING, SPONSORSHIP AND FUND RAISING

MARKETING

The following documents have been created to formalize the efforts of the marketing and communications divisions of Sports and Recreation Services.

1. Marketing / Communications Policies and Procedures Manual
2. Community Relations Programming / Guidelines
3. Mustang Graphic Standards Guidelines.

SPONSORSHIP

The Department negotiates on an annual basis a number of corporate sponsors to be involved with the Intercollegiate Program. This arrangement can either include a financial or product contribution. In some cases the sponsorship is affiliated with a team for the purpose of relieving the budget or to provide players with an association to the Sponsor. In most cases the sponsorship affiliation is with the Intercollegiate Athletics program in general and all coaches must be aware of the sponsorships already in place.

In addition to the program and team benefits, the sponsoring company usually receives ad coverage in the team programs, schedules, web site and at the annual Intercollegiate Athletics banquet.

Coaches are permitted to approach a potential sponsor so long as the sponsor is not a category conflict with an existing Intercollegiate Athletics sponsor.

Mustang Athletics Exclusive Sponsors include:

1. Pizza – Domino’s Pizza
2. Automotive – Westgate Honda
3. Moving and Storage – AMJ Campbell
4. Ground Transportation - Greyhound
5. Hotel – Westmont Hospitality
6. Apparel/Footwear – Under Armour
7. Hamburger - McDonald’s
8. Fitness - GoodLife Fitness Club
9. Credit Card - MBNA

FUND RAISING

When a team decides that fund raising is required the following guidelines are to be followed:

1. Team members must vote in favour of the idea.
2. Approval by the Manager, Intercollegiate Athletics **MUST** be obtained before any fund raising activity is initiated. Refer to appendix for a copy of the approval form.
3. The coach must take on or assign a team member accountable for the funds collected.
4. Before an item can be purchased there must be a deposit of funds forwarded to the Team account as a note of intent.

Should you have any questions on categories please contact Jason Young, Manager of Marketing, Sponsorship & Sales at jyoun47@uwo.ca or (519-661-2111 ext. 89015).

ATHLETIC PROGRAM AWARD CODE POLICY

1. All student-athletes who compete on a recognized intercollegiate team are eligible for the granting of colour awards in recognition of participation and excellence.
2. The actual colour award will be presented to the athlete only on the first occasion of granting. Subsequent awards of the same type will be noted on the student's record.
3. The criteria for athletic colour awards are as follows:
 - 3.1 a. Normally, the First Colour (gold medallion) will be granted to an individual who has made a significant contribution as a regular member of a varsity team in 60% of scheduled contests for two or more years. This does not preclude the granting of a regular member who has made an outstanding contribution in his/her first year of competition.
 - b. A First Colour will be granted to an individual who wins an individual league championship or who makes a significant contribution to a team winning a league championship.
 - c. The Second Colour (silver medallion) will be granted to a regular member of a varsity team who does not qualify for a First Colour.
 - 3.2 a. Bronze "W" - This plaque will be awarded to a student who has been granted a First Colour three or more times.
 - b. Purple Blanket Award - This award will be in the form of a Purple Blanket normally granted and presented in the graduating year to a student who has been selected by the Jones-Brown Committee. The student-athlete shall be deemed to be making satisfactory academic progress by the Committee. The student-athlete recommended must have participated as a Western representative for a minimum of three years, must have earned a minimum of three First Colours, and actively participated in the year of recommendation. His/her contribution to University of Western Ontario athletics must be deemed to be out-standing. The deadline for submission of nominations with appropriate documentation will be March 1st.

Did You Know?

Anne Guzman was Western's first female wrestler, training with the men's team in 1994. More and more women became involved and in 1997 Western hosted the first unofficial women's Ontario Championship.

FINANCIAL AID

Financial Aid Services works closely with students to assist them in meeting their financial obligations. A significant portion of assistance comes from various government programs, including OSAP, Ontario Special Bursaries, and Ontario Bursaries for Students with Disabilities. Our financial aid counsellors are trained to be knowledgeable about a variety of public and private loan programs. We attempt to assist students to plan their academic year through budget counselling and access to other forms of financial aid.

WORK STUDY PLAN

<http://www3.registrar.uwo.ca/FinancialServices/WorkStudy.cfm>

Western's Work Study program offers an opportunity for students to work part-time on campus in jobs that accommodate their studies. The objectives of the Work Study program are: to assist students in financial need with a regular source of income that does not add to their debt load, offer students training and experience that will assist them in further studies and their eventual entrance into the workforce and to help staff and faculty. Financial need is determined in a manner similar to the Canada and Ontario Student Loans assessment. It involves assessing the costs of the program the student is registered in, based on advice from our students, and the resources available to them.

It is the principle of Western's Student Financial Services Office that no qualified student will be unable to attend or be required to withdraw from a program at Western for financial reasons. Funding available for needs-based undergraduate student assistance amounts to over \$12 million.

These funds are derived largely from the required tuition set-aside revenues from tuition fee increases and are supplemented by other sources such as private donations, the University's institutional funds and special targeted government funds.

To be considered for the work study program students must submit a Financial Assistance Application, located above, and meet the following eligibility criteria.

Eligibility

1. Must be a Canadian Citizen or Permanent Resident.
2. Must be registered at the constituent University in a minimum 60% course load (40% course load for students with disabilities). (Students registered at an Affiliated College are not eligible for the main campus work study program during the Fall/Winter academic term and should check with the college they are registered at for information regarding work study. Affiliated College students taking summer courses on main campus can apply for the summer work study program.) Check the application above for specific requirements in each term.
3. Must demonstrate financial need.

Contact Information

General Inquiries:
Student Financial Services
Western Student Services Bldg., Rm. 1100
(519) 661-2100 email: bursary@uwo.ca

Angela Eaton, Need Based Awards Coordinator
Student Financial Services
Western Student Services Bldg., Rm. 1140J
(519) 661-2111 ext. 80382 email: aeaton6@uwo.ca

AWARDS, SCHOLARSHIPS, AND BURSARIES

<https://www3.registrar.uwo.ca/Awards/Layout-Awards.cfm>

Awards, scholarships, and bursaries are generally awarded to full-time students (unless otherwise indicated), who have shown satisfactory progress in their previous year's work. In every case it is absolutely essential that the applicant demonstrate genuine financial need. Completion of an application form is required for consideration for a bursary. Application forms are available at the Financial Aid Services - Office of the Registrar, Stevenson-Lawson Building 190. The deadline to apply for bursaries is October 31.

Some Athletic oriented awards available:

'82/'83 Men's Hockey Award (1 @ \$750)
125th Anniversary Alumni Athletes Merit Award (1 @ \$2000)
Alison M. De Bruyne Award (1 @ \$700)
Barry Mitchelson Award (1 @ \$1000)
Bob Gage Athletic Leadership Awards (3 @ \$1500)
Bob Gage Awards (2 @ \$500)
D. Jane Riddell Student Athlete Award (1 @ \$1300)
Dan Smith Athletic Award (1 @ \$500)
Dan Smith Men's Hockey Award (1 @ \$1000)
Darwin Semotiuk Athletic Leadership Award (1 @ \$450)
Dorothy Thompson Bursaries (several @ up to \$3500 each)
Dr. E.F. Lepine Memorial Award (1 @ \$1000)
Dr. Glynn A. Leyshon (1 @ \$700)
Forest City Track & Field Athletic Scholarships (up to \$3000)
Fran Wigston Women's Basketball Award (1 @ \$1000)
George Gordon Paterson Awards (2 @ \$1500)
George Turnbull Award (1 @ \$1125)
Heather and Whit Tucker Awards (4 @ \$1,000)
Joy Taylor Memorial Bursary (1 @ \$350)
Judy and Murray Bryant HBA Award (Maximum of 2 @ \$2500)
June Burr Award (1 @ \$1000)
Larry Shaw Athletic Scholarship (2 @ \$1500, continuing for up to 3 years)
London 2004 Ontario Winter/Summer Games Legacy Award (several @ up to \$3500)
Margaret and Robert Frewin Award (1 @ \$2250)
Mr. Keith R. Halpenny Basketball Fund (1 @ \$562.50)
Murray Bryant Men's Rugby Team Award (1 @ \$416 plus plaque)
Ontario Hockey Association Bursary (1 @ \$200)
Station Park Hotel 125th Anniversary Alumni Athletic Award (1 @ \$800)
The Athletic Club Mustangs Football Award (1 @ \$425)
The Dr. Glynn A. Leyshon Award (1 @ up to \$900)
The Frank Holmes Scholarship - Huron College (2 @ \$2,250)
The Gordon Risk Bursaries (several @ up to \$1000 each)
The J.C. Hawlik Award (1 @ \$500)
The James G. Farmer Award (1 @ \$500)
The John P. Metras Bursaries (2 @ up to \$400 each)
Walter Dearness Tamblyn 125th Anniversary HBA Scholarship (1 @ \$2000)

Did You Know?

You can take your essay to the Essay Writing Centre
<http://www.sdc.uwo.ca/writing/> and get them to take a look at your essay to see if you are on the "write" track!

Athletic Financial Awards (AFA's) – for entering and returning student athletes. A number of AFA's have been established due to the generous support from some very special alumni. These awards are determined by a committee in consultation with our CIS coaches. Amounts offered range from \$1,000, \$2,000 or \$3,500 as determined by the committee. Examples of these awards are:

- Allen Philbrick Mustang Football Recruitment Scholarship (1 @ \$2000)**
- Doug & Lauretta Hayes Mustang Basketball Award (1 @ \$3500)**
- Founders Club Football Award (2 @ \$3500 and 3 @ \$1750)**
- Jack Cowin Football Scholarships (2 @ \$3500)**
- Jack Cowin Wrestling Scholarships (2 @ \$2000)**
- John Findlay Varsity Volleyball Scholarship (1 @ \$3500)**
- Larry Haylor Recruitment Scholarships (1 @ \$3500)**
- Michael Kirkley Football Award (1 @ \$1250)**
- Nash Family Football Athletic Scholarships (1 @ \$3500)**
- Tim Wiggan Rugby Scholarship (5 @ \$1000)**
- Tom Whealy Football Scholarship (1 @ \$3500)**
- Tornado Insulation Athletic Awards (2 @ \$1000)**
- Vaughan Peckham Volleyball Award (1 @ \$1125)**
- William and Nesta Gordan Family Wrestling Scholarships (2 @ \$2000)**
- Wrestling Leadership Awards (2 @ \$1125)**

For more information on Athletic oriented awards, please contact:

Chuck Mathies
ext. 86716
cmathie@uwo.ca

or

Bonnie Cooper
ext. 85003
bcooper@uwo.ca

NOTE: Students may have to meet certain criteria to be eligible for certain awards. For a complete description of all awards, see the registrar's website at <https://www3.registrar.uwo.ca/Awards/Layout-Awards.cfm>

FINANCIAL SERVICES CONTACTS

MAIN CAMPUS

Student Financial Services

Room 1100, WSSB
519-661-2100
reg-fees@uwo.ca, finaid@uwo.ca

BRESCIA UNIVERSITY COLLEGE

Dianne Konings
Financial Aid Officer

Room M110, Brescia College
519-432-8353
dekoning@uwo.ca

HURON UNIVERSITY COLLEGE

Jane Parker
Financial Aid Officer

Room 120, Huron College
519-438-7224
mjparker@uwo.ca

KING'S COLLEGE

Marilynne Davies
Student Financial Services

Room W144, King's College
519-433-3491
mpdavies@uwo.ca

NOTES

**Did You Know?**

The original creator of our mascot J.W. is David Lee Tracey – Mustang Cheerleading coach. The name was inspired by J.R. Ewing the character from the TV show “Dallas.” The idea of initials was appealing because it made the mascot gender neutral. The letters then came from the old J.W. Little Memorial Stadium.

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