

2018-2019

MORNINGSIDE COLLEGE STUDENT-ATHLETE HANDBOOK

“I pledge, as an NAIA student athlete, to accept the five core character values of the NAIA and will do my best to represent the NAIA, my institution, my teammates, and myself by:

RESPECTING my opponents, the officials, my teammates and the game; taking RESPONSIBILITY for my actions in all areas of my life; having the INTEGRITY to stand by my word; providing SERVANT LEADERSHIP where I serve others while striving to be a personal and team leader; and being an example of SPORTSMANSHIP by holding myself to the highest standards of fair play.”

— Champions of Character Pledge

The Morningside College experience
cultivates a passion for **life-long learning**
and a dedication to **ethical leadership**
and **civic responsibility**.



#MsideMustangs

TABLE OF CONTENTS

| | |
|---|-------|
| Letter from the President | 3 |
| Letter from the Director of Athletics | 3 |
| Athletic Staff Directory | 4 |
| Governing Bodies | 5 |
| Athletic Eligibility Basics..... | 6-7 |
| Add/Drop Procedures..... | 8 |
| Athletic Director’s Honor Roll | 8 |
| Academic Support Center Policies | 9 |
| Code of Conduct for Extra-Curricular Travel | 10-11 |
| Code of Proper Conduct | 12 |
| Frequency of Play and Scheduling | 12 |
| Complimentary Tickets..... | 13 |
| Hosting Policy..... | 13 |
| Dismissal Procedures | 13 |
| Grievance Procedure | 13 |
| Trainer/Physician Directory | 14 |
| Athletic Medicine Injury and Referral Policies..... | 15-16 |

PRESIDENT'S MESSAGE

Student Athletes:

Intercollegiate athletics are an important part of your overall educational experience at Morningside. Self discipline, teamwork and preparation are just some of the life lessons that intercollegiate athletics can teach. I am enormously proud of our coaches and athletes and look forward to watching you compete in the coming year. Robin and I wish you the very best of luck! Go Mustangs!

John C. Reynders
President

ATHLETIC DIRECTOR'S MESSAGE

Morningside Student-Athletes,

I am thrilled you are here to compete as a Morningside Mustang and to be a part of all the exciting things happening here on campus. You have a great opportunity in front of you to make a lasting impact and to be a part of something special . . . make the most of it!

Competing as a Mustang carries responsibilities as well. It is a privilege to wear the Morningside uniform and we expect excellence from all coaches and athletes that represent Morningside College. I encourage all of you to make the right choices, be someone others want to follow, and help others reach their potential. I want this to be the best four years of your life but only you can make that happen.

I look forward to supporting all of you during this successful 2018-19 school year.

Tim Jager
Athletic Director

ATHLETIC STAFF DIRECTORY

| COACH | SPORT | OFFICE |
|-----------------------------|---------------------------------------|--------|
| Jill Bodammer | Assistant Women's Basketball | 5286 |
| Adam Boeve | Baseball | 5248 |
| Katy Burford | Athletic Trainer | 5316 |
| Beth Donnelly | Volleyball | 5317 |
| Bryan Farris..... | Swimming | 5367 |
| Aaron Fuller | Assistant Track..... | 5334 |
| Cheryl Gamble..... | Athletic Department Coordinator | 5315 |
| Steve Gonshorowski..... | Bowling | 5302 |
| Adam Hilker | Assistant Baseball..... | 5248 |
| Casey Jacobsen..... | Assistant Football | 5328 |
| Tim Jager | Athletic Director | 5313 |
| Jessica Jones-Sitzmann..... | Softball | 5223 |
| Aaron Jung..... | Strength and Conditioning | 5197 |
| Dan Kelley..... | Equipment Manager..... | 5365 |
| Keith Lindgren | Men's Lacrosse | 5192 |
| Lucas Lueders | Assistant Football..... | 5311 |
| Larry Mason | Women's Tennis..... | 5688 |
| Tom Maxon | Soccer | 5343 |
| Trent Miller..... | Assistant Men's Basketball | 5372 |
| David Nash | Track/Cross Country | 5334 |
| Hanna Henson..... | Sports Information Director | 5127 |
| Steve Ryan..... | Football | 5283 |
| Jamie Sale | Women's Basketball | 5474 |
| Todd Sapp..... | Golf | 5434 |
| Doug Stanek | Men's Tennis | 5192 |
| Alisha Steckler | Cheer/Dance | 5350 |
| Jake Stevenson | Wrestling | 5282 |
| Jim Sykes | Men's Basketball | 5371 |
| Scott Tschetter..... | Men's Volleyball..... | 5389 |
| Nate Turner | Assistant Football..... | 5359 |
| Dakota Van Hauen..... | Assistant Cheer/Dance..... | 5350 |
| Wendy Wilde | HPER Coordinator | 5192 |
| BJ Wylie | Assistant Soccer..... | 5343 |

GOVERNING BODIES

Morningside College is a member of the National Association of Intercollegiate Athletics (NAIA). Morningside College promotes the education and development of students through intercollegiate athletic participation. It is committed to a high standard and to the principle that participation in athletics serves as an integral part of the total educational process.

The President of Morningside College has the ultimate control and responsibility for determining intercollegiate athletic policy. The President reports to the Board of Directors which establishes policies that govern the College.

Authority is delegated from the President to the Athletic Director.

Morningside College also has a Faculty Athletic Representative who shall:

1. be appointed by the chief executive officer of the institution to represent the institution in the development of sound educational policies for athletics.
2. be a regular member of the faculty, but not assigned as a coach or athletics administrator; and
3. be charged the responsibility of ensuring that all participants in intercollegiate competition are eligible in accordance with the rules and regulations of the association prior to their representing the institution in any manner.

Morningside College is a member of the Great Plains Athletic Conference (GPAC).

The other schools competing in the GPAC are:

Briar Cliff University, Sioux City, IA
College of Saint Mary, Omaha, NE (women only)
Concordia University, Seward, NE
Dakota Wesleyan University, Mitchell, SD
Doane College, Crete, NE
Dordt College, Sioux Center, IA
Hastings College, Hastings, NE
University of Jamestown, Jamestown, ND
Midland University, Fremont, NE
Mount Marty College, Yankton, SD
Northwestern College, Orange City, IA

ATHLETIC ELIGIBILITY BASICS

Requirements for New Freshmen:

To compete in a first season, freshmen must satisfy 2 out of the following 3 conditions:

- Have a high school GPA of 2.00 or higher
- Have an ACT composite of 18 or higher (SAT of 860 prior to April 30, 2019 - SAT 970 after May 1, 2019)
- Graduated in the top half of their high school class

**All new freshmen must be registered with and cleared by the NAIA Eligibility Center.

Requirements for All Student Athletes (Including Freshmen and Transfers)

The “12 Hour Rule”:

The student must be enrolled in a minimum of 12 credit hours at the time of participation, or, if the participation takes place between semesters, the student must have been identified with the institution the semester immediately before the date of participation.

A maximum of one repeat course per term previously passed with a grade of D-, D, or D+ may be counted toward satisfying the 12 hour enrollment rule. Repeat courses previously passed with a grade of C- or better cannot be applied to meet the 12 hour enrollment rule.

The “9/24 Hour Rule”:

A freshman must have accumulated a minimum of nine (9) credit hours prior to identification for the second semester of attendance. After completion of the second semester and from then on, a student must have accumulated a minimum of 24 institutional credit hours in the two immediately previous semesters of attendance.

Repeat courses (of D) taken at any time (starting in Fall 2016) during the student’s academic career may count toward the D-+ rule, 24 credit hour rule.

The “Due Progress Rule” : A student must have accumulated at least:

- 24 institutional credits before participating in a second season of a sport;
- 48 institutional credits before participating in a third season of a sport;
- 72 institutional credits before participating in a fourth season of a sport.

**The progress rule involves institutional credit recognized by the student’s current institution, with an exception for entering transfer students. Transfer students use the credit hours from the previous institutions(s) only for the first term at the new institution.

Minimum GPAs for Eligibility (GPAC rule):

1.5 for freshmen (after 1st semester)*
1.75 for students after their second semester*
2.00 for juniors and seniors**
2.00 to participate in 3rd or 4th season of a sport+

Minimum GPA (Morningside) for Probation

| | |
|---------------|------|
| 12-18 hours | 1.60 |
| 18-36 hours | 1.80 |
| Over 36 hours | 2.00 |

*GPAC rule; **GPAC and NAIA rule; +NAIA rule

ATHLETIC ELIGIBILITY BASICS cont.

Requirements for Transfer Student Athletes:

All final transcripts must be reviewed in detail before transfer eligibility can be determined. They must satisfy all eligibility rules previously stated (with a few exceptions).

All transfer students must be registered with and cleared by the NAIA Eligibility Center. Exceptions would be those student athletes who have previously competed at an NAIA institution.

Transfer students must complete the official NAIA Transfer Player Eligibility Statement prior to their first participation at the NAIA institution no matter how long ago the transfer occurred.

The 24/36 Hour Rule

A student transferring from a quarter system to a semester system must have accumulated 24 institutional credit hours in the previous two terms of attendance after the first term of attendance at the new institution.

All credit hours used to meet this total of 24/36 institutional credit hours are to be taken at face value and are not to be converted, even if earned at different institutions using different credit hour systems (e.g., quarter and semester).

The 24/36 hour rule states that a student must have accumulated a minimum of 24/36 institutional credit hours in the two semester/three quarter immediately previous terms of attendance. These hours are always taken at face value, even if a transfer is involved and the new institution does not accept all of the hours.

The Progress Rule

The progress rule involves institutional credit recognized by the student's current institution, with an exception for entering transfer students. Transfer students shall use institutional credits as certified by the previous institution(s) to meet this requirement only for their first term of attendance at a member institution. Thereafter only institutional credit recognized by the student's current institution shall apply.

16-week Residency Requirement

A student who has participated in an intercollegiate contest at the immediately previous four-year institution and who then transfers to Morningside shall be required to be in residence for a period of 16 calendar weeks before being eligible for the sport(s) previously participated in at the four-year institution. This requirement may be waived if the student has a 2.000 cumulative GPA and if Morningside's Athletic Director receives a signed release from the Athletic Director at the immediately previous four-year institution.

Inter-conference Transfer Requirement

A student who has attended one conference school is not eligible to participate for a second conference school for one calendar year in any sport. If the student was never certified in any sport and gets a release from the Athletic Director at the previous institution, this rule is waived.

Transfers from NCAA

Transfers from NCAA institutions are ineligible to compete if they have completed their NCAA eligibility.

Transfers who have been suspended/dismissed

Transfers who have been suspended or dismissed from a previous institution are not eligible to compete until they have either 1) served the terms of their suspension or 2) until two full semesters of residency have been established (whichever is shorter).

There are exceptions to many of the rules listed above. The rules and exceptions can be found in the NAIA handbook available online at naia.org (Membership Services-Legislative Services). Contact the Registrar's Office (Jen Dolphin – 5274 or dolphinj@morningside.edu) or Faculty Athletic Representative (Susie Lubbers – 5249 or lubbers@morningside.edu) for more information on exceptions and eligibility.

ADD/DROP PROCEDURES

Under no circumstances should any student athlete fall below 12 hours of course work during any fall or spring semester. Student athletes who are in violation of this regulation jeopardize their athletic scholarship and cannot practice or compete.

It is the responsibility of the student-athlete to be academically eligible to participate in intercollegiate athletics.

To add / drop and class:

- Obtain an add / drop slip from the registrar's office.
- Obtain the signatures of the instructors.
- See your faculty academic advisor for his / her signature.
- See your coach to obtain athletic department approval. Your coach's initial must be on the add/drop slip.
- Return the add / drop slip to the registrar's office.

ATHLETIC DIRECTOR'S HONOR ROLL

Each semester, the athletic department recognizes the top academic student-athletes. The Athletic Director's Honor Roll is awarded to student-athletes who have completed 12 credit hours with at 3.67 or better and nothing below a C-. 4.0's will be recognized at the basketball game.

LEARNING CENTER POLICIES

Morningside's Athletic Department and Learning Center team up to offer student-athletes an environment conducive for studying. All student-athletes are required to complete study sessions at the Learning Center, which houses many academic services including the library, the Academic Support Center, and the Writing Center.

Procedures

- You must attend weekly study sessions in the Learning Center. The number of hours required is determined by each sport's coach.
- You must sign in when arriving at the Learning Center. The sign in location is at the reference desk on the second floor. The exact time you enter and leave must be reported; any inaccuracies will result in not receiving credit for your time in the Learning Center.
- Study sessions should be completed in one-hour intervals. You will not be permitted to spend consecutive hours on Fridays when you are behind in logging hours. Only one countable hour on Fridays will be permitted.
- The coaching staff checks the attendance sheets every Friday afternoon and will contact student-athletes who are not fulfilling this obligation.
- If you are required by a class to utilize a Learning Center service (library, Writing Center, Academic Support Center), you may use that time toward required study session hours.

Expectations

- You should be purposeful when at the Learning Center. Do not come go to the Learning Center if you do not have work to do.
- Utilize the resources at the Learning Center, e.g., meet with a tutor, have a writing specialist look at a paper, or ask a librarian to help you locate sources for an assignment.
- Keep social and athletic conversations to a minimum.
- Do not visit social websites (Facebook, YouTube), surf the Internet, or play online games.
- Silence cell phones or place them on vibrate. Texting should not be done during study sessions.
- Listening to music is only appropriate with the use of earphones; your music should not be so loud that it can be heard by others.
- Respect the Learning Center and everyone studying and working there. Any disciplinary problems will be referred to your coach.
- Use the time wisely. We want you to succeed academically!

Hours

- Monday - Thursday - 7:30 a.m. - midnight
- Saturday 10 a.m. - 3 p.m.
- Friday 7:30 a.m. - 5 p.m.
- Sunday 1 p.m. - midnight

CODE OF CONDUCT FOR EXTRACURRICULAR TRAVEL

All students are expected to follow the Student Code of Conduct found in the Student Handbook/College Catalog. The following rules and regulations also apply to all Morningside students participating in extracurricular travel in which the name of the college is used in conjunction with the event.

Students traveling to or from, or during an event, must remember at all times that they are representing Morningside College. They are expected to behave with decorum, upholding and maintaining Morningside College's reputation through appropriate professional behavior and respecting each other and others. This applies also when no formal activities are scheduled, such as late evening and early morning hours.

Participants will dress appropriately for each situation (e.g. no casual clothing at formal get-togethers and banquets.)

Students are expected to attend ALL seminars, workshops, and other scheduled events, including scheduled social events. Please be prompt and prepared for all sessions.

Participants are to report any accidents, injuries, or illness to the advisor or head delegate immediately.

For all officially sanctioned college conferences, workshops, etc., no student may consume alcohol, regardless of age.

The use and or possession of illegal drugs will not be tolerated.

Participants responsible for theft and/or vandalism to properties during the course of an event will be held financially liable and will be subject to disciplinary action.

Due to liability, risk, and insurance reasons, guests/visitors (e.g. friends, relatives, significant others, etc.) may not accompany, attend, or participate with the students during student organized travel-related activities.

Upon arriving at the destination, students are not allowed to leave the premises without prior approval from the student organization advisor.

When traveling as part of a Morningside College excursion, students are not allowed overnight guests. In addition, roommate assignments are final and cannot be changed without advisor approval.

Should a student be found violating state/local laws (e.g. possession of drugs, underage drinking, possession of weapons/explosives, etc.), it is recommended the advisor contact/notify local authorities. Consequences and/or punishment could include anything from possible expulsion from the activity to criminal charges.

Additionally, this is a Student Code of Conduct violation which will be discussed with the Dean of Students as soon as possible. Failure to uphold the aforementioned guidelines, policies, and/or procedures may cause a student traveler to be sent home immediately from the event or excursion at the traveler's own expense. The action may be reviewed and, depending upon the severity of the offense, the student may be removed from office or membership by the student organization and/or by the Dean of Students.

The adviser(s) to the student organization or group participating in the extracurricular travel that accompanies the group shall have total authority over the supervision of the event and its participants. This dictates that all student participants must adhere to and abide by the advisor's decisions and judgments and afford him/her the common courtesy and respect due by virtue of his/her position as the official representative of Morningside College.

Participants who disregard or violate these rules may be subject to disciplinary action through the Student Life Office and/or the Student Code of Conduct.

CODE OF PROPER CONDUCT

Student-athletes are responsible for becoming familiar with the Morningside College Student Handbook and for abiding by the regulations stated therein.

As stated in the current handbook:

“Students are expected to uphold standards of conduct in all aspects of life, personal and public. Willingness to observe college regulations and to respect the authority of the institution is implicit in enrollment at Morningside College.”

Student-athletes represent Morningside College as well as themselves when they wear the Morningside uniform. Wearing the uniform is a privilege, not a right. The involvement of student-athletes in any incidents which may bring dishonor to them will also dishonor their team and Morningside College. Such involvement is unacceptable and will not be tolerated.

FREQUENCY OF PLAY AND SCHEDULING

No student may compete in a sport in an academic year in more than the number of games, contests or playing dates listed below (this includes varsity, junior varsity, freshman etc):

| | |
|-----------------------------|------------------------|
| Baseball..... | 55 contests |
| Basketball-M and W..... | 30 games |
| Cross Country-M and W..... | 8 meets |
| Football..... | 11 games |
| Golf-M and W | 14 matches/tournaments |
| Men’s Volleyball | 28 dates |
| Soccer-M and W..... | 18 games |
| Softball | 28 dates |
| Indoor Track-M and W..... | 10 dates |
| Outdoor Track-M and W | 10 dates |
| Volleyball..... | 28 dates |
| Wrestling..... | 20 dates |

COMPLIMENTARY TICKETS

A student-athlete may receive 2 complimentary passes for their sport for the season in which they may distribute to individuals of your choice.

A student-athlete jeopardizes his or her eligibility status by not following the complimentary ticket policy.

HOSTING POLICY

Selected student-athletes may have the opportunity to serve as student hosts for prospective student-athletes. Service as a student host is an important responsibility and must be taken very seriously. Hosts and prospective students are responsible for abiding by all college and residence life policies, as stated in the Student Handbook. When hosting a prospective student-athlete, hosts are expected at all times to exhibit appropriate behaviors, as stated in the Student Handbook. In addition, students who are of legal age to purchase and consume alcohol are NOT to do so while hosting or visiting with prospective students.

DISMISSAL PROCEDURES

A student-athlete may be dismissed at any time by the head coach. Situations that may cause dismissal include, but are not limited to: academic ineligibility; unsportsmanshiplike conduct; dishonoring the team, school or coaching staff; proof of criminal activity; the use of illegal drugs.

SPORT RELATED GRIEVANCE PROCEDURE

If a student-athlete believes they are being treated unfair by a coach, the student-athlete needs to first talk to their head coach. If the situation cannot be resolved, the student-athlete may then request a meeting with the athletic director.

MORNINGSIDE ATHLETIC POLICIES

CERTIFIED ATHLETIC TRAINERS

Katy Burford
Head Athletic Trainer
1501 Morningside Ave.
712.274.5314 (Office) 712.274.5516 (Fax) 402-650-6572 (Cell)

Ashley Culver cell # 608-728-0171
Jaydon Stover cell # 641-330-2490
Assistant Athletic Trainer / Instructor
1501 Morningside Ave.
712.274.5316 (Office) 712.274.5516 (Fax)

TEAM PHYSICIANS

Dr. Michael Brenner
Dr. Merle Muller

TEAM ORTHOPAEDIC PHYSICIAN

Dr. Ryan Meis
CNOS/Mercy Sports Medicine
575 Sioux Point Road
Dakota Dunes, SD 57049
Office: (601) 217-2667

Please feel free to contact the trainers at any time with any questions about your care. Our goal is to provide the best possible health care for the student-athletes, please allow us to coordinate all appointments and referrals when possible.

Thank you,
Morningside College Athletic Training Staff

**THESE POLICIES ARE DESIGNED FOR THE PROTECTION OF THE STUDENT-ATHLETE
PARTICIPATING IN THE MORNINGSIDE COLLEGE INTERCOLLEGIATE ATHLETIC PROGRAM,
AND FOR THE DEPARTMENT OF ATHLETICS AT MORNINGSIDE COLLEGE**

The online system with your medical history, proof of insurance, waivers, and other forms as well as an on campus athletic physical conducted by a Morningside College team physician must be completed, signed and dated and on file PRIOR TO CLEARANCE FOR PARTICIPATION in any Morningside College sanctioned intercollegiate athletic practice or contest. (You will not be allowed to participate in intercollegiate athletics without evidence of primary insurance.) You must also provide Morningside College with a photocopy of your insurance card (front & back) as stated on the Proof of Insurance form as well as any other appropriate medical documentation about pertinent, prior and/or current medical conditions.

All student-athletes must maintain primary insurance coverage throughout the entire school year. This means they must be covered by a plan/policy that will pay claims should they become injured or ill during a practice or contest.

Should the student-athlete lose or change coverage for any reason (parent changes job, employer changes insurance, etc.) the student-athlete is responsible for notifying the athletic training staff as soon as possible. The student-athletes are furthermore responsible for restoring coverage for themselves in some manner. Morningside College does not assume responsibility of medical bills for any athletic related injury for any student-athlete. A claim may be made to the secondary insurance carrier upon request within the 90 day claim period set by the company.

If injured during a contest or practice, inform the ATC (certified athletic trainer) assigned to your team for proper follow-up. If signs and symptoms appear away from the athletic setting, report to the Athletic Training Room, ASAP, for care and follow-up.

Report all new injuries or illnesses to the supervising ATC (certified athletic trainer) between 10 a.m. and 1 p.m. the following day for proper care and notification of the coaching staff. NOTE: Illnesses are not covered by the Athletes Accident Plan carried by Morningside College. This is an additional reason to maintain primary insurance coverage. However, the ATC's will assist with proper referral in all cases.

If medical care is needed during a time when the Athletic Training Room is closed. Try to contact a member of the athletic training staff, OR if urgent, report to Mercy Medical Center (801 5th Street) or another advanced care facility in the area. Make sure to notify your primary insurance carrier and the Athletic Training staff AS SOON AS POSSIBLE.

If you seek medical treatment without a referral from a staff ATC, you will be responsible for all bills/expenses incurred. You will also be required to obtain the appropriate documents (ie. dictation's, rehab prescription) explaining the care and treatment given to you outside of the Morningside College Sports Medicine Network. Prior to your return to activity after a significant injury or surgery, you will need a medical release from a Morningside College Team Physician(s) prior to returning to activity regardless of other release obtained.

In the event that you are injured and require surgery or other testing, our Team Physicians will see you first and conduct the initial evaluation. If you are insured by a PPO or an HMO network, contact them and obtain authorization for treatment immediately. If you are not insured by a PPO / HMO network and elect to have surgery without a referral from the Morningside Athletic Department, you will be responsible for the bills. You are encouraged to contact your insurance carrier prior to filling out the paperwork requested by the Head Athletic Trainer, so that the policyholder, the insured (student-athlete) and the athletic training staff all understand what is required in the event of an injury.

Medical bills generated by an athletic injury must be submitted to your (family / personal) primary insurance FIRST. The Morningside College Athletic Accident Plan provides coverage in excess of the student-athlete's / parent's coverage. Copies of your insurance carrier's pay or denial statements ("explanation of benefits") are required before any medical charge is considered by the Morningside College Athletic Accident Plan. When at least the first \$500 is paid by your insurance or you, the Head Athletic Trainer can submit a claim form (completed by the student-athlete) for consideration of excess payable charges. This is done on request only and the claim must be at total amount of the claim must be over the \$2500 deductible.

The documents provided to Morningside College Athletic Training regarding medical history and physicals should be completed with accuracy. If these are deemed inaccurate, the student-athlete may be required to pay for medical care to correct preexisting conditions or other ailments in question and jeopardize their athletic eligibility.

The student-athletes are encouraged to share, in complete confidentiality, any other non-athletic medical issues, conditions or concerns that they may have with the Certified Athletic Trainers. These issues could include: pregnancy, conditions (physical or psychological), disorders (physical or psychological). The athletic training staff has been specially trained to assist in these matters and has specialists at various facilities waiting to assist in any way they can.

The athletic director, head athletic trainer, and team physicians will have the final say regarding the interpretation of the above mentioned policies.