2018-19 Student-Athlete Handbook
A LETTER FROM THE ATHLETICS DIRECTOR

It is truly an honor to welcome you to the Toros family, and we hope that you excel as a student, compete at your full capacity as an athlete and grow as an individual while a student-athlete at Cal State Dominguez Hills.

Our tagline, Toros4LIFE, highlights our four core Lifelong values of Learning, Impact, Family and Experiences. Through these values, our entire staff is here to assist in your development through training and competition, educational and leadership opportunities, and by fostering an environment where character and integrity are paramount.

The CSUDH Athletic Department has a tradition of success both on and off the field, and we want you to be active and passionate in your pursuit of academic and athletic excellence as well as in your involvement in our community.

As the Director of Athletics, I will do everything in my power to ensure you are given every opportunity to excel in these areas and become a ‘Point of Pride’ for California State University, Dominguez Hills. It is my commitment to you that our department and University will work hard to enhance the opportunities that are available to you as a student-athlete. If you have a comment, concern or suggestion you feel would strengthen our department, please feel free to contact me at jfalkner@csudh.edu.

Best wishes for a wonderful academic year, and we look forward to your contribution in helping continue our traditions of excellence!

Jeff Falkner
Director of Athletics

ATHLETICS MISSION STATEMENT

The CSUDH Athletic Department supports the University mission by providing student-athletes with the opportunity to succeed in the classroom, in athletic competition and ultimately in LIFE.

We emphasize academic integrity, social responsibility, community engagement and athletic excellence while adhering to the philosophies and ethical standards of the National Collegiate Athletic Association (NCAA), the California Collegiate Athletic Association (CCAA) and California State University, Dominguez Hills (CSUDH).

ATHLETICS VISION STATEMENT

Our department will be a model of inclusion, engagement and excellence.
## STAFF/COACH DIRECTORY

### Administration
- Athletics Director: Jeff Falkner, jfalkner@csudh.edu, 3893
- Associate Athletics Director/Senior Woman Administrator: Dr. Jamie Purnell, jpurnell@csudh.edu, 2224
- Assistant Athletics Director/External Relations: Mel Miranda, mmiranda@csudh.edu, 3135
- Compliance Officer: Natalie Lockhart, nlockhart@csudh.edu, 2819
- Compliance Assistant: Paul Flores, pflores@csudh.edu, 3098
- Student Success Coordinator: Lauren Redman, lredman@csudh.edu, 2586
- Director of Athletic Communications: Rick Hoskin, rhoskin@csudh.edu, 3764
- Athletic Communications Assistant: Kaiber Takamiya, ktakamiya1@csudh.edu, 2205
- Faculty Athletic Representative: Dr. Mike Ernst, mernst@csudh.edu, 3761

### Sports Medicine
- Head Athletic Trainer: Ashley Musick, amusick@csudh.edu, 2492
- Athletic Trainer: Caitlyn Ratcliffe, cratcliffe@csudh.edu, 2661
- Athletic Trainer: Julian Navarro, jnavarro@csudh.edu, 3876

### Strength & Conditioning
- Strength & Conditioning Coach: Lauren Chow, lchow@csudh.edu, 3480
- Assistant Strength & Conditioning Coach: Chris Gilbert, cgilbert13@csudh.edu, 3480

### Baseball
- Head Coach: Ron Eastman, reastman@csudh.edu, 3893
- Assistant Coach: Chris Vopinek, cvopinek@csudh.edu, 3765

### Men's Basketball
- Head Coach: Steve Becker, sbecker@csudh.edu, 3891
- Assistant Coach: Sam Stapleton, ssstapleton@csudh.edu, 3173
- Assistant Coach: Darius Butler, dbutler42@csudh.edu, 3173

### Women's Basketball
- Head Coach: John Bonner, jbonner@csudh.edu, 3910
- Assistant Coach: Jaleesa Ross, jross@csudh.edu, 2211
- Assistant Coach: Love Rainey, lrainey@csudh.edu, 2211

### Golf
- Head Coach: Ron Eastman, reastman@csudh.edu, 3893
- Assistant Coach: Eric Wong, ewong@csudh.edu, 3893

### Men's Soccer
- Interim Head Coach: Jack Gidney, jgidney@csudh.edu, 2612
- Assistant Coach: David Diaz, ddiaz@csudh.edu, 2612
- Assistant Coach: Oliver Walsh, owalsh@csudh.edu, 2612

### Women's Soccer
- Head Coach: Marine Cano, mcano@csudh.edu, 3703
- Assistant Coach: Sami Feinstein, sfeinstein2@csudh.edu, 3703
- Assistant Coach: Jennifer Michelsen, jmichelsen@csudh.edu, 3703

### Softball
- Head Coach: Kim Aggabao, kaggabao@csudh.edu, 3917
- Assistant Coach: Katie Garcia, kgarcia@csudh.edu, 3889
- Assistant Coach: Stephanie Guerra, sjimenez52@csudh.edu, 3889

### Indoor/Outdoor Track & Field
- Head Coach: Warren Edmonson, wedmonson@csudh.edu, 3878
- Assistant Coach: Carl Allen, cwallen@csudh.edu, 3878

### Volleyball
- Head Coach: Jennifer Adeva, jaderva@csudh.edu, 3172
- Assistant Coach: Chris Webb, cwebb@csudh.edu, 2222
- Assistant Coach: Rick Arce, aarce@csudh.edu, 2222
ATHLETICS STAFF

JEFF FALKNER
DIRECTOR OF ATHLETICS
Responsible for the overall direction, management, budget planning and monitoring for the Athletics Department; leads department’s fundraising efforts; provides operational oversight and direction to staff.

DR. JAMIE PURNELL
ASSOCIATE ATHLETICS DIRECTOR / SENIOR WOMAN ADMINISTRATOR
Assists in the overall direction, management, budget planning and monitoring for the Athletics Department: provides day-to-day operational oversight. Oversees Student Success Coordinator and serves as sport supervisor for all 10 sports and CSUDH’s Cheer & Dance teams. Represents the needs and interests of students and employees within the athletics department by coordinating Title IX compliance and Diversity and Inclusion efforts.

MEL MIRANDA
ASSISTANT ATHLETICS DIRECTOR / EXTERNAL RELATIONS
Provides program leadership administration of the department’s Alumni Relations Program, Annual Giving initiatives, as well as other duties as assigned by the Athletic Director. Specific duties include identifying and engaging alumni and managing the department’s alumni database; planning and organizing alumni events both on and off campus; executing annual calling programs, mailers and other annual giving projects.

NATALIE LOCKHART
COMPLIANCE COORDINATOR
Serves as primary contact with the NCAA regarding initial eligibility and Eligibility Center; acts as the department’s liaison with the admissions office for domestic and international student-athlete enrollment; monitors recruiting activities; coordinates official visits; maintains and updates student-athlete and prospective student-athlete files; attends NCAA and CCAA conferences to ensure compliance with all NCAA & CCAA regulations.

PAUL FLORES
COMPLIANCE ASSISTANT
Assists with the compliance department. Serves as primary contact with the NCAA regarding initial eligibility and Eligibility Center; acts as the department’s liaison with the admissions office for domestic and international student-athlete enrollment; monitors recruiting activities; coordinates official visits; maintains and updates student-athlete and prospective student-athlete files.

LAUREN REDMAN
ATHLETICS STUDENT SUCCESS COORDINATOR
Responsible for academic advising and academic support for current student-athletes, and assists with regulation of NCAA progress-toward-degree requirements; oversees the Student-Athlete Advisory Committee (SAAC) and Toro Life Skills Program.

SARA PERRY
BUSINESS MANAGER
 Maintains sport program budgets, purchasing and fundraising dollars.

KIM LOPEZ
OFFICE MANAGER
Responsible for coordinating team travel, purchasing and fundraising dollars, and maintaining all office needs, as well as all day-to-day operations.

RICK HOSKIN
DIRECTOR OF ATHLETIC COMMUNICATIONS
Manages the visual branding, GoToros.com, statistics and social media for CSUDH Athletics along with game management. Oversees the records and history of CSUDH’s Athletics Department. Works with the opponent’s Sports Information Director (SID), the California Collegiate Athletic Association (CCAA) Director of Communications and the NCAA Statistics Department.

KAIBER TAKAMIYA
ATHLETIC COMMUNICATIONS ASSISTANT
Assists the Director of Athletic Communications with the visual branding, GoToros.com, statistics and social media for CSUDH Athletics along with game management. Maintains the records and history of CSUDH’s Athletics Department. Works with the opponent’s Sports Information Director (SID), the California Collegiate Athletic Association (CCAA) Director of Communications and the NCAA Statistics Department.

KEVIN NEAL
CORPORATE PARTNERSHIPS
Cultivates corporate partnerships and marketing packages, fundraising, special events, and has oversight of the student marketing team, SuperFanU, the fan rewards app, and Fan Affinity, a branding and niche specialist.

ASHLEY MUSICK
HEAD ATHLETIC TRAINER
Oversees the sports medicine services to CSUDH athletic teams, athletic training room as well as home and away practice and game coverage for teams specific to each season; provide student-athletes referrals from physicians; perform administrative duties including preparation of the yearly budget and inventory; maintain medical and treatment records as well as coordination of insurance.

CAITLYN RATCLIFFE & JULIAN NAVARRO
ATHLETIC TRAINERS
Assists with the sport medicine services to CSUDH athletic teams, athletic training room as well as home and away practice and game coverage for teams specific to each season; provide student-athletes referrals from physicians.

LAUREN CHOW & CHRIS GILBERT
STRENGTH & CONDITIONING COACHES
Designs and implements strength training for all 10 sports, as well as designs corrective exercise workouts to target corrective strategies, activation, mobility and stability.

MELANIE ‘MIMI’ MOLINA
ADMINISTRATIVE SUPPORT COORDINATOR
Coordinates services and supervision for all athletic and non-athletic events held in CSUDH’s athletics facilities; manages maintenance, scheduling and up-keep of all indoor/outdoor athletics facilities.

DR. MIKE ERNST
FACULTY ATHLETICS REPRESENTATIVE (FAR)
Appointed by the University President, monitors the academic performance of all student-athletes; administers and grades the NCAA Coaches Certification Exam; oversees the waiver process; serves as the liaison between the NCAA, CCAA, and the campus in all appeals; reviews all issues in the CCAA & NCAA pertaining to academic integrity; has exclusive jurisdiction for certification of academic eligibility for athletic competition.
THE RESPONSIBILITIES OF THE STUDENT-ATHLETE
As a California State University Dominguez Hills student-athlete, you are a student first and an athlete second. You are expected to be on time and attend all scheduled class sessions while positively representing the Athletics Department and student-athlete population in all academic-related activities.

As part of your California State University Dominguez Hills student-athlete experience, you are expected to attend and participate in all mandatory CSUDH Department of Athletics events and activities.

You are expected to know and abide by all University policies and procedures for all students, which can be found in the University Student Handbook. The Athletics Department will support and hold students accountable to the Code of Student Conduct and all guidelines listed in the University Student Handbook. The Student-Athlete Handbook is a supplemental handbook to assist you in your athletic endeavors and to ensure that you understand your responsibilities as a student-athlete.

Your responsibilities as a student-athlete include abiding by all Athletics Department, Cal State Dominguez Hills, California Collegiate Athletic Association, and NCAA rules and guidelines. You are required to report any violations of NCAA rules if you believe that you, your teammates, coaches, or any member of the Athletics staff is in violation of any NCAA rule. Rules violations can be reported to the Director of Athletics, Assistant Director of Athletics, Compliance Coordinator or the Faculty Athletics Representative.

ETHICAL CONDUCT
Cal State Dominguez Hills has established a longstanding tradition of ethical conduct at all levels of university life. In accordance with this tradition, it is expected that student-athletes and staff members of the Athletics Department will at all times represent the University in an honorable manner. With this expectation in mind, the Athletics Department supports the mission of the University and will hold all student-athletes accountable to the highest of ethical standards, as outlined in the Student Rights and Responsibilities web page at csudh.edu/student-rights/

- It is also important to note that NCAA rules and regulations require that you, as a student-athlete, conduct yourself in an ethical manner and that a failure to do so may result in your eligibility for competition being revoked. The following are two bylaws that highlight the general expectations:
- You must act with honesty and sportsmanship at all times so that you represent the honor and dignity of fair play and the generally recognized high standards associated with wholesome competitive sports (NCAA Bylaw 10.01.1).
- You are not eligible to compete if you have shown dishonesty in evading or violating NCAA regulations NCAA Bylaw (14.01.3.3).

SPORTSMANLIKE CONDUCT
Student-athletes, coaches, and all others associated with the Cal State Dominguez Hills Athletics Department must adhere to fundamental values such as respect, fairness, honesty, and responsibility. Sportsmanlike and ethical conduct mean more than the absence of negative actions in public. Actions viewed as inappropriate include, but are not limited to:

- Physical or verbal abuse of officials, coaches, opponents, or spectators
- Use of obscene or inappropriate language or gestures, or throwing of objects
- Inciting players or spectators to negative actions or to any behavior that insults or defiles an opponent’s traditions or personal dignity, or making public statements that are negative
- Participating in any action that violates the generally recognized ethical standards of intercollegiate athletics or of the University

As a student-athlete attending other CSUDH athletics events, you should cheer in a positive manner for our teams and take the negative vocal focus off of the opponent.

The University will evaluate and address any concerns in the area of sportsmanlike and ethical conduct on a continuing basis and may levy sanctions on the individual(s) for inappropriate behavior as deemed appropriate by the Director of Athletics.

HARASSMENT
In accordance with Cal State Dominguez Hills’ policy and mission, the Athletics Department will not tolerate any sexual, racial or gender harassment or any other form of harassment. Harassment is discussed in the other student policies section on the Students Rights & Responsibilities homepage. Understand that student-athletes will be held to the highest standards of compliance in this area. This policy extends to the competition arena and any negative verbal or nonverbal actions or words will not be tolerated.

HAZING & INITIATION
Whether on or off campus, planned or spontaneous, all acts of hazing by any student-athlete are prohibited by the Athletics Department and CSUDH.

Any act is considered hazing if a potential for mental or physical harm exists. A simple, fun initiation can quickly turn into an uncomfortable or dangerous situation, and a crime. All student-athletes must understand and abide strictly by the University hazing policies found in the Campus Life Policies section on the Students Rights & Responsibilities homepage. Any individual involved in a hazing incident will be disciplined as deemed appropriate by the Director of Athletics and/or the University Judicial Process.

The Athletics Department offers the following examples of hazing that are strictly prohibited:

- Padding
- Kidnapping
- Burning, branding or tattooing
- Involuntary excursions
- Nudity at any time
- Exposure to uncomfortable elements
- Blindfolding and/or parading of individuals
- Confinement in any room or compartment
- Spraying, painting or pelting with any object
- Restricting a person’s arms or legs in any way
- Any activity that could be perceived as causing embarrassment

Team initiations or similar orientation activities are included in the definition of hazing and will not be tolerated.
NOTICE OF NON-DISCRIMINATION ON THE BASIS OF GENDER OR SEX

The California State University does not discriminate on the basis of gender, which includes sex and gender identity or expression, or sexual orientation in its education programs or activities. Title IX of the Education Amendments of 1972, and certain other federal and state laws, prohibit discrimination on the basis of gender or sexual orientation in employment, as well as in all education programs and activities operated by the University (both on and off campus). The protection against discrimination on the basis of gender or sexual orientation includes sexual harassment, sexual misconduct, and gender based dating and domestic violence and stalking. The following person has been designated to handle inquiries regarding the non-discrimination policies:

**CSU Dominguez Hills Title IX Officer**

Elizabeth Schrock  
Welch Hall 470 | (310) 243-3492 | eschrock@csudh.edu

**CSU Dominguez Hills Deputy Title IX Coordinators**

Deputy Title IX Coordinators have also been designated to handle inquiries regarding the non-discrimination policies and report complaints to the Title IX Officer.

**Dr. Stephen Rice, Associate Dean of Students**  
Welch Hall 410 | (310) 243-3784 | srice@csudh.edu

**Deborah Roberson-Simms, Associate Vice President, Human Resources**  
Welch Hall 340 | (310) 243-3771 | droberson-simms@csudh.edu

**Wayne Nishioka, Assistant Vice President, Administration and Finance**  
Welch Hall 470 | (310) 243-3750 | wnishioka@csudh.edu

**Dr. Jamie Purnell, Associate Athletics Director/Senior Woman Administrator**  
South Academy Complex (SAC) 2 | (310) 243-2224 | jpurnell@csudh.edu

**Questions may also be addressed to:**

Office for Civil Rights  
U.S. Department of Education  
50 Beale Street, Suite 7200  
San Francisco, CA 94105-1813  
Telephone: 415-486-5555  
FAX: 415-486-5570  
TDD: 800-877-8339  
Email: ocr.sanfrancisco@ed.gov
Reporting Options

Sexual Assault, Sexual Harassment, Dating/Domestic Violence, and Stalking

at California State University Dominguez Hills

“I want to report an incident to the Police.”

Report the incident to the police in the jurisdiction where the incident occurred. The CSUDH Campus Police can be reached 24-hours a day here:

Welch Hall, room B-100
310-243-3333 | 911

The police officer will assist you with obtaining an emergency protective order and will conduct an interview with you. You can request to report confidentially (Penal Code 6524). You may have a Victim Advocate with you in any interviews with the police. A Victim Advocate can be reached 24-hours a day at the YWCA:

877-943-5778

The CSUDH Title IX Officer can also assist you with reporting to the police or finding an Advocate:
310-243-3492

“I want to report an incident to the University.”

Report the incident to the CSUDH Title IX Officer:
Elizabeth Schrock
Welch Hall, room B-470H
eschrock@csudh.edu | 310-243-3492

She will set up a meeting with you to arrange accommodations and interim safety measures. You may have an advisor of your choice or a Victim Advocate with you at this and any meeting CSUDH administrators.

1

If you choose to pursue an investigation, a police officer will collect evidence (like clothing, DNA results from forensic exams, photos, and texts) and interview you, the accused person, and witnesses.

2

The police will send their evidence to the district attorney, who will determine if there is sufficient evidence to pursue a criminal prosecution to analyze whether or not the accused person violated the law beyond a reasonable doubt.

3

If there is sufficient evidence to pursue the case, attorneys may negotiate a plea deal or a trial may take place. There is no time limit on police investigations and criminal trials.

4

If the final outcome includes a guilty verdict, sanctions are determined by a judge. Sanctions may be appealed.

5

Students, staff, faculty, and third parties are encouraged to report all incidents to the Police and University to ensure their safety and the safety of others. A significant delay will not occur if a report is made to both entities. To learn more, visit www4.csudh.edu/gei or reference CSU Executive Order 1096 and 1097.
UNIVERSITY RESOURCES LIAISON

Dr. Jamie Purnell
Associate Athletics Director/Senior Woman Administrator
Phone: 310-243-2224
jpurnell@csudh.edu
Office: SAC-3 3134


CSUDH RESOURCES (Not Confidential)

CSUDH Title IX Officer Elizabeth Schrock
The Title IX Officer handles reports of gender-based misconduct, including sexual assault, sexual harassment, domestic violence, and stalking.
www.csudh.edu/gei
Phone: (310) 243-3492
Email: eschrock@csudh.edu
Location: Welch Hall B470H

CSUDH Police Department
24/7 response to imminent danger and reporting of crimes.
Emergency: 911 or (310) 243-3333
Non-Emergency: (310) 243-3639
Location: Welch Hall 100

24/7 Safety Escort Program:
(310) 243-3639

CSUDH Women’s Resource Center
The center fosters inclusion with programs aimed at diminishing all forms of oppression and a lactation room for parents.
www.csudh.edu/wrc
Office Line: (310) 243-2486
Monday-Friday, 9am-6pm
Location: Small College Complex Room 148

CSUDH RESOURCES (Confidential)

CSUDH Confidential Advocate Mayra Romo
The Advocate provides support, crisis intervention, accompaniment and advocacy to survivors of sexual misconduct, sexual assault, sexual harassment, dating/domestic violence, or stalking.
www.csudh.edu/vas
Phone: (310) 243-2567
Email: mromo@csudh.edu or make an appointment online at https://calendly.com/mromo
(Office location is private.)

CSUDH Student Health & Psychological Services
The center provides a variety of quality health care services as well as free psychological services, including groups, for those seeking counseling.
www.csudh.edu/shps
Student Health: (310) 243-3629
Psychological Services: (310) 243-3818
Location: Between Welch Hall & Theater
See website for academic & summer hours of operation.

OFF CAMPUS RESOURCES (Confidential)

Sexual Assault: YWCA of Greater Los Angeles
A Rape Crisis Center that provides the following free confidential services: crisis intervention, accompaniments, advocacy, as well as individual and group counseling.
www.ywcagla.org/
Local 24 Hr. Hotline, Spanish and English: (877) 943-5778
YWCA GLA Empowerment Center Locations:
Compton: (310) 763-9995
South Bay: (562) 590-6400
Angeles Mesa: (323) 292-0920

Domestic Violence: Rainbow Services of Costa Mesa
Crisis intervention, advocacy, case management and shelter options.
https://rainbowservicesdv.org/
Local 24 HR. Hotline, Spanish and English: (310) 547-9343

National 24-Hour Hotlines
Sexual Assault: (800) 656-HOPE (4673)
Domestic Violence: (800) 799-SAFE (7233)
Stalking: (877) 633-0044
LGBTQ: (866) 488-7386
Suicide Prevention: (800) 273-TALK (8255)

Your safety and well-being is our top priority. Visit http://www.csudh.edu/gei for more information.
## Academic Calendar

### Fall Semester 2018

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 23-August 26</td>
<td>Monday-Sunday</td>
<td>Fall 2018 Registration</td>
</tr>
<tr>
<td>April 23-June 3</td>
<td>Monday-Sunday</td>
<td>Registration (fees due Monday, June 4, 2018)</td>
</tr>
<tr>
<td>June 4-September 11</td>
<td>Monday-Tuesday</td>
<td>Registration (fees due 48 hours after registration)</td>
</tr>
<tr>
<td>September 12-13</td>
<td>Wednesday-Thursday</td>
<td>Registration (fees due at time of registration)</td>
</tr>
<tr>
<td>May-August</td>
<td>Various days</td>
<td>New Student Orientation</td>
</tr>
<tr>
<td>May 28</td>
<td>Monday</td>
<td>Memorial Day Holiday (No Classes, Campus Closed)</td>
</tr>
<tr>
<td>July 1</td>
<td>Sunday</td>
<td>Fall 2018 Graduation Application - Regular Deadline</td>
</tr>
<tr>
<td>July 4</td>
<td>Wednesday</td>
<td>Independence Day Holiday (No Classes, Campus Closed)</td>
</tr>
<tr>
<td><strong>August 20</strong></td>
<td>Monday</td>
<td>Academic Year Semester Begins</td>
</tr>
<tr>
<td>August 20</td>
<td>Monday</td>
<td>Academic Affairs Faculty Day</td>
</tr>
<tr>
<td>August 24</td>
<td>Friday</td>
<td>Instructional Preparation Day</td>
</tr>
<tr>
<td>August 26</td>
<td>Sunday</td>
<td>Last day for Students on Waitlist to be added to classes; All waitlists will be cancelled at midnight</td>
</tr>
<tr>
<td>August 27</td>
<td>Monday</td>
<td>Classes Begin</td>
</tr>
<tr>
<td>August 27-September 11</td>
<td>Monday-Tuesday</td>
<td>Late Registration, Add/Drop (fees due 48 hours after registration)</td>
</tr>
<tr>
<td>September 3</td>
<td>Monday</td>
<td>Labor Day Holiday (No Classes, Campus Closed)</td>
</tr>
<tr>
<td>September 7</td>
<td>Friday</td>
<td>Instructor Drop Deadline</td>
</tr>
<tr>
<td>September 12-13</td>
<td>Wednesday-Thursday</td>
<td>Late Registration, Add/Drop (fees due at time of registration)</td>
</tr>
<tr>
<td>September 13</td>
<td>Thursday</td>
<td>Credit/No Credit and Audit Grading Deadline</td>
</tr>
<tr>
<td>September 13</td>
<td>Thursday</td>
<td>Last Day to Drop from FT to PT Status with Refund</td>
</tr>
<tr>
<td>September 15</td>
<td>Saturday</td>
<td>Fall 2018 Graduation Application - Late Deadline (with late fee)</td>
</tr>
<tr>
<td>September 20</td>
<td>Thursday</td>
<td>Fall Convocation</td>
</tr>
<tr>
<td>September 21-November 16</td>
<td>Friday-Friday</td>
<td>Serious and Compelling Reason Required to Drop/Withdraw</td>
</tr>
<tr>
<td>September 21</td>
<td>Friday</td>
<td>Drop Without Record of Enrollment Deadline</td>
</tr>
<tr>
<td>September 21</td>
<td>Friday</td>
<td>Student Census</td>
</tr>
<tr>
<td>October 1</td>
<td>Monday</td>
<td>Spring 2019 Graduation Application - Regular Deadline</td>
</tr>
<tr>
<td>October 18</td>
<td>Thursday</td>
<td>The Great California ShakeOut at 10:18 am</td>
</tr>
<tr>
<td>October 22-January 21</td>
<td>Monday-Monday</td>
<td>Spring 2019 Registration</td>
</tr>
<tr>
<td>October 22-January 1</td>
<td>Monday-Tuesday</td>
<td>Winter 2019 Registration</td>
</tr>
<tr>
<td>October 29</td>
<td>Monday</td>
<td>Last Day for Pro-rata Refund of Non-Resident Tuition and Tuition Fees</td>
</tr>
<tr>
<td>November 17-December 7</td>
<td>Saturday-Friday</td>
<td>Serious Accident/Illness Required to Drop/Withdraw</td>
</tr>
<tr>
<td>November 12</td>
<td>Monday</td>
<td>Veterans Day Holiday (No Classes, Campus Closed)</td>
</tr>
<tr>
<td>November 22</td>
<td>Thursday</td>
<td>Thanksgiving Day Holiday (No Classes, Campus Closed)</td>
</tr>
<tr>
<td>November 23-25</td>
<td>Friday-Sunday</td>
<td>Thanksgiving Break (No Classes, Campus Closed - Not a holiday)</td>
</tr>
<tr>
<td>December 10</td>
<td>Monday</td>
<td>*Last Day of Scheduled Classes</td>
</tr>
<tr>
<td>December 11-17</td>
<td>Tuesday-Monday</td>
<td>Final Examinations</td>
</tr>
<tr>
<td>December 11</td>
<td>Tuesday</td>
<td>Grade Submission Begins</td>
</tr>
<tr>
<td>December 18</td>
<td>Tuesday</td>
<td>Evaluation Day</td>
</tr>
<tr>
<td>December 20, 3 pm</td>
<td>Thursday</td>
<td>Final Grades Due (Extended Education grades always due 72 hours after course end date)</td>
</tr>
<tr>
<td>December 20</td>
<td>Thursday</td>
<td>Semester Ends</td>
</tr>
<tr>
<td>December 20</td>
<td>Thursday</td>
<td>Spring 2019 Graduation Application - Late Deadline (with late fee)</td>
</tr>
<tr>
<td>December 25-January 1</td>
<td>Tuesday-Tuesday</td>
<td>Winter Break &amp; New Year’s Day Holiday (No Classes, Campus Closed)</td>
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</tbody>
</table>

### Winter Session 2019

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 22-December 20</td>
<td>Monday-Thurs</td>
<td>Winter 2019 Registration (fees due at time of registration)</td>
</tr>
<tr>
<td><strong>December 21-January 15</strong></td>
<td>Friday-Tuesday</td>
<td>Winter Session 2019</td>
</tr>
<tr>
<td>January 1</td>
<td>Tuesday</td>
<td>New Year’s Day Holiday (No Classes, Campus Closed)</td>
</tr>
</tbody>
</table>
# ACADEMIC CALENDAR

## Spring Semester 2019

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<thead>
<tr>
<th>DATE</th>
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<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 22 - January 21</td>
<td>Monday - Monday</td>
<td>Spring 2019 Registration</td>
</tr>
<tr>
<td>October 22 - November 13</td>
<td>Monday - Tuesday</td>
<td>Registration (fees due Wednesday, November 14, 2018)</td>
</tr>
<tr>
<td>November 14 - February 5</td>
<td>Wednesday - Tuesday</td>
<td>Registration (fees due 48 hours after registration)</td>
</tr>
<tr>
<td>February 6 - 7</td>
<td>Wednesday - Thursday</td>
<td>Registration (fees due at time of registration)</td>
</tr>
<tr>
<td>December 20</td>
<td>Thursday</td>
<td>Spring 2019 Graduation Application - Late Deadline (with late fee)</td>
</tr>
<tr>
<td>To Be Announced</td>
<td></td>
<td>New Student Orientation</td>
</tr>
<tr>
<td>January 16</td>
<td>Wednesday</td>
<td>Spring Semester Begins</td>
</tr>
<tr>
<td>January 18</td>
<td>Friday</td>
<td>Last day for Students on Waitlist to be added to classes: All waitlists will be cancelled at midnight</td>
</tr>
<tr>
<td>January 21</td>
<td>Monday</td>
<td>Martin Luther King Jr. Holiday (No Classes, Campus Closed)</td>
</tr>
<tr>
<td>January 22 - February 5</td>
<td>Tuesday - Tuesday</td>
<td>Late Registration Add/Drop (fees due 48 hours after registration)</td>
</tr>
<tr>
<td>January 22</td>
<td>Tuesday</td>
<td>Classes Begin</td>
</tr>
<tr>
<td>February 1</td>
<td>Friday</td>
<td>Summer 2019 Graduation Application – Regular Deadline</td>
</tr>
<tr>
<td>February 1</td>
<td>Friday</td>
<td>Instructor Drop Deadline</td>
</tr>
<tr>
<td>February 6 - 7</td>
<td>Wednesday - Thursday</td>
<td>Late Registration Add/Drop (fees due at time of registration)</td>
</tr>
<tr>
<td>February 7</td>
<td>Thursday</td>
<td>Credit/No Credit and Audit Grading Deadline</td>
</tr>
<tr>
<td>February 7</td>
<td>Thursday</td>
<td>Last Day to Drop from FT to PT Status with Refund</td>
</tr>
<tr>
<td>February 18</td>
<td>Monday</td>
<td>Drop without Record of Enrollment Deadline</td>
</tr>
<tr>
<td>February 18</td>
<td>Monday</td>
<td>Student Census</td>
</tr>
<tr>
<td>February 18</td>
<td>Monday</td>
<td>Presidents’ Day Holiday (No Classes, Campus Open)</td>
</tr>
<tr>
<td>February 20 - April 12</td>
<td>Wednesday - Friday</td>
<td>Serious and Compelling Reason Required to Drop/Withdraw</td>
</tr>
<tr>
<td>March 11 - May 21</td>
<td>Monday - Tuesday</td>
<td>Spring 2019 Intersession Registration</td>
</tr>
<tr>
<td>March 18 - July 12</td>
<td>Monday - Friday</td>
<td>Summer 2019 Registration</td>
</tr>
<tr>
<td>March 27</td>
<td>Wednesday</td>
<td>Last Day for Pro-rata Refund of Non-Resident Tuition and Tuition Fees</td>
</tr>
<tr>
<td>March 31 - April 6</td>
<td>Sunday - Saturday</td>
<td>Spring Recess (includes César Chávez Holiday)</td>
</tr>
<tr>
<td>April 1</td>
<td>Monday</td>
<td>César Chávez Day Holiday Observed (No Classes, Campus Closed)</td>
</tr>
<tr>
<td>April 13 - May 10</td>
<td>Saturday - Friday</td>
<td>Serious Accident/Illness Required to Drop/Withdraw</td>
</tr>
<tr>
<td>April 15</td>
<td>Monday</td>
<td>Summer 2019 Graduation Application - Late Deadline (with late fee)</td>
</tr>
<tr>
<td>April 22 - August 17</td>
<td>Monday - Saturday</td>
<td>Fall 2019 Registration</td>
</tr>
<tr>
<td>May 10</td>
<td>Friday</td>
<td>Last Day of Scheduled Classes</td>
</tr>
<tr>
<td>May 11 - May 17</td>
<td>Saturday - Friday</td>
<td>Final Examinations</td>
</tr>
<tr>
<td>May 11</td>
<td>Saturday</td>
<td>Grades Submission Begins</td>
</tr>
<tr>
<td>May 17 - 18</td>
<td>Friday - Saturday</td>
<td>Commencement (for more information see ceremony schedule)</td>
</tr>
<tr>
<td>May 20</td>
<td>Monday</td>
<td>Evaluation Day</td>
</tr>
<tr>
<td>May 21, 3 pm</td>
<td>Tuesday</td>
<td>Final Grades Due (Extended Education grades always due 72 hours after course end date)</td>
</tr>
<tr>
<td>May 21</td>
<td>Tuesday</td>
<td>Semester/Academic Year Ends</td>
</tr>
<tr>
<td>May 27</td>
<td>Monday</td>
<td>Memorial Day Holiday (No Classes, Campus Closed)</td>
</tr>
<tr>
<td>July 1</td>
<td>Monday</td>
<td>Fall 2019 Graduation Application - Regular Deadline</td>
</tr>
</tbody>
</table>

## Spring Intersession 2019

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 11 - May 21</td>
<td>Monday - Tuesday</td>
<td>Spring 2019 Intersession Registration (fees due at time of registration)</td>
</tr>
<tr>
<td>May 22 - June 29</td>
<td>Wednesday - Saturday</td>
<td>Spring 2019 Intersession</td>
</tr>
</tbody>
</table>
### ACADEMIC CALENDAR

#### Summer Semester 2019

<table>
<thead>
<tr>
<th>DATE</th>
<th>DAY</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 18-July 12</td>
<td>Monday-Friday</td>
<td>Summer 2019 Registration, Session I and II (fees due at time of registration)</td>
</tr>
<tr>
<td>June 3-July 12</td>
<td>Monday-Sunday</td>
<td>Late Registration, Add/Drop, Session I (fees due at time of registration)</td>
</tr>
<tr>
<td>July 1</td>
<td>Monday</td>
<td>Fall 2019 Graduation Application Deadline</td>
</tr>
<tr>
<td>July 4</td>
<td>Thursday</td>
<td>Independence Day Holiday (No Classes, Campus Closed)</td>
</tr>
<tr>
<td>July 13-19</td>
<td>Saturday-Friday</td>
<td>Late Registration, Add/Drop, Session II (fees due at time of registration)</td>
</tr>
<tr>
<td>July 13-August 16</td>
<td>Saturday-Friday</td>
<td>Summer Session II</td>
</tr>
</tbody>
</table>

*For Fall 2018, the total number of instructional days will be 72 days. Two holidays are landing on a Monday; therefore, the last day of scheduled classes will be Monday, December 10, 2018.*
STUDENT SUCCESS & ACADEMIC SUPPORT
CLASS ATTENDANCE
It is essential that student-athletes attend all scheduled class sessions and are a contributing member on a regular basis. The Athletics Department utilizes a “Travel Letter” to notify instructors of away competition and travel dates. This letter is only intended to give instructors information regarding potential absences due to competition-related travel. At the beginning of each semester, student-athletes are expected to schedule a time to speak with their instructors after class or during office hours regarding the travel letter. Student-athletes are responsible for reviewing their syllabi to determine if there will be specific class meetings (including lectures, in-class assignments, quizzes, exams, etc.) that may be missed due to competition-related travel. Student-athletes must discuss conflicts with each instructor to determine a plan for making-up missed class time, in-class assignments, quizzes or exams.

It is your responsibility to notify your instructors that you are a student-athlete, and that you may be missing class due to competition-related travel at the beginning of the semester in which your season takes place. A copy of the “Travel Letter” will be provided to student-athletes who will be participating in away-game travel and competition by the Athletics Student Success Coordinator Lauren Redman (lredman@csudh.edu or 310-243-2586).

DURING THE FIRST WEEK OF CLASSES:
• Refer to your course syllabi and instructor for questions regarding attendance policies
• Introduce yourself to your instructor and set-up a time to discuss your travel schedule and class sessions that may be missed.
• It is your responsibility to ensure that arrangements have been made to resolve missed exams, quizzes, or assignments far in advance of a travel date. It is strongly recommended that all class work that may be missed due to competition-related travel be completed ahead of travel. If an assignment due date falls on or during the travel period, it is the responsibility of the student-athlete to complete the work prior to departing campus.
• Reminders during travel dates should be provided to the instructor throughout the semester

If an instructor has a concern about missed class time due to competition-related travel, you must immediately begin to work directly with him/her to find a solution. If you have any questions or concerns regarding your class attendance, contact SSC Lauren Redman or Dr. Mike Ernst, Faculty Athletic Representative (mernst@csudh.edu or 310-243-3659).

ACADEMIC INTEGRITY
Campus Community Values
The University is committed to maintaining a safe and healthy living and learning environment for students, faculty, and staff. Each member of the campus community should choose behaviors that contribute toward this end. Students are expected to be good citizens and to engage in responsible behaviors that reflect well upon their university, to be civil to one another and to others in the campus community, and contribute positively to student and university life.

Grounds for Student Discipline
Student behavior that is not consistent with the Student Conduct Code is addressed through an educational process that is designed to promote safety and good citizenship and, when necessary, impose appropriate consequences.

The following are the grounds upon which student discipline can be based:

1. Dishonesty, including:
   a) Cheating, plagiarism, or other forms of academic dishonesty that are intended to gain unfair academic advantage.
   b) Furnishing false information to a University official, faculty member, or campus office.
   c) Forgery, alteration, or misuse of a University document, key, or identification instrument.
   d) Misrepresenting one’s self to be an authorized agent of the University or one of its auxiliaries.

Student Conduct Code Title 5, Article 2, Section 41301 (https://www.csudh.edu/student-rights/student-conduct-procedures/student-code-of-conduct)

ACADEMIC ADVISING
STUDENT-ATHLETE ACADEMIC ADVISING
General education advisement, major exploration, graduation planning, course registration and other academic-related assistance is available by appointment or on a walk-in basis with Lauren Redman. Student-athletes are advised to select courses which will not only help them maintain athletic eligibility, but lead them directly toward graduation requirements. All student-athletes should enroll in NCAA progress-towards-degree units (in unmet general education categories or declared major).

Students with declared majors will be referred to meet with staff or faculty advisors in their major departments. The advisement process encourages student-athletes to take ownership of their academic progress and make appropriate decisions regarding their academic and professional goals.
PRIORITIZATION REGISTRATION
Each Fall and Spring semester, priority registration gives student-athletes an opportunity to select course offerings that work with their practice and competition schedules. Student-athletes are encouraged to enroll in at least 15 units that meet NCAA progress-toward-degree requirements. In order to register on the designated priority registration date (see academic calendar), all holds must be cleared from your account and athletics advising requirements should be met.

ATHLETICS HOLD
To ensure that you understand and complete all advising requirements, an “Athletics” hold will be placed on your account prior to and following course registration each Fall and Spring semester. You must speak with Lauren Redman (Athletics Student Success Coordinator) regarding your course schedule prior to making changes to confirm that all courses are meeting NCAA progress-toward-degree and CSUDH graduation requirements.

STUDENT-ATHLETE ENROLLMENT PLAN
Prior to enrolling in courses during the priority registration period, the Student-Athlete Enrollment Plan form must be completed and turned into Lauren Redman for review. You are responsible for reviewing your Academic Requirements Report and scheduling a meeting with your freshman advisor (ETE, EOP or UAC) or your major advisor (department contact information can be found on csudh.edu). Meetings should be scheduled to take place at least two weeks before priority registration to allow for enough time for advisement and schedule review.

DROPPING OR ADDING A CLASS
As a student-athlete, you must be registered in at least 12 units (full-time status) at all times in order to remain eligible per NCAA guidelines. If you drop below 12 units at any time during the semester, you will no longer be eligible for practice or competition. Please refer to the Academic Calendar to view add/drop deadlines and speak with Lauren Redman prior to making any changes to your schedule once classes have begun.

ACADEMIC SUPPORT
On a case-by-case basis, student-athletes may be required to participate in an individualized academic support plan that will provide an opportunity to build time management, organizational, writing, test-taking and study skills. Additionally, student-athletes may be referred to specific campus resources based on individual academic needs.

Study Hall
Study Hall hours may be required on an individual or team basis. Each head coach will communicate Study Hall requirements at the beginning of each semester. Coaches will be responsible for scheduling, enforcing, tracking and monitoring Study Hall hours.

Student-Athlete Computer Lab (SAC 3102)
The Student-Athlete Computer Lab is a quiet environment for individual study. Student-athletes should be respectful of the space and others utilizing the space. The lab provides computers and study tables for all student-athletes to work independently on their coursework. Each desktop computer is linked to the Internet and hosts a selection of software programs. The Computer Lab policy is posted in SAC 3102.

Academic Mentoring
An academic mentor may provide general academic support specific to time management and organization. Academic check-ins may be required based on individual needs. Check-in meetings will take place in the Athletics Department with either an academic mentor (graduate intern), Lauren Redman (Athletics Student Success Coordinator) or member of your coaching staff.

Tutoring
Subject-specific tutoring will take place in the Toro Learning and Testing Center (located in LIB C-121). A tutoring schedule will be shared and updated regularly via email. Copies of the schedule will also be posted in the Athletics Department and shared with coaches. Subject-specific tutoring and supplemental instruction will take place.

Progress Reports
Progress reports are initiated by the Student Success Coordinator through a web-based program in which instructors are prompted to complete a form assessing the academic performance of student-athletes in their class. For additional feedback, student-athletes may be required to meet with instructors during office hours to communicate directly with instructors concerning their performance in courses and possible strategies to improve their academic success. This feedback is organized and reviewed by the Athletics Student Success Coordinator and disseminated to coaches. If feedback from the progress reports indicates a need for additional academic support and/or tutoring, the Student Success Coordinator will work with coaches, faculty, and the student-athlete to address concerns and make any necessary referrals and/or plans for improvement.

ATHLETICS DEPARTMENT ACADEMIC HONORS
Throughout the academic year, student-athletes have several opportunities to be recognized for their academic achievements and successes in the classroom.

CSUDH Athletic Department Honors
Cardinal and Gold Wall
Cardinal
3.0–3.49 earned in previous semester will have their name listed on the wall

Gold
3.5–4.0 earned in previous semester will have their picture hung on the wall

CSUDH Athletics Honor Roll
Student-athletes who earn above a 3.0 term GPA will be recognized on the gotoros.com website

Dr. Hal Charnofsky Scholar-Athlete Award
The Charnofsky award, in conjunction with the same award presented by the CCAA, is given to the male and female student-athletes who have earned the highest cumulative GPA

The Dr. Richard Butwell Award
Named after the university’s former president, the Butwell Award is presented to one student-athlete for their excellence in the classroom, in competition and in the community to student-athletes in the event honoring academic and athletic accomplishments
CCAA ACADEMIC HONORS

CCAA All-Academic Team
At the end of each sport season, the student-athletes who earn a 3.3 cumulative GPA or higher will be recognized on the gotoros.com and goccaa.org websites.

The CCAA Fall All-Academic Team consists of eligible student-athletes who compete in the sports of men’s and women’s cross country, men’s and women’s soccer and volleyball. The Winter All-Academic Team will honor men’s and women’s basketball players, with the Spring All-Academic Team consisting of student-athletes from men’s and women’s golf, men’s and women’s track and field, softball and baseball.

CCAA Championship Scholar Award
Recognizes the academic and athletic achievement of the student-athlete by honoring the individual who has reached the conference championship level in his or her sport, while also achieving the highest academic standard among his or her peers. The Championship Scholar Award is presented to the student-athlete with the highest cumulative grade-point average participating at the final CCAA championship site in each conference-sponsored sport.

Dr. Hal Charnofsky Memorial Award
The Dr. Hal Charnofsky Memorial Award is given annually to two student-athletes at each Conference institution who participate in a Conference sport. Recipients are selected by their respective athletics department members in consultation with the institution’s faculty athletics representative. The Charnofsky Award recognizes student-athletes who have distinguished themselves in the classroom and in their sport.

ACADEMIC ALL-AMERICA
The Google Cloud Academic All-America®, selected by the College Sports Information Directors of America (CoSIDA), is nominated by the Athletic Communications staff and voted by CoSIDA members. Visit academicallamerica.com for more details.

To be nominated, a student-athlete:
- must be a starter or important reserve with a sophomore or higher athletic standing and at least a 3.30 cumulative GPA (on a 4.0 scale).
- must have participated in at least 50 percent of the team’s games at the position listed on the nomination form (where applicable). In baseball and softball, pitchers must have at least 10.0 innings pitched.
- transfer can be eligible until he/she has completed one full calendar year at CSUDH and has reached sophomore athletic eligibility. Graduate students coming to CSUDH are immediately eligible but must have a cumulative GPA of 3.30 or better both as an undergrad and in grad school.
TORO LIFE SKILLS PROGRAM
LIFE SKILLS STAFF

Lauren Redman
Athletics Student Success Coordinator
Phone: 310-243-2586
lredman@csudh.edu
Office: SAC-3 3128

Dr. Jamie Purnell
Associate Athletics Director/Senior Woman Administrator
Phone: 310-243-2224
jpurnell@csudh.edu
Office: SAC-3 3134

ABOUT THE TORO LIFE SKILLS PROGRAM
The purpose of the Toro Life Skills Program is to support and supplement your holistic development and experience as a CSUDH student-athlete. The programs and services provided within the Life Skills curriculum will focus on your personal well-being and professional development. They have been strategically designed to assist in bridging the gap from college life to professional life by supporting your transition in, through, and out of CSUDH. The tools and skills acquired through your participation in these programs will be useful in achieving success outside of your sport and after graduation.

Each student-athlete will be required to participate in at least two programs in each Fall and Spring semesters. Student-athletes will be provided with a detailed schedule and group assignments prior to the start of each semester. Students are responsible for scheduling work, social events, etc. around the Life Skills programs.

LIFE SKILLS PROGRAM OUTLINE

<table>
<thead>
<tr>
<th>FALL 2018</th>
<th>SPRING 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ALL Student-Athletes</strong></td>
<td><strong>ALL Student-Athletes</strong></td>
</tr>
<tr>
<td><strong>Diversity and Inclusion</strong></td>
<td><strong>Title IX Training</strong></td>
</tr>
<tr>
<td>Through the assessment tool “StrengthsFinder”, identify your top 5 strengths and learn how to utilize specific strategies for leadership and communication</td>
<td>Understand important policies and procedures through bystander intervention activities and discussion surrounding sexual assault prevention</td>
</tr>
<tr>
<td><strong>Freshmen</strong></td>
<td><strong>Freshmen</strong></td>
</tr>
<tr>
<td><strong>Financial Literacy</strong></td>
<td><strong>Nutrition 101</strong></td>
</tr>
<tr>
<td>Learn the importance of budgeting and saving with various financial planning tools and activities hosted by Student Financial Services</td>
<td>Explore ways to develop healthy eating habits and making smart food choices while maximizing energy to improve and maintain your physical health</td>
</tr>
<tr>
<td><strong>Sophomores</strong></td>
<td><strong>Sophomores</strong></td>
</tr>
<tr>
<td><strong>Well-Being Workshop</strong></td>
<td><strong>Drug and Alcohol Awareness</strong></td>
</tr>
<tr>
<td>Will provide a brief overview of mental health, its connection to the mind/body and strategies to look after your well-being</td>
<td>Will address the effects of performance-enhancing drugs, alcohol and other recreational drugs and their impact on your health and student-athlete experience</td>
</tr>
<tr>
<td><strong>Juniors</strong></td>
<td><strong>Juniors</strong></td>
</tr>
<tr>
<td><strong>Resumé Workshop</strong></td>
<td><strong>Career &amp; Networking Night</strong></td>
</tr>
<tr>
<td>With the help of the Career Center, create a resumé to market your education, work, athletic, and volunteer experience to potential employers</td>
<td>This mini career fair will allow you to meet with potential employers, discuss your resumé and practice your interviewing skills</td>
</tr>
<tr>
<td><strong>Seniors</strong></td>
<td><strong>Seniors</strong></td>
</tr>
<tr>
<td><strong>Resumé &amp; Cover Letter Writing</strong></td>
<td><strong>Career &amp; Networking Night</strong></td>
</tr>
<tr>
<td>Receive one-on-one feedback for fine-tuning your resumé and develop a cover letter to introduce you as a job candidate and highlight strengths</td>
<td>This mini career fair will allow you to meet with potential employers, discuss your resumé and practice your interviewing skills</td>
</tr>
</tbody>
</table>
SAAC ADVISOR

Lauren Redman
Athletics Student Success Coordinator
Phone: 310-243-2586
lredman@csudh.edu
Office: SAC-3 3128

ABOUT SAAC
The NCAA sponsors a division-wide Student-Athlete Advisory Committee whose mission is to enhance the total student-athlete experience by promoting opportunity for all students, protecting student-athlete welfare and fostering a positive student-athlete image. The Division II SAAC is guided by the following principles: ethics, integrity, fairness and respect for diversity, which shall include attention to gender, race, ethnicity and sport.

With the division-wide SAAC as a model, the CSUDH Athletics Department sponsors a Student-Athlete Advisory Committee specific to our institution. This group will serve in an advisory capacity to the student-athlete population, athletic department and University as needed. SAAC provides an opportunity to build leadership skills while voicing opinions and concerns to the Athletics Department and the University. Throughout the school year, SAAC plans several community service and campus engagement events including the Toro Pantry food drive, Team IMPACT fundraising, Soles4Souls shoe drive, and other volunteer events.

The CSUDH SAAC is made of up 7 executive council members and a minimum of 2 representatives per team. SAAC meets biweekly to discuss upcoming campus and Athletic Department events to encourage participation and engagement among the student-athlete and general student populations. Please see the student-athlete programming calendar with meeting dates and times. If you are interested in becoming a SAAC representative, please contact Lauren Redman (lredman@csudh.edu).

All student-athletes are welcome to attend SAAC meetings.

2018 SAAC Executive Council

| President  | Stephen Kish (Baseball) |
| Vice President  | Kelcy Telles (Softball) |
| Secretary  | Marissa Weber (Volleyball) |
| Treasurer  | Vacant |
| Campus Engagement Coordinator  | Theresa Butcher (Women’s Soccer) |
| Community Service Coordinator  | Chloe Wenger (Softball) |
| Social Media Coordinator  | Kenadi Mitchell (Volleyball) |

2018-19 STUDENT-ATHLETE HANDBOOK

SAAC-SPONSORED PHILANTHROPIC OPPORTUNITIES

Team IMPACT
Team IMPACT is a national nonprofit that connects children facing serious and chronic illnesses with local college athletic teams, forming life-long bonds and life-changing outcomes. The CSUDH Athletics Department currently has 3 Team IMPACT participants who have signed an NLI, participate in team events and attend games.

**Donation Goal:** For each student-athlete to donate at least 5 dollars while collecting donations from other students, faculty, staff, friends and family. All donations will be given to Team IMPACT. Anyone can make a monetary donation to Team IMPACT at any time through the Athletics Department.

Soles4Souls
Soles4Souls is a non-profit organization established to create sustainable jobs and provide relief through the distribution of shoes around the world.

**Donation Goal:** For each student-athlete to donate at least 2 pairs of shoes while collecting donations from other students, faculty, staff, friends and family. All donations will be given to the Soles4Souls organization. All types of shoes are welcomed (tennis shoes, boots, high heels, etc.)! The shoes will be donated to impoverished countries or to vendors who will repurpose and sell the shoes.

Toro Food Pantry
The purpose of the Toro Food Pantry is to provide supplemental food and other necessities to students in need. The process is completely confidential and available to current undergraduate and graduate students. The Food Pantry is operated in a safe, confidential zone, and without validation of need and is located in the Loker Student Union.

**Donation Goal:** For each student-athlete to donate at least 5 food items while collecting donations from other students, faculty, staff, friends and family. All donations will be given to the Toro Food Pantry. Canned food is welcomed, but items that are ready to eat or easy to prepare are encouraged. This includes: cup noodles, mac n cheese, granola bars, apple sauce, juice boxes, items with pop-up lids.
ATHLETIC COMMUNICATIONS STAFF

Rick Hoskin  
Director of Athletic Communications  
Media Contact for: Athletics Administration, Volleyball, Men’s Basketball, Baseball, Men’s Golf  
Phone: 310-243-3764  
rhoskin@csudh.edu  
Office: SAC-3131

Kaiber Takamiya  
Athletic Communications Assistant  
Media Contact for: M/W Soccer, Women’s Basketball, Softball, Women’s Track & Field  
Phone: 310-243-2205  
ktakamiya1@csudh.edu  
Office: SAC-3131

ABOUT ATHLETIC COMMUNICATIONS

The Athletic Communications Office (also known as Sports Information or its abbreviation SID) manages the visual branding, GoToros.com, statistics and social media for CSUDH Athletics. The Athletic Communications Office also works with the opponent’s SID, the California Collegiate Athletic Association (CCAA) Director of Communications and the NCAA Statistics Department.

INTERVIEW POLICY

To protect the student-athlete’s privacy, all interview requests from media outside the Athletics Department shall be arranged by the Athletic Communications Office with more than 24 hours of advance notice. If a member of the media approaches you without notice from the Athletic Communications staff or your coaches, kindly direct them to the Athletic Communications Director or Athletic Communications Assistant to schedule an appointment.

The Athletic Communications staff will usually schedule all non-contest interviews before or after practice or at a certain date and time in the Athletics Office (SAC-3). Interviews following a contest shall occur following the NCAA’s 10-minute cooling off policy. No appointments shall be needed.

A member of the Athletic Communications staff will travel with your team to the CCAA and NCAA Championships to be the liaison between your team and the media. The NCAA or CCAA’s media coordinator will ask your Athletic Communications representative to select certain student-athletes for post-contest interviews with the head coach. Please be ready to be selected.

Here are some helpful tips to when speaking to the outside media:
• Always know the word ‘No comment’ and use it if needed
• Take your time with the questions, there is no need to rush the answer
• Think before you say. Remember, you are on the record and anything you say or do can be written
• Always remember that reporters are protected under the First Amendment, you cannot tell reporters what to write and not to write
• Do not say anything you feel it could summon you to your coach or Athletics Director’s office
• Have fun with the feature story (i.e. exciting personal stories). Having fun with good-feeling stories about you draws energy to the reporter, enabling him or her to write a good story about you.

If in the event you feel you have said something that should not have been said, contact either the Athletics Communications Director and/or Athletics Director immediately and they'll address it. It’s better for them to know immediately rather than it gets published.

SOCIAL MEDIA GUIDELINES

Participating in social media or any other form of online publishing discussion is your own decision, and CSUDH Athletics recognizes and appreciates your right to do so. However, to protect the integrity of the department and the University, the following guidelines serve to help student-athletes make the best possible judgments and safeguard their personal privacy as well as protect the integrity of CSUDH Athletics and the University.

Examples of inappropriate posts:
• Harassment, threats, intimidation, ethnic slurs, personal, obscene, racial, religious or sexual intolerance
• Posting videos, photos, comments, or tweets that are sexual in nature, including links to web sites of a pornographic nature
• Posting videos, photos, comments, showing personal use of alcohol, drugs, and tobacco
• Posts that depict, condone or encourage unacceptable, violent, or illegal activities (hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use)
• Content that is unsportsmanlike, derogatory, demeaning or threatening toward any individual or entity
• Content online that would constitute violation of NCAA or CCAA rules (publicly commenting about a prospective student-athlete, providing information related to sports wagering, soliciting impermissible extra benefits)
• Information that is sensitive or personal in nature or is proprietary to CSUDH which is not public information (tentative/future team schedules, student-athlete injuries and eligibility status, travel plans/itineraries).

For your own safety:
• Set your security settings so that only your friends can view your profile. Even if you have enabled security settings, always remain cautious when posting. Remember that there is always a way people can ‘sneak in’
• Do not post your email, home address, local address, telephone number(s), or other personal information that could lead to unwanted attention, stalking, identity theft, etc.
• Be aware of who you add as a friend on social media services. Remember that, “When in doubt, leave it out”

Remember that the internet is used by media, faculty, CSUDH athletics staff, future employers, law enforcement, predators and NCAA officials, who all can access personal information such as pictures, videos, comments, posts and links. Therefore, you need to be cognizant of what you post through social media at all times as the material found by third parties affects the perception of CSUDH student-athletes and the University.

This guideline requires that student-athletes:
• Are ambassadors of CSUDH who have the responsibility to represent our teams, our institution and yourselves in a responsible and positive manner
• Be respectful with tolerance and consideration of every individual’s right to express their opinions, whether those opinions are complimentary, critical, in alignment or conflict with your opinion
• Think carefully and anticipate how all third parties would react to your post
• Remember that, “When in doubt, leave it out”

For your own safety:
• Set your security settings so that only your friends can view your profile. Even if you have enabled security settings, always remain cautious when posting. Remember that there is always a way people can ‘sneak in’
• Do not post your email, home address, local address, telephone number(s), or other personal information that could lead to unwanted attention, stalking, identity theft, etc.
• Be aware of who you add as a friend on social media services. Many people are looking to take advantage of student-athletes

If the online content of a student-athlete is found to be inappropriate, he/she may be subject to penalties including: team suspension, loss of eligibility, and legal issues, as well as to the University judicial process.
STATISTICS
The Athletic Communications staff handles and maintains statistics and records for all intercollegiate sports. In addition to assigning statisticians, they send a final box score to both the CCAA, NCAA and any media who requests for it.

Visit GoToros.com for:
- Box scores
- Season statistics
- Sport records

Visit GoCCAA.org for conference:
- Final/box scores from other teams
- Conference statistic leaders
- Conference records
- Conference standings

Visit Stats.NCAA.org for:
- National/West Region statistic leaders

In the event of a stat discrepancy, speak to your head coach first before approaching the Athletic Communications staff. The two sides may have already discussed it. For contests on the road, the host institution is responsible for recording statistics and works with CSUDH's Athletic Communications staff. If there is a stat discrepancy on the road, CSUDH's Athletic Communications staff can only REQUEST a stat change. Speak to your head coach and he or she will work with the Athletic Communications staff to make any corrections.

The CCAA allows statistics to change within one week following the contest.

All home contest shall have free live stats:
- Baseball - gotoros.com/baseballlive
- Men's Basketball - gotoros.com/mbblive
- Women's Basketball - gotoros.com/wbblive
- Men's Soccer - gotoros.com/msoccerlive
- Women's Soccer - gotoros.com/wsoccerlive
- Volleyball - gotoros.com/volleyballlive

QUESTIONNAIRE FORMS
All incoming CSUDH student-athletes shall receive a 'Sports Information Questionnaire' workflow through ARMS. The information provided by the student-athlete will be added to his or her's respective biography page on GoToros.com.

Returners have the option to make changes to their bio by informing the sport contact. If more than five changes to be made, the student-athlete shall write a completely new 'Sports Information Questionnaire' workflow.

PHOTOS/VIDEO
The Athletic Communications staff will be taking photos for as many home contests (and select road) as possible. Student-athletes may acquire photos taken by the Athletic Communications staff by scheduling an appointment with the sport contact and provide a flash drive with more than one (1) gigabyte (GB) available. Those who request for photos without making an appointment or a flash drive will be denied.

Any abuse with this will result in loss of privilege.

Photos taken by freelance photographers will not be distributed to student-athletes due to possible copyright agreement.

Videos will also be recorded by the Athletic Communications staff for promotional use.

CONFERENCE/NATIONAL AWARDS
CCAA Weekly Honors
The Athletic Communications staff nominates student-athletes for the CCAA's weekly honors. CCAA weekly honors begins the first week of the sport's regular season and the announcement of the winners are made on every Monday (Wednesday for golf) until the final week of the regular season. It does not go into postseason play.

ALL-AMERICANS
The Athletic Communications staff nominates student-athletes and votes for (in conjunction with the SID of other schools) the Conference Commissioner's Association (CCA) All-West Region teams. The West Region consists of schools from the CCAA, PacWest and Great Northwest Athletic conferences.

Student-athletes that are placed on the CCA All-West Region First Team will automatically be nominated and combined with the other seven regions' first teams to form the CCA All-America pool. The CCA All-America Team will then be selected from the pool by votes from SIDs nationwide.

The Athletic Communications staff does not have a say in All-West Region and All-America teams selected by the coaches' associations:
- NABC - Baseball
- WBCA - Women's Basketball
- USC - Men's & Women's Soccer
- NFCA - Softball
- USTFCCCA - Track & Field
- GCAA - Men's Golf
- AVCA - Volleyball
- ABCA - Men's Basketball

ACADEMIC ALL-AMERICAN
The College Sports Information Directors of America (CoSIDA) oversees the Academic All-America program, sponsored by Google Cloud. The CoSIDA Academic All-America® team is chosen based on the combination of a student-athlete's athletic and academic performance.

To be nominated, a student-athlete:
- Must be a starter or important reserve with a sophomore or higher athletic standing and at least a 3.30 cumulative GPA (on a 4.0 scale).
- Must have participated in at least 50 percent of the team's games at the position listed on the nomination form (where applicable). In baseball and softball, pitchers must have at least 10.0 innings pitched.
- Transfer can be eligible until he/she has completed one full calendar year at CSUDH and has reached sophomore athletic eligibility. Graduate students coming to CSUDH are immediately eligible but must have a cumulative GPA of 3.30 or better both as an undergrad and in grad school.
ABOUT COMPLIANCE
The compliance department acts as the liaison between the department and NCAA/CCAA with all compliance concerns, serves as the National Letter of Intent administrator, and advises student-athletes and prospects both academically and regarding their eligibility.

KEY POINTS TO RETAIN YOUR ATHLETICS ELIGIBILITY
• Be enrolled in minimum of 12 units per semester at ALL TIMES. The units should be classes that meet NCAA progress-toward-degree requirements. Only take courses that meet remaining general education and declared major requirements.
• Pass 24 countable units over the fall, spring, and summer terms; however, 18 countable units must be earned between fall and spring. No more than six summer units can be used to meet this rule. Six units of a minor can be counted towards the 24 units needed but only during fall and spring terms and it must be declared before the first day of the semester.
• Nine countable units must be passed in each full-time semester.
• Obtain approval from the Athletics Student Success Coordinator prior to changing your major and/or minor. Obtain advising from necessary major or minor departments each term.
• Declare a major by the beginning of your fifth semester (end of sophomore year or 60 units). If applicable, declare a minor before the first day of the semester.
• Obtain prior approval from the Athletics Student Success Coordinator Lauren Redman (lredman@csudh.edu or 310-243-2586) to receive credit for summer school classes at an institution other than Cal State Dominguez Hills.
• In order to maintain “good academic standing,” you must maintain both a minimum overall cumulative GPA of 2.0, as well as CSUDH cumulative GPA of 2.0.

PLAYING AND PRACTICE SEASONS
The NCAA has established limits on how much a coach can require you to practice and attend countable athletically related activities (such as team meetings and film). The NCAA designates playing seasons and associated rules by which all Cal State Dominguez Hills coaches, athletics staff and student-athletes must abide. The rules are designed with the welfare of the student-athlete in mind as well as to establish a fair competitive environment. The following highlight the general practicing guidelines:

• During a sport’s official season (championship or non-championship), student-athletes cannot engage in countable athletically-related activities for more than four (4) hours per day and a total of 20 hours per week. The 20/4 hour excludes preseason practice prior to the first day of classes, institutional vacation periods, and any time when school is not in session. Student-athletes must be given one day off per calendar week. This excludes participation in an NCAA championship. Note: A travel day to or from competition may count as the required day off only if no countable athletically-related activity ensues (such as practice, meetings, and/or film).
• Coaches are prohibited from conducting practice after competition except between contests during a multi-day or multi-event competition (i.e. tournaments).

• You must not miss class to attend a practice except when your team is traveling to an away contest in the regular season.
• Outside the playing season and during the academic year, you are only allowed to participate in weight-training, conditioning and individual skill instruction for a total of eight (8) hours per week, no more than two hours of which can be spent in individual skill instruction or practice. However, these activities are prohibited the week before and during final examinations. Additionally, you must take 2 (two) days off per week during this period.
• Do not participate on any outside team before receiving written approval from the Compliance Coordinator.
• Countable related activities (any activity in the presence of or required by a coach such as games, practice, conditioning, weightlifting, film review, etc) are prohibited during the summer and institutional vacation periods. Countable related activities during vacation periods excluding summer are only permitted if your sport is in its championship segment.

PERMISSION TO SPEAK & RELEASE RULES
Should a student-athlete wish to transfer to another university, he/she must consult with the Compliance Office. It is not permissible for a coach/staff member from another four-year institution to discuss a possible transfer with you until written permission to contact is provided by CSUDH at the request of the student or the transfer institution (per Bylaw 13.1.1.2). Requests for permission to speak to the other institutions need to be submitted in writing to the Compliance Coordinator via ARMS software. The Director of Athletics may provide a release depending upon the circumstances. However, a student-athlete who is denied permission to speak and/or denied a release will be notified in writing within 14 days of the decision, and will have an opportunity for a hearing.

Important Note: For all student-athletes wishing to transfer to another CCAA institution, there is a one-year mandatory residency requirement. This residency requirement stipulates that you are not allowed to compete at the new CCAA institution during the first academic year (per CCAA Bylaw 4.1.8.1) unless 1) our institution supports the transfer or 2) a CCAA intra-conference transfer waiver is submitted and successfully approved.

ATHLETIC AID
Scholarships based on athletic ability may be awarded by the Athletics Department to individual student-athletes. These awards are granted directly by Cal State Dominguez Hills, not by the NCAA. The head coaches of each program, with approval by the Director of Athletics, are responsible for allocating available scholarship funds.

Please understand that the welfare of each student-athlete is of utmost importance to the department and University, regardless of athletic aid award level.
RULES APPLYING TO ATHLETIC AID

An award of athletics financial aid may not exceed a period of one academic year, and may not be reduced or canceled during that year’s term based on athletic performance, injury, illness, or physical or mental condition. The combined amount of any financial aid package (athletic and non-athletic) may not exceed the cost of attendance. Additionally the total athletics aid may not exceed the cost of a full grant-in-aid (tuition/fees, room/board, books).

However, athletic aid can be terminated by the Department of Athletics during the period of the award if any of the following conditions occur (per NCAA Bylaw 15.3.4):

- A student-athlete becomes ineligible for intercollegiate competition (this includes academic and compliance related eligibility matters)
- A student-athlete fraudulently misrepresents any information provided on an application, letter of intent or financial aid agreement
- A student-athlete engages in serious misconduct warranting substantial disciplinary penalty
- A student-athlete voluntarily withdraws from a sport for personal reasons

In any of the above cases, the student-athlete will receive written notification within 14 days of that decision from the Financial Aid Office and will have an opportunity for a hearing.

SCHOLARSHIP RENEWAL

A student-athlete is to be notified on or before July 1 as to whether or not athletics aid is to be renewed. If the student-athlete receives a non-renewal notification and believes the rationale for non-renewal is unwarranted, the student-athlete may request a hearing, which will be granted. For questions regarding athletic aid matters, please contact your head coach or Compliance Officer Natalie Lockhart (nlockhart@csudh.edu or 310-243-2819).

GAMBLING & BRIBERY

NCAA Bylaw 10.3 prohibits student-athletes and Athletics Department staff members from knowingly:

- Providing information to individuals involved in organized gambling activities concerning intercollegiate athletics competition;
- Soliciting a bet on any intercollegiate competition
- Accepting a bet on any team representing the institution or soliciting or accepting a bet on any intercollegiate competition for any item (e.g.: cash, shirt, dinner) that has tangible value; and
- Accepting a bet on any gambling activity involving intercollegiate athletics and profession athletics through a bookmaker, parlay card, or any other method employed by organized gambling.

In addition to raising awareness of the gambling and bribery threat that could compromise the integrity of intercollegiate sports, student-athletes are responsible for the following:

- Reporting any offers of gifts, money, or favors in exchange for supplying team information or for attempting to alter the outcome of any contest;
- Maintaining a clear understanding of what constitutes gambling and bribery activities and reporting any suspected infractions; and
- Contacting the coach or other Athletics Department personnel (i.e., Athletics Compliance Office) when questions concerning appropriate release of team information arise.

Student-athletes must be aware that participation in gambling or bribery activities can result in disciplinary actions by the university and the NCAA, as well as local, state, and/or federal prosecution of the involved individual(s). If a student-athlete is found to be in violation of university or Athletics Department policy, the sanctions may include a loss of eligibility and/or athletic aid, as well as possible suspension.

SUMMER EMPLOYMENT

- A student-athlete may receive legitimate summer employment earnings (including summer camp earnings) without any restriction on the amount of compensation received, even while attending summer school as a recipient of financial aid.
- As with all employment earnings for student-athletes, the compensation received for the work performed must be at a rate that does not exceed the fair market rate at the time and place of the work performed. Student-athletes may never be compensated at a rate higher than the market based on their notoriety or affiliation as a student-athlete. Additionally, student-athletes may be paid only for work that they actually perform.
- Student-athletes are not permitted to be employed on a condition of their athletics reputation nor may an employer or commercial entity use the name, image, or likeness of a current student-athlete to promote the sale of any product or service.
- Duties at summer camps or clinics must be of a general supervisory nature. Salary for a camp or clinic must not exceed the going rate for counselors of like ability and camp or clinic experience, and student-athletes may not be paid on the basis of the value of reputation or athletic skills.
- Camp and/or clinic employment of student-athletes must be pre-approved by the Compliance Office.
- Student-athletes may not receive compensation for only lecturing at a summer camp or clinic (making an appearance).
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ABOUT GAME MANAGEMENT
Under the direction of both the Director of Athletic Communications and Athletic Communications Assistant, CSUDH Athletics’ Game Management oversees the operation of all CSUDH Athletics home contest. The staff consists of CSUDH students who are hired and trained to perform various duties such as the scorebook, game and shot clock management, ticket operations and more.

COMPLIMENTARY TICKETS
The CSUDH student body receives complimentary tickets to all regular season home athletics events. The University also extends to intercollegiate student-athletes a maximum of four (4) complimentary tickets for each regular season home contest in which your team competes. At the event, your guests will be asked to show identification. Please note that NCAA guidelines restrict us from issuing you hard tickets.

Important Note: The student-athlete is to ensure that the full names of all guests are provided into the ARMS software, and must do so FOUR (4) HOURS PRIOR to the doors/gates to the facility opening on game day. If the full names (first and last as it appears on their government issued ID) of your guests are not on the pass list, they will not be granted complimentary admission. Any abuse of this policy will result in the elimination of the four (4) complimentary tickets for the remainder of the season.

Student-athletes who have difficulty submitting their guests into ARMs must contact the Athletic Communications office BEFORE the four (4) hour deadline. Guest changes will not be accepted after.

GROUP TICKETS
CSUDH Athletics welcome school groups and organizations to attend our athletics events. Groups must be pre-arranged; no game-day on-site group rates will be available. Contact CSUDH Athletics to register your group no later than 72 hours prior to the event by contacting the department at athletics@csudh.edu or by calling (310) 243-3893.

MUSIC POLICY
The Athletic Communications Office shall work with the coaches (or captain) of each team to coordinate the warmup music. Each team shall submit a warmup playlist no later than one week prior to the first home contest. The playlist shall be divided into different files in order to make corrections if needed. It is strongly recommended for the team to submit a 60-minute warmup music.

For the sports of baseball and softball regarding ‘walkup’ music, he/she shall submit at least two (2) songs prior to the home opener to the Athletic Communications Office. The student-athlete may change his/her walkup music provided that he/she sends the music to the Athletic Communications Office two (2) days before the next contest. Any abuse of this policy will result in loss of privilege.

All music must be clean with no profanity, racial or sexist comments. Failure to submit an appropriate playlist and walkup music (regardless of playing a portion of the song) will result in loss of privilege.

In-game music shall be chosen by the Game Management Staff.

SENIOR DAY
Senior Day is usually held on the final home contest of the regular season, with the ceremony held before the start of competition. There can be an exception where the Head Coach and Director of Athletic Communication mutually agree to move Senior Day to another date. The seniors will be asked by the Athletic Communications Director and Assistant for the names and relation 48 hours prior to Senior Day.

STAT DISCREPANCY
See the Athletic Communications section.

LIVE VIDEO
Cal State Dominguez Hills Athletics is partnered with College TV Ticket for live video production. It is a single-camera view operated by CSUDH’s Game Management Staff. All live video feed begins as early as 15 minutes prior to the start of a contest. Prices are $7.99 per game. In the event more than one home contest occurs at the same time, the Athletic Communications Office shall determine which sport will be broadcast live.

Each school has its own method of live streaming. Visit the opponent’s website to see if it will provide any kind of live stream.

LIVE STATS
Cal State Dominguez Hills provides free live stats at home contests for baseball, men’s and women’s basketball, men’s and women’s soccer, softball and volleyball. Visit GoToros.com for the links.
SPORTS MEDICINE
SPORTS MEDICINE STAFF

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ABOUT SPORTS MEDICINE
The Department of Sports Medicine is here to support the health and well-being of the student-athletes on-and-off the court and field. We provide the highest quality preventative care, treatments, rehabilitation and emergency services during practices and competitions. It is our main priority to treat the whole student-athlete, including their physical, mental and emotional health, to create the best opportunity for success while participating in athletics.

SPORTS MEDICINE POLICIES
The Sports Medicine Clinic is home to both female and male student-athletes, and as such, a professional work environment is expected. Proper attire and appropriate conversation and language are required at all times. The sports medicine staff reserves the right to ask any student-athlete who fails to comply with appropriate behavior and standards of the sports medicine clinic to leave the facility for the day.

The Sports Medicine Clinic is reserved for the exclusive use of the student-athlete participating in intercollegiate sports programs on our campus. The specialized areas within the facility are designed for rehabilitation, hydrotherapy and general physical therapy activities, with additional space reserved for pre-game and practice preparation areas and medical and staff personnel.

The Athletic Trainers provide all prescribed rehabilitation and therapy treatments, and coordinate with other medical services that are available to student-athletes through the student health center or team physicians. Additional policies concerning the Sports Medicine Clinic are as follows:

• No student-athletes are allowed in the Sports Medicine Clinic without appropriate authorization and supervision.
• All therapeutic modalities must be operated or administered by the Sports Medicine Staff.
• Injured student-athletes who are unable to attend practice (or otherwise are limited from full participation) are required to report for their prescribed rehabilitative treatments during regular sports medicine hours.
• Student-athletes are expected to follow all rules and staff recommendations while under the direction of the Sports Medicine Staff.
• All prescribed medication will be distributed through the student-athletes’ own physician or campus student health center, or under the authority of the designated team physician.
• All student-athletes will undergo a physical exam yearly on our physical form performed by a physician (MD or DO) or by the CSUDH Student Health Center before participating in any physical activities with their respective sports.
• NCAA rules prohibit the use of tobacco products during practice and competition. Per NCAA guidelines, the student-athlete will be disqualified for the remainder of practice or competition should they choose to use tobacco products.

HOURS OF OPERATION – SPORTS MEDICINE CLINIC
Hours of operation for general care, treatment, and rehabilitation are as follows:
Monday-Thursday: 10:00am-6:00pm
Friday: 10:00am-4:00pm

In-season events and pre-approved practice coverage only
Saturday: 10:00am-3:00pm

In-season events and pre-approved practice coverage only
Sunday: Events and pre-approved practice for sports teams participating in their championship season
A designated, a Certified Athletic Trainer will be available to sports teams participating in their championship season one hour prior to the start of their pre-approved scheduled practice.
A designated Certified Athletic Trainer will be available three hours prior to the start of a scheduled in-season competition.
A designated Certified Athletic Trainer will be available one and a half hours prior to the start of any pre-season or off season scrimmage, exhibition game, intersquad, etc.

A designated Certified Athletic Trainer will only travel with sports teams under the following circumstances:
• Once the sports team is in their championship season
• If there are ample designated Certified Athletic Trainers to provide medical coverage at all home events
• The previous sports team championship season has concluded
• The sports team is participating in postseason championship play

A designated Certified Athletic Trainer will be available up to thirty (30) minutes after the last pre-approved scheduled in-season practice.

A designated Certified Athletic Trainer will be available up to thirty (30) minutes after the conclusion of any competition, scrimmage, intersquad, exhibition, etc. or until a time that is deemed necessary to have any student-athletes receive any necessary treatment(s) (at the discretion of the Certified Athletic Trainer) and to complete Sports Medicine Clinic closing and cleaning procedures.

The Sports Medicine staff will be available three (3) hours before a competition for game set up and player preparation. Please note that this time is NOT for rehabilitation or extensive treatment protocols as an appointment will need to be scheduled with an Athletic Trainer. The Sports Medicine Clinic will be open Friday, Saturday and Sunday for competitions and in-season teams as necessitated by practice and competition schedules.

NCAA DRUG TESTING
The NCAA Drug Testing Program has been expanded to include all Division II institutions. This means:
• Every Division II sport is now subject to year-round drug testing, including summer.
• Cal State Dominguez Hills will be selected at least once every two years with a maximum of four student-athletes from one sport being selected.
• Athletes will be subject to drug testing all year long (before, during and after their competitive season).

Student-athletes also are subject to random institution drug testing.

A student-athlete who tests positive for a banned substance shall be withheld from competition in all sports for a minimum of 365 days from the drug test collection date and shall lose a year of eligibility.
NCAA DRUG TESTING (CONTINUED)

Note: A list of banned substances is provided on the next page of this handbook for your review.

Note to Student-Athletes: There is no complete list of banned substances.
Do not rely on this list to rule out any supplement ingredient.

Check with your Sports Medicine staff prior to using any supplement.

BANNED DRUG LIST

It is the student-athlete’s responsibility to check with the appropriate or designated athletics medical staff before using any substance.

The NCAA bans the following classes of drugs:
1. Stimulants;
2. Anabolic Agents;
3. Alcohol and Beta Blockers (banned for rifle only);
4. Diuretics and Other Masking Agents;
5. Street Drugs;
6. Peptide Hormones and Analogues;
7. Anti-estrogens; and
8. Beta-2 Agonists

Note: Any substance chemically related to these classes is also banned.

Drugs and Procedures Subject to Restrictions:
1. Blood doping;
2. Gene doping;
3. Local anesthetics (under some conditions);
4. Manipulation of urine samples;
5. Beta-2 Agonists permitted only by prescription and inhalation.

NCAA Nutritional/Dietary Supplements Warning:
Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff. There are no NCAA approved supplement products.

1. Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result. 
2. Student-athletes have tested positive and lost their eligibility from using dietary supplements.
3. Many dietary supplements are contaminated with banned drugs not listed on the label.
4. Any product containing a dietary supplement ingredient is taken at your own risk.

Check with your athletics department staff prior to using a supplement.

Examples of NCAA Banned Substances in Each Drug Class

Note to Student-Athletes: There is NO complete list of banned substances.
Do not rely on this list to rule out any label ingredient.

Stimulants: amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; methamphetamine (DMAA);
 methylphenidate (Ritalin); synephrine (bitter orange); methylhexaneamine, “bath salts” (mephedrone); octopamine; DBMA; phenethylamines (PEAs); etc.
Exceptions: phenylephrine and pseudoephedrine are not banned.

Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetriol): Androstenedione;
boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; ostarine, stanozolol; stenbolone; testosterone; trenbolone; SARMS (ostarine); etc.
Alcohol and Beta Blockers (banned for rifle only): Alcohol;
atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.
Diuretics (water pills) and Other Masking Agents: Bumetanide;
chlorothiazide; furosemide; hydrochlorothiazide; probenecid;
spiroionolactone (canrenone); triameterene; trichlormethiazide; etc.
Street Drugs: Heroin; marijuana; tetrahydrocannabinol (THC);
synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073).
Peptide Hormones and Analogues: Growth hormone (hGH);
human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1;
etc.
Anti-Estrogens: Anastrozole; tamoxifen; formestane; ATD;
cloniphene; SERMS (nolvadex); Arimidex; clomid; evista;
fulvestrant; aromatase inhibitors (Androst-3, 5-dien-7,
17-dione), etc.
Beta-2 Agonists: Bambuterol; formoterol; salbutamol;
salmeterol; higenamine; norcocilaurine; etc.

Additional examples of banned drugs can be found at www.ncaa.org/drugtesting.

Any substance that is chemically related to the class even if it is not listed as an example, is also banned!

Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting the Resource Exchange Center (REC) at 877-202-0769 or www.drugfreesport.com/rec password: ncaa1, ncaa2 or ncaa3.

It is your responsibility to check with the appropriate or designated athletics staff before using any substance.
PARTICIPATION BY THE PREGNANT STUDENT-ATHLETE

The NCAA Sports Medicine Handbook states the following as it pertains to the participation by the pregnant student-athlete: Assessing the risk of intense, strenuous physical activity in the pregnant student-athlete is difficult since there are no studies that have specifically addressed this topic. The American College of Obstetrics and Gynecology has recommended that following a thorough clinical evaluation, healthy pregnant women should be encouraged to engage in regular, moderately intensive physical activities. However, many medical experts recommend that women avoid participating in competitive contact sports after the 14th week of pregnancy and pregnant student-athletes who participate in non-contact endurance sports should consider participating at a non-competitive level.

The risks and benefits of athletics participation should be one of the objectives for the team physician in counseling the pregnant student-athlete. This includes the effects of pregnancy on competitive ability, the effects of strenuous physical training and competition on both the pregnant student-athlete and the fetus, and the warning signs to terminate exercise while pregnant.

If a decision is made to allow the pregnant student-athlete to compete, documentation outlining the student-athlete’s medical condition, the potential risks of athletics participation during pregnancy, and the student-athlete’s understanding of these risks of participation to her and her baby are to be included in the student-athlete’s medical records via a signed informed consent. The institution will also obtain approval from the physician most familiar with the pregnant student-athlete’s condition, the team physician and other appropriate University officials.

Following delivery or pregnancy discontinuance, medical clearance is required to ensure the student-athlete’s safe return to athletics. Waivers for an additional season of competition may be available. Please inquire with the Compliance Coordinator to see if you meet the requirements.

Important: Any student-athlete who suspects or has knowledge that she has become pregnant is required to notify her head coach, the head athletic trainer, or the Director of Athletics. We will work with you confidentially, but must be involved to ensure that decisions are made for the benefit of your health.

ALCOHOL AND ILLICIT DRUG STANDARDS

The Cal State Dominguez Hills Department of Athletics has adopted the following standards governing the conduct of all Cal State Dominguez Hills student-athletes with respect to alcohol and illicit drug (non-prescription) use.

• California law prohibits drinking by those under the age of 21. Thus, underage drinking by student-athletes or recruits is prohibited.
• University funds may not be used to purchase alcohol for consumption by student-athletes or recruits at any time, irrespective of the age of the individuals involved or the legal drinking age in the jurisdiction where the alcohol is purchased.
• Student-athletes may not consume alcohol during any “official team activity,” including receptions, dinners and special events. Alcohol is not permitted while in transit to practice or competition, regardless of whether personal vehicles, buses, vans, airplanes or other means of transportation are used.
• Student-athletes are not to consume alcohol while wearing any CSUDH clothing, t-shirts or uniforms.
STRENGTH & CONDITIONING
STRENGTH & CONDITIONING STAFF

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ABOUT STRENGTH & CONDITIONING
Toro Strength and Conditioning aims to provide CSUDH student-athletes with sport specific training to enhance athletic performance and increase durability to reduce injury occurrence. Each team shall receive programs according to their sport and team/individual needs. The Toro Strength and Conditioning staff will provide demonstration and instruction for all exercises to ensure athletes perform with correct technique.

WEIGHT ROOM POLICY
Any persons using the weight room are required to follow the facility’s rules and policies. A member of the Strength and Conditioning staff must be present for all weight training workouts. Student-athletes must notify one of the Strength and Conditioning coaches immediately in the event of sustaining an injury while in the weight room. Strength and Conditioning coaches will collaborate with Athletic trainers for any exercise modifications due to injury.

Student-athletes must re-rack all weights and return all other equipment used to their rightful places. Leaving equipment out will result in consequences for the entire team. Inappropriate language (including body language) will not be tolerated and may result in consequences for the individual, team, and/or loss of weight room privileges. Headphones are not allowed in the weight room. Student-athletes must do their part to help keep the weight room clean and in working order. Notice of damaged equipment should be reported to a member of the Strength and Conditioning staff immediately. Student-athletes shall arrive to the weight room with appropriate attire including a t-shirt, shorts, socks and tennis shoes with laces tied. Food, drink and all tobacco products are prohibited. Only water is allowed.

STRENGTH & CONDITIONING POLICY
Student-athletes are expected to participate in all team scheduled strength and conditioning sessions (weights, training, etc.).

In the event of any absence (excused or unexcused), please notify Coach Chow or Coach Gilbert via text or email 24 hours ahead of the team’s scheduled session to schedule a make-up opportunity.

If a student athlete is going to be late, please notify Coach Chow or Coach Gilbert via phone call or text (text - if not driving).