Student Athlete Handbook and Planner 2013-2014

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TABLE OF CONTENTS

Document of Receipt ........................................3
Dsu Student Athletes
Handbook and Planner 2013-2014 ..........................3
A Message From Associate Athletic
Director, Eric D. Hart ..................................5
The Mission Statement of the NCAA ....................6
A Note From the NCAA to you,
the Student-Athlete ..................................6
Delaware State University
Mission /Vision Statement ..........................6
Vision Statement ........................................6
Core Values ............................................6
Department of Intercollegiate Athletics
(DIA) Mission Statement ..................................6
Commitment to Equal Opportunity
and Gender Equity .....................................7
Faculty Athletic Representative .....................7
Code of Conduct .......................................7
Honesty and Sportsmanship ..........................7
Ethical Conduct ........................................7
Unethical Conduct (NCAA Bylaw 10.1) .............8
Romantic/Sexual Relationships and
Sexual Harassment Involving Student-
Athletes and Coaches/Other Staff ..................8
Unsportsmanlike Conduct ............................9
Zero Tolerance Violation(s) ..........................10
Alcohol Policy ........................................10
Alcohol Education On-Line Course ..................11
Sports Wagering .......................................11
Hosting a Prospective Student-Athlete .............13
Personal Websites and Social Media ..............14
Academic Services for Student-Athletes ..........14
Major Academic Advisors ............................14
Academic Counselors for Student-Athletes ....15
Monitoring of Academic Progress ..................15
Minimum Class Load ................................15
Satisfactory Progress ................................16
NCAA Academic Requirements at a Glance ...17
Declaring a Major ..................................18
Changing Majors .....................................18
Advisement and Registration .......................18
Early Registration ..................................18
Priority Registration .................................19
Academic Difficulty .................................19
Class Attendance (Away Games) ..................19
Class Verification (No-Show Policy) ..............19
Student Classification ..............................20
Grading System ......................................20
Incomplete Grading System .........................20
Course Overload and Fee ..........................20
Dropping a Class Policy ............................20
Official Student Withdrawal Policy ..............21
Administrative Withdrawal From the
University .............................................21
Study Hall Policy ......................................21
Tutoring Policy .......................................21
Office of Student Accessibility
Services (SAS) .....................................21
Academic Services Available
for Student-Athletes ...............................22
Book Voucher Policy ................................22
E-Mail Accounts .......................................22
Academic Awards & Recognition ..................22
Athletic Director’s Graduation Breakfast ........23
The Despy’s ...........................................23
Athletics Financial Aid - All Sports ..............24
Pell Grants .............................................25
Outside Private Scholarships .....................25
Student Loans .......................................25
Post-Eligibility .......................................25
NCAA Student-Athlete Opportunity Fund ......25
Student-Athlete Eligibility-
Academic Standards ...............................26
Transfer Student-Athletes Only .....................28
Complimentary Tickets/Guest Management ....28
Illegal Benefits (Extra) ..............................29
Professional Sports, Agents, the Draft,
Contracts and Tryouts ..............................30
Student-Athlete Employment Policy ..........30
Athletics Staff Interceding for Employment ...31
Summer Break ......................................32
Champs/Life Skills Program .......................35
Student-Athlete Advisory Council .............35
Office of Athletics Media Relations ..........36
Dsu Strength and Conditioning Rules .........37
Performance Nutrition .............................37
Sports Medicine & Athletic
Training General Information ....................38
Athletic Training Room Rules .....................38
Important Things to Remember ................39
Drug Testing Information ........................39
Safe Harbor Program ..............................40
Delaware State University
Sport Concussion Policy .........................41
Dsu Concussion Management Protocol ........42
Concussion Assessment ...........................42
Delaware State University
Student-Athlete Concussion Statement ......43
2013-14 NCAA Banned Substances ..........46
Practice and Game Day Equipment .............47
Department of Intercollegiate
Athletics Phone Directory .......................48
Academic Departments Phone Directory ....52

ACADEMIC SERVICES FOR STUDENT-ATHLETES (ASSA)
DOCUMENTATION OF RECEIPT

DSU STUDENT ATHLETES HANDBOOK AND PLANNER 2013-2014

NAME: ______________________________

PLEASE PRINT

STUDENT ID #: _________________ CLASS: FR SO JR SR TRANSFERS

SPORT: __________________________ MAJOR: __________________

(DESU) E-MAIL ADDRESS: ______________________________________________

PLEASE PRINT

CELLPHONE NUMBER: ( )

As a student athlete, I accept the responsibility in securing and understanding the contents found in this very invaluable DSU Student Athletes Handbook and Planner. In addition, I understand that I will contact my respective ASSA counselor as soon as possible should I require assistance in addressing a situation that may negatively impact my educational obtainment at Delaware State University and my responsibility to NCAA.

SIGNATURE: ______________________________

STUDENT-ATHLETE

DATE OF RECEIPT: ______________________________

Initials: My signature and initials on this page constitute my understanding that as a student-athlete, I represent Delaware State University at all times and must conduct myself accordingly by maintaining the highest level of integrity as reflected in the “DSU Student Athletes Handbook and Planner”.

PLEASE PRINT

Academic Services for Student-Athletes (ASSA)
Dear Delaware State Student-Athletes,

It is my pleasure to address you and congratulate you for choosing Delaware State University. As we begin the semester, we ask that you take a moment to reflect on the great responsibility placed before you; both in the classroom and on the field. You have been challenged to compete for championships at the conference and national level. Additionally, my expectation and that of my staff is that you consistently perform at a high level, academically.

This student handbook and planner has been constructed with great care so that you know what is expected of you at all times. With that being said, this handbook will serve as a blueprint to ensure you understand the rules and regulations that govern your participation as a student-athlete at Delaware State University. I expect that you take the time to read this handbook from cover to cover so that you are provided every opportunity to be successful; both in and out of the classroom.

We have the responsibility to retain and graduate our student-athletes; thus making going to class our top priority. By attending class you are taking necessary steps to achieve. You represent the University at all times and I trust you will take this responsibility seriously. The resources you have at your disposal are abundant and I am confident that you will make known any academic challenges you may face so that our academic staff is equipped in helping you navigate the process of achieving higher education.

If I can help you achieve your goals in any way, please do not hesitate to contact my office.

Go Hornets!

L to R: Mr. Pat Casey, Ms. Sandria Johnson, Mr. Eric Hart, Mr. Harry Sanchez, and Mr. Randy Smith
THE MISSION STATEMENT OF THE NCAA
The Intercollegiate Athletics program will strive, at all times, be involved in the total program of the institution and will operate as part of the team in educating and providing all the services possible to the students and the community which it serves.

A NOTE FROM THE NCAA TO YOU, THE STUDENT-ATHLETE
Student-athletes enrolled at NCAA member institutions should reflect the high standards of honesty and integrity set by the Association for the conduct of intercollegiate athletics. As NCAA member institutions strive to fulfill their educational missions, they share a right and responsibility to preserve order and encourage ethical, responsible behavior through the formulation of standards of conduct for student-athletes and the designation of procedures by which those standards shall be enforced. It is imperative that student-athletes recognize the significance of their behavior as visible members of the campus and local community. This same attention, however, also should inspire the institution to assure that its student-athletes receive the same treatment as students generally in disciplinary or criminal matters. Intercollegiate athletics cannot be viewed as a refuge where student-athletes may escape responsibilities imposed on all citizens.

DELAWARE STATE UNIVERSITY MISSION /VISION STATEMENT
Delaware State University is a public, comprehensive, 1890 land-grant institution that offers access and opportunity to diverse populations from Delaware, the nation, and the world. Building on its heritage as a historically black college, the University purposefully integrates the highest standards of excellence in teaching, research, and service in its baccalaureate, master’s and doctoral programs. Its commitment to advance science, technology, liberal arts, and the professions produces capable and productive leaders who contribute to the sustainability and economic development of the global community.

As approved by the Board of Trustees December 2011.

VISION STATEMENT
As one of America’s most highly respected Historically Black Colleges and Universities, Delaware State University will be renowned for a standard of academic excellence that prepares our graduates to become the first choice of employers in a global market and invigorates the economy and the culture of Delaware and the Mid-Atlantic Region.

CORE VALUES
• Community
• Integrity
• Diversity
• Scholarship
• Outreach

DEPARTMENT OF INTERCOLLEGiate ATHLETICS (DIA) MISSION STATEMENT
The University considers intercollegiate athletics to be an integral part of the University, as its existence provides students, faculty, alumni, and friends an opportunity to share in the life of the collegiate community. The Department of Intercollegiate Athletics strives to achieve the same standards of excellence in its athletics program as exist within its academic, research and public service programs. We are dedicated to the University’s core values of Community, Integrity, Diversity, Scholarship and Outreach. The Department recognizes a dual commitment to serve both the University and student-athletes. Further, it embraces the concept that the student-athlete is first and foremost a student – possessing individual rights, academic abilities, personal interests and ambitions comparable to those of other members of the general student body.

COMMITMENT TO EQUAL OPPORTUNITY AND GENDER EQUITY
Delaware State University is committed to equal opportunity in employment and education, and does not discriminate on the basis of sex, race, ethnicity, color, religion, veteran status, marital status, national origin, or against handicapped persons. The Department of Intercollegiate Athletics at Delaware State University is highly committed to the letter and spirit of the regulations of Title IX by providing equity in participation, facilities, funding, staffing, and treatment of all athletic teams at the University.

Any student-athlete(s) who feels he/she/they has been the victim of discrimination should contact the University Affirmative Action Officer and the Office of Human Resources.

FACULTY ATHLETIC REPRESENTATIVE
Pursuant to NCAA Bylaw 6.1.3:
A member institution shall designate an individual to serve as “Faculty Athletics Representative”. An individual so designated after January 12, 1989, shall be a member of the institution’s faculty or an administrator who holds faculty rank and shall not hold an Administrative or coaching position in the athletics department. Duties of the faculty athletics representative shall be determined by the member institution. (Adopted: 1/11/89) NCAA Handbook.
The Faculty Athletics Representative (FAR) provides oversight and advice in the administration of the intercollegiate athletic program. The FAR is appointed by the administration and will serve a two year term. The FAR will serve as the liaison between the student athletes and the faculty at large. Other duties performed by the FAR as follows:
1. Oversight of the academic integrity of the athletic program
2. Assurance of the welfare of the student athlete
3. Monitor academic performance of student athletes
4. Member of the academic appeal committee
5. Oversees the administration of support services for student athletes
6. Advisor to the President on matters of academics as they relate to the Athletics Program.
Should you encounter any issues related to the relationship between academics and athletics please contact the faculty athletic representative.

CODE OF CONDUCT
Delaware State University requires its staff to conduct themselves in a manner that creates a positive image of the people, values, and traditions associated with the University, the Mid-Eastern Atlantic Conference, and the NCAA. Student-athletes have the opportunity to represent our school and with this come a sense of responsibility and pride. As student-athletes, you are expected to uphold the same standards of conduct adopted by the Department of Intercollegiate Athletics and the University.

HONESTY AND SPORTSMANSHIP
DSU Athletics upholds the NCAA general principle on honesty and sportsmanship which states, “Individuals employed by (or associated with) a member institution to administer, conduct or coach intercollegiate athletics and all participating student-athletes shall act with honesty and sportsmanship at all times so that intercollegiate athletics as a whole, their institutions and they, as individuals, shall represent the honor and dignity of fair play and the generally recognized high standards associated with wholesome competitive sports.” (NCAA Bylaw 10.01.1)

ETHICAL CONDUCT
Delaware State University Department of Intercollegiate Athletics maintains that upon enrollment to DSU, all student-athletes will maintain a level of ethics and moral civility outlined in the student code of conduct. You will receive opportunities to compete, travel, and represent Delaware State University, the MEAC, and the NCAA. It is up to you to execute and be aware of your personal surroundings on and off campus. You assume the responsibilities of being a Division I student-athlete; an honor we expect you will not assume lightly. Your continued participation in intercollegiate athletics hinges upon your ability to govern yourself and hold yourself to high standards throughout your tenure at Delaware State University.
UNETHICAL CONDUCT (NCAA BYLAW 10.1)

Delaware State upholds the standards of bylaw 10.1 which states, “Unethical conduct by a prospective or enrolled student-athlete or a current or former institutional staff member (e.g. coach, professor, tutor, teaching assistant, student manager, student trainer) may include, but is not limited to, the following:

(a) Refusal to furnish information relevant to an investigation of a possible violation of NCAA regulation when requested to do so by the NCAA or the individual’s institution;

(b) Knowingly involving in arranging for fraudulent academic credit or false transcripts for a prospective or an enrolled student-athlete;

(c) Knowingly involving in offering or providing a prospective or enrolled student-athlete an improper inducement or extra benefit or improper financial aid;

(d) Knowingly furnishing or knowing influencing others to furnish the NCAA or the individual’s institution false or misleading information concerning an individual’s involvement in or knowledge of matters relevant to a possible violation of an NCAA regulation;

(e) Receipt of benefits by an institutional staff member for facilitating or arranging a meeting between a student-athlete and an agent, financial advisor, or a representative of an agent or advisor (e.g. “runner”);

(f) Knowingly involving in providing a banned substance or impermissible supplement to student-athletes, or knowingly providing medications to student-athletes contrary to medical licensure, commonly accepted standards of care in sports medicine practice, or state and federal law. This provision shall not apply to banned substances for which the student-athlete has received medical exception per Bylaw 31.2.3.5; however, the substance must be provided in accordance with medical licensure, commonly accepted standards of care and state or federal law;

(g) Failure to provide complete and accurate information to the NCAA, the NCAA Eligibility Center or an institution’s admissions office regarding an individual’s academic record (e.g. schools attended, completion of coursework, grades, and test scores);

(h) Fraudulence or misconduct in connection with entrance or placement examinations;

(i) Engaging in any athletics competition under an assumed name or with intent to otherwise deceive; or

(j) Failure to provide complete and accurate to the NCAA, the NCAA Eligibility Center, or the institution’s athletics department regarding an individual’s amateur status.

ROMANTIC/SEXUAL RELATIONSHIPS AND SEXUAL HARASSMENT INVOLVING STUDENT-ATHLETES AND COACHES/OTHER STAFF

The Department of Intercollegiate Athletics at DSU prohibits romantic/sexual relationships between coaches (whether paid or voluntary) or other full-, part-time, or voluntary staff members and student-athletes. Romantic/sexual relationships increase the likelihood of an improper extra-benefits violation or harassment. Harassing behavior, if ignored or not reported, is likely to continue and become worse.

Sexual harassment is a form of prohibited sex discrimination under Title IX of the Education Amendments of 1972 (Title IX). Accordingly, no individual may be discriminated against on the basis of sex in any education program or activity receiving federal financial assistance (62 Federal Register 12038).

Sexual harassment includes, but is not limited to:
- Peer harassment (student on student/non-employee)
- Sexual advances
- Touching of a sexual nature
- Graffiti of a sexual nature
- Displaying or distributing sexually explicit drawings, pictures, and written materials
- Sexual gestures
- Sexual or dirty jokes
- Pressure for sexual favors
- Touching oneself sexually or talking about one’s sexual activity in front of others
- Spreading rumors about or rating students regarding sexual activity or performance

Examples of sexual harassment in athletic settings include the following scenarios:
- A coach tells a student-athlete that they will not play in the next game unless they hug the coach.
- An athlete taunts another athlete with sexual jokes or gestures.

Dealing with Sexual Harassment: Student-Athletes

If you believe you are being sexually harassed:
- Tell someone—Seek support from a friend, colleague, or counselor. Tell your parent, athletic director, or a teacher that you are being harassed.
- Keep records—Keep a written record of what happened and when. Include the date, time, place, names of people involved, witnesses, and who said or did what to whom.
- Say "No" to the harasser—Tell the harasser verbally and non-verbally, his or her behavior is unwelcome and you want it to stop. Be as direct as you can.
- Take personal action—Report the harassment to the appropriate school official (Director of Judicial Affairs).
- Be confident—Nobody deserves to be the target of sexual harassment. Take necessary steps to eliminate the abuse and seek guidance from University or governmental officials.
- Report the incident to Mr. Kemal Atkins, Title IX Officer at DSU.

Policy Violation

Violation of this policy shall result in disciplinary action up to expulsion from the athletic program and or the University for the student-athlete involved. In determining what discipline to assess, the Director of Athletics shall take into account whether the student-athlete, coach, staff member, self-reported and disclosed the violation before it was discovered by other means.

UNSPORTSMANLIKE CONDUCT

As a student-athlete you are expected to represent yourself, your team, the department, and the Institution with class and professionalism. Disruptive actions on your respective field of competition, including, but not limited to:
- Use of profanity
- Directing obscene language or gestures to officials, opponents; team members or spectators
- Physical confrontations (including fighting) with officials, opposing teams, spectators,
- Any actions that violate generally recognized standards and values set forth by the department of intercollegiate athletics as recognized by any individual head coach and approved by the Director of Athletics

Actions listed above will not be tolerated and may be grounds for expulsion from competitive play and loss of privileges; including termination of opportunities to represent Delaware State University as a student-athlete.
**ZERO TOLERANCE VIOLATION(S)**

- May result in speedy adjudication by the General Judiciary Council within 2-5 academic days from the time the infraction report is received in the Office of Student Judicial Affairs;
- A minimum sanction of one (1) year suspension up to expulsion;
- Immediate dismissal from University should violator be deemed dangerous or a threat to self or to others.

The Zero Tolerance Policy applies to:

(a) Drugs (possession, consumption or distribution)
(b) Fighting/Assault & Battery
(c) Hazing/Illegal Pledging
(d) Sexual Assault and Rape
(e) Weapons/Firearms
(f) Explosives (possession or use)
(g) Other Criminal Acts (including, but not limited to burglary, robbery and arson, identity theft and forgery). Any student charged with these violations will be referred to the Student Judicial System for possible disciplinary sanctions, and may be referred for criminal prosecution.

**ALCOHOL POLICY**

Delaware Code, Title 4, Section 904 makes it unlawful to purchase alcoholic beverages (liquor) for or to give it to a person under 21 years of age, and also makes it unlawful for persons under 21 years of age to consume an alcoholic beverage (liquor) or to have it in their possession. It is also unlawful to be intoxicated in public. Delaware State University is a **DRY** Campus. Although, the legal drinking age in Delaware is 21, University regulations prohibit any student from possessing or consuming alcohol on University Premises or at University Activities. Any student found in violation of this policy will be subject to University disciplinary and, where applicable, criminal action.

**VIOLATIONS AND POSSIBLE SANCTIONS:**

1. The following are the violations and minimum sanctions for **students under age of 21**:

   **Violations:**
   - Possession and/or consumption regardless of student’s age
   - Open container of alcohol in public
   - Hosting a party involving illegal use of alcohol
   - Dispensing alcohol to minors
   - Intoxication
   - Constitution of a public nuisance by being offensive to public order or decency

   **Possible Sanctions:**
   - Disciplinary probation for one year
   - Alcohol education/counseling
   - $50 fine

2. **Violations (examples)**
   - Hosting a party involving illegal use of alcohol
   - Dispensing alcohol to minors
   - Intoxication (See Violations of Criminal Law and/or Zero Tolerance Policy for definition.)
   - Constitution of a public nuisance by being offensive to public order or decency

   **Possible Sanctions:**
   - Disciplinary probation for one year
   - Alcohol education/counseling
   - $50 fine

   **Second Offense**
   - Deferred suspension from Residence Halls for one year
   - Substance abuse referral
   - $100 fine

   **Third Offense**
   - Suspension from Residence Halls for one year
   - Parental notification

   Note: Sanctions may be altered based on the severity of the behavior. Offenses are cumulative throughout matriculation at Delaware State University.

**ALCOHOL EDUCATION ON-LINE COURSE**

In addition to other sanctions, all alcohol violators are required to take the Alcohol Education on-line course required of incoming freshmen. Any student who has taken (or re-taken) the Alcohol Education course as a sanction for a first offense, and is later found to have committed further violations of the Alcohol Policy, may be subject to more severe sanctions. Students who fail to complete the Alcohol Education on-line course by the end of the first two (2) weeks of the following semester will be fined $100.00 as an additional penalty for the violation. If the student does not complete the course by the end of that semester, the fine will be doubled ($200), and additional sanctions imposed, including suspension from living in the residence hall and a hold placed on the student’s registration for the next semester.

**SPORTS WAGERING**

The NCAA stands firm where legal and illegal sports wagering is concerned. The NCAA strictly prohibits this practice and has put into place stiff penalties for those found guilty in participation. The integrity of collegiate athletics is put into jeopardy along with the welfare of student-athletes and as a result, the NCAA statement against this activity is as follows, “Sports wagering include placing, accepting or soliciting a wager (on a staff member’s or student-athlete’s own behalf or on the behalf of others) of any type with any individual or organization on any intercollegiate, amateur or professional team or contest.” Examples of sports wagering include, but are not limited to, the use of a bookmaker or parlay card; Internet sports wagering; auctions in which bids are placed on teams, individuals or contests; and pools or fantasy leagues in which any entry fee is required and there is an opportunity to win a prize. (NCAA Bylaw 10.02.1)
The NCAA defines a wager in Bylaw 10.02.2 as, “any agreement in which an individual or entity agrees to give up an item of value (e.g. cash, shirt, dinner) in exchange for the possibility of gaining another item of value.”

Sports wagering activities defined in bylaw 10.3 affirm, “The following individuals shall not knowingly participate in sports wagering activities or provide information to individuals involved or associated with any type of sports wagering activities concerning intercollegiate, amateur or professional athletics competition:

(a) Staff members of an institution’s athletic department
(b) Non-athletic department staff members who have responsibilities within or over the athletics department (e.g. chancellor or president, faculty athletics representative, individual to whom athletics reports);
(c) Staff members of a conference office; and
(d) Student-athletes

Clarification of the aforementioned information includes

(1) You may not bet on any sporting events by college or professional teams
(2) You may not provide information to anyone about individuals who play college or professional sports
(3) Impermissible activities include, but are not limited to
  a. Participating in sports pools established in the residence halls;
  b. Wagers (i.e. cash, shirts, gifts, trophies and other memorabilia, dinner) on ANY professional or college event;
  c. Fantasy leagues (e.g. baseball, football) that require an entry fee and award a prize
  d. Internet gambling on sporting events
  e. 800, 888, 900 numbers that require a person to call in their bets
  f. Sharing of pertinent information about a student-athlete or team’s status that could impact the outcome of a game (e.g. injuries, academic standing, discipline issues, new plays) to anyone who gambles”

NCAA SANCTIONS FOR STUDENT-ATHLETES

Of NCAA Bylaw 10.3 (Sports Wagering)

(a) A student-athlete who engages in activities designed to influence the outcome of an intercollegiate contest or in an effort to affect win-loss margins (“point shaving”) or who participates in any sports wagering activity involving the student-athlete’s institution shall permanently lose all remaining regular-season and post-season eligibility in all sports
(b) A student-athlete who participates in any sports wagering activity through the Internet, a bookmaker or a parlay card shall be ineligible for all regular-season and postseason competition for a minimum of a period of one year from the date of the institution’s determination that a violation occurred and shall be charged with the loss of a minimum of one season of eligibility. If the student-athlete is determined to have been involved in a later violation of any portion of Bylaw 10.3, the student-athlete shall permanently lose all remaining regular-season and postseason eligibility in all sports.

DISCIPLINARY ACTION FOR STUDENT-ATHLETES

Involved in Sports Wagering

Prospective or enrolled student-athletes found in violation of the provisions of this regulation shall be ineligible for further intercollegiate competition, subject to appear before the Committee on Student-Athlete Reinstatement for restoration of eligibility (NCAA Bylaw 10.4)

DEPARTMENT OF INTERCOLLEGIATE ATHLETICS

SPORTS WAGERING INITIATIVE

Student-athletes are expected to report any and all activities surrounding sports wagering in an effort to protect the integrity of the game. Any student-athlete who feels gambling related activities have occurred that may involve a teammate is encouraged to report suspicious activities to his or her respective coach.

HOSTING A PROSPECTIVE STUDENT-ATHLETE

Student-athletes who have been chosen by their coaches to host a prospective student-athlete are given a great responsibility. Part of that responsibility includes providing the prospect information about the institution and the team for which the prospect hopes to join. You serve as an ambassador for the University and first impressions can make lasting impressions. It is imperative that you abide by the rules prescribed in NCAA bylaw 13.6.7.5 which state, “the student host must be either a current student-athlete or a student designated in a manner consistent with the institution’s policy for providing campus tours to prospective students in general. The institution may provide the following to a student host entertaining a prospective student-athlete:

(a) A maximum of $30 for each day of the visit to cover all costs of entertaining the student host(s) and the prospective student-athlete (and the prospective student-athlete’s parents, legal guardians or spouse), excluding the cost of meals and admissions to campus athletic events;
(b) The entertainment allowance may not be used for the purchase of souvenirs, such as T-shirts or other institutional mementos;
(c) It is permissible to provide the student host with an additional $15 per day for each additional prospective student-athlete the host entertains;
(d) Complimentary meals, provided the student host is accompanying the prospective student-athlete during the prospective student-athlete’s official visit; and
(e) Complimentary Admissions to campus athletic events, provided the student host is accompanying the prospective student-athlete to the events during the prospective student-athlete’s official visit

Please keep in mind additional points of interest when hosting a recruit and the impact the decisions you and the prospective student-athlete make that can have on the Institution and the Department of Intercollegiate Athletics.

1. Do not engage in activity enticing a prospective student-athlete to drink alcohol.
2. Do not engage in solicitation of sexual activities as a recruiting tool by exposing prospective student-athletes to gentlemen’s club/strip clubs, escort services, or campus parties (on or off campus) where acts of a sexual nature are encouraged
3. Do not engage in activity (criminal or in any manner) that would violate any local, state, or federal laws.
4. Give consideration to campus events that end after hours. You are expected to abide by the curfew outlined on the “DSU Curfew” form.
PERSONAL WEBSITES AND SOCIAL MEDIA

This statement has been created to serve as a reminder of your responsibility that governs your usage of social media sites such as facebook, twitter, youtube; including usage of your personal email accounts. Delaware State University Department of Intercollegiate Athletics encourages the usage of social media within reason. Student-athletes, who produce social media sites such as facebook, need to understand they will be held to a higher standard as you represent Delaware State University.

In an effort to create a positive image on the World Wide Web, student-athletes must consider the audience and the type of messages conveyed. You should consider not giving out personal information when creating your site, such as home phone number, home address, or financial information. Also, keep in mind the types of photos you use when creating your pages. Administrators and other University personnel have the right to visit sites if investigating a potential violation. Additionally, future employers have rights to preview sites in deciding whether or not to hire a prospective candidate. Your website can subsequently have a negative impact on your future employability and earning potential.

Positive use of websites like facebook and twitter can be to advertise campus events. Coaches, professors, academic personnel, and administrators can connect with student-athletes to set up meetings or to discuss grades. Student group and clubs can create sites to advertise meetings and events and well as recruitment of new members. You should take great care in the image you are trying to convey with your site as photos showing drinking, hazing, threats, derogatory comments about a coach, administrator, professor, etc., could become troublesome for student-athletes.

Student-athletes are responsible for all information contained on their site even information provided by others. There should be no evidence that any Delaware State student-athletes have violated the Delaware State University Code of Conduct; the Department of Intercollegiate Athletics Student-athlete Code of Conduct, DSU Alcohol policy, or any local, state, and federal laws. Student-athletes involved in any of the behaviors stated above on any website, regardless if it is theirs or not, will be held responsible. Check your teammates’ sites often as well. When an inappropriate site is brought to the attention of the athletics administration, a decision will be made according to the severity of the issue at hand.

ACADEMIC SERVICES FOR STUDENT-ATHLETES

“Students First, Athletes Second”

The Office of Academic Services for Student-Athletes (ASSA) exists to assist individuals address their academic demands. The ASSA will assist the student-athlete in the following areas: arranging tutoring, monitoring academic success and progress toward a degree (PTD), assisting with personal goals and student life well-being. As a student-athlete, you are responsible for participating within the rules and regulations of not only Delaware State University (DSU), but also the National Collegiate Athletic Association (NCAA). The DIA Compliance Office is responsible for assuring that you have a general knowledge of those regulations and you know where to find more about them when it becomes necessary.

For Detail Information found in this handbook, please refer to The ASSA Policy and Procedures Manual located in our website: http://www.dusu.edu/Academic-Services-Student-Athletes

MAJOR ACADEMIC ADVISORS

Each student will be assigned an undergraduate advisor or faculty advisor based on their academic department. At a minimum, the advisor will meet with the student each semester during pre-registration and officially approve the program of study before the student registers online or in the academic department.

ACADEMIC COUNSELORS FOR STUDENT-ATHLETES

Every student-athlete at DSU as mentioned is assigned an academic advisor from his or her major. Academic Counselors for Academic Services for Student-Athletes (ASSA) serve as secondary advisors, who support the role of the primary advisor by encouraging student-athletes to seek advice and direction from their advisor. In addition, ASSA help students-athletes resolve scheduling conflicts with class, practice, and travel. Lastly, the office provides information regarding DSU’s and NCAA academic rules and regulations. Student athletes are strongly encouraged to visit their chosen major department advisor/faculty each semester before registering for classes, and the Athletic Counselor as necessary or directed.

MONITORING OF ACADEMIC PROGRESS

Monitoring the academic progress of all student-athletes is part of the responsibility of the Office of Academic Services for Student-Athletes. To be most effective in this task, progress reports are provided once a semester to the professors of all student-athletes. However, if warranted and upon the discretion of the ASSA academic counselor, additional reports may be provided. The progress reports provide a brief assessment report of each student-athlete’s attendance, attitude, participation and academic progress in the classroom. Student-Athletes who receive poor progress reports are required to meet with their academic counselors in order to formulate a plan to improve their academic performance. Progress reports are forwarded to head coaches in order for them to assist student-athletes in maintaining good academic progress, and upon the discretion of the academic counselor the student-athletes may be referred to the ASSA Learning Specialist for consultation.

MINIMUM CLASS LOAD

A student-athlete must be enrolled in a minimum of 12 credit hours each semester. If a student-athlete falls below this minimum course load, he/she immediately becomes ineligible to practice or compete and may lose applicable financial aid. It should be kept in mind that 12 credit hours are a minimum, not a goal.
SATISFACTORY PROGRESS

There are three areas that determine a student-athlete’s Satisfactory Progress: Annual Academic Progress, Percentage of Degree Credit, and Grade Point Average.

• **ANNUAL ACADEMIC PROGRESS:** In order to maintain eligibility, a student-athlete must pass at least 24 semester hours per year which is an average of 12-hours per term attendance. If the student/athlete has declared a major, all classes must apply to his/her specific degree requirements. If a student-athlete does not pass 24 hours in the regular academic year (fall and spring semesters), the student-athlete may take classes in the summer and apply the hours earned toward the 24. However, there is a limit. No more than 25% of all countable hours may be earned during summer semesters. If a student-athlete does not earn 24 hours, he/she may practice with the team but cannot compete in intercollegiate contests the following year. In addition, the student/athlete may jeopardize all financial aid.

• **PERCENTAGE OF DEGREE CREDIT:** “A student-athlete must pass at least 40% of his/her degree requirements by the start of the junior year (5th semester), 60% by the start of the senior year (7th semester). If 120 hours are required for graduation, by the end of the second year, the student-athlete must have completed 48 degree applicable credit hours; by the third year, 72 degree applicable credits, and by the end of the fourth year, 96 degree applicable hours must be met.”

• **MINIMUM GRADE POINT AVERAGE:** The NCAA requires student-athletes to maintain minimum GPAs for eligibility. By the beginning of the third year, the student-athlete must have an Adjusted Grade Point Average (AGPA) equal to at least 90% of that required for graduation; and by the beginning of the fourth year a GPA equal to at least 95% of the requirement. The GPA required for graduation at Delaware State University is 2.00. After two semesters of study the student-athlete must have a minimum 1.80 grade point average and after four semesters a minimum grade point average of 1.9. A 2.00 grade point average is required at the beginning of the 6th semester and maintained until graduation.

### NCAA ACADEMIC REQUIREMENTS AT A GLANCE

<table>
<thead>
<tr>
<th>ACADEMIC CLASS (SEMESTER OF FULL-TIME ENROLLMENT)</th>
<th>NCAA CONTINUING ACADEMIC ELIGIBILITY REQUIREMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FRESHMAN</strong></td>
<td>• Must be enrolled in <strong>12 credit hours</strong> at all times to compete and practice</td>
</tr>
<tr>
<td></td>
<td>• Student-athletes must complete a minimum of 6 hours in the previous full time regular academic term</td>
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<tr>
<td></td>
<td>• Student-athletes must complete a minimum of 18 hours during the regular academic year (fall &amp; spring)</td>
</tr>
<tr>
<td><strong>SOPHOMORE</strong> (entering 3rd semester)</td>
<td>• Must have earned at least 6 credits each semester</td>
</tr>
<tr>
<td></td>
<td>• Minimum of 18 credit hours must be earned during the fall and spring semesters</td>
</tr>
<tr>
<td></td>
<td>• Student-athletes must earn a minimum of 24 credit hours (can use summer school hours to meet 24)</td>
</tr>
<tr>
<td></td>
<td>• Developmental or remedial hours used to meet 24 credit hour rule cannot be used to satisfy credits toward degree</td>
</tr>
<tr>
<td></td>
<td>• 90% (1.8 GPA) of minimum cumulative grade point average for graduation each semester</td>
</tr>
<tr>
<td><strong>JUNIOR</strong> (entering 5th semester)</td>
<td>• Must have earned at least 6 credit hours each semester</td>
</tr>
<tr>
<td></td>
<td>• Must have earned at least 18 credit hours during the regular academic year (fall &amp; spring)</td>
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<tr>
<td></td>
<td>• Must have officially declared a major with paperwork on file in the Registrar’s office and entered in Banner system</td>
</tr>
<tr>
<td></td>
<td>• 95% (1.90 GPA) of minimum cumulative grade point average for graduation each semester</td>
</tr>
<tr>
<td></td>
<td>• 40% of degree must be completed</td>
</tr>
<tr>
<td></td>
<td>• Graduation audits must be completed prior to the end of the 6th semester</td>
</tr>
<tr>
<td><strong>SENIOR</strong> (entering 7th semester)</td>
<td>• Must have earned at least 6 credit hours each semester</td>
</tr>
<tr>
<td></td>
<td>• Must have earned at least 18 credit hours during the regular academic year (fall &amp; spring)</td>
</tr>
<tr>
<td></td>
<td>• 100% (2.00 GPA) of minimum cumulative grade point average for graduation each semester</td>
</tr>
<tr>
<td></td>
<td>• 60% of degree must be completed</td>
</tr>
<tr>
<td><strong>5TH YEAR SENIOR</strong> (entering 9th semester)</td>
<td>• Must have earned at least 6 credit hours each semester</td>
</tr>
<tr>
<td></td>
<td>• Must have earned at least 18 credit hours during the regular academic year (fall &amp; spring)</td>
</tr>
<tr>
<td></td>
<td>• 100% (2.00 GPA) of minimum cumulative grade point average for graduation each semester</td>
</tr>
<tr>
<td></td>
<td>• 80% of degree must be completed</td>
</tr>
</tbody>
</table>

• All student-athletes must be considered in good standing as defined by their major department/college
• Once a student-athlete has officially declared a major, all applicable hours used towards meeting the satisfactory progress requirements must be applicable toward the student’s designated degree program
• Remedial or developmental hours may count as part of the required 24 hours during the first year of college attendance, but may not be used to meet the “percentage of degree” eligibility requirements
• “Elective” hours can be counted as degree hours only if the student’s degree program allows for electives
• Hours cannot be earned for a repeated course that was previously passed
• Hours cannot be earned for a class passed with a “D” if the major requires the course be passed with a “C” (i.e. “Nursing, Movement Sciences, Agriculture, Biology, Physical Education)
• Hours toward a minor can be used for eligibility only if a minor is required for the student’s degree granting program
• “Percentage of degree” requirements and grade point average also apply to transfer students
• You will need to have prior approval from your department chair and have the credits you wish to take evaluated and signed off by the respective chairs on the “permission to take courses at another institution form. A grade of C or higher is required on all courses taken at another institution. Additionally, you must submit an official transcript to have your grades posted onto your University transcript.

DECLARING A MAJOR
Prior to the fifth semester, each “undeclared” student-athlete must declare a major. Once a student-athlete declares a major, all hours used to determine eligibility must be countable toward that major. Student-athletes should consider remaining “undeclared” as long as possible (but not beyond their fourth semester). Generally, there is no penalty for this delay, however student-athletes who do not qualify their major prior to the start of the fifth semester, will be deemed ineligible for competition until they comply with the rule.

CHANGING MAJORS
Consultation with your academic advisor and your respective ASSA counselor is required. However, it is extremely important to make the change correctly so you will not lose hours and endanger eligibility.

ADVICE AND REGISTRATION
Generally, all University advisors are aware of the special needs of student-athletes concerning scheduling around practice and regarding NCAA eligibility requirements. Student-athletes are expected to schedule an appointment with their advisor prior to registration. To assure the best possible schedule, the student-athlete should:
1. Schedule at least 15 countable hours. (Remember 12-hours are a minimum, not a goal. It will take over five years, excluding summers, to graduate taking only 12 hours per term).
2. Sport practice times are set by the individual teams, and will differentiate base on the availability of facilities. The basic rule is to take classes between 8:00 AM to 2:50 PM daily.
3. Be sure to give a copy of your final and approved schedule to your ASSA counselor and coach.
4. Student athletes are encouraged to contact ASSA anytime they feel there may be a question about the advice he/she has received pertaining to academic advisement or eligibility.

EARLY REGISTRATION
Each fall and spring semester the University will hold a period of time for “early registration” for students returning for the next term. Returning students who do not preregister will be assessed a $50.00 penalty.

PRIORITY REGISTRATION
All student Athletes, Honor Students, seniors, and students with documented learning disabilities are entitled to priority registration. These groups should be advised prior to the Academic Advisement period. An approved copy of the class registration form must be provided to your ASSA Counselor.

ACADEMIC DIFFICULTY
The institution recognizes “academic difficulty” with several distinct notations:
ACADEMIC PROBATION: is a warning that the student’s Adjusted Grade Point Average (AGPA) has fallen below a 2.00 and requires attention. The student who fails to make a 2.0 in any term while on Probation faces Academic Suspension. This is always a serious situation, since dismissal from the institution may be close at hand.
ACADEMIC SUSPENSION: applies to the student with fewer than 30 GPA hours and whose adjusted GPA is 1.70 or below. A student with fewer than 30 GPA hours who has failed to raise an AGPA between 1.51 and 1.99 to a 2.0 in two semesters will also receive this designation. Refer to the Office of Admission for detail information.
RESTRICTED ENROLLMENT: applies to the student who has more than 30 GPA hours, is on probation and has failed to raise his or her GPA to 2.0 or better in two semesters. A student can be placed on this status only one time during his or her academic career. The student on Restricted Enrollment will begin a new probation status and may have certain academic scheduling restrictions. A student who has not raised his or her AGPA to a 2.0 or better after two semesters of Restricted Enrollment will face exclusion.
DISMISSAL: means the students must be separated from the institution for academic reasons. The institution recognizes two levels of exclusion. A first exclusion will be for a period of one term. Following readmission, if a student is placed on exclusion a second time, the separation will be for one calendar year.

Students with academic probationary status or students who are academically suspended may attend the summer session. The grades earned in summer session will be computed with the grades of the last semester that the student was enrolled to determine the status of the student.

CLASS ATTENDANCE (AWAY GAMES)
When classes will be missed due to “an Away” competition, an absence verification memorandum (Travel Letter) must be provided to each instructor prior to departure. The instructor of the class is the only person who can excuse an absence. In any event, student-athletes are responsible for all missed class assignments while absent. Travel letters are obtained from the Office of Academic Services for Student-Athletes by request from the respective coach.

CLASS VERIFICATION (NO-SHOW POLICY)
All enrolled student-athletes are required to attend each class during the first two weeks of school in order to verify participation in the class.

IMPORTANT: Failure to verify participation in a class during the first two weeks of classes will result in the course(s) being deleted from your student’s schedule, and will render you ineligible to participate in any DSU program.
STUDENT CLASSIFICATION

<table>
<thead>
<tr>
<th>Hours</th>
<th>Classification</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-29</td>
<td>Freshman</td>
</tr>
<tr>
<td>30-59</td>
<td>Sophomore</td>
</tr>
<tr>
<td>60-89</td>
<td>Junior</td>
</tr>
<tr>
<td>90 Hours &amp; above</td>
<td>Senior</td>
</tr>
</tbody>
</table>

GRADING SYSTEM

<table>
<thead>
<tr>
<th>Grade</th>
<th>Quality Point</th>
<th>Explanation</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>4.00</td>
<td>Excellent</td>
</tr>
<tr>
<td>B</td>
<td>3.00</td>
<td>Good</td>
</tr>
<tr>
<td>C</td>
<td>2.00</td>
<td>Fair</td>
</tr>
<tr>
<td>D</td>
<td>1.00</td>
<td>Poor</td>
</tr>
<tr>
<td>F</td>
<td>0.00</td>
<td>Failure</td>
</tr>
<tr>
<td>I</td>
<td>Not computed in GPA</td>
<td>Incomplete*</td>
</tr>
<tr>
<td>P</td>
<td>Not computed in GPA</td>
<td>Pass</td>
</tr>
<tr>
<td>W</td>
<td>Not computed in GPA</td>
<td>Withdraw</td>
</tr>
<tr>
<td>WA</td>
<td>Not computed in GPA</td>
<td>Administrative drop</td>
</tr>
<tr>
<td>AU</td>
<td>Not computed in GPA</td>
<td>Audit-Not taken for credit</td>
</tr>
<tr>
<td>S</td>
<td>Not computed in GPA</td>
<td>Satisfactory</td>
</tr>
<tr>
<td>U</td>
<td>Not computed in GPA</td>
<td>Unsatisfactory</td>
</tr>
</tbody>
</table>

*Incomplete course work due to reasons clearly beyond the control of the student will yield the grade “I”.

INCOMPLETE GRADING SYSTEM

Important: This grade must be removed by the end of six weeks of the student’s next semester in attendance. Otherwise the grade “I” will be changed to an “F”. Academically suspended students who have “incompletes” may register only if they removed the incompletes and achieved the necessary 2.00 average no later than the last day of the late registration period.

COURSE OVERLOAD AND FEE

Prior to “Request of Course Overload”, the student must first seek their Academic Advisor approval, followed by providing your ASSA Counselor with an approved copy. For all course overloads, student will pay a fee equivalent to the cost-per-credit for each hour that exceeds 19 hours.

DROPPING A CLASS POLICY:

Once a student-athlete has been advised and registered for classes, adjustments to the schedule should not be made without consultation with your academic advisor and respective ASSA counselor. Care must be taken to assure that adjustments do not result in loss of countable hours required for immediate and future eligibility.

IMPORTANT: Course drops should be considered carefully. However, the final decision to drop a course must always be in the student-athlete’s best academic interest. In no case shall a student be permitted to drop a class for any reason that relates exclusively to academic performance.

Dropping of any classes must first be reviewed by your ASSA Counselor and approved by the Associate Athletic Director or designee after obtaining all requires signatures. It is imperative however, that prior to submitting the “Notice of class change” that student-athletes first consult with their respective academic counselor for advice. Failure to do so may jeopardize eligibility. The Dean is the only University official who may approve the dropping of a class after the scheduled day of “Last Day to Drop” in the semester.

OFFICIAL STUDENT WITHDRAWAL POLICY

IMPORTANT: it is recommended that all Student-Athletes consult with their respective ASSA counselor prior to withdrawal.

The official Student Withdrawal policy is intended for current semester only. A student who withdraws from the University on or prior to the last day to withdraw from the University will receive a grade of “W” in each course for which he/she is enrolled at that time. A student who officially withdraws from the University at any time after the last publicized date for withdrawal from the University will receive a “WA” in all courses for that semester.

ADMINISTRATIVE WITHDRAWAL FROM THE UNIVERSITY

IMPORTANT: it is recommended that all Student-Athletes consult with their respective ASSA counselor prior to withdrawal.

If a student-athlete, for some compelling reason (such as documented extreme personal difficulty or documented medical reason), requests to be administratively withdrawn from the University, for a previous semester, then that student must follow the procedure listed within ASSA policy manual.

TRANSCRIPT REQUESTS

Transcripts submitted by the student from other institutions become the property of Delaware State University and are not reissued or copied for released. Requests for other institutions’ transcripts must be made directly to the respective institution.

STUDY HALL POLICY

One major initiative set forth by the University involves the retention of students from freshman to sophomore year. In an effort to do our part to ensure our athletic retention numbers exceed the expectation of Delaware State University, we will be providing a year-long structured program that will benefit our fall and spring sports alike. Study Hall required hours are driven by academic performance or lack thereof; all freshman and new transfer student-athlete required hours may be different than continuing student-athletes who are required to participate in study hall. Coaches may also mandate a set number of hours a student-athlete must be in study hall.

• Hours of Operation
  - Sundays: 2:00 P.M. – 9:30 P.M.
  - Mondays – Thursdays: 6:00 P.M. – 10:00 P.M.
  - Fridays: 8:30 A.M. – 3:30 P.M.
  - Saturdays: Closed

  *Spring hours are subject to be different from the Fall

TUTORING POLICY

The Office of Academic Services for Student-Athlete provides a free individualized tutoring program to student-athletes in a wide variety of academic courses, such as, but not limited to English, Mathematics, Biology, Chemistry, Accounting, and Foreign Language. The procedure for getting a tutor starts as soon as the student-athlete realizes a need for additional help in a particular subject course(s). Please see your respective ASSA counselor prior to submission.

OFFICE OF STUDENT ACCESSIBILITY SERVICES (SAS)

The Office of Student Accessibility provides academic learning services to student-athletes who are experiencing academic difficulty. In addition, the SAS Specialist will provide assistance to students who have a diagnosed learning disability and will also provide psycho-educational testing. The SAS Specialist will be assisting the student-athletes in maximizing their learning potential by working one-to-one and/or in small groups to help increase their learning strategies and study skills.
ACADEMIC SERVICES AVAILABLE FOR STUDENT-ATHLETES

The following services provided by the Academic Support Center located at W. C. Jason Library, 2nd floor. Call extension 6385 for locations or time changes. The Academic Support Center is a unit within the Division of Academic Enrichment. Services include, Drop-In Writing Center, Drop-In Mathematics Center, Drop-in Computer Lab, Office of Disability Services, Staying-On Course Program (SOC) and Supplemental Instruction Program (SI).

BOOK VOUCHER POLICY

Those student-athletes awarded book-scholarships are provided the privilege of obtaining books for course curriculum exclusively, and are expected to be returned to ASSA on the prescribe book return timelines. Please note: Failure to return books will result in placing an academic “HOLD” status code on your student account.

IMPORTANT: It is illegal to purchase books for individuals other than for whom the voucher was awarded to. If you are found in violation of purchasing books for teammates whether on, or not on book scholarship; friends in your classes, girlfriends, boyfriends, or significant others may result in, but not limited to the following penalties: suspension of privileges in receiving future book scholarships; lost of NCAA eligibility; lost of your team post-season competition privileges; and repaying the value of the voucher to the University’s athletics department.

In addition, you may NOT purchase pens, pencils, paper, school supplies, apparel, and disposable products such as snacks, gum, chips, or soft drinks, etc., with book scholarships. However, student athletes requiring special supplies i.e.: calculators specifically designed for the curriculum, may be approved on a case-by-case basis after review by your respective ASSA Academic Counselor. Note: funds must be available in your book scholarship for consideration.

E-MAIL ACCOUNTS

IMPORTANT: It is very necessary that you utilize your DSU e-mail account. A DSU account is provided to every student. It is from here, academic information from professors, eNews, school updates, financial aid, student accounts, YOUR ACADEMIC COUNSELORS is disseminated. Please make sure that you are using your DSU account. If you need help establishing your e-mail account, please contact the help desk at (302) 857-7028 or go to Bank of America Building, room 313 with your student identification card.

ACADEMIC AWARDS & RECOGNITION

The Delaware State Athletics Department stresses achievement in the classroom as well as on the playing fields and courts. We underscore our belief in the importance in the “student” portion of student-athlete and emphasize that we are here to assist you in gaining your degree. We again highlight this principle by having established several awards to recognize academic achievements for both the individual and the team. Such as the, Scholar-Athlete Award; Honor’s Day recipients; 3.0 club; Graduating Academic Award; MEAC All-Academic; and National and Regional honors.

Hornet Athletic Honor Roll – Student-athletes who earn a term grade point average of 3.00 or above during the fall or spring semester will earn honor roll distinction. Student-athletes are recognized during half time of a basketball game for fall recipients and during half time of a football game for spring recipients.

Dean’s List – Any student who earns 12 credits or more and earns a grade point average of 3.25 or higher will be recognized for this distinction. Students on academic probation or students who have incompletes during a semester where the GPA is above 3.25 are not eligible for Dean’s List distinction.

President’s List – Any student who earns 12 credits or more and earns a grade point average of 4.00 will be recognized for this distinction. Students on academic probation or students who have incompletes during a semester where the GPA is 4.00 are not eligible for President’s List distinction.

MEAC Commissioner’s All-Academic Team – This distinction is bestowed upon any sophomore, junior, senior, or 5th year student-athlete who has earned a cumulative grade point average of 3.00 or higher.

Chi Alpha Sigma National Student-Athlete Honor Society – This honor society recognizes student-athletes who are juniors and seniors and have earned a cumulative grade point average of 3.40 or higher. They also will have lettered in at least one varsity sport during the term in which they meet the criteria. Honorees are recognized during Honor’s Night Celebration in April each year.

ATHLETIC DIRECTOR’S GRADUATION BREAKFAST

Graduation is a time to reflect on semesters past… It’s a time to marvel in the fact that you have finally made it. You have completed your athletic eligibility and are about to embark on the next chapter in your life. For some, graduate school lies in wait, while for others, it’s time to prepare for the world of work. Our AD’s breakfast is a time for Delaware State University Administration, including Board of Trustees, Department of Intercollegiate Athletics personnel, including coaches; support staff, family and friends to come together and celebrate the accomplishments of the student-athletes who have met the requirements for their baccalaureate degree. Senior Gifts including Academic Medallions are given to each graduating senior.

Gold Medal Medallion Graduates – Student-athletes who graduate from Delaware State University with a 4.00 grade point average receive this award during the AD’s Graduation Breakfast.

Silver Medal Medallion Graduates Student-athletes who graduate from Delaware State University with a grade point average between 3.00 – 3.99 receive this award during the AD’s Graduation Breakfast.

Bronze Medal Medallion Graduates Student-athletes who graduate from Delaware State University with a grade point average between 2.00 – 2.99 receive this award during AD’s Graduation Breakfast.

THE DESPY’S

The DESPY’s held annually at the end of the spring semester and is sponsored by the Department of Intercollegiate Athletics and the Student-Athlete Advisory Council. The event is held in late April on the campus of Delaware State University and recognizes academic and athletic achievements throughout the course of the school year. It’s a “RED CARPET” affair and sure to be entertaining each year.
ATHLETICS FINANCIAL AID – ALL SPORTS

An athletically related grant-in-aid, as well as other forms of financial assistance may be provided to assist with a student-athlete’s University expenses. Varsity teams are provided with a specific number of grant-in-aid (commonly referred to as, “scholarships”) in accordance with budgetary restrictions and NCAA guiding practices. These grants are awarded by Delaware State University’s Office of Financial Aid upon the recommendation of the Head Coach and approval of the Director of Athletics. Grants-in-aid are not reimbursements for services performed, but are provided to help student-athletes with their educational expenses. An athletics grant is restricted to covering educational expenses such as tuition, fees, room, board, and course-related textbooks. These grants do not cover summer school expenses. Guidelines specified by your Grant-in-Aid award are outlined in the National Letter of Intent for those students who entered the University as scholarship student-athletes.

POINTS OF INTEREST REGARDING FINANCIAL AID

a. You are not eligible if you receive financial aid other than the financial aid that your institution distributes. However, it is permissible to receive:
   (1) Money from anyone on whom you are naturally or legally dependent;
   (2) Financial aid that has been awarded to you on a basis other than athletics ability; or
   (3) Financial aid from an entity outside your institution that meets the requirements specified in the Division I Manual. [Bylaw 15.01]

b. You must report to your institution any financial aid that you receive from a source other than your institution. However, you do not need to report financial aid received from anyone on whom you are naturally or legally dependent.

GRANTS-IN-AID MAY BE DISCONTINUED IF YOU:

• Render yourself ineligible for athletic competition;
• Misrepresent information on your application for admissions/financial aid; National Letter of Intent or Athletics Financial Aid Agreement;
• Voluntarily withdraw from your sport; and
• Engage in misconduct serious enough to warrant disciplinary action and cancellation of aid

GRANTS-IN-AID MUST BE REDUCED OR CANCELLED IF YOU:

• Sign a professional sports contract for your sport
• Accept money for playing in an athletics contest that exceed the cost of actual and necessary expenses
• Agree to be represented by an agent

You must be notified in writing by July 1 of each year concerning the status of your athletics aid by the Office of Financial Aid.

APPEALS OF CANCELLATION OF AID

If you aid is reduced or discontinued for reasons such as “academic ineligibility”, you will receive written notification from the Office of Financial Aid. If you feel the cancellation of aid is unjustified, you have the right to request a hearing, as provided by NCAA regulations. The appeal process is outlined in the letter that you will receive along with a deadline to request your appeals hearing. A meeting with the appeals committee will not take place until you have met face-to-face with your head coach, sports supervisor; or athletic director. Once a formal hearing is granted, you will be able to state your case to the committee on appeals comprised of individuals from within the Academic and Administrative community; including our Faculty Athletics Representative.

PELL GRANTS

Pell Grants are available to any student meeting demonstrated needs as prescribed in the federal government standards of financial need and are awarded regardless of other aid being received. In order to receive a Pell Grant you must complete a Free Application for Federal Student Aid (http://www.fafsa.ed.gov) Contact your financial aid representative for more information or assistance with completion of your Pell Grant application.

OUTSIDE PRIVATE SCHOLARSHIPS

Students are, from time to time, awarded private scholarships from groups outside of the federal government, including high schools, booster clubs, civic organizations, churches and other types of foundations prior to enrollment in college. If you have been awarded outside, private funding, it is your responsibility to notify the Office of Financial Aid as this office must establish whether or not you are able to apply said funds to your student accounts. The NCAA places limitation on the number of team and individual awards that can be distributed. As a result, it is imperative that if you receive outside scholarships you contact the Office of Financial Aid, (302) 857-6250. For more information regarding private scholarships, please direct your inquiries to the Associate Athletic Director for Internal Operation (302) 857-7047.

STUDENT LOANS

Please consult the Office of Financial Aid if your educational needs require the usage of student loans. They are able to assist you with the application process, as well as any related questions you or your family may have about the types of loans available to offset the cost of attendance.

POST-ELIGIBILITY

Delaware State University Department of Intercollegiate Athletics makes every effort to assist you if you have not graduated by the time you exhaust your eligibility. Recommendations for assistance can be made by your head coach and other support personnel to the Director of Athletics. Recommendations are not an indication of automatic funding. We stress the importance of student-athletes persisting academically in an effort to graduate within four years. Note that for any student-athlete who enters into a professional sports contract, your financial aid will be terminated, per NCAA regulations.

NCAA STUDENT-ATHLETE OPPORTUNITY FUND

The NCAA has established a fund to help qualified student-athletes receive additional funds for specified expenses. To qualify for access to the fund a scholarship student-athlete must receive a Pell Grant or be determined by the University to have an unmet financial need. A non-scholarship (walk-on) student-athlete can qualify for SAOF monies if he or she receives a Pell Grant. A non-qualifier in his or her first year of enrollment does not qualify for this fund. Funds can be used for the cost of clothing, travel from campus to home and other essential expenses (not entertainment) up to $500. Students who qualify and are not on any insurance program may be able to have some medical and dental costs covered. Delaware State will submit paperwork in this case, to assist you with receiving $250 in the fall.

Consult with the Associate Director for Internal Operations (and Compliance) to apply for this fund. If you are eligible, you will be contacted by the compliance staff and required to sign an application form. International student-athletes and those with need remaining will be required to write a letter addressing why you need access to this fund. You will need to address your letter with your name, sport, banner student identification, DESU email address, and phone number. Forms are sent to the MEAC office, who in turn, will mail checks back to DSU DIA. You will be contacted when checks are ready for distribution. Receipt of expenditures will be required to verify items you have purchased with Student-Athlete Opportunity Funding. Failure to supply receipts acknowledging what you purchased, may restrict your abilities to receive aid in subsequent semesters. If you are in compliance and have supplied your receipts, you become eligible for spring funding (if funds available)
STUDENT-ATHLETE ELIGIBILITY – ACADEMIC STANDARDS – ALL SPORTS

a. Eligibility for Competition

(1) To be eligible to compete, you must:
   a. Have been admitted as a regularly enrolled, degree-seeking student according to the published admissions requirements of your institution;
   b. Be in good academic standing according to the standards of your institution; and
   c. Be enrolled in at least a minimum full-time baccalaureate degree program (not less than 12-semester or quarter hours) and maintain satisfactory progress toward that degree, be enrolled in a full-time graduate or professional degree program (not less than eight-semester or quarter hours) or be enrolled seeking a second baccalaureate degree at your institution. [Bylaws 14.01.2, 14.1.7.1, 14.1.8.2 and 14.1.8.2.1.4]

(2) If you are enrolled in less than a full-time program, you are eligible to compete only if you are enrolled in the last term of your degree program and are carrying credits necessary to finish your degree. [Bylaw 14.1.8.2.1.3]

(3) You are eligible to compete during the official vacation period immediately preceding initial enrollment, provided you have been accepted by your institution for enrollment in a regular, full-time program of studies at the time of your initial participation, you are no longer enrolled in your previous educational institution and you are eligible under all institutional and NCAA requirements. [Bylaw 14.1.8.2.1.1]

(4) You are eligible to compete between terms if you are continuing enrollment, provided you have been registered for the required minimum full-time load at the conclusion of the term immediately preceding the date of competition, or if you are either continuing enrollment or beginning enrollment, provided you have been accepted for enrollment as a regular full-time student for the regular term immediately following the date of competition. [Bylaw 14.1.8.2.1.2]

b. Eligibility for Practice

(1) You are eligible to practice if you are enrolled in a minimum full-time program of studies leading to a baccalaureate or equivalent degree as defined by the regulations of the certifying institution. [Bylaw 14.1.8.1]

(2) You are eligible to practice during the official vacation period immediately preceding initial enrollment, provided you have been accepted by your institution for enrollment in a regular, full-time program of studies at the time of your initial participation, you no longer are enrolled in your previous educational institution and you are eligible under all institutional and NCAA requirements. [Bylaw 14.1.8.1.1]

(3) You are also eligible to practice if you are enrolled in the final semester or quarter of a baccalaureate program while enrolled in less than a minimum full-time program of studies and your institution certifies that you are carrying (for credit) the courses necessary to complete the degree requirements, as determined by the faculty of the institution. [Bylaw 14.1.8.1.3]

d. Freshmen

(1) You are referred to as a qualifier and are eligible to practice and compete in your sport and to receive financial aid (institutional and athletically related) during your first academic year, under Bylaw 14.02.11.1, if you:
   a. Graduate from high school;
   b. Attain a minimum high school grade-point average as specified in Bylaw 14.3.1.1.2 (based on a 4.000 scale) in a successfully completed core curriculum of at least 16 core courses; and [Bylaw 14.3.1.1.1]
   c. Achieve a corresponding sum ACT or SAT score as specified in Bylaw 14.3.1.1.2.

   (2) You are referred to as a non-qualifier if you fail to meet the criteria above. In addition to being ineligible for practice and competition during the first academic year in residence, a non-qualifier is not permitted to receive any institutional financial aid, except as stated below. [Bylaws 14.02.11.2 and 14.3.2.1.1]

e. As a Non-qualifier

(1) You are eligible to receive non-athletics institutional financial aid based on need only, consistent with institutional and conference regulations; and

(2) You will have three seasons of eligibility after your first academic year in residence. You may earn a fourth season of competition provided you complete 80 percent of your baccalaureate degree before beginning your fifth academic year of enrollment and you are within five years of your initial, full-time collegiate enrollment. [Bylaw 14.3.3]

OTHER REGULATIONS CONCERNING ELIGIBILITY – ALL SPORTS

a. You are not eligible to participate in more than four seasons of intercollegiate competition in any one sport. [Bylaw 14.2]

b. You are not eligible if five calendar years have passed from the date you first registered as a full-time student at a collegiate institution and attended your first day of classes for that term, except for time spent in the armed services, on official church missions or with recognized international aid services of the U.S. government and extensions that have been approved in accordance with NCAA legislation. [Bylaw 14.2.1]

c. You are eligible at an institution other than the institution from which you have received or satisfied the requirements for a baccalaureate degree or an equivalent degree, if you meet the conditions of the one-time transfer exception [Bylaw 14.5.5.2.10] and you have eligibility remaining as set forth in Bylaw 14.2.1. [Bylaw 14.1.9]

d. You are eligible for championships, certified bowl games or the National Invitation tournament that occur within 60 days of the date you complete the requirements for your degree. [Bylaw 14.1.9.3]

ALL SPORTS OTHER THAN BASKETBALL

You are not eligible in your sport for the remainder of the year and the next academic year if, during the academic year, you competed as a member of any outside team in any non-collegiate, amateur competition. You may compete outside of your declared playing and practice season as a member of an outside team in any non-collegiate, amateur competition during any official vacation period published in your institution’s catalog. Competing in the Olympic Games tryouts and competition and other specified national and international competition is permitted. [Bylaws 14.7.1, 14.7.1.1 and 14.7.3]

• Exception: In men’s and women’s soccer, women’s volleyball, field hockey and men’s basketball only [bylaws 14.7.1, 14.7.1.1 and 14.7.3]

ALL-STAR FOOTBALL AND BASKETBALL ONLY

You are not eligible if, after you completed your high school eligibility in your sport and before your high school graduation, you participated in more than two high school all-star football or basketball games. [Bylaw 14.6]

BASKETBALL ONLY

You are not eligible if, after you become a student-athlete, you participate in any organized basketball competition [except while representing the institution in intercollegiate competition]. Competing in the Olympic Games tryouts and competition and other specified national and international competition is permitted. [Bylaws 14.7.2 and 14.7.3] It is permissible to participate as a member of a basketball team in an NCAA-sanctioned summer basketball league or event. [Bylaw 14.7.4]
TRANSFER STUDENT-ATHLETES ONLY

a. You are a transfer student if:
   (1) The registrar or admissions officer from your former institution certified that you
       officially were registered and enrolled at that institution in any term in a minimum
       full-time program of studies and you were present on the opening day of classes; or
   (2) The director of athletics from your former institution certified that you reported for
       the regular squad practice that any staff member of the athletics department of your
       former institution announced before the beginning of any term. [Bylaw 14.5.2]
   b. If you are a transfer student from a four-year institution, you are not eligible during your
      first academic year in residence unless you meet the provisions of one of the exceptions
      specified in Bylaw 14.5.5.2 or one of the waivers specified in Bylaw 14.8.2.
   c. If you are a transfer student from a two-year institution, you are not eligible during your
      first academic year in residence at your new institution unless you meet the academic and
      residence requirements specified in Bylaw 14.5.4 or the exceptions specified in Bylaw
      14.5.4.6. 33
   d. If you transferred from a four-year college to a two-year college and then to your new
      institution, you are not eligible during your first academic year in residence at your new
      institution unless you meet the requirements specified in Bylaw 14.5.6.

COMPLIMENTARY TICKETS/GUEST MANAGEMENT

Prior to any season requiring tickets the respective coach of the sport is responsible for
coordinating a time with the Ticket office to review the guest management process. Per NCAA
guidelines complimentary admissions should be provided to no more than four individuals
(family and friends) designated by the competing student-athletes via a pass list.

All student-athletes are required to submit their request through the online guest management
system located on the athletics website www.dsuhornets.com. These requests must be submitted
48 hours prior to the contest. Student-athletes will not be allowed to add names after this set
time. The complimentary admission designee will report to the “pass gate” at the respective
playing facility. The “pass gate” closes at the end of the half; if a patron has not picked up
their pass they will be required to purchase a ticket at that time.

   • Under no circumstances will tickets be issued to student-athletes or their designated
     complimentary recipient without proper identification.
   • Under no circumstances may a student-athlete or their designated guest receive payment
     in exchange for a complimentary admission.
   • Under no circumstances will the ticket booth accept hand written pass lists. (This policy
     includes cheerleader team).

ILLEGAL BENEFITS (EXTRA)

NCAA Bylaw 16.02.3 states, “an extra benefit is any special arrangement by an institutional
employee or a representative of the institution’s athletics interests to provide a student-athlete or
the student-athlete’s relative or friend a benefit not expressly authorized by NCAA legislation.
Receipt of a benefit by student-athletes or their relatives or friends is not a violation of NCAA
legislation if it is demonstrated that the same benefit is generally available to the institution’s
students or their relatives or friends or to a particular segment of the student body (e.g.,
international students, minority students) determined on a basis unrelated to athletics ability.”

Oftentimes, student-athletes only consider extra benefits to be money or accepting gifts. You
cannot receive these benefits from coaches, representatives of athletics interest (boosters) and
employees of the University. Please refrain from asking or accepting them when presented.

Other examples of actions that qualify as illegal or extra benefits are included, but not limited
to the following:

   • Cash or loans including bail or bonds of any amount, or co-signing for a loan by someone
     who you are not legally dependent upon;
   • Gifts, discounts or free services (tickets, automobiles, clothing, food at restaurants
   • Use of someone else’s automobile
   • Rent-free or reduced cost housing or a benefit connected with on or off campus housing
     (e.g. tv sets, free cable, video equipment)
   • Employment at a higher rate than the wages paid to others for similar work performed or
     payment for work not rendered
   • Transportation (aside from transportation associated with an occasional home meal)
   • Receiving any material benefits that are not available to the general student body including
     excessive educational expenses and financial aid
   • Free or reduced cost tickets to an athletic, institutional or community event
   • Receiving more than the allotted number of complimentary game admissions
   • Financial aid for post-graduate education
   • Selling complimentary game-admissions at any price
   • Receiving professional sport tickets though the Department or boosters, unless the tickets are
     provided for team entertainment purposes when your team travels to an away competition
   • Being reimbursed for transportation to away events except in accordance with NCAA
     guidelines that allow the institution to transport you from home or the campus to the event
     site and from the event site
   • Association or contract agreement with an agent or professional sports team
   • Excessive expenses received from an outside amateur sports team or organization

Athletes must not accept preferential treatment of any kind that is not provided to
all students. If there is any doubt about extra benefits, including interpretations and
clarification, please consult with the Associate Athletic Director for Internal Operations
to ensure your eligibility is not in jeopardy as a result of not asking.
**PROFESSIONAL SPORTS, AGENTS, THE DRAFT, CONTRACTS AND TRYOUTS**

**General Rule.** A student-athlete will be ineligible for participation in an intercollegiate sport if they ever have agreed (orally or in writing) to be represented by an agent for the purpose of marketing his or her athletics ability or reputation in that sport. Further, an agency contract not specifically limited in writing to a sport or particular sports shall be deemed applicable to all sports, and the student-athlete will be ineligible to participate in any sport.

**Professional Drafts & Inquiry; Contracts & Compensation.** A student-athlete will be ineligible for participation in an intercollegiate sport if he or she has entered into any kind of agreement to complete in professional athletics, either orally or in writing, regardless of the legal enforceability of that agreement.

**Tryout after Enrollment.** A student-athlete shall not try out with a professional athletics team in a sport or permit a professional athletics team to conduct medical examinations during any part of the academic year (e.g., from the beginning of the fall term through completion of the spring term, including any intervening vacation period) while enrolled in a collegiate institution as a regular student in at least a minimum full-time academic load, unless the student-athlete has exhausted eligibility in that sport. The student-athlete may try out with a professional organization in a sport during the summer or during the academic year while not a full-time student, provided the student-athlete does not receive any form of expenses or other compensation from the professional organization.

**Outside Competition Prohibited.** During a tryout, a student-athlete may not partake in any outside competition (games or scrimmage) as a representative of a professional team.

REMINDER: The most important thing to remember as a student-athlete is that no agreement, oral or written, can be reached with an agent until a student-athlete has exhausted all remaining eligibility.

**STUDENT-ATHLETE EMPLOYMENT POLICY**

DSU is committed to monitoring the employment of student-athletes to ensure that NCAA rules and regulations are being adhered to. The following guidelines have been developed as a means to monitor and document compliance with student-athlete employment legislation.

A student-athlete may receive earnings from legitimate on- and off-campus employment income during semester or term time. Further, prior to employment, the student-athlete and the employer must sign a written statement to be kept on file in the athletics department, which specifies the following:

- The student-athlete may not receive any remuneration for the value or utility that the student-athlete may have for the employer because of the publicity, reputation, fame or personal following he or she has obtained because of athletics ability;
- The student-athlete is to be compensated only for work actually performed; and
- The student-athlete is to be compensated at a rate commensurate with the going rate in that locality for similar services.

In addition, a student-athlete may receive on- or off-campus employment earnings without considering such aid to be institutional aid, provided the employment (other than employment in the institution’s recreational sports unit) is not in the athletics department or an athletics’ facility (owned or operated by the athletics department). Compensation from employment is considered institutional aid if athletics interest have interceded on behalf of the student-athlete to secure the employment.

**ATHLETICS STAFF INTERCEDING FOR EMPLOYMENT**

Coaches or athletics administrators must notify the Compliance Office on all jobs for student-athletes they intercede on or make a special arrangement to assist the student-athlete in securing the employment opportunity. This includes jobs for which their name is used as a reference. All employers will be mailed an Employer Participation Agreement detailing NCAA employment guidelines and asked to sign a form affirming their intention to comply with these rules.

NOTE: The NCAA has determined that if a coach intercedes for summer employment for a student-athlete and the student-athlete continues to work for the same employer during the academic year, the academic year job is also viewed as employment where an athletics staff member interceded. Non-scholarship student-athletes in this situation would become counters.

The following procedures must be followed to ensure compliance with all DSU, MEAC and NCAA rules and regulations concerning a student-athlete’s financial aid limitations:

1. Student-athlete is to meet with the Associate Athletic Director for Internal Operations and complete a Student-Athlete Employment Information and Statement Form.
2. The Associate Athletic Director for Compliance will determine if approval for employment is met by checking the student-athlete’s cumulative grade point average and academic probation status.
3. If the student-athlete has met the financial and academic stipulations, the coach of the student-athlete will be notified. The ability of the student-athlete to handle the additional responsibility of employment whether in-season or out-of-season will be discussed. If the coach has no objection to the student-athlete obtaining employment, the student-athlete will be notified of his or her approved status. If the coach objects to the student-athlete obtaining employment, the student-athlete will be notified and it will be suggested that the student-athlete set up a meeting with his or her coach to further discuss the situation.
4. When the student-athlete has gained employment, the Associate Athletic Director for Internal Operations will communicate both verbally and in writing with the employer the stipulations surrounding the student-athlete’s employment. The employer will be sent an Employer Participation Agreement. At the end of each term during the regular academic year, the employer will be sent an Employer Earnings Report to determine and certify the amount of earnings as well as monitor the employment relationship to maintain a manner consistent with NCAA employment legislation.
5. The student-athlete will forward copies of his or her pay stub to the Compliance Office, which indicates the number of hours, worked, the rate of pay and the gross pay received. Each student-athlete must bring their pay stub after each payday to the Athletic.
6. The Associate Athletics Director for Internal Operations will monitor the student-athlete’s earnings. If the individual’s employment is found to be in violation of NCAA Rules, the student-athlete must terminate employment immediately. The violation will be dealt with accordingly to maintain compliance with NCAA rules.
SUMMER BREAK

Prior to summer break, all student-athletes will be asked to fill out a Student-Athlete End-of-Year Information form indicating where he or she will be living over the summer, whether or not the student-athlete intends to work over the summer, and whether or not the student-athlete has already obtained a job. If the student-athlete has already obtained a job, the student-athlete will be asked to complete employment information on the Summer Vacation Employment Written Statement. *NOTE: Each head coach has come up with his or her own Student-Athlete End-of-Year Information form pertinent to the coaches needs. Pertinent compliance information has been placed on each individual form and copied to the athletics compliance office.*

The athletics compliance office will keep on file all Student-Athlete End-of-Year Information forms and maintain a master list of student-athletes’ employment status. The athletics compliance office will follow-up with the student-athletes who indicate intent to work. In late May, student-athletes who indicated an intent to work but did not have a job at the time the End-of-Year Information form was completed, will be mailed a letter requesting them to fill out a Summer Vacation Employment Written Statement and return it to the athletics compliance office as soon as possible or notify the athletics compliance office if his or her intent has changed.

When the student-athlete has gained employment, the athletics compliance office will communicate both verbally and in writing with the employer the stipulations surrounding the student-athlete’s employment. The employer will be sent an Employer Participation Agreement. *At the end of the summer or upon termination, the employer will be sent an Employer Earnings Report to determine and certify if compliance has been maintained as well as monitor the employment relationship to maintain a manner consistent with NCAA employment legislation.*

At the first-of-the-year squad meetings, student-athletes will be asked to complete a section within the DSU Historical Report entitled Student-Athlete Post Employment Evaluation for the summer. The athletics compliance office will compare the Student-Athlete Post Employment Evaluation section with the Written Statements and Employer Participation Agreements and note any discrepancies, which may need to be investigated.

STUDENT-ATHLETE EMPLOYMENT STATEMENT

I, ________________________, understand the following guidelines for the purpose of determining NCAA, MEAC and DSU regulations regarding my employment.

- I understand that I am to be paid only for actual hours worked and that my pay is based upon a rate, which is the same rate, paid to other employees doing similar work in the area.

- I am not to accept any benefits or privileges that are not available to other employees doing similar work, including transportation provided or arranged by my employer to or from my place of employment.

- I will immediately report to the Associate Athletic Director for Internal Operations any improper privileges or benefits offered to me or received by me.

- I understand that I am not permitted to endorse or promote any commercial product or service in relation to my athletics ability as part of any employment arrangement.

- By signing this statement, I give my permission for my employer to release any and all employment records or documents to the University or its authorized representatives.

I hereby certify that the above information is true and hereby authorize appropriate DSU officials to obtain verification and additional details about the arrangements described above. I understand that any false or incomplete information or statement in this employment agreement may cause me to become ineligible to participate in intercollegiate athletics and to receive any athletically related financial aid at this University.

__________________________________________ ____________________
Signature of Student-Athlete  Date
CHAMPS/LIFE SKILLS PROGRAM

Delaware State University is invested in the overall welfare and well-being of its student-athletes and as a result offers the CHAMPS/LIFE SKILLS program. CHAMPS is an acronym for “Challenging Athletes Minds for Personal Success”. We should strive, as a University to provide our student-athletes the resources and opportunities to develop and achieve personal success. There are five program dimensions of the CHAMPS/Life Skills model.

**A Commitment to Athletic Excellence** guarantees student-athletes will be exposed to exemplary coaching, facilities, support staff and services that will enable them to excel in the sports sponsored by Delaware State University. The fundamentals of athletic participation and excellence hinge on the notion that we will exhibit sportsmanship; commit to fair play; possess integrity; and promote equity at all costs.

**A Commitment to Academic Excellence** is the engine that propels our Delaware State student-athletes to greatness. It is not enough to consider yourselves elite athletes on the field. Further, it is not enough to do just enough to get a passing grade. Possessing a spirit of excellence entitles you to unlock your potential; to growth exponentially throughout your time at DSU. We expect our student-athletes to be leaders on campus and set the bar for others to emulate.

**A Commitment to Personal Development** ensures that each student-athlete will be provided with an outlet to focus on personal growth issues such as values and goal setting, as well as fiscal accountability. Each aspect of personal development will focus on achieve healthy, focus-driven lifestyles.

**A Commitment to Career Development** means preparing to meet the demands of a changing global market. We are committed in producing graduates of Delaware State University who will embark on a mission to “Make Their Mark on the World”

**A Commitment to Community Service** means giving back to the Dover community and its surrounding areas. We are committed to reaching out to individuals as well as civic organizations and offering of our time to promote the value of service; as outreach is one of the core values of Delaware State University

STUDENT-ATHLETE ADVISORY COUNCIL

A student-athlete advisory committee (SAAC) is a committee made up of student-athletes assembled to provide insight on the student-athlete experience. The SAAC also offers input on the rules, regulations and policies that affect student-athletes’ lives on NCAA member institution campuses.

Presently, there are separate national SAACs for NCAA Divisions I, II and III. NCAA legislation mandates that all member institutions have student-athlete advisory councils on their respective campuses. Further, NCAA legislation requires that all member conferences have advisory committees.

The SAAC does community service projects over and above what is asked of them. The SAAC encourages (through e-mail, word-of-mouth, fliers, social media, etc.) attendance to all sporting events. The council aspires to promote good stewardship of the DSU athletics program and commits to building a sense of pride and community amongst all athletic teams. Contact your council representative for your sport if you would like to become more involved or would like to hold an elected position within the SAAC.
OFFICE OF ATHLETICS MEDIA RELATIONS

The DSU Athletics Media Relations office is responsible for all covering all home events and collecting statistics in addition, but not limited to, writing releases, setting up interviews, nominating student-athletes and coaches for local and national awards, media guide production and maintenance of www.DSUHornets.com.

The following policy is in place with respect to interaction between any Delaware State University Department of Intercollegiate Athletics representative (student-athlete, coach, staff) and members of the news media (print, television, radio and Internet) on topics relating to university athletics:

• No student-athlete, coach or staff member should be contacted directly by a media representative without consent from the DSU Athletics Media Relations office.

• If a student-athlete, coach or staff member is contacted directly by the media, please direct them to Dennis Jones or Maggie Hayon. They will then coordinate the interview.

  o The Athletics Media Relations office WILL NOT release a student-athlete or coach’s phone number, home address and email address to the media.

  o The DSU dormitories, locker room, weight room and training room are off limits to the media at ALL times.

• Interviews of student-athletes and coaches are not permitted during a team’s practice time unless approved by the head coach and sports information director. Additionally, interviews of student-athletes are not permitted during regular class hours.

• A representative from the Athletics Media Relations office will travel with several of the DSU Athletic teams to all or most away contests. If an interview is requested on the road and an Athletics Media Relations representative is not with your team, please make your coach aware of the request and s/he will contact the Athletics Media Relations office.

• All post-game interviews will be arranged by a representative of the Athletics Media Relations office.

• Media inquiries relating to university policies/procedures, legal or personnel matters should be referred to the Delaware State University Office of Public Relations.

The following policy is in place with respect to statistics:

If a student-athlete has an issue with statistics, they are required to go through their head coach. The head coach will then discuss the matter with the Athletics Media Relations office. Additionally, if any student-athlete has an issue with the athletics web site, they are required to talk to their head coach about the matter and s/he will then discuss with the Athletics Media Relations office. For more information on the DSU media policy relating to athletics, contact the Office of Athletic Media Relations at (302) 857-7365.

Dennis Jones  Benjamin Bullock
Assistant Athletic Director for Media Relations  Sports Information Director
Office: (302) 857-7365  Office: (302) 857-6239
Cell: (302) 270-6088  bbullock@desu.edu
djones@desu.edu

The Athletic Media Relations Office is located on the second floor of the Thomasson Building. Delaware State University Office of Public Relations – (302) 857-6060

DSU STRENGTH AND CONDITIONING RULES

• Be early for all training sessions. If you are 5 minutes early you are on time, if you are on time you are late.

• Athletes must wear DSU issued gear at all times. T-shirts (no tank tops), shorts, and running shoes must be worn at all times.

• Items prohibited from the strength and conditioning center:
  • Cell phones
  • Hats, headbands, bandanas
  • Food and/or drinks, chewing gum
  • Jewelry – earrings, bracelets, watches, necklaces, etc.
  • Lifting gloves
  • Absolutely no horseplay, dancing, profanity, or sitting down
  • Clean up after each training session
  • Communicate any schedule conflicts with the strength and conditioning staff. All training sessions must be made up before an excused miss.

*It is an athlete’s privilege to use the strength and conditioning center. If these rules are not followed, this privilege will be taken away.

PERFORMANCE NUTRITION

• Most important meals of the day:
  o Breakfast (within 30 min. of waking)
    • Re-fuels your body after an overnight fast
    • Starts your metabolism
  o Pre-workout/practice (30 min. – 60 min. prior to exercise)
    • Ensures adequate energy is available to fuel your performance
  o Post-workout/practice (< 30 min. post-exercise)
    • Increases glycogen storage
    • Increases protein synthesis
    • Prevents protein breakdown
  o Feed every 2-3 hours (5+ meals/day)
    • Stimulates metabolism
    • Balances blood sugar
    • Improves health, body composition, and performance

• Stay hydrated, a loss of just 2% of body weight can lead to:
  o Increases in perceived exertion and central fatigue
  o A reduction in plasma volume
  o Decreases in sweat rate and cooling
  o A decrease in mental performance
  o A decrease in fine motor skills and precision
  o A decrease in endurance and work capacity
Eat 5+ servings of fruits and vegetables/day
  o Fruits and vegetables are alkaline, which reduce the loss of bone strength and muscle mass
  o Contain more fiber
  o Have a high micronutrient/macronutrient ratio
  o Produce a smaller insulin response
  o Better management of blood sugar

Sleep 8+ hours/day
Major growth hormones are released at this time which aid in recovery

SPORTS MEDICINE & ATHLETIC TRAINING
GENERAL INFORMATION:

Sports Medicine Center Hours: M-F, 8:30-4:30. Closed holidays and when school is not in session
Sports Medicine Center Phone Number: 302-857-7861
Sports Medicine Center Fax Number: 302-857-7625
Athletic Training Center Hours: Hours are listed on front door; vary according to team’s schedules
Athletic Training Center Phone Numbers: 302-857-7554 (back office)
Athletic Training Fax Number: 302-857-7312

ATHLETIC TRAINING ROOM RULES
- No cell phones, iPods, or headphones
- No foul or disrespectful language
- No horse playing or disrespectful behavior
- No hats, du rags, or headwear of any kind
- No shoes on the treatment tables
- Shower after practice before reporting to Athletic Training or Sports Medicine Centers
- Be on time for ALL appointments (on or off campus)
  * Call the Athletic Training Center if you will be late for a rehabilitation appointment.
  * Call your doctor or therapist, or call Sue Collison (302) 857-7861 to help you, ASAP if you will miss/be late for an off-campus appointment.

IMPORTANT THINGS TO REMEMBER
- ALL injuries must be reported to a DSU Athletic Trainer and the DSU athletic insurance claim form must be filled out within 14 days of sustaining an injury. Failure to report an injury within the allotted time frame or failure to complete follow up treatments or appointments as directed by an Athletic Trainer could result in a lack of DSU athletic insurance coverage for your medical bills.
- Once you notify an Athletic Trainer of an injury, you MUST follow up for treatment/doctor’s appointments with the Athletic Trainer DAILY or as instructed UNTIL the Athletic Trainer informs you that you no longer need to report for treatment.
- If you go to the Emergency Room or to an off-campus physician, please notify an Athletic Trainer immediately and request a copy of any doctor’s notes. You must then be cleared by a DSU Team Physician before returning to activities.
- Take all sport-related medical bills to the Sports Medicine Center immediately for insurance administrative assistance.

DRUG TESTING INFORMATION
- All student-athletes may be drug tested for banned substances by the NCAA or Delaware State University while in-season, out-of-season, and over the summer.
- Student-athletes will be randomly selected for drug tests and may also be tested due to reasonable suspicion.
- Once you have tested positive on a drug test, you may be added to any/all future drug testing lists.
- A student-athlete may be given a 1-24 hour notification of a drug test.
- If you are selected for a drug test and you fail to report at your assigned time or if you cannot be contacted, it will count as a POSITIVE drug test and you will receive the subsequent violation. If your cell phone breaks, make sure a coach, parent, or teammate has a means of reaching you.
- You may be tested for performance-enhancing drugs, such as anabolic steroids, and/or for street drugs, such as marijuana, depending on which drug test you have been selected for.
- If you wish to take any vitamins or supplements, check the ingredients first.
  o Online: drugfreesport.com/rec. To login: choose organization NCAA Division I and enter the password ncaa1. You can ask a question about a dietary supplement in order to check if it contains banned substances.
  o Call Drug Free Sport at 877-202-0769 or 816-474-8655 to talk to a representative.
  o Ask for assistance from an Athletic Trainer.
- If a doctor outside of DSU prescribes you a medication, bring the prescription in so it can be recorded on your file.
- If you are on ADD or ADHD medication, please contact us. You MUST have complete documentation on file, which must be completed by a prescribing physician, supporting the testing and need to take the medication in order to be eligible to compete while using associated medications. Otherwise, you run the risk of testing positive on a drug test as well as losing one (1) year of eligibility.
- You may obtain Delaware State University’s full drug testing policy on the DSU athletic website: http://www.dsuhornets.com - look for the policy under the Sports Medicine link.
- The Safe Harbor program, for voluntary disclosure of a banned substance, is outlined below.
SAFE HARBOR PROGRAM

- All student-athletes are eligible for the Delaware State University Safe Harbor Program. This program allows student-athletes to refer himself or herself to the Program for voluntary evaluation, testing and counseling. A student-athlete is eligible for the Program after he or she has been informed of an impending drug test but is not eligible after having received a positive Delaware State University or NCAA drug test.

- Delaware State University will work with the student-athlete to prepare a Safe Harbor treatment plan, which will include confidential drug testing and entering the “Y’z Up” program through the local YMCA. The student-athlete will be tested for banned substances upon entry into the Safe Harbor Program and such a positive initial test will not result in any administrative sanction except those listed in this section (the team physician may suspend the student from play or practice if medically indicated). A student will be permitted to remain in the Safe Harbor Program for a reasonable period of time, not to exceed thirty (30) days, as determined by the treatment plan. A student-athlete will not be permitted to enter the Safe Harbor Program thirty (30) days prior to NCAA or Conference postseason competition. A student-athlete will only be permitted to enter the Safe Harbor Program one time during their athletic eligibility at Delaware State University. If a student-athlete tests positive after being in the Safe Harbor Program, that test will count as two positive tests.

- If a student-athlete is determined to have new substance use after the initial Safe Harbor Program test (as determined by follow-up testing), or fails to comply with the Safe Harbor Program treatment plan, the student-athlete will be removed from the Safe Harbor Program and be subject to appropriate sanctions as detailed in the Delaware State University drug testing program. Entering the Safe Harbor Program will not be treated as a positive test as it relates to sanctions. However, any positive test after the completion of the Safe Harbor Program will be treated as the next subsequent positive.

- While in compliance with the Safe Harbor Program treatment plan, the student-athlete will not be included in the list of students eligible for random drug testing by Delaware State University. Students in the Safe Harbor Program may be selected for drug testing by the NCAA. If a test positive from an NCAA test it will be considered breach of the Safe Harbor Program and considered a positive test for Delaware State University’s program.

- The Director of Athletics, the DOSM, the student-athlete’s Head Coach and the Team Physician may be informed of the student’s participation in the Safe Harbor Program. The athletic trainer assigned to that sport also may be notified, if medically appropriate. The assistant coach (es) also may be informed at the discretion of the team physician. Other university employees may be informed only to the extent necessary for the implementation of this policy.

DELAWARE STATE UNIVERSITY
SPORT CONCUSSION POLICY

1) All DSU student-athletes must read the NCAA Concussion Fact Sheet and sign the attached student-athlete statement annually acknowledging that:
   a. they have read and understand the NCAA Concussion Fact Sheet
   b. they accept the responsibility for reporting their injuries and illnesses to the institutional medical staff, including signs and symptoms of concussions.

2) All DSU coaches (head coaches and assistant coaches) must read and sign the attached coaches statement annually acknowledging that they:
   a. have read and understand the NCAA Concussion Fact Sheet
   b. will encourage their athletes to report any suspected injuries and illnesses to the institutional medical staff, including signs and symptoms of concussions; and that they accept the responsibility for referring any athlete to the medical staff suspected of sustaining a concussion.
   c. have read and understand the DSU Concussion Management Protocol

3) All DSU team physicians (primary care), athletic trainers, graduate assistant athletic trainers, and undergraduate athletic trainers, must read and sign the attached medical provider statement acknowledging that they:
   a. will provide athletes with the NCAA Concussion Fact Sheet and encourage their athletes to report any suspected injuries and illnesses to the institutional medical staff, including signs and symptoms of concussions,
   b. have read, understand, and will follow the DSU Concussion Management Protocol

4) The Associate Head Athletic Trainer or his or her designee will coordinate the distribution, educational session, signing, and collection of the necessary documents. The associate head athletic trainer will then in turn hand over the signed concussion forms to each team’s respective athletic trainer. It is the responsibility of each athletic trainer to file the concussion document in each student-athlete’s chart.

5) The Senior Associate Athletic Director and Director of Sports Medicine will coordinate the signing of the aforementioned documents on an annual basis for the medical personnel and coaches.

6) The Director of Sports Medicine and or his or her designee will coordinate an annual meeting with each team – prior to the beginning of the season – to review and update the Concussion Policy with the medical staff. Any changes to the policy will be effective August 1 of that year.
DSU CONCUSSION MANAGEMENT PROTOCOL

Concussions and other brain injuries can be serious and potentially life threatening injuries in sports. Research indicates that these injuries can also have serious consequences later in life if not managed properly. In an effort to combat this injury the following concussion management protocol will be used for DSU student-athletes suspected of sustaining a concussion.

A concussion occurs when there is a direct or indirect insult to the brain. As a result, transient impairment of mental functions such as memory, balance/equilibrium and vision may occur. It is important to recognize that many sport-related concussions do not result in loss of consciousness and, therefore, all suspected head injuries should be taken seriously. Coaches and fellow teammates can be helpful in identifying those who may potentially have a concussion, because a concussed athlete may not be aware of their condition or potentially be trying to hide the injury to stay in the game or practice.

1) Concussion management begins with pre-season baseline testing. Every new (first-year or transfer) student-athlete will take the ImPACT computer test.
   a. The respective team’s athletic trainers will be responsible for ensuring that all members have been baseline tested, prior to the first contact practice or contest.

2) A student-athlete suspected of sustaining a concussion will be evaluated by the team’s athletic trainer using the Standardized Assessment of Concussion (SAC), SCAT 2 and / or a post concussion ImPACT computer test. Should the team physician not be present, the athletic trainer will notify the team physician ASAP to develop an evaluation and treatment plan. Ideally, an assessment of symptoms will be performed at the time of the injury and then serially thereafter (i.e. 2-3 hours post-injury, 24 hours, 48 hours, etc).

3) Any student-athlete diagnosed with a concussion shall not return to activity for the remainder of that day and shall remain out of activity until cleared by a team physician. Medical clearance will be determined by the team physician in combination with the athletic trainers. In NO case may a student-athlete return to activity while symptomatic from a concussion.

4) In the rare event that an athlete does not have baseline scores, age-matched normative percentile scores will be used for comparison to post-injury scores.

CONCUSSION ASSESSMENT:

The following assessment and return to play plan will be used for all concussions:

NO STUDENT-ATHLETE SUSPECTED OF HAVING A CONCUSSION IS PERMITTED TO RETURN TO PLAY THE SAME DAY, NOR WHILE SYMPTOMS REMAIN. ALL ATHLETES MUST BE CLEARED BY THE TEAM PHYSICIAN PRIOR TO RETURN TO PLAY.

• Baseline ImPACT testing: conducted on each new student-athlete (first-year or transfer) at the beginning of their participation in sport at DSU
• At time of injury: clinical evaluation & symptom checklist
• 1-3 hrs post-injury: repeat evaluation & symptom checklist; referral to team physician
• When available, ImPACT testing will be performed within 48 hours of concussion, preferably prior to being seen by the team physician.
• All student-athletes with concussion are to be seen by a team physician at the next office hours.
• If next available office hours are not within 1 calendar day, ATC will discuss with physician.
• Once athlete becomes asymptomatic: Determine athlete’s status relative to baseline on the following measures.
  a. Symptom Assessment (Graded Symptom Checklist)
  b. SCAT 2
  c. ImPACT post injury score

The team physician will take into consideration both the clinical exam and a student-athlete’s performance on ImPACT testing to determine when the athletic trainer may be instructed to begin advancing the 6-step graduated return to play (RTP) protocol (see below). This protocol is based upon the 2008 consensus statement on concussion at the Zurich international conference.

DELTAWARE STATE UNIVERSITY

STUDENT-ATHLETE CONCUSSION STATEMENT

☐ I understand that it is my responsibility to report all injuries and illnesses to my athletic trainer and / or team physician.

☐ I have read and understand the NCAA Concussion Fact Sheet.

After reading the NCAA Concussion fact sheet, I am aware of the following information:

Initial

A concussion is a brain injury, which I am responsible for reporting to my athletic trainer.

Initial

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

Initial

I cannot see a concussion, but I might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.

Initial

If I suspect a teammate has a concussion, I am responsible for reporting the injury to my team physician or athletic trainer.

Initial

I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion-related symptoms.

Initial

Following concussion the brain needs time to heal. I am much more likely to have a repeat concussion if I return to play before my symptoms resolve. In rare cases, repeat concussions can cause permanent brain damage, and even death.

____________________________________________ ______________________
Signature of Student-Athlete  Date

Print name
Attention Student-Athletes: Listed below are the names of the Athletic Trainers that work at Delaware State University. If you are hurt and/or injured please contact your team’s primary Athletic Trainer. In case of an emergency and you can’t reach an Athletic Trainer, please contact your coach and they will call the Athletic Trainer on their personal phone. If it is a true emergency, please call 911.

Sports Medicine Directory and Emergency Contact

Football/Women’s’ Lacrosse
Lori Leary, Director of Sports Medicine (302) 857-7552

Equestrian/Bowling/Cheerleading/Tennis
Athena DeAngelis, Associate Athletic Trainer (302) 857-7554

Baseball/Soccer /Cross Country
Vacant, Associate Athletic Trainer (302) 857-7987

Equestrian/Bowling/Cheerleading/Tennis
Lori Leary, Director of Sports Medicine (302) 857-7552

Baseball/Soccer /Cross Country
Athena DeAngelis, Associate Athletic Trainer (302) 857-7554

Football/Women’s Basketball /Outdoor Track
Vacant, Associate Athletic Trainer (302) 857-7987

Volleyball/ Men’s Basketball/Softball
Casey Cooper, Associate Athletic Trainer (302) 857-7988

Football/Softball/Indoor Track
Brandon Johnson, Graduate Assistant (302) 857-7986

Ambulance/Security/Fire
911, (302) 422-0900

Campus Security (302) 857-6290

Kent General Hospital Emergency Room (302) 744-7121

Christiana Care Urgent Care Center (Smyrna) (302) 659-4444
The NCAA bans the following classes of drugs:

a. Stimulants
b. Anabolic Agents
c. Alcohol and Beta Blockers (banned for rifle only)
d. Diuretics and Other Masking Agents
e. Street Drugs
f. Peptide Hormones and Analogues
g. Anti-estrogens
h. Beta-2 Agonists

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

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

Drugs and Procedures Subject to Restrictions:

b. Local Anesthetics (under some conditions).
c. Manipulation of Urine Samples.
d. Beta-2 Agonists permitted only by prescription and inhalation.
e. Caffeine if concentrations in urine exceed 15 micrograms/ml.

Some Examples of NCAA Banned Substances in Each Drug Class

Stimulants:
amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); etc.

Anabolic Agents – (sometimes listed as a chemical formula, such as 3,17-androstenedione)
boldenone; clenbuterol; DHEA; nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone; 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; spironolactone (canrenone); triamterene; trichlormethiazide; etc.

Street Drugs:
heroin; marijuana; tetrahydrocannabinol (THC) – no other substances are classified as NCAA street drugs.

Peptide Hormones and Analogues:
growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

Anti-Estrogens:
anastrozole; tamoxifen; formestane; 3,17-dioxo-etiochol-1,4,6-triene(ATD), etc.

Beta-2 Agonists:
bambuterol; formoterol; salbutamol; salmeterol; etc.

Any substance that is chemically related to the class of banned drugs is also banned! (unless otherwise noted)

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

It is your responsibility to check with the appropriate athletics staff before using any substance.

PrACTiCE and GAME DAY EQUIPMENT

• Each student-athlete will be issued the necessary equipment when pre-season begins. The student is responsible for the care and condition of his or her equipment.

• Each player will be given an identification number. Whenever equipment needs replacing, the items must be cleaned and returned for an exchange. The manager will not issue any equipment without an authorization from the designated coach.

• If you leave the team for any reason, all equipment must be returned within 72 hours, or the cost of the equipment will be added to your account. A hold will be placed on your account until the equipment is returned or the price of the equipment is paid.

• All game dress attire will be checked out before the game. Each player will return her own attire to the manager at the conclusion of the game. All warm-up suits must be placed on a hanger after the game.

All road game dress attire will be issued following the last practice before departing, and will be returned upon arrival from each game by each player personally.
# Department of Intercollegiate Athletics Phone Directory

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Ext.</th>
<th>Email</th>
<th>Fax#</th>
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</thead>
<tbody>
<tr>
<td><strong>Administration</strong></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Young, Candy</td>
<td>Director of Athletics</td>
<td>7956</td>
<td><a href="mailto:csanders@desu.edu">csanders@desu.edu</a></td>
<td>6034</td>
</tr>
<tr>
<td>Hill, Mary</td>
<td>Associate Athletic Director/SWA</td>
<td>7633</td>
<td><a href="mailto:mhill@desu.edu">mhill@desu.edu</a></td>
<td>6034</td>
</tr>
<tr>
<td>Wischer, Calasha</td>
<td>Administrative Assistant to the AD</td>
<td>6030</td>
<td><a href="mailto:cwischer@desu.edu">cwischer@desu.edu</a></td>
<td>6034</td>
</tr>
<tr>
<td>Bickham, Letkellae</td>
<td>Associate Athletic Director/Compliance</td>
<td>7047</td>
<td><a href="mailto:lbickham@desu.edu">lbickham@desu.edu</a></td>
<td>6034</td>
</tr>
<tr>
<td>Vacant</td>
<td>Director of Athletic Development</td>
<td>7087</td>
<td>@desu.edu</td>
<td>6034</td>
</tr>
<tr>
<td>Rogers, Michael</td>
<td>Coordinator of Athletic Facilities/Events</td>
<td>6067</td>
<td><a href="mailto:mrogers@desu.edu">mrogers@desu.edu</a></td>
<td>6034</td>
</tr>
<tr>
<td><strong>Business and Finance</strong></td>
<td></td>
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</tr>
<tr>
<td>Graves, Diaese</td>
<td>Business and Finance</td>
<td>6206</td>
<td><a href="mailto:dgraves@desu.edu">dgraves@desu.edu</a></td>
<td>6203</td>
</tr>
<tr>
<td>Rexrode, Arleen</td>
<td>Business and Finance</td>
<td>6216</td>
<td><a href="mailto:arexrode@desu.edu">arexrode@desu.edu</a></td>
<td>6203</td>
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<tr>
<td><strong>Equipment</strong></td>
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<tr>
<td>Springs, Mark</td>
<td>Head Equipment Manager</td>
<td>7445</td>
<td><a href="mailto:msprings@desu.edu">msprings@desu.edu</a></td>
<td>4657</td>
</tr>
<tr>
<td>Wright, Arthur</td>
<td>Asst. Equipment Manager</td>
<td>7445</td>
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<tr>
<td><strong>Sports Info/Marketing</strong></td>
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<tr>
<td>Jones, Dennis</td>
<td>Assistant Athletic Director for Media Relations</td>
<td>6068</td>
<td><a href="mailto:djones@desu.edu">djones@desu.edu</a></td>
<td></td>
</tr>
<tr>
<td>Bullock, Benjamin</td>
<td>Director of Sports information</td>
<td>6239</td>
<td><a href="mailto:mhayon@desu.edu">mhayon@desu.edu</a></td>
<td>6069</td>
</tr>
<tr>
<td>Yarbrey, Shekima</td>
<td>Video Coordinator</td>
<td>7258</td>
<td><a href="mailto:syarbrey@desu.edu">syarbrey@desu.edu</a></td>
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<tr>
<td><strong>Tickets</strong></td>
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<tr>
<td>Vinson, Chantae’</td>
<td>Ticket Manager</td>
<td>7497</td>
<td><a href="mailto:cvinson@desu.edu">cvinson@desu.edu</a></td>
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<tr>
<td><strong>Sports Medicine</strong></td>
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<tr>
<td>Leary, Lori</td>
<td>Director of Sports Medicine</td>
<td>7552</td>
<td><a href="mailto:lleary@desu.edu">lleary@desu.edu</a></td>
<td>7426</td>
</tr>
<tr>
<td>Cooper, Casey</td>
<td>Assoc. Athletic Trainer</td>
<td>7554</td>
<td><a href="mailto:ccooper@desu.edu">ccooper@desu.edu</a></td>
<td>7312</td>
</tr>
<tr>
<td>Vacant</td>
<td>Assoc. Head Athletic Trainer</td>
<td>7554</td>
<td>@desu.edu</td>
<td>7312</td>
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<tr>
<td>DeAngelis, Athena</td>
<td>Assoc. Athletic Trainer</td>
<td>7554</td>
<td><a href="mailto:adeangelis@desu.edu">adeangelis@desu.edu</a></td>
<td>7312</td>
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<tr>
<td>Johnson, Brandon</td>
<td>Graduate Assistant</td>
<td>7554</td>
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<tr>
<td><strong>Team Physician</strong></td>
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<tr>
<td>Rogers, Dale</td>
<td>Team Physician</td>
<td>6700</td>
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<tr>
<td><strong>Baseball</strong></td>
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</tr>
<tr>
<td>Blandin, J.P</td>
<td>Head Baseball Coach</td>
<td>6035</td>
<td><a href="mailto:jblandin@desu.edu">jblandin@desu.edu</a></td>
<td>6037</td>
</tr>
<tr>
<td>Barker, Christopher</td>
<td>Asst. Baseball Coach</td>
<td>7809</td>
<td><a href="mailto:cblandard@desu.edu">cblandard@desu.edu</a></td>
<td>6037</td>
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<tr>
<td><strong>Bowling</strong></td>
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<tr>
<td>Current, Elysa</td>
<td>Women’s Bowling Coach</td>
<td>7981</td>
<td><a href="mailto:ccurrent@desu.edu">ccurrent@desu.edu</a></td>
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## Basketball - Men’s

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<tr>
<td>Jackson, Gregory</td>
<td>Head Men’s Basketball Coach</td>
<td>7559</td>
<td><a href="mailto:gdjackson@desu.edu">gdjackson@desu.edu</a></td>
<td>7644</td>
</tr>
<tr>
<td>Hicks, Jane</td>
<td>Secretary, Men’s/Women’s BB</td>
<td>7493</td>
<td><a href="mailto:jhicks@desu.edu">jhicks@desu.edu</a></td>
<td>6029</td>
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<tr>
<td>Tyson, Arthur</td>
<td>Asst. Men’s Basketball Coach</td>
<td>7461</td>
<td><a href="mailto:atyson@desu.edu">atyson@desu.edu</a></td>
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<tr>
<td>Walker, Keith</td>
<td>Asst. Men’s Basketball Coach</td>
<td>6139</td>
<td><a href="mailto:kwalker@desu.edu">kwalker@desu.edu</a></td>
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<tr>
<td>Wilkerson, Jarrell</td>
<td>Asst. Men’s Basketball Coach</td>
<td>7449</td>
<td><a href="mailto:jwilkerson@desu.edu">jwilkerson@desu.edu</a></td>
<td>7448</td>
</tr>
<tr>
<td>Bernard, Michael</td>
<td>Dir. Men’s BB Operations</td>
<td>7507</td>
<td><a href="mailto:mbernard@desu.edu">mbernard@desu.edu</a></td>
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## Basketball - Women’s

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<tr>
<td>Louis, Tamika</td>
<td>Head Women’s Basketball Coach</td>
<td>6041</td>
<td><a href="mailto:tlouis@desu.edu">tlouis@desu.edu</a></td>
<td>6028</td>
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<tr>
<td>Harris, Yvette</td>
<td>Asst. Women’s Basketball Coach</td>
<td>6049</td>
<td><a href="mailto:yharris@desu.edu">yharris@desu.edu</a></td>
<td>6028</td>
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<tr>
<td>Demetrius Porter</td>
<td>Asst. Women’s Basketball Coach</td>
<td>6019</td>
<td><a href="mailto:dporter@desu.edu">dporter@desu.edu</a></td>
<td>6028</td>
</tr>
<tr>
<td>Yolanda Cole</td>
<td>Asst. Women’s Basketball Coach</td>
<td>6020</td>
<td><a href="mailto:ycole@desu.edu">ycole@desu.edu</a></td>
<td>6078</td>
</tr>
<tr>
<td>Devona Knight</td>
<td>Dir. Women’s BB Operations</td>
<td>6047</td>
<td><a href="mailto:dknight@desu.edu">dknight@desu.edu</a></td>
<td>6078</td>
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## Cheer Team

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<tbody>
<tr>
<td>Whitaker, Sharon</td>
<td>Head Cheer Team Coach</td>
<td>6188</td>
<td><a href="mailto:switaker@desu.edu">switaker@desu.edu</a></td>
<td>6034</td>
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## Equestrian

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<tr>
<td>Ridgely, Jennifer</td>
<td>Head Equestrian Coach</td>
<td>359-2277</td>
<td><a href="mailto:jridgely@desu.edu">jridgely@desu.edu</a></td>
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<tr>
<td>Vacant</td>
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## Golf

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<tr>
<td>Thornton, Scott</td>
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<td>7509</td>
<td><a href="mailto:sthornoton@desu.edu">sthornoton@desu.edu</a></td>
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## Football

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<tr>
<td>Blount, Kermit</td>
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</tr>
<tr>
<td>Ketchum, Michael</td>
<td>Defensive Coordinator</td>
<td>7683</td>
<td><a href="mailto:mketchum@desu.edu">mketchum@desu.edu</a></td>
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<tr>
<td>Jones, Arrington</td>
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<td>Calcutta, Nicholas</td>
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### DSU ADMINISTRATION CONTACT INFORMATION

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<th>Department</th>
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<tr>
<td>Provost’s Office</td>
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### DSU ACADEMIC DEPARTMENTS PHONE DIRECTORY

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<tr>
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<tr>
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<td><a href="mailto:sbesong@desu.edu">sbesong@desu.edu</a></td>
</tr>
<tr>
<td>Sport Sciences</td>
<td>Dr. Li Chen</td>
<td>(302) 857-6602</td>
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<td><a href="mailto:lichen@desu.edu">lichen@desu.edu</a></td>
</tr>
<tr>
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<td>(302) 857-6623</td>
<td><a href="mailto:aosei@desu.edu">aosei@desu.edu</a></td>
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<tr>
<td>Mathematical Sciences</td>
<td>Dr. Hanson Umoh</td>
<td>(302) 857-6550</td>
<td>(302) 857-7054</td>
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<tr>
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<tr>
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<td>Vacant</td>
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<td>@desu.edu</td>
</tr>
<tr>
<td>Physics &amp; Engineering</td>
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<td><a href="mailto:gscottjones@desu.edu">gscottjones@desu.edu</a></td>
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<tr>
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<td><a href="mailto:msaunders@desu.edu">msaunders@desu.edu</a></td>
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<tr>
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<td>(302) 857-6672</td>
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<tr>
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<td><a href="mailto:dbecker@desu.edu">dbecker@desu.edu</a></td>
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<td>(302) 857-6704</td>
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<td>Arts and Related Sciences</td>
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<td>(302) 857-6503</td>
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</tr>
<tr>
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<tr>
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<td><a href="mailto:fasinor@desu.edu">fasinor@desu.edu</a></td>
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<tr>
<td>Business</td>
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<td>(302) 857-6908</td>
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<td>@desu.edu</td>
</tr>
<tr>
<td>University Library</td>
<td>Dr. Rebecca Batson</td>
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<td>(302) 857-6177</td>
<td><a href="mailto:rbatson@desu.edu">rbatson@desu.edu</a></td>
</tr>
</tbody>
</table>
ACADEMIC INVENTORY FOR STUDENT-ATHLETES

NAME: _________________________________   SPORT: ________________________________

On a scale of 1 – 5, with 1 being the least and five being the greatest, how would you rate the following?

“I describe my level of confidence in performing well academically this semester as”

1. Not confident at all
2. Somewhat confident
3. Average level of confidence
4. Confident
5. Very confident

On a scale of 1 – 5, with 1 being the least and five being the greatest, how would you rate the following?

“I describe my level of motivation to achieve at a high level academically as”

1. Not at all motivated to achieve
2. Somewhat motivated to achieve
3. Average level of motivation
4. Motivated to achieve
5. Very motivated to achieve

On a scale of 1 – 5, with 1 being the least and five being the greatest, how would you rate the following?

“I think I should spend the following amount of time studying for my classes (15 – 17 credits)”

1. 0 – 5 hours per week
2. 6 – 10 hours per week
3. 11 – 15 hours per week
4. 16 – 20 hours per week
5. 20+ hours per week

On a scale of 1 – 5, with 1 being the least and five being the greatest, how would you rate the following?

“I really would like to perform well at the end of the semester and not be placed on academic probation (and lose my scholarship – if applicable); as a result I can say that I have a fear of failure”

1. Not at all true
2. Somewhat true
3. Neutral (no basis for opinion)
4. True
5. Very True

Thank you for participating. This information will assist US in assisting YOU at DSU!
On a scale of 1 – 5, with 1 being the least and five being the greatest, how would you rate the following?

“I believe my parents or guardian(s) will be concerned about my academic performance at DSU”

1. Not at all true
2. Somewhat true
3. Neutral (no basis for opinion)
4. True
5. Very True

On a scale of 1 – 5, with 1 being the least and five being the greatest, how would you rate the following?

“I think the major I have selected is the appropriate choice for me based on my career aspirations” (If you have not selected a major of choice, please leave blank and skip to the item about majors below).

1. Not true at all
2. Somewhat true
3. Neutral (no basis for opinion)
4. True
5. Very True

List at least two academic majors that peak your interest (if you are still undecided)

A. ____________________  B. ____________________

Please circle (from the list below) the things that concern you mostly regarding transitioning to DSU

- Taking math classes
- Taking science classes
- Reading textbooks
- Note-taking
- Choosing a major
- Test Taking
- Time management
- Peer Pressure
- Leaving home for 1st time
- Lack of Familiar Faces
- Writing papers
- Red-shirting (NO PT)

List other things you worry about that may not be listed above (use the space below):

Please list three academic goals you have set or will need to set before classes start on August 30th

A. ____________________________________________

B. ____________________________________________

C. ____________________________________________

Thank you for participating. This information will assist us in assisting you at DSU!
Cover Letter Writing Tips for Your Job Applications!

- Remember to always use business letter format.
- Always address the letter to a specific person! If you do not know who that person is, call the organization and find out to whom to address your letter. If the job site will not offer you a name, you may always address your letter to “Dear X(Y)C Organization:”, but this should be used only when you have exhausted all of your resources in finding the appropriate person’s name.
- It is polite to reference previous contact you have made with the person. This offers them a gentle reminder of who you are. For example, if you spoke with them over the phone or met them recently at a career fair, thank them for the time spent talking with you. Similarly, mention the name of the person having referred you to them. Don’t be concerned that this is “name dropping”; instead, it is polite!
- Your initial paragraph should explain very clearly for what position it is you are applying. Remember the site you have selected might have more than one job available at a time.
- Your second paragraph (or paragraphs: you may break these items up into small paragraphs) is the place where you will want to emphasize your skills and qualifications for the job. Make them want to bring you in for an interview!
- Your last paragraph is used to thank the employer for their time in assessing your qualifications for the job. You may also indicate when you will be in contact with them if appropriate. It can also be wise to offer your phone number again in case they have questions for you.
- Don’t forget to leave room for your signature. And don’t forget to sign the letter before you mail it!
- Of course, if you are sending the letter and resume via e-mail, you will want to either send both letter and resume as attachments or send the letter as regular e-mail text and attach the resume. It is highly recommended to send all docs in Rich Text Format (rtf) for best usability and safety from viruses!
- Remember that it is highly professional to always include a cover letter with all application and resume materials. Don’t skip this important step in making a most positive professional impression on your potential employers! A well-written letter can make a huge difference! A poorly written letter will be detrimental!
- Always let several other people look over your letter before you mail it!!! Don’t rely on spell check! It is so easy to make errors such as, “thank you for your time”. Be careful and have help in proofreading!
- Ideally your cover letter should be only one page, so be brief and concise. There are exceptions, so check with your career counselor for advice.

Sample Resume Sections

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<td>Academic Research Interests</td>
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<td>Education</td>
<td>Skill</td>
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<td>Certifications</td>
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<td>Awards, Fellowships, Grants</td>
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<td>Internship</td>
<td>Related Experience</td>
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<td>Experience</td>
<td>Publications &amp; Presentations</td>
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<td>Skill/Activities</td>
<td>Professional Memberships</td>
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<td>Technical Skills</td>
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<td>Education</td>
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Why Your Resume Gets Tossed
By Sara Goldsmith, WetFeet.com

The average recruiter sees 5,000 resumes a year. Any legitimate reason she finds to make one disappears makes her life much easier -- and yours that much harder. Here, top-level recruiters reveal how candidates blow their chances to get a foot in the door.

Numbers Don't Add Up

If accomplishments can be quantified, do it -- but use discretion. Brandishing borderline performance numbers signals a lack of experience and bad judgment. "Phrases like 'managed a budget of $500,000' or 'led a team of two' might catch my eye in a bad way," warns Olaf Weckesser, a former recruiter for McKinsey & Co. Better to spin it as "managed company's largest budget."

Adds Alexandria DeMarino, a Citigroup recruiter: "If a small number is impressive, you absolutely have to put it in context." Because you can't provide context for academic numbers, don't include GMAT scores below 650 if you're targeting a top firm. DeMarino suggests bragging about nothing less than a 3.7 GPA.

Formality Takes a Vacation

Don't succumb to the informality of email. "If you send a cover letter by email that starts with 'Hi,' it and your resume will probably end up in the trash," says Cynthia Shore, an assistant dean at the University at Buffalo School of Management and former director of its career-resource center. Treat an email as you would a proper letter: Instead of "Hi," write "Dear Mr. Case." Instead of "Thanks," conclude with "Sincerely."

Keywords Are Overused

It's true that recruiters sometimes use scanners to sort through resumes looking for certain keywords. But resumes appear contrived when candidates consciously try to include them. Describing a business-development position using such terms as "needs assessment" and "contract analysis" in order to squeeze in more keywords is a misguided strategy. Assume that a human being -- not a computer -- will be reading the resume. After all, these days fewer than 25 percent of all recruiters even use scanners.

Things Get Too Personal

"If you mention your age, we have to trash your resume," says Jeremy Eskenazi, vice president of talent acquisition at Idea lab!, the California incubator firm. Since it's illegal for a company to solicit a candidate's age, race, or marital status during the hiring process, firms have adopted a "don't tell" policy to avoid potential bias suits. Many won't risk even having it handed to them.

It Looks Too Fancy

"A recruiter who receives resumes in pretty plastic folders will likely toss them," says Dave Opton, CEO and founder of ExecuNet, an online executive recruiting service. "I don't have time to take the damn things apart." Another faux pas: Folding a resume so that it fits into a standard business envelope. Heavy-stock paper that retains its crease can be a nuisance. Says Opton: "They're easier to store and photocopy if they're flat."

Also, don't try to differentiate your resume with boxes or ornate lettering. When recruiters see a resume that's designed differently, they think the person's trying to hide something. Instead, focus on content. Your resume will rise to the top of the pile.
Below are interview questions designed to be thought provoking and to draw on the interviewee’s formal college training. Please prompt them to articulate their value to an organization, to decide if and how they can become fully engaged in the work processes, to determine work behaviors necessary to be a successful team player, and to develop a partnership with their employer of choice. Although the questions will be standardized, you will be able to modify them based on your interaction with the students. Please rate the student’s answers based on the below scale. Your additional comments will also be useful to provide interviewee’s with feedback on their efforts to market themselves.

Scale: 1 = insufficient response; 2 = sufficient response; 3 = responded with precision

Interviewer statement to student: **Assuming I am your employer of choice (please let them name the company):**

1. Which position would you like to work for and why? **Rating:** ____
   
   Comments:

2. What knowledge, skills and abilities do you have for this position in order to meet the company’s bottom line and for your career growth? **Rating:** _____
   
   Comments:

3. What is your idea of good work ethics? **Rating:** ____
   
   Comments:

4. What does embracing diversity and working on a team mean to you? Tell me about a time when you have had to work in a diverse environment. What was good about it; what types of conflicts occurred. **Rating:** _____
   
   Comments:

5. What will be your leadership role (including leading yourself)? Tell me what you have done so far to exemplify your answer. **Rating:** _____
   
   Comments:

6. What is your value to an organization? What do you expect in return? **Rating:** _____
   
   Comments:

7. Why should you be hired for the position you desire? **Rating:** _____
   
   Comments:

8. How will you stay independently engaged in your work? **Rating:** _____
   
   Comments:

9. Overall evaluation of interviewee’s interview session:
   
   Please assess the interviewee’s skill level using the following ratings:
   
   1 = needs improvement; 2 = satisfactory; 3 = good; 4 = excellent
   
   1. Presentation (clear articulation, good eye contact, personable): **Rating:** _____
      
      Comments:

   2. Professional attire: **Rating:** _____
      
      Comments:

   3. Expression of pre- and post-commencement goals was clear and concise: **Rating:** _____
      
      Comments:

   4. What does embracing diversity and working on a team mean to you? Tell me about a time when you have had to work in a diverse environment. What was good about it; what types of conflicts occurred. **Rating:** _____
      
      Comments:

   5. What will be your leadership role (including leading yourself)? Tell me what you have done so far to exemplify your answer. **Rating:** _____
      
      Comments:

   Career planning/mock Interview Questions
INTERVIEWING OVER A MEAL

When the interview process includes a breakfast, lunch, or dinner session remember this is not a break! The interview continues as well as the evaluation of your abilities. At a meal your table manners will be under close scrutiny.

Remember these points and you should do well:

- Follow the lead of the interviewer; they are your host.
- Be mindful that the point of the meal is not the food; it is the conversation.
- Sit up straight and engage in enthusiastic conversation.
- Do not speak with your mouth full.
- Place your napkin in your lap when you sit down. If you must leave the table before the meal is finished, place your napkin in your chair to signal to the wait-staff that you will be returning. When the meal is complete and you are leaving the table, place your napkin beside your plate.
- The number of utensils depends upon the number of courses. Generally, you should begin with the utensils farthest from your plate and work your way in. Dessert fork/spoon is located above the plate. When in doubt, look to your host and do as he/she does.
- Do not season your food before starting it. Then go easy on the salt!
- Order a menu item that will be easy to eat. Do not order wine or beer even if your interviewer does.
- At the end of the meal allow the interviewer to accept the check. Never offer to split the check. Again, the interviewer is your host. Thank them for their hospitality and the meal.

INTERVIEWING OVER THE PHONE

Oftentimes the first substantive contact we have with an employer or internship site is over the telephone. It could be a scheduled phone interview or a call that catches you off guard as a result of a resume you sent. Whatever the circumstances, you will want to succeed in convincing the interviewer of your skills and qualifications for the job or internship. Telephone interviews take a bit extra preparation and organization. Follow these tips for success:

- **Locate or create a quiet space.**
  If the interview is scheduled ahead of time, arrange to have a quiet environment in which to receive the call; warn roommates to be quiet and keep the phone line clear. If the call catches you off guard, politely ask for a moment to close the door and inform roommates of the importance of the call.
- **Use a land line.**
  In this age of cellular phones, it is wise to use a landline to conduct your interviews. This will take some extra effort to arrange in many cases, but it is well worth the time it takes to ensure excellent reception. The Career Development Center is an ideal location to have your phone interview and if given adequate time, the staff can make arrangements for you.
- **Use your notes.**
  Keep your notes and materials close at hand with a notepad and pen. Document the interview questions and spend time perfecting your responses for a follow-up interview.
- **Practice concise answers.**
  Avoid vocalized pauses such as “hmm”, “umm”, and the word “like” as they are more pronounced over the phone. There will be no facial expressions for you to gauge how your answers are being received by your interviewer. Draw your sense of confidence from the interviewer’s silence taking it as a sign of interest in what you have to say.
- **Inflections matter.**
  Get accustomed to answering confidently and enthusiastically with your vocal inflections; you cannot use body language to help convey your energy over the phone.
- **Speak clearly.**
  Speak directly into the phone and do not smoke or chew gum. Be aware that background noise can be amplified and will be distracting to the interview.
- **Provide key points.**
  Most commonly asked questions are, “Why should I hire you?” and “Why do you want to intern or work with us?”. Be prepared to have 2-3 clear points with which to outline each of these for the interviewer. Do your homework on the organization and be prepared to ask questions. Be energetic and don’t be afraid to let your enthusiasm for the work you could do for them shine through in your responses!
- **Ask questions of the employer.**
  If you have not already learned the specific duties of the internship or job, ask about them now. This provides you with tremendous information with which to prepare for the face to face interview and excellent information to assess if this is the best internship or job for you.
- **Ask about timeline.**
  Inquire as to when they anticipate making a decision or moving into an in-person phase of the interview process.
- **Remember your calendar.**
  Know when you are available to them next by having your calendar with you.
- **Don’t jump to conclusions.**
  Avoid assessing the internship or job opportunity over the phone and accepting any assignment on the spot. It is just fine to thank them for the interview and explain you will be in touch with a response within 24-48 hours. You might want to contact your career counselor and get their advice before accepting the position.
GOALS/PRIORITIES:

August 26, 1920 – The 19th Amendment, guaranteeing women the right to vote, was formally adopted into the U.S. Constitution.

- acclimate – to become accustomed to one’s environment. It took time to acclimate herself to her new home.

-quir-, -quer- (to ask, seek) – inquiry, inquisition, exquisite, query, conquer, question, quest
GOALS/PRIORITIES:

September 4, 1882 – Thomas Edison illuminated 400 electric lights on the streets of lower Manhattan in New York. This was the first mass lighting of electric light bulbs.

faux pas – social blunder. His tactless remark during the meeting was a faux pas.

-furt- (to break) – interrupt, bankrupt, rupture, abrupt, disrupt

GOALS/PRIORITIES:

TUESDAY

3

Rosh Hashanah begins at sundown

faux pas – social blunder. His tactless remark during the meeting was a faux pas.

-furt- (to break) – interrupt, bankrupt, rupture, abrupt, disrupt
September 11, 2001 – An attack on New York City’s World Trade Center and the Pentagon in Arlington, Virginia, destroyed the 110-story twin towers and severely damaged a wing of the military headquarters.

GOALS/PRIORITIES:

feign – pretend. She feigned illness in order to get out of her history test.

TUESDAY

10

feign – pretend. She feigned illness in order to get out of her history test.

WEDNESDAY

11

feign – pretend. She feigned illness in order to get out of her history test.

Yom Kippur begins at sundown

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SUNDAY

15

www.thezonelive.com

September

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30

www.eventlink.com

feign – pretend. She feigned illness in order to get out of her history test.

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feign – pretend. She feigned illness in order to get out of her history test.
September 16, 1620 – The Mayflower sailed from Plymouth, England, bound for the New World with 102 passengers on board.

GOALS/PRIORITIES:

- lissome – agile; lithe. She was lissome and graceful just like a beautiful ballerina.

-ven-, -vent- (to come) – intervene, venue, prevent, convention, circumvent, invent, venture, event, advent

First Day of Autumn
GOALS/PRIORITIES:

September 25, 1957 – Nine black students enter all-white Central High School in Little Rock, Arkansas, escorted by the U.S. Army, following efforts to prevent federal court-ordered racial integration.

medley – mixture. The band played a medley of Gershwin tunes.

-labor- (to work) – laboratory, collaborate, elaborate, laborious

destitute – extremely poor. The Great Depression left many families destitute.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>7</th>
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<tr>
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<td>compunction – guilt. The vandals had no compunction for their crimes.</td>
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| WEDNESDAY | 9 |

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- *sume*, -*sump*- (take, use, waste) – consume, assume, presume, sump pump
October 17, 1989 – The World Series, held in the San Francisco Bay Area, was interrupted by an earthquake that registered 7.1 on the Richter scale.

GOALS/PRIORITIES:

Columbus Day (Observed)
Eid al-Adha begins at sundown

14
15
16

MONDAY
TUESDAY
WEDNESDAY

pervade – spread throughout. The excitement of the upcoming election pervaded the entire community.

-luna- (moon) – lunar, lunatic, lunette, sublunary, lunular
October 23, 1946 — The United Nations General Assembly’s second session convenes in New York for the first time, at an auditorium in Flushing Meadow.

GOALS/PRIORITIES:

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</table>

undulate – move in a wavelike manner. The pond water undulated in the breeze.

- viv- (life; to live) – vivid, vivisection, vivacious, convivial, viva, revive, survive

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GOALS/PRIORITIES:

October 29, 1929 – New York Stock Exchange prices collapsed. Stockholders sold 16 million shares, and billions of dollars were lost. The “Crash” ushered in the Great Depression.

ornate – elaborately decorated. I had never seen such an ornate chandelier.
**November 4, 1922** – English archaeologist Howard Carter discovered the entrance to King Tutankhamun’s tomb in the Valley of the Kings, Egypt.

**GOALS/PRIORITIES:**

- Muharram begins at sundown

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**TUESDAY 5**

**Election Day**

**WEDNESDAY 6**

- **gaudy** – flashy, garish. Her prom dress was unbelievably gaudy.

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**THURSDAY 7**

**FRIDAY 8**

**SATURDAY 9**

**SUNDAY 10**

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- **-flex, -flect** (bend) – flex, reflex, flexible, flexor, inflexibility, deflect, reflect, inflection

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November 11, 1918 – World War I came to an end. Many countries recognize this day as Armistice Day; Americans also celebrate the end of WWI on November 11, Veterans Day.

GOALS/PRIORITIES:

Veterans Day

**disseminate** – spread. Television helps disseminate information through news programs.

-mar-, -mer- (sea) – maritime, mariner, submarine, aquamarine, marsh, mermaid

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<th>MONDAY</th>
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</table>
November 19, 1969 – Brazilian soccer star Pelé scored his 1,000th professional goal during a game in Rio de Janeiro’s Maracana stadium.

GOALS/PRIORITIES:

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indefatigable – tireless. He was indefatigable on the basketball court.

-mitt-, -miss- (to send, let go) – transmit, remit, omit, admittance, mission, dismiss, missile, misive

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TUESDAY 19

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THURSDAY 21

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FRIDAY 22

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SATURDAY 23

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SUNDAY 24

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GOALS/PRIORITIES:

November 26, 1789 – George Washington issued a Thanksgiving Proclamation: “to recommend to the people of the United States a day of public thanksgiving.”

precedence – priority. The critical patient took precedence over others with minor injuries.

-cle, -cule (small) – follicle, particle, corpuscle, molecule, capsule

Hanukkah begins at sundown

Thanksgiving
December 5, 1933 – The 21st Amendment to the U.S. Constitution was ratified, repealing the 18th Amendment and bringing an end to the era of national prohibition of alcohol in the U.S.

GOALS/PRIORITIES:

TUESDAY

-verbatim – word for word. She knew the Declaration of Independence verbatim.

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**GOALS/PRIORITIES:**

**MONDAY**

9

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**TUESDAY**

10

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**WEDNESDAY**

11

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exasperate – irritate. Fred exasperates his mother with his pranks.

(nav-, nau-) (ship) – navigate, circumnavigate, naval, navy, nautical
December 21, 2010 – The Census Bureau announces the April 1, 2010, U.S. population count was 308,745,538, up 9.7 percent from a decade earlier. California is the most populous state; Wyoming, the least.

GOALS/PRIORITIES:

First Day of Winter

- Lucrative – profitable. Starting your own business can be very lucrative.
- Octa- (eight) – octameter, octagon, octet, octave, octopus, octahedron, octogenarian
**Goals/Priorities:**


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**Distaff**: female. His relatives on the distaff side of his family were from the South.

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Kwanzaa begins

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omni- (all, every) – omniscient, omnipotent, omnivorous, omnipresent, omnipotent, omnipresent

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January 4, 1999 – For the first time since Charlemagne’s reign in the ninth century, Europe was united with a common currency when the “euro” debuted as the chief financial unit of 11 European nations.

GOALS/PRIORITIES:

**30**

**31**

New Year’s Eve

**1**

New Year’s Day

intrinsic – belonging naturally; inherent. The intrinsic value of the trophy is small, but it will always be cherished.

-rog-, -rogat- (to ask) – arrogance, interrogate, prerogative, derogatory
January 10, 1920 – The League of Nations formally comes into existence by holding its first meeting.

GOALS/PRIORITIES:

prototype – a preliminary model. The company sent a prototype of its product for us to study.

-oper- (to work) – operate, operative, operant, operose, cooperation, opera, opus, operable

Mawlid al-Nabi begins at sundown

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GOALS/PRIORITIES:

January 15, 1929 – Martin Luther King, Jr., a black civil rights leader, minister, advocate of nonviolence and Nobel Peace Prize recipient, was born on this day. Americans observe his birthday on the third Monday in January.

vertigo – dizziness. The pilot was experiencing spells of vertigo, so he took a leave of absence.

-pac- (peace) – pacify, pacific, pacifist, pacifier, appease, peace
January 20, 2009 – Barack Obama is inaugurated as the 44th U.S. President of the United States, the first African-American to be elected to the post.

GOALS/PRIORITIES:

MONDAY

20

Martin Luther King, Jr. Day (Observed)

TUESDAY

21

WEDNESDAY

22

ludicrous – laughable; foolish. Calling her a chef is ludicrous, as she can’t even boil water!

THURSDAY

23

FRIDAY

24

SATURDAY

25

SUNDAY

26

-cap-, -cip-, -cep- (to take) – capture, captive, capacious, capable, participate, incipient, precept, intercept

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January 30, 1948 – A Hindu fanatic assassinated Mohandas Gandhi, the political and spiritual leader of the Indian independence movement.

GOALS/PRIORITIES:

malcontent – dissatisfied person. His grouchy behavior gave him the reputation of being a malcontent.

-pet-, -petit- (to seek) – compete, impetuous, impetus, petulant, appetite, petition
February 4, 2003 – The Federal Republic of Yugoslavia is officially renamed to Serbia, and Montenegro adopts a new constitution. The two former Yugoslav republics are located on the west-central Balkan Peninsula.

GOALS/PRIORITIES:

impecunious – having no money. The bank surprised the community when it granted a loan to the impecunious charity.

-able, -ible (able to be) – capable, agreeable, portable, likable, edible, visible, legible, flexible, interminable
GOALS/PRIORITIES:

February 14, 1965 – Canadians formally adopted the red maple leaf flag, one of the world’s most recognizable national flags.

obliterate – destroy completely. The earthquake obliterated several communities.

- port- (to carry) – porter, portable, portage, transport, export, import, report, support
February 18, 1930 – Elm Farm Ollie is the first cow to ever fly in an airplane. Scientists wanted to observe the midair effects on animals.

GOALS/PRIORITIES:

tenacious – holding fast; persistent. I struggled to break his tenacious grip.

-pon-, -pos- (to place, put) – component, opponent, postpone, preposition, positive, deposit, posture, impose
February 26, 1919 – The Grand Canyon National Park was established, covering 1,218,375 acres. A gorge of the Colorado River, it is considered one of the world’s most spectacular natural phenomena.

GOALS/PRIORITIES:

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erode – wear away. The dripping water eroded the limestone.

-ject- (to throw) – projectile, trajectory, reject, deject, inject, eject
March 7, 1876 – Alexander Graham Bell is granted a patent for an invention he calls the telephone.

GOALS/PRIORITIES:

MARCH

retentive – easy to hold much. He did not have to study much as he had a retentive mind.

-ced-, -cess- (to yield, to go) – recede, antecedent, concede, proceed, precede, success, concession, access
March 11, 1818 – Written by 21-year-old Mary Wollstonecraft Shelley, Frankenstein, often called the world’s first science fiction novel, was published.

**GOALS/PRIORITIES:**

quandary – difficult situation. The decision to complete the course or quit put me in a quandary.

-cogn- (know) – recognize, cognizant, incognito, cognoscenti, precognition
March 20, 1916 – Albert Einstein publishes his theory of relativity.

GOALS/PRIORITIES:

Gratuity – monetary tip. Many waitresses rely more on gratuities than salary for their livelihood.

-Altus- (high) – altitude, altimeter, exaltation, alto, altocumulus, altostratus
March 24, 1989 – The tanker Exxon Valdez ran aground in Prince William Sound, leaking 11 million gallons of oil into one of nature’s richest habitats.

GOALS/PRIORITIES:

broach – bring up. He did not want to broach the subject with her because he knew she would object.

-derm- (skin) – hypodermic, epidermis, pachyderm, dermatology
April 6, 648 BC – The earliest solar eclipse recorded by the Ancient Greeks occurs on this date. Earlier eclipses were recorded in China and Babylon.

**GOALS/PRIORITIES:**

**Monday**

31

**Tuesday**

1

April Fools’ Day

**Wednesday**

2

**TUESDAY**

拉萨

“gauche” – crude; unsophisticated. His talking while he chews his food is quite gauche.

-err- (to wander, go astray) – err, error, erratic, aberration, knight errant
April 8, 1974 – Hank Aaron hit the 715th home run of his career, breaking Babe Ruth’s 1935 record. Aaron finished his career in 1976 with a total of 755 home runs.

morose – ill-humored; sullen. Hamlet is one of Shakespeare’s more morose and depressed characters.

eu- (good, well, beautiful) – eulogize, euphemism, euthanize, euphonic, eucalyptus, eupeptic, eudemon
April 15, 1912 – The “unsinkable” luxury liner, Titanic, struck an iceberg and sank on its maiden voyage from Southampton, England, to New York, New York, killing more than 1,500 of its 2,200 passengers.

GOALS/PRIORITIES:

Monday

14

Passover begins at sundown

Tuesday

15

surly – rude; cross. Because of his surly attitude, many people avoided him.

Wednesday

16

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April 22, 1970 – Americans celebrated the first Earth Day, an event to increase public awareness of the world’s environmental problems.

GOALS/PRIORITIES:

wily – cunning; artful. He is as wily as a fox in avoiding work.

-it-, -itiner- (to go, journey) – exit, transit, transition, itinerary, itinerate

Earth Day
April 29, 1429 – Joan of Arc leads the French to end the English siege of Orléans. She was captured and killed in 1431. Also known as the Maid of Orléans, Joan of Arc is a national heroine of France and a saint of the Catholic Church.

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utopia – ideally perfect place. Shangri-La was the name of the author’s utopia.
May 10, 1869 – The transcontinental railroad was ceremoniously completed when workers drove the golden spike into the rail line at Promontory Point, Utah.

GOALS/PRIORITIES:

flaccid – flabby. His lack of exercise left him with flaccid muscles.

-exter-, -extra- (beyond, outside) – external, exterior, extraordinary, extracurricular, extrapolate

Mother’s Day
GOALS/PRIORITIES:

May 17, 1954 – The U.S. Supreme Court ruled racial segregation in public educational facilities was unconstitutional in the landmark case Brown v. Board of Education of Topeka.

mandate – command. The people issued a mandate for healthcare reform.
GOALS/PRIORITIES:

May 25, 2008 – NASA’s Phoenix Lander descends on Mars; on June 22, 2008, scientists announce that water ice has been detected on the planet.

-fac-, -fec- (to make, to do) – factory, manufacture, facsimile, affect, confection

resilient – able to recover from shock or change. Steel is very resilient and therefore is used in the making of springs.
May 27, 1937 – The Golden Gate Bridge opened in San Francisco, California. About 200,000 people walked across the bridge on that first day.

GOALS/PRIORITIES:

TUESDAY 27

WEDNESDAY 28

curmudgeon – ill-tempered individual. Scrooge changed from a curmudgeon to a generous person.

THURSDAY 29

SUNDAY 1

-fall-, -fals- (to deceive) – fallacy, fallacious, infallible, falsify

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www.eventlink.com 145
June 8, 1968 – Three days after falling prey to an assassin in California, Senator Robert F. Kennedy was laid to rest at Arlington National Cemetery, just 30 yards from the grave of his assassinated older brother, President John F. Kennedy.

**GOALS/PRIORITIES:**

- cortege – procession. The cortege followed the hearse slowly down the road.
June 15, 1215 – King John sealed the Magna Carta. Regarded as the first charter of English liberties, it’s one of the most important documents in the history of political and human freedom.

hapless – unfortunate. This hapless creature had never known any pleasure.

GOALS/PRIORITIES:
June 18, 1885 – The Statue of Liberty, a gift to the people of the United States from the people of France, arrives in New York City’s harbor. It is a symbol of Franco-American friendship.

GOALS/PRIORITIES:

MONDAY

16

TUESDAY

17

WEDNESDAY

18

olfactory – concerning the sense of smell. The nose is the olfactory organ.

THURSDAY

19

FRIDAY

20

SATURDAY

21

First Day of Summer

SUNDAY

22

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June 25, 1876 – The Battle of Little Big Horn (Custer’s Last Stand) took place near Little Bighorn River, Montana. The Sioux Nation killed more than 200 of Custer’s forces. The only survivor was a horse named Comanche.

GOALS/PRIORITIES:

trajectory – path taken by a projectile. The trajectory of her three-point shot was right on target.

greg- (Rock, herd) – gregarious, congregation, segregate, aggregate

Ramadan begins at sundown
JUNE 2014

- **155155**

- **{WEDNESDAY}**
- **{TUESDAY}**
- **{MONDAY}**
- **{SATURDAY & SUNDAY}**
- **{FRIDAY}**
- **{THURSDAY}**

- Flag Day
- Father’s Day
- First Day of Summer
- Ramadan begins at sundown