

# RAZORBACKS

**ACADEMIC CALENDAR & PLANNER**

**2020-21**



JERRY & GENE JONES  
STUDENT-ATHLETE SUITE

[ARKANSASRAZORBACKS.COM](http://ARKANSASRAZORBACKS.COM)

**ONE** /  
RAZORBACK





Dear Razorback Student-Athlete:

Welcome to the University of Arkansas! For those of you who are returning to our program, we are glad you are back with us. For those new on campus, we are excited you are here and now officially part of the Razorback Family.

As we embark on the 2020-21 academic year, please know that more than 300 coaches, administrators, staff members and campus officials are ready to assist you along the way. Whether it is encouraging you in your academic and athletic pursuits, or helping foster your continued personal growth, the focus of our team is providing opportunities for student-athlete success. In the end, that daily commitment adds up to graduation, championships and most importantly the realization of our mission to Build Champions and Razorback for Life!

This handbook and planner will provide a framework for you regarding the the policies and services available to maximize your experience as a student-athlete, as well as a calendar to assist in your managing your day-to-day academic and athletic schedules.

If you have any questions regarding the information outlined in this handbook or about any aspect of your student-athlete experience, I encourage you to reach out to your coach, your sport administrator or any member of our athletics staff. We want to do everything we can to ensure that your experience as Razorback student-athlete experience is a rewarding and memorable one.

Good luck as the 2020-21 academic year gets underway. This promises to be another great year for Razorback Athletics.

Go Hogs!

Hunter Yurachek  
Vice Chancellor  
Director of Athletics



**University of Arkansas**  
**Department of Athletics**

P.O. Box 7777  
Broyles Athletic Center  
Fayetteville, AR 72702-7777  
479-575-6533  
F: 479-575-4859

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## **Arkansas Fight Song**

Hit that line! Hit that line!  
Keep on going!  
Take that ball right  
down the field!  
Give a cheer. Rah! Rah!  
Never fear. Rah! Rah!  
Arkansas will never yield!  
On your toes, Razorbacks,  
to the finish,  
Carry on with all your might!  
For it's A-A-A-R-K-A-N-S-A-S  
for Arkansas!  
Fight! Fight! Fi-i-i-ight!

## **The Arkansas Alma Mater**

Pure as the dawn on the brow of thy beauty,  
Watches thy Soul  
from the mountains of God.  
Over the fates of thy children departed,  
Far from the land  
where their footsteps have trod.  
Beacon of hope in the ways dreary lighted,  
Pride of our hearts that are loyal and true.  
From those who adore unto one who  
adores us,  
Mother of Mothers, we sing unto you.



ACADEMIC CALENDAR • VISION, FOCUS & MISSION • UNIVERSITY OF ARKANSAS DIVERSITY VALUES STATEMENT  
CAMPUS RESOURCES • ATHLETIC DEPARTMENT ADMINISTRATION • OFFICE OF STUDENT-ATHLETE SUCCESS STAFF

# UNIVERSITY OF ARKANSAS ACADEMIC CALENDAR

## FALL

AUGUST 24	Classes Begin
SEPTEMBER 7	Labor Day Holiday
NOVEMBER 23-24	Fall Break
NOVEMBER 25	Thanksgiving Break
NOVEMBER 26-27	Thanksgiving Holiday
DECEMBER 10	Last Day of Classes
DECEMBER 11	Dead Day
DECEMBER 14-18	Final Exams
DECEMBER 19	Commencement

## SPRING

JANUARY 11	Spring Classes Begin
JANUARY 18	Martin Luther King Holiday
MARCH 2	First 8-Week Session Ends
MARCH 3	Second 8-Week Session Begins
MARCH 22-26	Spring Break
APRIL 29	Last Day of Classes
APRIL 30	Dead Day
MAY 3-7	Final Exams
MAY 8	Commencement

## SUMMER

MAY 10-21	May Intercession
MAY 24	Summer I Classes Begin
MAY 31	Memorial Day Holiday
JUNE 25	Summer I Classes End
JUNE 28	Summer II Classes Begin
JULY 5	Independence Day Holiday
JULY 30	Summer II Classes End

# **RAZORBACK ATHLETICS: VISION, FOCUS & MISSION**

## **OUR VISION:**

*To Be The BEST*

## **OUR FOCUS:**

*Student-Athlete Success*

## **OUR MISSION:**

*Building CHAMPIONS and RAZORBACKS For Life*

## UNIVERSITY OF ARKANSAS DIVERSITY VALUES STATEMENT

In order to enhance educational diversity, the University of Arkansas seeks to include and integrate individuals from varied backgrounds and with varied characteristics such as those defined by race, ethnicity, national origin, age, gender, socioeconomic background, religion, sexual orientation, disability and intellectual perspective.

## UNIVERSITY OF ARKANSAS DEPARTMENT OF ATHLETICS INCLUSION STATEMENT

The University Of Arkansas Department Of Athletics is responsible and accountable for reflecting the goals and values of the University of Arkansas. The Department of Athletics will not tolerate discrimination of any form and strives to maintain an inclusive and equitable environment for student-athletes, employees, and fans.

### CAMPUS RESOURCES

#### Academic Advising Offices

Departments	Websites	Campus Address	Phone
Dale Bumpers College of Agricultural Food and Life Sciences	<a href="http://bumperscollege.ark.edu/">bumperscollege.ark.edu/</a>	AFLS 202	575-2252
Fay Jones School of Architecture	<a href="http://fayjones.ark.edu/">fayjones.ark.edu/</a>	120 Vol Walker Hall	575-4945
J. William Fulbright College of Arts and Sciences	<a href="http://fulbright.ark.edu">fulbright.ark.edu</a>	525 Old Main	575-3307
Sam M. Walton College of Business	<a href="http://walton.ark.edu/">walton.ark.edu/</a>	328 Walton College	575-4622
College of Education and Health Professions/BCSS	<a href="http://coehp.ark.edu/">coehp.ark.edu/</a>	324 Graduate Education	575-4203
College of Engineering	<a href="http://engineering.ark.edu/">engineering.ark.edu/</a>	4183 Bell Engineering	575-3052

Departments	Websites	Campus Address	Phone
Campus Card Office	<a href="http://campuscardoffice.ark.edu/">campuscardoffice.ark.edu/</a>	ARKU 427	575-7563
Campus Dinning	<a href="http://union.ark.edu/resources-and-services/retail-and-dining.php">union.ark.edu/resources-and-services/retail-and-dining.php</a>	ARKU 634	575-3232
Career Development Center	<a href="http://career.ark.edu/cdc/">career.ark.edu/cdc/</a>	ARKU 607	575-2805
Cashier's Office	<a href="http://treasurernet.ark.edu/student_accounts.aspx/">treasurernet.ark.edu/student_accounts.aspx/</a>	ARKU 214	575-5651
Center for Educational Access	<a href="http://cea.ark.edu/">cea.ark.edu/</a>	ARKU 209	575-3104
Computing Services	<a href="http://its.ark.edu/">its.ark.edu/</a>	ADSB 220	575-2901
Enhanced Learning Center	<a href="http://class.ark.edu/">class.ark.edu/</a>	GREG 040B	575-2885
Financial Aid	<a href="http://finaid.ark.edu/">finaid.ark.edu/</a>	HUNT 114	575-3806
Health Center Pat Walker	<a href="http://health.ark.edu/">health.ark.edu/</a>	HLTH	575-4451
International Students & Scholars	<a href="http://international-students.ark.edu/">international-students.ark.edu/</a>	HOLC 104	575-5003
Multicultural Center	<a href="http://multicultural.ark.edu/">multicultural.ark.edu/</a>	ARKU 404	575-8405
Off-Campus Connections	<a href="http://offcampus.ark.edu/">offcampus.ark.edu/</a>	ARKU 632	575-7351
Office of Community Standards and Student Ethics	<a href="http://ethics.ark.edu">ethics.ark.edu</a>	POMA 110B	575-5170
On-Campus Job Information	<a href="https://international-students.ark.edu/visas-and-immigration/f-students/employment-authorization/on-campus.php">https://international-students.ark.edu/visas-and-immigration/f-students/employment-authorization/on-campus.php</a>	ADMN 222	575-4401
Police Department	<a href="http://uapd.ark.edu/">uapd.ark.edu/</a>	155 S. Razorback Rd	575-2222
Writing Center	<a href="http://class.ark.edu/about-us.php">class.ark.edu/about-us.php</a>	KIMP 315	575-2885
Razorback Tickets	<a href="http://arkansasrazorbacks.com/student-tickets/">arkansasrazorbacks.com/student-tickets/</a>	1295 S Razorback Rd, Suite B	575-5151
Registrar's Office	<a href="http://registrar.ark.edu/">registrar.ark.edu/</a>	HUNT 146	575-5451
Safe Ride	<a href="https://parking.ark.edu/transit-services/safe-ride/index.php">https://parking.ark.edu/transit-services/safe-ride/index.php</a>	ADSB 131	575-7233
Scholarship	<a href="http://scholarships.ark.edu/">scholarships.ark.edu/</a>	HUNT 114	575-4464
Student Government	<a href="http://asg.ark.edu/">asg.ark.edu/</a>	ARKU A669	575-5225
Transit & Parking	<a href="http://parking.ark.edu/">parking.ark.edu/</a>	ADSB 131	575-7275
Treasurer's Office	<a href="http://treasurernet.ark.edu/">treasurernet.ark.edu/</a>	ARKU 214	575-5651
University Housing	<a href="http://housing.ark.edu/">housing.ark.edu/</a>	960 W. Douglas St.	575-4687
University Libraries	<a href="http://libraries.ark.edu/">libraries.ark.edu/</a>	MULN 206	575-4104

# ATHLETIC DEPARTMENT ADMINISTRATION

## DIRECTOR'S CABINET



**HUNTER YURACHEK**  
*Vice Chancellor/Director of Athletics*  
575-7641  
athldir@uark.edu



**DERITA DAWKINS**  
*Deputy AD: Student-Athlete Wellness/SWA*  
575-7520  
dratclif@uark.edu



**JON FAGG**  
*Deputy AD: Academics, Integrity & Student-Athlete Development*  
575-4108  
jfagg@uark.edu



**CLAYTON HAMILTON**  
*Deputy AD: Internal Engagement, Finance & Capital Projects*  
575-4548  
claytonh@uark.edu



**RICK THORPE**  
*Deputy AD: External Engagement*  
575-3466  
rthorpe@uark.edu

## SENIOR STAFF



**KAT DEVENPORT**  
*Chief of Staff*  
575-7953  
kemoffe@uark.edu



**MATT MCCOY**  
*Sr. Associate General Counsel for Athletics*  
575-5401  
mbmccoy@uark.edu



**CHRIS POHL**  
*Sr. Associate AD: Guest Experience & Event Management*  
575-7312  
cpohl@uark.edu



**KEVIN TRAINOR**  
*Sr. Associate AD: Public Relations/Former Student-Athlete Engagement*  
575-6959  
ktrainor@uark.edu



**MATT TRANTHAM**  
*Sr. Associate AD: Capital Projects, Facility Maintenance, Grounds & Equipment*  
575-2666  
mtran@uark.edu



**SCOTT VARADY**  
*Executive Director of Razorback Foundation*  
443-9000  
svarady@razorbackfoundation.com



**LEANNE BOWLES**  
*Assistant to Vice Chancellor*  
575-7641  
leanne@uark.edu

# ATHLETIC DEPARTMENT ADMINISTRATION

## LEADERSHIP TEAM



**CHRIS BADER**  
Assistant AD: Mental Health & Performance  
575-5163  
cbader@uark.edu



**BROOKE BAILEY**  
Director of Spirit  
575-6534  
abpalme@uark.edu



**PAT BERGER**  
Director of Sports Turf  
575-6887  
pberger@uark.edu



**JULIE CAIN**  
Associate AD: Event Management  
575-3134  
jcain@uark.edu



**PATRICK DALE**  
Assistant AD: Facility Event Operations  
575-4957  
pddale@uark.edu



**DAVE ENGLAND**  
Director of Sports Medicine  
575-4018  
dengland@uark.edu



**HEATHER ENGLAND**  
Director of Premium Seat Services  
575-6904  
hengland@uark.edu



**CHRIS EVANS**  
Director of Academics  
575-6410  
ce016@uark.edu



**MICHELLE GLOVER**  
Assistant AD: Broadcast Services  
575-3618  
mlglover@uark.edu



**CATHERINE HARPER**  
Director of Compliance  
387-3945  
ch097@uark.edu



**PETE HEIM**  
Associate AD: Ticket Sales & Operations  
575-6344  
peteheim@uark.edu



**KARLA HORSFALL**  
Director of Sports Nutrition  
575-4784  
kmhorsfa@uark.edu



**ROY JACOBSON**  
Director of Event Management  
575-3865  
jacobson@uark.edu



**ROBERT KISABETH**  
Director of Equipment  
575-3756  
rckisabe@uark.edu



**WILL LANDRETH**  
Assistant AD: Compliance  
575-3649  
wlandre@uark.edu



**JOSEPH LINDQUIST**  
Director of Technology  
575-2569  
jlindqu@uark.edu



**JUSTIN MALAND**  
Associate AD: Facilities  
575-6768  
jmaland@uark.edu



**TAYLOR MCGILLIS**  
Associate AD: Marketing & Brand Development  
575-3313  
trmcgill@uark.edu



**ELVIS MOYA**  
Associate AD: Marketing & Community  
Engagement  
575-6055  
ejmoya@uark.edu



**TAMESHA MUSE**  
Director of Academics  
575-4026  
tgreenl@uark.edu



**LACY NEEDHAM**  
Assistant AD: Business Operations  
575-7276  
ln003@uark.edu



**ERICA N. NELSON**  
Director of Student-Athlete Development  
575-4782  
en006@uark.edu



**KYLE PARKINSON**  
Associate AD: Communications  
575-2752  
kparkin@uark.edu



**JAKE ROSCH**  
Director of Equipment for Football  
575-2756  
jdrosch@uark.edu



**FELECIA SAINÉ**  
Associate AD: Academics  
575-4424  
fsaine@uark.edu



**JIMMY SANCHEZ**  
Director of Marketing  
575-7299  
jjsan@uark.edu



**SCOTT SARGENT**  
Assistant AD: Facilities  
575-6575  
ssargent@uark.edu



**CHRISTINE SCHEETS**  
Director of Educational Enrichment Services  
575-6202  
csheets@uark.edu



**MARK SCOBEY**  
Associate Director of Guest Services  
575-5152  
mscobey@uark.edu



**TRACEY STEHLIK**  
Associate AD: Compliance  
575-6738  
stehlik@uark.edu



**JERI THORPE**  
Director of Licensing  
575-5037  
jthorpe@uark.edu

**ATHLETIC DEPARTMENT ADMINISTRATION**  
**OFFICE OF STUDENT-ATHLETE SUCCESS STAFF**



**FELECIA SAINÉ**  
*Associate AD: Academics*  
575-4026  
[fsaine@uark.edu](mailto:fsaine@uark.edu)



**ERICA N. NELSON**  
*Director of Student-Athlete Development*  
575-4782  
[en006@uark.edu](mailto:en006@uark.edu)



**TAMESHA MUSE**  
*Director of Academics (Women's Basketball & Volleyball)*  
575-4026  
[tgreenl@uark.edu](mailto:tgreenl@uark.edu)



**CHRISTOPHER EVANS**  
*Director of Academics (Football)*  
575-6410  
[ce016@uark.edu](mailto:ce016@uark.edu)



**CHRISTINE SCHEETS**  
*Director of Educational Enrichment Services*  
575-6202  
[cscheets@uark.edu](mailto:cscheets@uark.edu)



**TAYLOR CHOWANSKY**  
*Academic Counselor (Swimming and Diving & Softball)*  
575-2384  
[tf004@uark.edu](mailto:tf004@uark.edu)



**AMANDA CREAMER**  
*Athletic Academic Services Manager*  
387-9130  
[akcreame@uark.edu](mailto:akcreame@uark.edu)



**SAVANNAH HALL**  
*Assistant Director of Academics (Men's Track and Field, Gymnastics & Women's Golf)*  
575-2418  
[mcatee@uark.edu](mailto:mcatee@uark.edu)



**JACOB HOOPS**  
*Academic Counselor (Men's Basketball & Men's Golf)*  
575-5654  
[jhoops@uark.edu](mailto:jhoops@uark.edu)

**ATHLETIC DEPARTMENT ADMINISTRATION**  
**OFFICE OF STUDENT-ATHLETE SUCCESS STAFF**



**RODGER HUNTER**  
*Student-Athlete Development Coordinator*  
575-4056  
[rhunter@uark.edu](mailto:rhunter@uark.edu)



**J.L. JENNINGS**  
*Assistant Director of Retention (Football & Men's Tennis)*  
575-6630  
[jxj027@uark.edu](mailto:jxj027@uark.edu)



**JUSTIN JOHNSON**  
*Associate Director of Student-Athlete Development, Employer Relations*  
575-8483  
[jjjohns@uark.edu](mailto:jjjohns@uark.edu)



**AISHA KENNER**  
*Assistant Director of Educational Enrichment Services*  
575-8783  
[akenner@uark.edu](mailto:akenner@uark.edu)



**KRISTA KOLBINSKIE**  
*Student-Athlete Development Assistant*  
575-3073  
[kbkolbin@uark.edu](mailto:kbkolbin@uark.edu)



**KELSEY LOVELL**  
*Academic Counselor (Football & Women's Tennis)*  
575-2417  
[kmlovell@uark.edu](mailto:kmlovell@uark.edu)



**THRISHA NESBITT**  
*Office Manager*  
575-5456  
[jcadmin@uark.edu](mailto:jcadmin@uark.edu)



**RICHARD SMITH**  
*Learning Specialist*  
575-3901  
[rxs09@uark.edu](mailto:rxs09@uark.edu)



**TREVOR WILLIAMSON**  
*Tutor Coordinator*  
479-575-5691  
[tpwillia@uark.edu](mailto:tpwillia@uark.edu)



**OFFICE OF STUDENT-ATHLETE SUCCESS (OSAS) • ACADEMICS • OFFICE OF STUDENT-ATHLETE DEVELOPMENT (OSAS): STUDENT-ATHLETE CONDUCT • TITLE IX • COMPLIANCE • COMMUNICATIONS**

## OFFICE OF STUDENT-ATHLETE SERVICES (OSAS)

The Office of Student-Athlete Success (OSAS) is comprised of the Student-Athlete Development and Academic Services units. Both units work collaboratively to empower Razorback student-athletes to reach their fullest potential.

### OSAS Mission Statement

The Office of Student-Athlete Success (OSAS) empowers individuals through holistic programming to grow as students, athletes, and leaders by fostering an environment of integrity, diversity and achievement.

## ACADEMIC SERVICES

### ACADEMIC COUNSELORS AND EDUCATIONAL ENRICHMENT SERVICES (EES)

#### Academic Services Framework

Academic Services is comprised of two components including academic counselors and Educational Enrichment Services (EES). The academic counselors serve as a liaison between coaches, faculty, sport administrators and college advisors. The academic counselors are a resource for student-athletes in a range of areas including strategically selecting a major, tracking progress towards degree completion, communicating academic progress to coaches and following up with professors about student-athlete needs. The EES staff is composed of learning specialists, a tutor coordinator and graduate assistants. EES takes an individualized and strengths based approach tailored to the individual student athlete. EES works with all student-athletes. The tutoring program is College Reading and Learning Association (CRLA) certified. EES also provides additional support to student-athletes who may be at-risk academically, underprepared for college, have been diagnosed with a learning disability and/or are English Language learners (ELL). Our focus and passion is to build autonomy and a sense of self-efficacy inside as well as outside of the classroom.

#### Academic Services Policies and Procedures

The Athletic Department believes firmly that the foremost goal of every student-athlete is to reach their fullest potential and graduate. To that end, we provide our student-athletes with the necessary resources to achieve that goal.

The goal of Academic Services staff is to help students juggle the personal, social, academic and athletic demands at the University of Arkansas. The staff will assist student-athletes in the following areas:

- Finding and using the proper faculty and professional academic advisors for course registration (the role of Academic Services staff is not to be confused with that of the academic advisor in the student's chosen major)
- Monitoring general academic progress
- Receiving tutoring, if indicated
- Communicating with professors
- Setting and achieving academic goals
- Devising time management strategies
- Complying with NCAA and SEC academic progress requirements
- Receiving individual and group academic counseling, as needed
- Referral to campus support programs, such as academic and study skills labs, career and personal counseling clinics and academic administrative services

### STUDENT LEARNING OUTCOMES

#### Throughout Student-Athlete College Experience

- Maintain good academic standing and successfully complete an average of 15 credit hours per semester

- Understand your degree requirements and track your degree progress
- Understand continuing education requirements

### **First Year**

- Partner with your Academic Counselor to develop a graduation plan
- Meet mandatory study hall hours weekly requirements
- Complete University Year One requirements

### **Second Year**

- Re-visit graduation plan for your remaining requirements

### **Third Year**

- Conduct a degree audit with your on campus academic advisor to make sure you are on track to graduate

### **Graduating Year**

- Apply to graduate on the Registrar's Website: <http://registrar.uark.edu/968.php>
- Celebrate completion of degree

### **Course Registration**

Student-athletes must know the name and office schedule of their faculty or professional academic advisors in their degree programs. Students risk loss of academic progress toward the degree if they are advised for courses by anyone other than the faculty member or academic advisor assigned to them by their academic dean's office.

The role of the academic counselor staff in course selection and registration is to help students prepare for the faculty/professional advising session, with regard to athletic eligibility and travel. To that end, mobile advising for Fulbright College of Arts and Sciences and College of Education should be made with Academic Services staff before the advising period for semester registration.

### **Change of Registration/Dropping and Adding Courses/Declaring Major**

The following specific procedure must be carried out **BEFORE** a student-athlete may change registration or declare a major:

1. Consult with the academic advisor and obtain proper faculty and college signatures.
2. Get approval from the academic counselor staff.
3. Consult with the student-athlete's coaching staff.
4. If both academic and athletic requirements can be met despite changes, the student may complete the process.

Failure to follow these four steps, in proper order, may result in loss of athletic eligibility, financial aid and/or degree progress.

### **University of Arkansas Athletic Department Class Attendance Policy**

Student-athlete graduation is fundamental to the mission of Intercollegiate Athletics at the University of Arkansas. Class attendance is essential to the successful completion of all courses; therefore class attendance is expected in all classes. Travel for competition may result in a significant amount of time away from campus, making it even more important that student-athletes do not have an unexcused absence during their season of competition ***If a student-athlete is well enough to attend practice, he or she is expected to attend class.***

***The Athletic Department Class Attendance Policy supersedes all instructor policies.***

Class attendance monitoring will be overseen by the Academic Services staff. Monitoring will include regular class checks and communication with faculty. All information about

student-athlete class attendance will be considered and verified by Academic Services staff before departmental penalties are applied.

Academic Services staff will monitor class attendance daily for student-athletes who have been determined as at-risk by agreement of the head coach, sport counselor and sport administrator. Possible factors that would result in inclusion in this group could be:

1. Eligibility and/or financial aid at risk (GPA, Degree progress, Satisfactory Progress).
2. Poor term performance in the previous semester (low term GPA, less than 12 hours passed).
3. At-risk status indicated by educational background (low testing scores, low high school or previous school GPAs).

**Penalties will be assessed based on a percentage (15%) of unexcused absences in a given class. This will vary depending on the frequency of when a given class is held. If a student-athlete has unexcused absences totaling more than 15% in a given class, the student-athlete will be suspended from 10% of the regular season competition.**

- **Once a week = 2 absences – The student-athlete and head coach will be notified after the first absence.**
- **Twice a week = 5 absences - The student-athlete and head coach will be notified after the third absence.**
- **Three or more times a week = 6 absences – The student-athlete and head coach will be notified after the fourth absence.**

Each additional unexcused absence in any one class will result in suspension from 10% of the regular season competition.

### **Appeal process:**

Student-athletes who have verified unexcused absences based on the above rule in any one course may appeal to the **Review Panel** (to be comprised of at least three of the following: Compliance Staff member, Associate Athletic Director for Academic Services, Director for Academics and Associate Athletic Director for Student-Athlete Development & Administration or designee).

**The Review Panel** will review the record of missed classes for the term/semester to ensure that the appropriate penalty has been imposed, and consider any alternative punishments proposed by the coaching staff. **The Review Panel** will weigh extenuating circumstances when warranted. Any appeal of penalties should be submitted to the Assistant Athletic Director for Academics Services within five (5) business days once the student-athlete has been notified of unexcused absences. Sanctions cannot be required to be levied before a student-athlete has had the opportunity to appeal. However, the student-athlete may waive the right to appeal and accept sanctions immediately.

After receiving the appeal, the Assistant Athletic Director for Academic Services or designee will convene the panel. The head coach, sport administrator, and student-athlete will be notified of the panel's decision immediately, and the sanctions will be applied if necessary.

### **Study Hall**

General rules for study hall include:

- Be respectful to ALL staff (Contact your academic counselor if you have any problems)
- The Bogle Academic Center is for studying, not socializing

- Food is only allowed in the multipurpose room and lobby outside of the auditorium
- Cell phones: Keep them OFF or on silent and ONLY use cell phones in the lobby.
- Signing in: Sign into Grades First any time you enter the Academic Center

### **Tutors for Student-Athletes**

Educational Enrichment Services (EES) provides tutorial support for all student-athletes. The department has a long tradition of providing a strong tutorial program that ensures the highest level of achievement for our student-athletes. We are committed to attracting and maintaining the best tutorial staff on the campus.

The tutors provided by EES are generally University of Arkansas undergraduate and graduate students. These tutors are knowledgeable of the subjects they tutor and are part of the campus community. They have gone through an application and screening process and have been approved by the Tutor Coordinator. In addition, they have received specific training that prepares them to continue our tradition of excellent service to our student-athletes that is required each semester. In addition, all tutors will receive an NCAA rules orientation each semester.

All University Core courses will be supported by both scheduled and by-appointment tutors. For more advanced and specialized courses (i.e. upper division engineering, sciences, etc.), every effort will be made to obtain a qualified tutor, but this is not guaranteed. The students making the requests are responsible for allowing staff adequate time to recruit a tutor on campus. Should a student identify a prospective tutor (teaching assistant, lab instructor, or acquaintance), an academic staff member must pre-approve that tutor's employment. Additionally, he/she must apply and go through the proper employment and screening procedures. If this policy is not followed to the letter, the Tutor Coordinator will not approve payment for that tutor.

Student-athletes may access tutors through their academic counselor in the Bogle Academic Center or through our GradesFirst software. For the convenience of student-athletes, a roster of scheduled tutors will be posted in the academic center. Students requiring or requesting tutorial sessions should contact your Academic Counselor.

If a student-athlete, coach, or other staff member has questions or concerns about the EES Tutorial Program, they should be addressed to the Associate Athletic Director for Academic Services, Director of Academics, or the Tutor Coordinator.

**All tutor requests, changes to appointments, and cancellations must be submitted via email to your academic counselor by 4:00 pm the day prior to the appointment** (for example, if you have an appointment at 6:00 pm on Tuesday, you must request it be cancelled by 4:00 pm on Monday). If you submit a cancellation or change request late, it will not be granted. Any cancellations will result in a no show (for example).

All student-athletes, tutors, and staff are required to carefully adhere to the following Academic Center Tutor Policies:

- Students may not make their own arrangements with prospective tutors. If a student has a suggestion for a good prospect, he/she should work through the Tutor Coordinator to enlist that tutor's help.
- A STUDENT-ATHLETE MAY NOT CONTACT a tutor make his /her own arrangements for an appointment. You must contact your Academic Counselor or Tutor Coordinator. You or your tutor cannot cancel or change the appointment. Any changes must also go through your Academic Counselor or Tutor Coordinator.
- All tutorial sessions must take place in the Bogle Academic Center.

- All tutors and students will follow the University of Arkansas policies regarding Academic Honesty. If a tutor or student fails to abide by University of Arkansas, South eastern Conference, or NCAA rules, both student and tutor will be referred to University Judicial Board and /or to the appropriate compliance staff.
- Student-athletes cannot work with any graded assignments with their tutors. This includes homework, quizzes, and tests. Open-note tests are also not allowed.
- Student-athletes are not to ask tutors to do any portion of an assignment no matter what the circumstances may be.
- Student-athletes are not to ask tutors to prepare or type any portion of a document for them. Students should not work on typing papers in tutoring sessions. Instead, students should print out a copy of their paper to review with their tutors. Tutors can only help with grammatical issues but not with actual content editing.
- Tutors employed by EES may not provide student-athletes with special study materials not otherwise available to students generally.
- Tutors are not to touch any part of the computer during a tutoring session.
- Tutors may not provide meals, photocopying, or transportation for student-athletes. To do so would constitute an “extra benefit” in violation of NCAA rules. If a student-athlete or tutor has a question about whether or not an activity constitutes an extra benefit, he/she should consult the Associate Athletic Director for Academic Services, Director of Academics or a member of the compliance staff at 575-4108.
- Student-athletes and tutors should see the Director of Educational Enrichment Services, Tutor Coordinator, the Director of Academics, Associate Athletic Director for Academic Services, or the Compliance Director whenever they have questions concerning Academic Honesty.
- Student-athletes and tutors are to maintain a professional relationship. The conduct of tutors will be monitored and must at all times meet the standards of the University of Arkansas Sexual Harassment Policy. Student-athletes and tutors are encouraged to come to the Director of Academics or Associate Athletic Director for Academic Services should any instances of misconduct arise during or around a tutorial session. Any instances of a tutor providing alcohol to underage students will result in termination in addition to Judicial Board referral.
- If you miss a tutoring appointment, resulting in a no show you will be fined \$12 per appointment missed. Your first miss will be a free miss, but any miss after the initial miss will result in a fine. If you do not arrive within the first 10 minutes of the appointment, you will be contacted.
- Please be sure to bring your book and notes to tutoring sessions. Coming unprepared sessions will result in a no show.

### **Grade Monitoring**

Each student-athlete is responsible for knowing how grades are awarded in each course. Course syllabus should be consulted for conflicts with travel schedules. The Academic Services staff will be available to help students set grade goals for each course.

During the course of each semester, academic progress reports will be sought from the instructors of student-athletes as needed to assist in monitoring academic progress. Accurate estimation of performance is an essential element of academic success in college. It is expected that each student-athlete will keep the Academic Services staff and his/her coach fully informed of grades throughout the semester.

### **Confidentiality, Shared Information and Personal Counseling**

Information regarding a student’s academic progress or use of academic support services will be shared among parties with a “right and need to know.” These persons may be coach-

es, college faculty, Academic Services staff and Athletic Department Administrators.

Students may expect that personal information shared with the Academic Services staff in a counseling session will remain confidential, provided the student is not in danger of hurting him/herself or others.

If personal counseling is requested, the Academic Services staff will immediately refer the student-athlete to the Student-Athlete Development staff who will coordinate with the Assistant AD, Mental Health and Performance.

### **Academic Honesty**

Failure to adhere to the University's policies regarding acts of academic dishonesty will not be tolerated by the Athletic Department. The definition, procedures and sanctions regarding academic honesty are outlined in the University of Arkansas Student Conduct Code and are reviewed frequently with all student-athletes.

### **Academic Eligibility for Intercollegiate Competition**

The goal of the Athletic Department is to have each student-athlete pursue and obtain an academic degree. Each student-athlete is required to meet all general University and specific college requirements, as well as the eligibility rules of the NCAA and Southeastern Conference. Although academic progress and eligibility are monitored by the Office of the Registrar and the NCAA Faculty Representative, it is the student's responsibility to understand and follow all guidelines listed below. If questions arise, students should contact the Academic Services staff.

- Undergraduate student-athletes must be accepted for enrollment as a full-time degree student registered for at least twelve (12) semester hours. **IF YOU DROP BELOW THE MINIMUM 12-HOUR LOAD YOU IMMEDIATELY WILL BECOME INELIGIBLE TO PRACTICE AND COMPETE!**
- An entering freshman must be a "qualifier" as defined in NCAA Bylaw 14.02.11.1 in order to practice, compete and receive financial aid during the freshman year.
- Student-athletes must pass twenty-four (24) hours of degree credit prior to the start of the second year of college enrollment. Seventy-five per cent (75%) of these hours (18 credit hours) must be earned during the regular fall and spring semesters of the academic year. Only 6 credit hours (25%) may be earned in summer sessions for use toward satisfactory progress.
- NCAA continuing eligibility bylaws require that the following degree progress percentages are met during your career:
  - Student-athletes entering their second year of collegiate enrollment are required to have 90 percent of the minimum grade-point average necessary (1.80) to graduate. Upon entering the fifth semester, the student-athlete must also have completed 40% of degree requirements.
  - The student-athlete must designate a program of studies leading toward a specific baccalaureate degree by the beginning of the fifth semester of enrollment.
  - Student-athletes entering their third year of collegiate enrollment are required to present 95 percent of the minimum grade-point average necessary (1.90) to graduate. Upon entering the seventh semester, the student-athlete must also have completed 60% of degree requirements.
  - Student-athletes entering their fourth or subsequent year of collegiate enrollment are required to present 100 percent of the minimum grade point average (2.00) necessary to graduate.
  - Entering the ninth semester, the student-athlete must also have completed 80% of degree requirements.
- Student-athletes who are academically eligible during a semester are academically

eligible between semesters until the first day of classes of the succeeding term. Students who have been academically ineligible during a semester remain so until grades, which make them eligible, are officially received in the Registrar's Office.

- These requirements apply to transfer students as well as continuing students.
- Continuing student-athletes who become academically ineligible may not practice, compete or travel with the team.
- Students who plan to take courses elsewhere during the summer term, **MUST SEE THE ACADEMIC COUNSELOR STAFF AS SOON AS POSSIBLE BEFORE ENROLLING IN THOSE COURSES** to determine if such courses will count toward eligibility and to complete the proper course approval forms. The student must make arrangements for the University of Arkansas Registrar's Office to receive an official transcript of all transfer hours.
- The Southeastern Conference requires that a total of not more than six (6) semester hours of correspondence, extension course and transfer credit in any given twelve-month period may be used to fulfill the minimum satisfactory-progress requirements.
- The Southeastern Conference and NCAA require that any student-athlete must pass at least six (6) non-remedial, degree credit hours in the semester preceding SEC and NCAA Championships

### **University of Arkansas Academic Regulations**

Each student must review the *Undergraduate Studies Catalog* for his/her year of enrollment at <http://catalog.uark.edu/undergraduatecatalog/>. All important university requirements are contained in this publication, including the academic honesty policy, rules pertaining to academic probation, suspension and dismissal.

Student-athletes are responsible for reviewing the University academic calendar as published each semester. A posted notice of important dates, such as registration weeks and drop dates will appear in the Bogle Academic Center. Please review the schedule of classes on UA Connect before advising sessions.

### **Regulations Concerning Academic Standing and Eligibility**

Student-athletes are subject to the NCAA's bylaws governing continuing eligibility. In addition, they are subject to the Academic Standing Policies of the University of Arkansas.

To briefly summarize that policy, if a student's cumulative GPA falls to a point where he/she is placed on "Academic Warning," and he/she then fails to post the required term GPA, that student will be suspended from full-time enrollment. The student would then be ineligible for athletic competition.

A summary of the University's policy follows. Individual colleges or programs have the discretion to set academic admission and continuation standards for specific programs that are higher than University standards. If students have questions or concerns about the University's Academic Standing Policy, please see the Academic Center Staff.

### **University of Arkansas Academic Standing**

A student's academic status at the University is determined at the end of each term of enrollment (fall, spring, or summer) on the basis of the student's cumulative and/or term grade-point average (GPA) and number of hours attempted. The student's academic status governs his or her re-enrollment status and determines any conditions associated with re-enrollment or denial of enrollment for a subsequent term. Normally, students are notified of their status individually by the University shortly after the end of each term. However, this policy statement is the formal notification to all students of the conditions that determine academic status and the consequences for each term, regardless of individual notification.

### **Good Status**

Upon initial admission and during a student's first term of enrollment, except for students conditionally admitted on academic probation, the student is in good status. A student remains in, or returns to, good academic status at the end of any term when the cumulative GPA is at or above the required minimum of 2.0.

### **Academic Probation**

When a student's cumulative grade-point average at the end of any fall, spring, or summer term is less than a 2.00, the student will be placed on academic probation.

### **Removal from Academic Probation**

When a student's cumulative GPA at the end of any fall, spring, or summer term is a 2.00 or above, he or she will be removed from academic probation.

### **First-Year Freshmen**

First-year freshmen who have less than a 2.00 cumulative grade-point average at the end of their first semester of enrollment are considered at risk. During the first six weeks of their second semester, these at risk students must, at a minimum, consult with an academic advisor to develop a plan to get off of probation before being eligible to register for their third semester courses.

### **Continuing on Academic Probation**

The semester grade point average a student on probation must earn to continue on probation and avoid suspension depends on the cumulative grade hours attempted, and is in the probation chart.

### **Academic Probation Chart**

Placed on Probation if Cumulative GPA is	Cumulative grade hours attempted (excludes grades of W)	To continue on Probation the student needs a:	To be removed from Probation the student needs a:
< 2.00	4 – 30	Semester GPA $\geq$ 1.80	Cumulative GPA $\geq$ 2.00
< 2.00	> 30	Semester GPA $\geq$ 2.00	Cumulative GPA $\geq$ 2.00

### **Academic Suspension**

A student on academic probation who does not earn the minimum required term GPA will be academically suspended. No student may be suspended who has not spent the prior term of enrollment on academic probation. A student on academic suspension will be on academic leave from the university for one major semester (Spring or Fall) and all contiguous summer and intersessions from the close of the term which resulted in the suspension. Thus, a student suspended at the end of a spring semester would not be eligible to enroll until the next spring semester, and a student suspended at the end of a fall semester would not be eligible to enroll until the next fall semester. The first enrollment when returning from suspension may not be in an intersession.

A student returning to the University after a suspension period must apply for readmission. A student who has attended another institution since last attendance at the University must meet the same admission requirements as a transfer student, and must present a 2.00 cumulative GPA on all college work attempted at the other institution.

A student who returns to the University after an academic suspension is continued on probation and must make a semester grade-point average of at least 2.00 for each semester, summer or intersession until he or she is removed from probation. Failure to do so will result in academic dismissal.

Students who have set out for one major semester after the term of the suspension may apply for readmission to the University. A student who does not earn credit from another institution may be readmitted on academic probation following suspension. A student who earns credit from another institution(s) during or subsequent to the suspension must apply to the University for admission as a transfer student and, if readmitted, will be on academic probation following suspension.

#### **Academic Dismissal:**

A student who returns to the University after an academic suspension is continued on probation and must make a semester grade-point average of at least 2.00 for each fall, spring, or summer term until he or she is removed from probation. Failure to do so will result in academic dismissal.

#### **Returning after Dismissal**

The duration of dismissal is indefinite, and the student may reenter the University only by favorable action of the Academic Standards Committee. A favorable decision by the committee is unlikely within two years of the dismissal. Self-paced courses taken through the Global Campus at the University or at another university by a student who has been academically dismissed may be submitted as evidence of academic competence on a petition to the Academic Standards Committee for readmission. It is strongly recommended that students meet with an academic advisor to develop a plan for returning from dismissal.

A student who reenters the University by favorable action of the Academic Standards Committee after an academic dismissal is continued on probation and must make a semester grade-point average of at least 2.00 for each semester until the cumulative GPA reaches 2.00 and he or she is removed from probation. Failure to do so will result in academic dismissal.

#### **Center for Educational Access**

The Center for Educational Access (CEA) serves as the central campus resource for students with disabilities. Working in partnership with students, faculty, and staff, the goal of the CEA is to provide reasonable accommodation requests for qualified students with disabilities and to ensure equal access to all university programs and activities.

To be eligible for reasonable accommodations, a student must qualify as a person with a disability under Section 504 of the Rehabilitation Act of 1973 or Title II of the Americans with Disabilities Act of 1990 and be registered with CEA.

The CEA also provides other auxiliary aids and services to registered and qualified students with disabilities such as alternative print formats, sign language interpretation, and assistive computer technology equipment and training.

The CEA works closely with academic departments and other university departments to ensure that the University of Arkansas provides a welcoming, responsive, and meaningful experience for all students.

## STUDENT-ATHLETE DEVELOPMENT

Purpose Statement: Supporting the departmental mission of building Champions and Razorbacks for Life, Student-Athlete Development equips our student-athletes with the skills and information necessary to succeed today and in the future.

Our Programming efforts include:

- Career Development
  - o Career Education
  - o Career Counseling
  - o Career Placement
- Personal Development
  - o Diversity and Inclusion
  - o Health & Wellness
  - o Financial Education
- Community Engagement
  - o Youth Literacy
  - o Healthy Lifestyle
  - o Underserved Communities

Our Program Promise:

**“We strive to provide every student-athlete with a remarkable, meaningful experience in every program, every time.”**

The staff members of the Student-Athlete Development Department are:

- Erica N. Nelson, *Director of Student-Athlete Development*  
en006@uark.edu  
479-575-4782
- Justin Johnson, *Associate Director of Student-Athlete Development – Employer Relations*  
jjjohns@uark.edu  
479-575-2834
- Rodger Hunter, *Student-Athlete Development Coordinator*  
rhunter@uark.edu  
479-575-4056
- Krista Kolbinskie, *Student-Athlete Development Assistant*  
kbbkolbin@uark.edu  
479-575-3073

## STUDENT-ATHLETE DEVELOPMENT PROGRAMS

### Career Development

The Career Development pillar is focused on career education, counseling and placement. Our staff guides, coaches and supports student-athletes to explore interests, create a course for their future, and gain practical experiences necessary to transition from their college career into a professional career. Our Career Development programming encompasses Traditional Career, Professional Sports, and Graduate School preparation.

Our student-athletes have the opportunity to develop job searching skills leading to employment, meaningful careers and service to society. Through workshop series, on-site company visits, and networking events, student-athletes have the opportunity to practice hands-on professional skills to construct an attention-getting resume, to prepare for interviews and have success on the job. Student-athletes can also participate in dining etiquette events to garner proper dining skills while interacting with potential employers and for formal dining environments.

- Specifically created for our student-athletes, the Razorback Career Ready website ([razorbackcareerready.com](http://razorbackcareerready.com)) provides valuable resources to assist them in preparing for life after graduation. Student-athletes can use the platform to network with professionals in their chosen field of study and find jobs and internships offered by companies on the site. There are also over 100 learning modules available to teach student-athletes important personal and career development skills.

### **Community Engagement**

The Student-Athlete Development department provides community engagement opportunities for student-athletes to give back to the community and to enhance their relationship building skills. Our programming focuses on the focal areas of Youth Literacy, Healthy Lifestyles, and Underserved Communities. The student-athletes have impacted over 100 organizations through the programs listed below.

- Book Hogs Read To Win Program: Student-athletes visit the 9-Fayetteville Elementary schools to promote reading. Student-athletes speak to K-4th graders to encourage them to read 360-minutes during the month of February to become a Book Hog member.
- Sweat Hogs Striving For Success: Student-athletes speak to 3rd & 4th graders about prioritizing their health and physical fitness within themselves.
- Shop with the Razorbacks: Student-athletes raise money to take 10 local elementary school kids holiday shopping. Each kid receives a \$100.00 gift card to shop while being escorted by student-athletes.
- Ambassadors of Compassion: Tyson Food Company donates 40,000 pounds of frozen protein and the student-athletes help to distribute the product to over 60 agencies in Northwest Arkansas.
- Special Olympics Area Game @ Ramay Jr. High School: Student-athletes assist the Special Olympians with stretching, helping them get each station and cheer for them during their events.
- Razorback Canned Food Drive @ Walmart Super Center: Student-athletes will visit the Walmart Super Center on Martin Luther King Drive to collect canned food products. Donations collected are distributed to local agencies that support underserved residents of Northwest Arkansas..
- Children's Fun Run: Student-Athletes volunteer passing out medals for kids

participating in running events and the football throwing contest for kids ranging from 1st to 8th grade students.

### **Personal Development**

The Personal Development pillar is responsible for the personal growth and character development of Razorback student-athletes. The department facilitates numerous personal development programs that focus on personal health, financial education, stress management, alcohol and drug education, and diversity and inclusion. Furthermore, we include programs that specifically cater to our international and female student-athlete populations.

### **Student-Athlete Advisory Committee (SAAC)**

The Student-Athlete Advisory Committee (SAAC) is comprised of leaders from each team who represent their fellow student-athletes and act as liaisons to the University of Arkansas, Athletic Department, SEC and NCAA. Through SAAC, valuable opportunities are provided for all student-athletes to grow through personal development and community engagement, while improving the overall student-athlete experience for now and the future.

The 2020-21 Student-Athlete Advisory Committee (SAAC) Officers are:

- President: Joy Ripslinger – Women’s Track and Field, Cross Country
- Vice President & Chair, HOGSPY Awards: Lauren Evans - Volleyball
- Treasurer & Secretary: Sarah Shaffer - Gymnastics
- Marketing Chair: Paris Peoples – Women’s Track and Field
- Events Chair: Nick Hilson - Men’s Track and Field
- Community Engagement Chair: Jailyn Mason – Women’s Basketball
- Health & Wellness Group Chair: Amanda Elswick – Gymnastics
- Diversity & Inclusion Chair: Matt Young – Men’s Track and Field, Cross Country

### **W.H.O.L.E. (Women Helping Others Lead & Empower) Women**

The group creates an environment where the female athletes can create authentic relationships that promote empowerment, self-esteem, and unity. This a group for female student-athletes facilitated by the female staff of the Office of Student-Athlete Success (OSAS).

### **International Hogs**

Designed to promote an engaging environment that international student-athletes can consider home. Our staff encourages the celebration of their heritage and culture, as well as provide support by connecting our students with campus and community resources needed to successfully navigate campus and the community.

### **Financial Education**

Financial decisions change lives. Divided into underclassman and upperclassman, student-athletes will receive training in different areas of financial education: debit, credit, salary based budgeting, and human resources.

### **Healthy Choices**

Specialized programming surrounding the topics of drug and alcohol abuse, addressing risky behaviors, sexual assault and bystander accountability are addressed in this area.

## HOUSING AND DINING SERVICES

Student-athletes who live in on-campus housing are responsible for following the rules and policies established by University Housing. If you live in the Northwest Quad, it is important that you respect the privacy and rights of your suite mates. It is also important that you respect the authority of the Residential Assistant (RA) who is responsible for your area. At the end of the semester, be sure to follow the appropriate check-out procedure. If you have any questions regarding on-campus housing, contact Rodger Hunter, Student-Athlete Development Coordinator at 575-4056.

Failure to comply with the policies or disrespectful behavior toward another student, an RA, or any University staff member could result in you being referred to the Office of Standards and Conduct. Student-athletes living on campus must have a meal plan for the fall and spring semesters; it is optional for the summer.

Meal plan options include:

- Unlimited Plus, no limit on number of meals, with \$150 Flex Dollars (not included in full scholarship for student-athletes), cost \$2185 per semester
- Unlimited, no limit on number of meals, with \$50 Flex Dollars (included in full scholarship for student-athletes), cost \$2133 per semester
- 15 – Meal Plus, 15 meals per week, with \$175 Flex Dollars, cost \$2020 per semester
- 15 – Meal, 15 meals per week, with \$75 Flex Dollars, cost \$1963 per semester
- 10 – Meal, 10 meals per week, with \$125 Flex Dollars, cost \$1823 per semester
- Junior/Senior, 7 meals per week, with \$115 Flex Dollars, cost \$1270 per semester

Student-athletes that purchase a campus meal plan do not need to purchase an additional student-athlete meal plan. Student-athlete meal plans that are purchased may only be used within the Sports Nutrition Center for Training Table.

Flex Dollars can be used to purchase items at any Chartwell location on campus. Flex Dollars expire at the end of the semester. If you do not use your Flex Dollars by the end of the semester, then it does not roll over to the next semester.

For students who will be living off campus, check out the website: [www.offcampushousing.uark.edu](http://www.offcampushousing.uark.edu) for useful information.

## NCAA & SEC STUDENT-ATHLETE AWARDS & GRADUATE SCHOLARSHIPS

There are many awards, postgraduate scholarships, and career development opportunities available through the National Collegiate Athletic Association (NCAA), as well as the Southeastern Conference (SEC). Requirements for these programs vary, but most of them involve accomplishments in academics, athletics, service, and leadership. The Student-Athlete Development Assistant will provide information about these programs, but feel free to ask any one of the Student-Athlete Development staff members questions. Examples of the NCAA/SEC programs that are available include:

### NCAA

- The **NCAA Career in Sports Forum** is a four-day event through which selected student-athletes will explore and be educated on careers in sports with a primary focus on intercollegiate athletics. Student-athletes will have completed his/her sixth semester prior to the forum. This forum is provided to student-athletes at no cost. The NCAA will cover airfare, lodging and meals during the forum. Through the use

of dual tracks, participants will examine key functions of a coach or administrator role within sports. Foundational skills such as communication, networking, recruiting, managing culture, transitioning, and budgeting will be covered with participants. Student-athletes will also have the opportunity to network and interview key members in the NCAA and intercollegiate athletics.

- The **NCAA Elite 90 Award** recognizes the true essence of the student-athlete by honoring the individual who has reached the pinnacle of competition at the national championship level in his or her sport, while also achieving the highest academic standard among his or her peers. The Elite 90 is presented to the student-athlete with the highest cumulative grade-point average participating at the finals site for each of the NCAA's 90 championships.
- **NCAA Ethnic Minority and Women's Enhancement Postgraduate Scholarship for Careers in Athletics** is awarded to 13 ethnic minorities and 13 female college graduates who will be entering their initial year of postgraduate studies. Each award recipient will receive \$10,000 for one year of full-time graduate study at an NCAA member institution. The applicant must be seeking admission or have been accepted into a sports administration or other program that will help the applicant obtain a career in intercollegiate athletics, such as athletics administrator, coach, athletic trainer or other career that provides a direct service to intercollegiate athletics.
- **NCAA Today's Top 10 Award** honors ten outstanding senior student-athletes. The nominees must be a varsity letter-winner, have a minimum of a 3.300 GPA, and have excelled in their sport.
- The **NCAA Woman of the Year** award honors female student-athletes who have distinguished themselves throughout their collegiate career in the areas of academic achievement, athletics excellence, community service and leadership.
- The **NCAA Postgraduate Scholarship** awards up to 174 postgraduate scholarships annually, 63 for men and 63 for women. The scholarships are awarded to student-athletes who excel academically and athletically and who are at least in their final year of intercollegiate athletics competition. The one-time grants of \$10,000 each are awarded for fall sports, winter sports and spring sports. Each sports season (fall, winter and spring), there are 21 scholarships available for men and 21 scholarships available for women. The scholarships are one-time, non-renewable grants.
- The **NCAA Student-Athlete Leadership Forum** engages a diverse and dynamic representation of student-athletes, coaches, faculty and administrators in customized sessions that will enhance personal awareness and leadership skills needed to impact student-athlete development at the campus and conference level, and beyond the collegiate realm. The Director of Athletics and Student-Athlete Development staff may select one female and one male student-athlete who are in good academic standing, demonstrates a desire to lead and has athletic eligibility within the academic year.
- The **Jim McKay Postgraduate Scholarship Program** awards one male and one female student-athlete a one-time \$10,000 scholarship in recognition for outstanding academic achievement and potential to make a major contribution in the sports communication industry. Student-athletes considered for this scholarship demonstrate the highest level of professional integrity with an element of compassion. Must have (1) a 3.5 minimum grade point average; (2) competed as a member of a NCAA varsity team; (3) enrolled or committed to enrolling in a graduate degree program; and (4) evidenced superior character and leadership.
- The **Walter Byers Postgraduate Scholarship Program** annually awards one

male and one female student-athlete a postgraduate scholarship in recognition of outstanding academic achievement and potential success in postgraduate study. The stipend for each scholarship is \$24,000 for an academic year and the grant may be renewed for a second year. To be eligible: (1) must have a 3.5 minimum grade point average or higher; (2) be a graduating senior or enrolled, or have intentions to enroll, in graduate study at an NCAA member institution at a professional accredited law school, medical school, or the equivalent; (3) have demonstrated that participation in athletics and community service has been a positive influence on nominee's personal and intellectual development.

- The **Honda Collegiate Women Sports Award** is an annual award given to the best collegiate female athlete in each of twelve sports. There are four nominees for each sport, and the twelve winners of the Honda Award are automatically in the running for the Honda-Broderick Cup award, as the Collegiate Woman Athlete of the Year. The Honda-Broderick Cup winners are selected for superior athletics skills, leadership abilities, academic excellence and eagerness to participate in community service.
- The **John McLendon Memorial Minority Postgraduate Scholarship Award** is presented to 5 senior-level minority students who intend to pursue a graduate degree in athletics administration. Each recipient will receive a \$10,000 grant. Among the criteria will be (1) full-time status as a senior at the time of nomination OR an undergraduate degree with two years' work experience, preferably in athletics administration; (2) minimum grade point average of 3.0 (on a 4.0 scale); (3) official classification as a minority as defined by federal guidelines; (4) intention to attend graduate school to earn a degree in athletics administration; and (5) involvement on the college/university or community level.

## SEC

- The **Brad Davis Community Service Postgraduate Scholarship** is awarded annually to recognize outstanding and meritorious community service achievement to one male and one female student-athlete. The scholarship award, in a **one-time, non-renewable** disbursement of \$15,000. Student-Athletes are nominated by the Office of Student-Athlete Scholarship and Awards Committee. Final selections are made by SEC faculty athletic representatives from each of the SEC member institutions. In total, the SEC awards 28 Brad Davis Community Service Postgraduate Scholarships each year.
- The **H. Boyd McWhorter Postgraduate Scholarship** is awarded annually to recognize outstanding academic and athletic achievements of one male and one female student-athlete during the student-athlete's entire college career. The scholarship award, in a **one-time, non-renewable** disbursement of \$20,000. Student-Athletes are nominated by the Office of Student-Athlete Scholarship and Awards Committee. Final selections are made by SEC faculty athletic representatives from each of the SEC member institutions. In total, the SEC awards 28 Brad Davis Community Service Postgraduate Scholarships each year.

## STUDENT-ATHLETE CONDUCT

Participation in intercollegiate athletics at the University of Arkansas is a privilege and a unique opportunity during your college experience. As a student-athlete, you benefit

from athletics by developing your potential as a skilled performer, being a productive team member, and most importantly, growing emotionally, socially, and intellectually. You have the opportunity to develop the strong character traits that can come to those who successfully meet the challenges inherent in sport at the highest levels. For the purposes of this conduct code, a student-athlete is defined as any member of a Razorback team (scholarship and non-scholarship).

As it is with all privileges, there are conditions or qualifications to the exercise of the privilege to participate in athletics at the University of Arkansas. Student-athletes must conduct themselves, on and off of the field, as positive role models who exemplify good behavior. Privilege means that student-athletes are held by both the University and society-at-large to a higher and stricter code of behavior or conduct than other University students who do not participate in athletics. An inescapable part of NCAA Division I athletics is high visibility, and as a result there is a greater responsibility that goes with participation in those activities.

The University expects you to train and strive for your highest degree of athletic excellence, to demonstrate academic honesty and integrity, and to conduct yourself as a responsible citizen. You are required to comply with the National Collegiate Athletic Association (NCAA) by-laws and Southeastern Conference (SEC) rules and regulations regarding acceptable and unacceptable conduct for participants in intercollegiate athletic competition. You are also responsible for compliance with the University of Arkansas Student Code of Conduct, as well as other campus policies, governing all academic work and student conduct at the University. This policy appears in the appendix of each year's Catalog of Studies published by the University of Arkansas. Finally, being a student-athlete at the University of Arkansas presupposes and unconditionally requires a resolute commitment to the principles and policies that are embodied in the student-athlete conduct code that follows.

If you have any questions at any time about the Student-Athlete Conduct Code, contact your sport administrator or the Senior Associate Athletic Director for Student-Athlete Experiences & Administration.

### **Standards of Conduct**

As a student-athlete at the University of Arkansas, you are a public figure often subject to much scrutiny by the public. As such, you are responsible for representing the University in the most positive way. Your behavior must be exemplary at all times and meet the expectations of your teammates, coaches, the University, and the public at-large. You must also conduct yourself in such a way as not to impair the welfare or the educational opportunities of others in the University community. Student-athletes, coaches, and all others associated with the University of Arkansas Athletic Department should adhere to such fundamental values as respect, fairness, civility, honesty, and responsibility.

The concept of "misconduct" is to be interpreted broadly and within the protective spirit of the purpose of this Code. Misconduct is subject to disciplinary action within the Athletic Department, and includes, but is not limited to, the following specifications:

- Violation of civil or criminal laws of any State.
- Violation of the University of Arkansas Student Code of Conduct, and other campus policies, including the University of Arkansas Sexual Assault and Sexual Harassment Policy (Fayetteville Policy and Procedure 418.1)

- Gambling on athletic events of any kind, giving information about your team to gamblers or “bookies” that might be helpful to them in their illegal activities, or participation, either directly or indirectly, in bribery involving intercollegiate competition or attempting in any way to improperly or illegally influence the outcome of an athletic contest
- Noncompliance with the University’s Student Alcohol Policy as enacted by the Board of the University on February 22, 1974
- Violation of NCAA banned substances, alcohol, and tobacco policies
- Repeated violation of team rules, including but not limited to:
  - Conduct reflecting negatively on the team, athletic program and University
  - Absenteeism from practices, meetings or competition
  - Tardiness from practices, meetings or competition
  - Excessive class absences that are not the result of illness, injury or team travel which is described in the Academic Services (OSAS) attendance policy
  - Noncompliance with team dress codes
  - Failure to comply with prescribed treatment for athletic injury
  - Failure to maintain proper decorum during team travel
  - Noncompliance with team policies regarding conduct, player appearance, and the use of alcohol, drug and tobacco products
  - Noncompliance with departmental policies listed within this student-athlete handbook
  - Unethical conduct

NCAA bylaws state that unethical conduct by a student-athlete may include, but is not limited to, the following:

- Refusal to furnish information relevant to an investigation of a possible violation of an NCAA regulation when requested to do so by the NCAA or the individual’s institution
- Knowing involvement in arranging for fraudulent academic credit or false transcripts for a prospective or an enrolled student-athlete
- Knowing involvement in offering or providing a prospective or an enrolled student-athlete an improper inducement or extra benefit or improper financial aid
- Knowingly furnishing the NCAA or the individual’s institution false or misleading information concerning the individual’s involvement in or knowledge of matters relevant to a possible violation of an NCAA regulation
- 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”)

## Disciplinary Procedures

### **1. Temporary Suspension**

The Athletic Department reserves the right to take necessary and appropriate action to protect the safety and well-being of its sponsored teams and the University community. Therefore, a student-athlete may be suspended temporarily by the athletic director or his/her administrative designee for a period of up to seven (7) business days. A temporary suspension is to be immediately effective without prior notice whenever there is evidence that the student-athlete’s continued presence on the team would constitute a threat to him/her, others, or to normal team operation. During the suspension, an administrative review

will be initiated and disciplinary sanction(s) imposed if warranted. The student-athlete will be notified in writing of any disciplinary sanction(s).

## **2. Administrative Review**

If information is received by the athletic department suggesting that a student-athlete may have violated (a) civil or criminal law, (b) the University of Arkansas Student Code of Conduct, or other campus policy, (c) the Athletic Department Student-Athlete Conduct Code, or (d) NCAA or SEC rules and regulations the athletic director or his/her administrative designee will conduct an administrative review of the situation. If, upon evaluation, it appears that evidence exists to warrant further action, the athletic director or his/her administrative designee shall impose a disciplinary sanction(s).

## **3. Disciplinary Sanctions**

Subsequent to the administrative review, the director of athletics or his/her designee will decide on a disciplinary sanction. Sanctions for violation of the Student-Athlete Conduct Code may include any one or more of the following:

- **Reprimand:** The student-athlete is warned in writing that further misconduct may result in more severe disciplinary sanctions. The student-athlete may also be restricted from specific activities and/or have other conditions imposed.
- **Suspension:** Separation of the student-athlete from the team for any or all activities for a specified period of time
- **Dismissal:** Permanent separation of the student-athlete from the team and intercollegiate athletics at the University. Dismissal may also ultimately include the withdrawal of the student-athlete's athletic scholarship by the University Scholarship and Financial Aid Committee.

## **4. Appeal Process**

The athletic director or his/her administrative designee has the authority to impose sanctions for violations of the Student-Athlete Conduct Code. The following procedures shall be the appeal process for a student-athlete who wishes to oppose his/her disciplinary sanction(s). During the appeal process the sanction(s) will remain in place.

- A. The student-athlete must appeal the disciplinary sanction(s) in writing within seven (7) business days of being notified of the sanction(s). The written statement should be submitted to the athletic director's office.
- B. The student-athlete conduct appeals committee will consist of the Faculty Athletic Representative (FAR), and at least two of the following:
  - Athletic Director
  - Athletic Director administrative designee(s)
  - Sport Administrator
  - Senior Woman Administrator (SWA)
- C. The student-athlete conduct appeals committee will review the written appeal and may also schedule an in-person meeting with the student-athlete if the committee deems it necessary.
- D. The student-athlete conduct appeals committee will notify the student-athlete in writing of its decision within seven (7) business days.
- E. The decision of the appeals committee is final. The withdrawal of an athletic scholarship may be upheld by the appeals committee, but only the University Scholarship and Financial Aid Committee may impose that sanction.

The focus of the inquiry in disciplinary proceedings shall be the innocence or guilt of the student-athlete accused of violating the Student-Athlete Conduct Code. Formal rules of evidence shall not be applicable nor shall deviations from prescribed procedures necessarily invalidate a decision or proceeding unless significant prejudice to the student-athlete or University may result.

### **Sportsmanship**

Sportsmanlike conduct means more than the absence of negative actions in public. The NCAA bases its existence on the concept of integrity and fair competition among its membership. The University of Arkansas Athletic Department prides itself in this area as reflected by the sportsmanship of administrators, support staff, coaches, and student-athletes alike. As a Razorback student-athlete, you must continue to uphold the virtues of good sportsmanship through your approach to competitive situations, actions during contests, and attitudes toward winning and losing. Fellow students and community supporters hold you in high esteem, so the sportsmanlike manner in which you conduct yourself is an integral part of this process. Problems in this area will be dealt with individually and could result in a disciplinary sanction.

Sportsmanship guidelines include:

- Communicate appropriately with officials and opponents on routine matters during athletic events
- Maintain control during emotionally charged situations, including assisting a teammate who appears to be losing control
- React in a positive manner to an aggressive action by an opponent
- Treat all players, officials, and coaches with respect and courtesy
- Uphold all standards and regulations expected of participants
- Accept victory and defeat with class
- Respect and accept the decisions of the coach; student-athletes should direct questions to the coach in private and follow appropriate channels to voice their concerns
- Exhibit dignity in manner and dress while representing the University both on and off the playing field

### **Conduct, Player Appearance, and Alcohol**

Player conduct and dress policies applicable to team travel and home events shall be established by the coach and ensure that student-athletes conduct themselves in a manner positively reflecting upon the reputation of the University of Arkansas.

*Student-athletes shall refrain from drinking alcoholic beverages while representing the University of Arkansas at competitive events, while traveling to or from such events, or at official social events related to such competition.*

### **Travel Rules**

The head coach will establish rules for specifics of team travel. The coach will provide these to student-athletes at the beginning of their season of competition. In general, there are certain expectations for student-athletes while representing the University away from campus.

Sports schedules are designed to provide student-athletes with the highest caliber of

competition and to prepare them to compete for Southeastern Conference and NCAA national championships. As such, travel is a key part of such scheduling. Student-athletes should learn to manage their time on the road and to keep their instructors abreast of their travel schedule.

Athletes are expected to travel to and from away sites with the team. Only under special mitigating circumstances are individuals allowed to travel separately from the team. University insurance requires that student-athletes travel with the team in official vehicles at all times.

***Whenever you travel as a team, you are representing the University of Arkansas. Your actions and behavior are a direct reflection on the university and the intercollegiate athletic department. Make sure you make a positive impression and promote personal integrity and ethical conduct at all times.***

### **Grievance Policy**

As a University of Arkansas student, matters involving allegations of unlawful harassment (including sexual harassment), discrimination and/or retaliation should be reported to the university's Office of Equal Opportunity and Compliance, and matters involving alleged failure to provide reasonable accommodations for a disability should be pursued through the grievance process described on the university's Center for Educational Access website.

The University of Arkansas Athletic Department is committed to resolving all complaints or grievances brought to its attention in the most equitable fashion possible for all persons concerned. Any concern that you may have will be treated seriously. The following are procedures.

1. Any student-athlete with a complaint or grievance involving an athletic team, coach, department staff member, or policy should discuss and attempt to resolve the complaint or grievance with the person(s) involved. All persons involved in the situation should make every attempt to resolve the problem as promptly as possible.
2. If a satisfactory resolution cannot be reached by the persons directly involved, the student-athlete or person with the complaint should contact their sport administrator, Senior Woman Administrator (SWA) or Assistant AD for SA Development & Administration. After discussing the situation and concerns, a resolution plan will be determined. Everyone who has been identified as being able to assist in the resolution of the conflict will be contacted and included in the procedure.
3. If the complaint is not resolved at this level, the grievant and their sport administrator, Senior Woman Administrator (SWA) or Assistant AD for SA Development & Administration will direct the grievance to the Athletic Director who will interview the persons involved. The sport administrator, Senior Woman Administrator (SWA) or Assistant AD for SA Development & Administration may also determine that a formal meeting involving all relevant parties is necessary. Within five (5) business days the sport administrator, Senior Woman Administrator (SWA) or Assistant AD for SA Development & Administration will inform all persons in writing of the decision.

## **Sexual Harassment**

The University of Arkansas is committed to maintaining an environment which prevents sexual harassment. Sexual harassment by any member of the University of Arkansas is a violation of both law and University policy and will not be tolerated in the University community. Both males and females can be perpetrators and/or victims of sexual harassment. It is the policy of the University of Arkansas Athletic Department that no member of the community may sexually harass another. Any student-athlete who violates this policy will be subject to disciplinary actions.

Sexual harassment is defined as unwelcome sexual advance, requests for sexual favors, and other verbal or physical conduct of a sexual nature, when any of the following occurs:

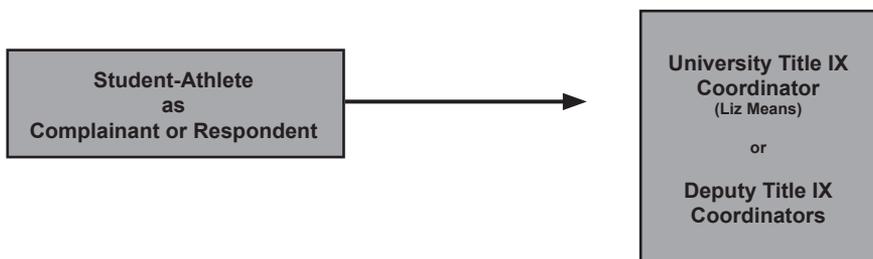
- Submission to such conduct is made either implicitly or explicitly a term or condition of an individual's employment or status in a course, program, or activity
- Submission to or rejection of such conduct is used as a basis for an academic, employment or placement decision affecting the individual
- Such conduct has the purpose or effect of unreasonably interfering with an individual's work performance or educational experience or creates an intimidating, hostile, or offensive environment for working or learning

Anyone who believes he/she has been subjected to sexual harassment and for additional information on University policies and procedures should contact the University Title IX Coordinator, or any Deputy Title IX Coordinator. Please see Title IX section of the handbook.

## TITLE IX PROCESS – STUDENT VERSION

In the case of an emergency, immediately call 911 or University of Arkansas Police Department at (479) 575-2222.

- If it is not an emergency, student-athletes are ***STRONGLY ENCOURAGED*** to report all Title IX related matters ***DIRECTLY*** to the Title IX Coordinator or designated Deputy Title IX Coordinators. (Contact Information Below)



### STUDENT-ATHLETE CAMPUS RESOURCES

#### Title IX Coordinator

##### **Liz Means**

Office: (479) 575 - 7111

Cell: (479) 409 - 9972

titleix@uark.edu

#### Deputy Title IX Coordinators

##### **Brande Flack**

Director of Retention Programs

Center for Multicultural and Diversity Education

(479)-575-5014

bmflack@uark.edu

##### **Danielle Dunn**

Assistant Director

Office of Student Success

(479) 575-7724

Dmd005@uark.edu

##### **Derita Dawkins**

Deputy AD: Student-Athlete Wellness/ SWA

(479)-575-7520

dratclif@uark.edu

##### **Laura James**

Director of the Center for Educational Access

(479) 575 -3104

lauraj@uark.edu

**Kat Devenport**  
Chief of Staff  
Athletic Department  
(479) 575-7953  
kemoffe@uark.edu

**Dr. Shane Barker**  
Assistant Dean and Director of Advising for Fulbright College  
(479) 575-3007  
sxb028@uark.edu

**University of Arkansas Police Department**  
155 S. Razorback Road  
(479) 575-2222

**STAR Central Office**  
Pat Walker Health Center  
**Dr. Mary Wyandt-Hiebert**  
Director of STAR Central  
(479) 575-7252

**Counseling and Psychological Services (CAPS)**  
Pat Walker Health Center  
(479) 575-4451

**Student Standards and Conduct**  
Pomfret Hall B110  
(479) 575-5170

**U of A Cares**  
325 Administration Building  
(479) 575-5004

**Assistant AD for Mental Health and Performance**  
**Dr. Chris Bader**  
Student-Athlete Success Center  
(479) 575-5163

## COMPLIANCE

The University of Arkansas Department of Athletics Compliance Office is committed to a comprehensive compliance program that educates administrators, staff personnel, coaches, student-athletes and representatives of athletic interest about the importance of adhering to NCAA, SEC, and institutional rules and regulations.

The goals of the Compliance Office are to:

- Establish institutional policies and procedures to prevent violations of NCAA and SEC rules
- Maintain a high level of integrity and ethical conduct
- Develop an atmosphere where the Compliance Office is utilized as a means of education and prevention of rule violations; and
- Establish clear lines of communication throughout the University on compliance-related issues

If you have any questions regarding any compliance-related issues, please contact the Compliance Office immediately at (479) 575-6738.

### **Complimentary Tickets and Admission Benefits**

The University of Arkansas Department of Athletics follows NCAA and SEC rules regarding the use of complimentary tickets by student-athletes. The department may provide four complimentary admissions for each regular season home contest to a student-athlete in the sport in which the individual participates. A form designating these individuals will be issued to you prior to each home event. No changes can be made after the pass list has been approved and submitted to the ticket office. Each individual on your list must sign for admittance and show appropriate identification. Some sports may have additional requirements and guidelines.

All Razorback student-athletes may be admitted to all other athletics events by showing University I.D. and signing in at the pass gate. Please note, pass list privileges can be revoked if you allow another individual to use your student I.D. and privileges for tickets. Some sports may have additional team rules or guidelines where the use of this complimentary admission may be revoked.

All Razorback student-athletes should note the following actions are **IMPERMISSIBLE**:

- *Hard Tickets.* Complimentary admissions shall be provided only through a pass list for individuals designated by the student-athletes. Hard tickets shall not be issued.
- *Sale of Complimentary Admissions.* You may not receive payment from any source for your complimentary admissions and may not exchange or assign them for any item of value (e.g., cash, loan, free services, clothing, etc.).
- *Payment to Third Party.* Individuals designated by you to receive complimentary admissions are not permitted to receive any type of payment for these admissions or to exchange or assign them for any item of value. Receipt of payment for complimentary admissions by such designated individuals is prohibited and considered an extra benefit.
- *Sale above Face Value.* You may not purchase tickets for an intercollegiate athletics event from the University of Arkansas and then sell the tickets at a price greater than their face value.

Any of the above mentioned actions by a student-athlete could declare you ineligible for intercollegiate athletics competition.

## **Countable Athletically-Related Activity (“CARA”)**

There are daily and weekly limitations on the amount of time a coaching staff member can require student-athletes to participate in countable athletically related activities (e.g., practice, competition, film sessions, etc.). Athletically-related activities that count toward applicable limitations include any required activity with an athletics purpose involving student-athletes and is at the direction of, or supervised by one or more of an institution’s coaching staff (including strength and conditioning coaches).

### Examples of Countable Athletically-Related Activities

The following activities are considered countable:

- Coach initiated athletic meetings or athletics meetings required by a coach;
- Competition and associated activities, regardless of their length, count as 3 hours;
  - o Countable athletically related activities are prohibited after competition.
- Field, floor, or on-court activity;
- Setting up offensive and defensive alignments;
- Required weight training and conditioning activities;
- Required participation in camps/clinics;
- Participation outside the regular season in required individual skill-related instructional activities with a member of the coaching staff;
- Discussion or review of game film; and
- Punishment (e.g., morning runs).

### *Daily and Weekly Hour Limitations—Playing Season*

A student-athlete’s participation in countable athletically related activities shall be limited to a maximum of four hours per day and 20 hours per week.

### *Required Day Off—Playing Season*

During the playing season, all countable athletically related activities shall be prohibited during one calendar day per week, except during participation in one conference and postseason championship and any postseason licensed bowl games or National Invitation Tournaments, and during participation in NCAA championships.

### **Weekly Hour Limitations—Outside the Playing Season**

*Sports other than Football:* Outside of the playing season, from the institution’s first day classes of the academic year or September 15, whichever occurs earlier, to one week prior to the beginning of the institution’s final examination period at the conclusion of the academic year, only a student-athlete’s participation in required weight training, conditioning and skill-related instruction shall be permitted. A student-athlete’s participation in such activities per NCAA Bylaw 17.02.1 shall be limited to a maximum of eight hours per week with not more than four hours per week spent on skill-related workouts. All countable athletically related activities outside the playing season are prohibited one week prior to the beginning of the final examination period for the applicable academic term through the conclusion of each student athlete’s final exams.

*Bowl Subdivision Football (FBS).* Activities between the institution’s last contest and January 1 are limited to required weight-training, conditioning and the review of game film. A student-athlete’s participation in such activities shall be limited to a maximum of eight hours per week, of which no more than two hours per week may be spent on the viewing of film. All activities beginning January 1 and outside the playing season shall be conducted pursuant to Bylaw 17.9.6.

### *Required Days Off—Outside of the Playing Season*

Outside the playing season during the academic year, all countable athletically related activities (per Bylaw 17.02.1) are prohibited during two calendar days per week.

As a Razorback student-athlete, it is your responsibility to help us monitor the rules and regulations regarding countable athletically related activity. During the academic year we will periodically ask you to provide us information regarding the amount of time you are putting toward the items listed above. If you ever feel as if you are going over the permissible amount of hours of countable athletically related activity, please let us know by contacting the Compliance Office.

### **Required Athletically Related Activities (“RARA”)**

Required athletically related activities are any activities, including CARA, that are required as a student-athlete. RARA (that is not considered CARA) does not count toward the daily and weekly time limitations.

Examples of Required Athletically Related Activities include, but are not limited to:

- Compliance meetings
- Promotional activities/fundraising activities (if required)
- Required recruiting activities (e.g., student host for a recruit)
- Student-Athlete Development meetings (if required)
- Community service activities (if required)
- Traveling to/from competition
- Media activities (if required)
- Team building (if required)

### **Student-Athlete Time Management Plan**

In an effort to provide greater predictability and transparency in student-athletes' upcoming athletic schedules, coaching staffs will be responsible for distributing calendars to the student-athletes on their roster throughout the year. The calendars shall include, all CARA, RARA, and days off. If changes to the previously established calendar occur, student-athletes shall be provided adequate notice of those changes.

There will be an annual end-of-year review of each sport's time management plan. The institution's director of athletics, faculty athletics representative, the sport's head coach and at least one student-athlete representative shall be involved in the review. The review shall include, at a minimum, an evaluation of the extent to which the student-athletes were free from all athletically related activities, other than those initiated by student-athletes, during the required eight-hour overnight period and all required days off. The findings of each annual review shall be reviewed by the institution's president or chancellor.

For further information, please contact the Compliance Office.

### **Automobile Registration**

All student-athletes must fill out an Automobile Registration Form at the University of Arkansas. This form is to be filled out in its entirety regardless of whether you have a vehicle on campus or not. All relevant information, including purchaser and insurance information should be included. You will also be required to provide proof of registration. The form should be updated if any of the originally reported information changes. In addition to the Automobile Registration Form, student-athletes must complete the Loaner Car Form if they have temporary use of a different vehicle (e.g., loaner car, rent car, borrowing a family member's car, etc.). These forms are maintained in the Compliance Office and can also be found in the ACS Student-Athlete Portal.

## Student Host Responsibilities

When a prospective student-athlete visits the University of Arkansas, you may be asked to serve as a student host. If you are a student-athlete host, it is permissible to provide you with a maximum of \$75 for each day (24-hour period) of the visit (maximum of \$150 for two 24-hour periods) that you host the prospective student-athlete. If you entertain more than one prospective student-athlete, you may receive an additional \$40 for each additional prospective student-athlete. This money is to cover all actual costs of entertaining the prospect, prospect's parents, legal guardians, or spouse, excluding the cost of meals and admission to campus athletics events. These funds may not be used for the purchase of souvenirs, such as t-shirts or other institutional mementos. In addition, you cannot transport a prospect outside a thirty (30) mile radius from campus and cannot allow any in-person contacts to occur between alumnus and/or boosters.

If several students host a prospective student-athlete, the \$75 per-day entertainment money may be used to cover the actual and necessary expenses incurred by the prospective student-athlete and all hosts. Only one student host per prospective student-athlete may be provided a free meal if the restaurant facilities are used.

As current student-athletes, you are a resource who can provide valuable information about the University's campus and athletic lifestyle. Therefore, you have an important role in recruiting. ***The University of Arkansas Athletic Department does not encourage, condone, or allow the use of alcohol by a host or a recruit during a prospective student-athlete's visit to our campus.*** It is our mission to provide a safe, fun, and informative environment to all prospective student-athletes. Coaching staffs will notify prospective student-athletes prior to their campus official visit that this will be an "alcohol free" visit. When accepting the role of student host, all students are expected to comply with NCAA, SEC, departmental, and team policies. Using alcohol is neither an expectation nor a requirement for showing a prospect a "good time." Allowing or encouraging a recruit to drink alcohol, leaving him or her unattended at a social gathering, or getting into a car with someone who has been drinking is subject to disciplinary sanctions. It is very important to remember that most prospects are minors (under 21) in the eyes of the law.

Your enthusiasm for being a student-athlete at the University of Arkansas, along with your team's vision for success, is the most important thing you can share with a prospective teammate.

## Amateurism

An individual loses amateur status and will not be eligible for intercollegiate competition in a particular sport if the individual:

- (a) Uses his or her athletics skill (directly or indirectly) for pay in any form in that sport;
- (b) Accepts a promise of pay even if such pay is to be received following completion of intercollegiate athletics participation;
- (c) Signs a contract or commitment of any kind to play professional athletics, regardless of its legal enforceability or any consideration received, except as permitted in NCAA Bylaw 12.2.5.1\*);
- (d) Receives, directly or indirectly, a salary, reimbursement of expenses or any other form of financial assistance from a professional sports organization bases on athletics skill or participation, except as permitted by NCAA rules and regulations;
- (e) Competes on any professional athletics team per NCAA Bylaw 12.02.11\*, even if no pay or remuneration for expenses was received, except as permitted in NCAA Bylaw 12.2.3.2.1\*);

- (f) After initial full-time collegiate enrollment, enters into a professional draft (see NCAA Bylaw 12.2.4\*); or
- (g) Enters into an agreement with an agent.

To compete as a student-athlete, it is essential that you know the NCAA rules related to professional sports and sport agents. Any violation of the following rules could produce severe negative consequences for you and the University of Arkansas:

- A student-athlete **may not** agree, either orally or in writing, to be represented by an agent or organization in the marketing of his/her athletic abilities or reputation until after the completion of his/her last intercollegiate contest, including postseason games.
- A student-athlete or representative **may not** negotiate or sign a playing contract in any sport in which the student-athlete intends to compete professionally or to market the name or image of the student-athlete.
- A student-athlete **may not** accept expenses or gifts of any kind (including meals and transportation) from an agent (or anyone else) who wishes to provide services for the student-athlete. Such payment is not allowed since it would be compensation based on athletic skills and a preferential benefit not available to other students.
- A student-athlete **may not** receive preferential benefits or treatment (e.g., loans with a deferred payback basis) because of his/her reputation, skill or potential as a professional athlete.
- A student-athlete **may not** retain professional services for personal reasons at less than the normal charge from a University of Arkansas athletic booster. If you have any questions regarding amateurism and/or professional sports agents, contact the Compliance Office.

### **Gambling and Bribery**

Gambling on the outcome of athletic contests is all too prevalent in our society, and can have a devastating effect on student-athletes if they choose to engage in such an activity. NCAA rules prohibit student-athletes, coaches and staff members from participating in any sports gambling activities.

Specifically, the NCAA rules prohibit sports wagering on any institutional practice or any competition (intercollegiate, amateur or professional) in a sport that is an NCAA-sponsored sport.

In order to adhere to the NCAA's strict policy on gambling and to protect a student-athlete's eligibility, a student-athlete **may not**:

- Provide information to individuals involved in organized gambling activities concerning intercollegiate athletic competition;
- Solicit a bet on any intercollegiate athletic team;
- Accept a bet on any intercollegiate athletic team;
- Solicit or accept a bet on any intercollegiate competition for any item that has tangible value (e.g., cash, shirt, dinner); or
- Participate in any gambling activity that involves intercollegiate or professional athletics through a bookmaker, a parlay card or any other method employed by organized gambling.

Any of the above mentioned actions by a student-athlete could declare him or her ineligible for intercollegiate athletic competition and/or permanently lose all remaining regular-season and postseason eligibility in all sports. In addition to awareness of gambling and bribery rules, student-athletes are responsible for reporting any offers of gifts, money, or favors in exchange for supplying team information or for attempting to alter the outcome of

any contest. Student-athletes should contact their coach or other departmental personnel when questions concerning appropriate release of team information occur.

***Remember that participation in gambling or sports wagering/bribery can result in disciplinary actions by the University of Arkansas, NCAA, and SEC.***

### **Extra Benefits**

An extra benefit is considered to be anything that is provided to a student-athlete that is not available to the general student body of the university he/she attends. Therefore, the description of an extra benefit will change from university to university. However, you should assume the following items are extra benefits that cannot be provided to student-athletes:

- Special discounts, payment arrangements, or credit on purchases or services (e.g., airline tickets, clothing, dry cleaning);
- Arrangement for employment of relatives or friends of an enrolled student-athlete;
- Free or reduced-cost professional services;
- Use of telephone without charge for long distance phone calls;
- Free or reduced rates for services from an establishment owned by a representative of athletics interest (e.g., movie tickets, dinners, or other entertainment);
- Cash or loan of money;
- Guarantee of bail or bond;
- Use of an automobile;
- Loan or arrangements for a loan by signing or cosigning for the note;
- Preferential treatment, benefits or services for athletic skills or pay-back potential as a future professional athlete;
- Use of personal properties (e.g., boats, summer homes, private land, cars, stereos);
- Receive more than the allotted number of complimentary admissions; or
- Use of University telephones, telephone credit cards for free, fax machines and copiers.

To determine whether the benefit is permissible to receive, check with the Compliance Office or your head coach rather than putting your eligibility in jeopardy. Receipt of an extra benefit can render you ineligible for intercollegiate competition.

### **Financial Aid and Athletic Scholarship Policies**

The goals of the athletic scholarship program at the University of Arkansas are to provide financial assistance to deserving student-athletes and to ensure that the awarding of such aid is consistent with the regulations of the NCAA, the SEC, and the primary educational values of the University. Athletic scholarships are awarded only to those individuals showing exceptional athletic promise who meet academic standards and maintain academic progress.

Financial aid may not exceed the student's total cost of attendance for each term of enrollment. Types of financial aid include athletic scholarships, any other types of scholarships, grants, loans, other federal financial aid, state aid, work-study earnings, and tuition discounts/waiver. Off-campus employment earnings are not countable as institutional financial aid.

### Eligibility

To be eligible for an athletic scholarship, a student-athlete must meet all applicable NCAA and SEC requirements. Please see the section on academic eligibility for more information.

### Terms and Duration

A Financial Aid Agreement defines the terms and duration of an athletic scholarship and the mutual responsibilities of the University of Arkansas and the student-athlete to the particular sport for which the aid is granted when he/she signs a financial aid agreement. An Athletic Scholarship may be awarded for a period of one year or up to five years. One-year athletic scholarships are awarded in equal amounts for each semester of the academic year, provided the student-athlete meets all NCAA, Conference and University requirements governing athletic financial aid.

### Reduction or Cancellation of Athletic Scholarship

The University **MAY NOT** reduce or non-renew institutional athletic aid of a student-athlete who receives athletic financial aid in their initial year of full-time enrollment at the UA. Additionally, institutional athletic aid **MAY NOT** be reduced or canceled during the period of award on the basis of a student-athlete's athletic ability or contribution to a team's success; an injury, illness, physical or mental medical condition that prevents participation in athletics, or for any other athletics reason.

Institutional athletic aid **MAY** be reduced or canceled immediately during the period of award if the recipient:

- Renders him/herself academically ineligible for intercollegiate competition;
- Fraudulently misrepresents any information on an application, letter of intent, or financial aid agreement;
- Engages in serious misconduct warranting substantial disciplinary penalty;
- Voluntarily withdraws from a sport for personal reasons; however, the recipient's financial aid may not be awarded to another student-athlete in the academic term in which the aid was reduced or canceled. A student-athlete who voluntarily withdraws from a sport may have his/her athletic aid terminated and/or prorated immediately;
- Fails to maintain APR requirements; or
- Violates a documented institutional, athletics department or team policy.

### Procedures For Renewal, Nonrenewal, or Graded Renewal of Athletic Scholarship

A student-athlete who received a one-year athletic scholarship in the previous year and has remaining eligibility in their sport, must be issued a renewal financial aid agreement or written notification of non-renewal **on or before July 1**. In the event of non-renewal or reduction of aid, the procedures for appeal are described below. Multi-year agreements that are still in effect do not require a renewal notice unless the agreement expires and the student-athlete has remaining eligibility in their sport.

### Renewal of Athletic Scholarship

An athletic scholarship may be awarded for a maximum of five years provided the student is eligible for athletic financial aid. However, athletic aid may not be awarded for a period of less than one academic year except for certain exceptions including final semester or mid-year enrollment. (Bylaw 15.3.3.1)

### Reduction and Non-renewal Appeal Process

For those student-athletes whose athletic aid is recommended to be non-renewed for the ensuing academic year or reduced or canceled during the period of award, the Financial Aid Office provides written notification as well as the opportunity for a hearing and how to initiate the appeal process. Carrying out the appeal process is the responsibility of the Financial Aid Office and its standing University Financial Aid Appeals Committee (15.3.2.3).

## **Student-Athlete Employment**

NCAA legislation allows all student-athletes the opportunity to earn legitimate employment income in combination with athletics. Earnings from a student-athlete's on- and off-campus employment is exempt and is not counted in determining a student-athlete's full grant-in-aid or in the institution's financial aid limitations (except for federal work-study), provided:

- The student-athlete is compensated only for work actually performed.
- The student-athlete is compensated at a rate commensurate with the going rate in that locality for similar services.

### Athletics Reputation

The student-athlete's compensation does not include any remuneration for value or utility that the student-athlete may have for the employer because of publicity, reputation, fame, or personal following that he or she has obtained because of athletic ability.

***Before any student-athlete is allowed to secure employment, employment forms (available from the Compliance Office and the ACS Student-Athlete Portal) must be completed, signed by the head coach and the employer, and submitted to the Compliance Office for approval. Failure to report employment may result in reduction or cancellation of athletic financial aid.***

The student-athlete should contact the Compliance Office if there are any questions and/or to begin the employment approval process.

## **Transfer Process for Razorback Student-Athletes**

Procedure for student-athletes to notify the UA of transfer: If a student-athlete wishes to transfer to another institution, he or she may initiate the notification of transfer process by providing the Razorback Compliance Office with a written notification of transfer at any time. The Razorback Compliance Office shall enter the student-athlete's information into the national transfer database within two business days of receipt of a written notification of transfer from the student-athlete.

Written Notification of Transfer and its Potential Impact on a Student-Athlete's Athletic Financial Aid: If a student-athlete provides written notification of transfer to the institution during a regular academic term, the institution may reduce or cancel the student-athlete's athletic financial aid at the end of the regular academic term in which written notification of transfer was received. If a student-athlete provides written notification of transfer to the institution between regular academic terms (winter break, summer break), the institution may reduce or cancel the athletic financial aid immediately.

Services and Benefits Available for student-athletes who provide the UA with a written notification of transfer: A student-athlete who has provided the UA with a written notification of transfer shall still have access to academic support services.

## COMMUNICATIONS OFFICE INFORMATION

The University of Arkansas Athletics Communications Office provides guidance for student-athletes, coaches and staff in the promotion of the University and Razorback brands through interaction with local, regional and national media and on social media.

Sometime during your collegiate athletic career, you may be asked to conduct an interview with a member of the media. It may be after you've hit the winning basket, hit a game-winning home run or set a record. It may be after you've missed a putt that would have won the conference championship for your team. It may be for a feature article about you in either the local newspaper or your hometown paper. Whatever the case, dealing with the media is an important aspect of college athletics.

### Media Interview Guidelines

The following best practices have been established by the Communications Office to help you prepare and train to work with members of the media and the interview process. The University of Arkansas and the Athletics Department recognizes and supports the student-athletes' rights to freedom of speech, expression and association in all manners of communication. Please keep in mind that members of the Communications staff are always available to assist you in matters regarding the media. We want your experiences with the media to be as positive and helpful as possible.

Here are some best practices related to your representation of Razorback Athletics:

- The Communications Office is available to schedule interviews (phone, in person, teleconference, etc.). If the interview has not been set up by the Communications Office, you have the option to politely remind the reporter to contact the Communications Office first and we will be happy to schedule the interview in a time that doesn't conflict with other obligations you may have. This includes media attempting to contact you on your phone, via e-mail or on any of your social media platforms.
- Please do not agree to an interview that will conflict with class or team-related functions (meetings, practices, games, etc.). Most interviews will be attempted to be scheduled prior to or following practices or in a designated time established by your coach or what best fits your schedule. If the interview is scheduled for times other than around practice or events, please be on time. If there is a problem, please let your coach or someone from the Communications staff know so the interview can be rescheduled.
- In an effort to maintain your privacy, the Communications staff will not release your telephone number or email address without your permission. While you are free to distribute your personal information to whomever you choose, it is not recommended to distribute your personal cell phone or contact information to others, including members of the media.
- Dress appropriately for all interviews. You should anticipate that all interviews will include a photo and/or video. Media are often multi-tasking and will use the interview on social media, in print and online, which will likely include photos and/or video.
- Introduce yourself to the reporter/media member (in a one-on-one interview). Understand each question and think through your reply. If you don't understand a question, ask the interviewer to repeat it or clarify it.
- Situations arise in which a student-athlete will be asked about a controversial situation. Your Communications contact is available to brief you prior to the interview and offer guidance, as needed, on potential questions.
- A reminder, you do not have to answer a question if you do not wish to do so. A simple response such as "I'd rather not discuss that," can answer the question in a positive manner so that it does not appear that the question is being dodged. Seek

counsel from a Communications staff member if you are uncomfortable with the questions, answers or general tone of the interview.

- Be aware of questions that may lead you to, directly or indirectly, second-guess your coaching staff or your teammates. While delivered in the context of an answer to a specific question, your response may be construed in a different manner. If asked “why do you think Player X missed that shot/catch, etc.” one potential response might be “That might be a question better directed to Player X.”
- Post-event interviews are strongly recommended. Most of us are happy to talk after a great win but it is more difficult to answer questions after a loss. The Communications Office will make every effort to make these media appearances as brief and as positive as possible. The Communications Office is available to assist you in preparation for difficult questions that may be asked and may offer suggestions on transitioning to points that you would like to make.
- Interviews provide an opportunity for you to share your personal thoughts and opinions on a variety of topics., However, just like actions on the field/court, the words you share can have an impact on you, your teammates and your program.

Here are a few things to consider when formulating your responses:

- o Impact my responses may have on my team, teammates and coaches.
- o Assume all interviews and conversations are “on the record.” Many media outlets run entire interviews on their websites and on social media channels. Do not say something you would not be comfortable with being quoted or broadcast on TV and social media outlets.
- o Public criticism of officials by administrators, coaches or student-athletes may result in disciplinary action by the Southeastern Conference.
- o Negative comments, especially after a loss, may be viewed as bad sportsmanship.
- o Often times, sarcasm or inside jokes, are misunderstood outside the interview.
- o You are a public figure representing the University of Arkansas and the Razorback Athletic Department.

If a problem with a member of the media arises, please bring it to the attention of the Communications staff as soon as possible. For more information on working with the media at the University of Arkansas, please contact the Communications Staff at 479-575-2751 or your specific sport’s Communications contact.

### **Social Networking Guidelines**

As you begin participation in another athletic season, the University of Arkansas Athletics Department wants to make sure you are aware of our social networking guidelines. The University of Arkansas and the Athletics Department recognize and support the student-athletes’ rights to freedom of speech, expression and association in all manners of communication, including the use of social networks. Nothing in these guidelines is intended to impinge on any right you may have to engage in protected conduct.

In this context, however, each student-athlete must remember that playing and competing for the University of Arkansas is a privilege. As a student-athlete, you represent the University of Arkansas and Razorbacks Athletics and you are expected to portray yourself, your team and the university in a positive manner at all times.

Below you will find our social networking best practices which provide strategies for social networking site usage:

- Everything you post is public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit who can follow you. Information (including pictures, videos and comments) may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the site and

may be searchable even after you remove it.

- It is recommended that you exclusively maintain your account information. Allowing others access to your account opens another door for something to go wrong. Changing your password once in a while is also a good practice so you know you are the only one with that login information.
- What you post may affect your future. Many employers and college admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments, accounts followed and posters).
  - o Your old posts from high school, junior high or earlier still exist so any inappropriate language or visuals that you used as a minor can be brought to light if you do not go back and delete them. The Communications staff is available to answer any questions you may have about this.
- Similar to comments made in person, the University of Arkansas Athletics Department will not tolerate disrespectful comments and behavior online, such as:
  - o Derogatory language or remarks that may harm your teammates or coaches; other University of Arkansas student-athletes, teachers or coaches; and student-athletes, coaches or representatives of other schools, including comments that may disrespect our opponents.
  - o Incriminating photos or statements depicting violence; hazing; sexual harassment; full or partial nudity; inappropriate gestures; vandalism, stalking; underage drinking, selling, possessing or using controlled substances; or any other inappropriate behaviors.
  - o Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
  - o Indicating knowledge of an unreported school or team violation—regardless if the violation was unintentional or intentional.
- A few other points to keep in mind include:
  - o You cannot post any information that is proprietary to the Athletic Department which is not public information such as tentative or future schedules, or information that is sensitive or personal in nature, such as travel plans and itineraries. You are responsible for knowing the Department's Confidential and Proprietary Information Policy.
  - o You are personally liable for any copyright violations committed, such as posting photographs, audio or video that is not your personal property. This includes the use of the trademarks of the University of Arkansas.
  - o You are personally responsible for anything you share or repost from others or other sites that is perceived as defamatory, negative, illegal or inappropriate. You may be subject to criminal or civil penalties similar in nature to those you face if you had originally posted the content.
  - o You are personally liable for any violations of other student's or student-athlete's privacy rights, especially those that fall under federal privacy laws (FERPA or HIPPA) or that violate University of Arkansas student codes of conduct or codes of computing practices.
  - o You should not post your home address, local address, social security number, phone number(s), birth date or other personal information such as your where abouts or your plans.
  - o For your safety and NCAA compliance purposes, coaches and athletic department administrators can and do monitor social media.

The online social network sites are NOT a place where you can say and do whatever you want without repercussions. The information you post on a social networking site is considered public information.



ATHLETIC TRAINING • CONCUSSION MANAGEMENT PLAN • DRUG AND ALCOHOL EDUCATION  
MENTAL HEALTH & PERFORMANCE • SPORTS NUTRITION • STRENGTH AND CONDITIONING

## ATHLETIC TRAINING

The University of Arkansas Sports Medicine staff is committed to provide each Razorback student-athlete with state-of-the-art medical care. The goal of our sports medicine program is to assist every athlete in staying healthy and injury free. The athletic training staff, in conjunction with our team physicians, will coordinate the delivery of professional and comprehensive preventative, treatment, rehabilitation, and counseling services. There are specific guidelines the Athletic Department, team physicians, athletic trainers, coaches, and athletes follow to comply with NCAA, SEC and University rules and regulations. A summary of those guidelines are contained in this handbook. Please familiarize yourself with the following information and do not hesitate to ask questions if you are unsure of how to access appropriate health care.

### **Athletic Training Staff**

The sports medicine staff is comprised of full-time certified athletic trainers, multiple certified graduate assistants/interns, and numerous student assistants. The athletic teams are covered by the following staff:

- Dave England, Director of Sports Medicine
- Dave Polanski, Head Athletic Trainer (Football)
- Mark O'Neal, Head Athletic Trainer (Men's Basketball/Men's Golf)
- Tricia Matysak, Head Athletic Trainer (Olympic Sports/Volleyball)
- Simone Rush, Head Athletic Trainer (Women's Basketball/Golf)
- Cole Peterson, Associate Athletic Trainer (Men's Cross Country/Track & Field)
- Mark Hinton, Associate Athletic Trainer (Women's Cross Country/Track & Field)
- Dawn Didier, Associate Athletic Trainer (Soccer)
- Dustin West, Associate Athletic Trainer (Football)
- Jon Melia, Assistant Athletic Trainer (Football)
- Corey Wood, Associate Athletic Trainer (Baseball)
- Matthew Townsend, Assistant Athletic Trainer (Men's and Women's Tennis/Spirit Squads)
- Andrew Kreis, Associate Athletic Trainer (Softball)
- Kim Hinton, Assistant Athletic Trainer (Gymnastics)
- Katelin Wollner, Assistant Athletic Trainer (Swimming & Diving)
- Chris Coover, Graduate Assistant Athletic Trainer (Football)
- Melissa Sampson, Graduate Assistant Athletic Trainer (Football)
- Kaitlyn Hocutt, Graduate Assistant Athletic Trainer (Swimming & Diving)
- Joey Carroll, Graduate Assistant Athletic Trainer (Men's Tennis/Spirit Squads)
- Amanda Dixon, Graduate Assistant Athletic Trainer (Cross Country/Track & Field)

### **Athletic Training Rooms**

Athletic teams will receive care from the sports medicine staff in the three main athletic training rooms located in the Fred W. Smith Football Center, Barnhill Arena, and Basketball Performance Center. There are also designated satellite athletic training rooms available pre- and post-practice and during competition. Each main athletic training room provides services the following teams:

Barnhill Arena Athletic Training Room

Fred W. Smith Football Athletic Training Room

Cross Country

Football

Gymnastics

Basketball Performance Center Athletic Training Room

Softball

Baseball

Swimming and Diving

Men's & Women's Basketball

Track and Field

Men's and Women's Golf

Volleyball

Spirit Squad

Soccer

Tennis

**Medical Care Providers**

The University of Arkansas recognizes that it takes a TEAM of healthcare professionals across many different disciplines to work together to provide care for their student-athletes. After the athletic training staff evaluates an injured or ill athlete, specific guidelines are followed for medical referrals. ***Only athletic trainers may make referrals.***

The staff and physicians of Advanced Orthopaedic Specialists (AOS), Northwest Physicians Specialty Hospital (PSH), the University of Arkansas Medical Science (UAMS), and Northwest Cardiology have partnered together with the University of Arkansas Athletic Department to provide outstanding medical care for student-athletes. The following is a brief description of the three tenets of care and their areas of responsibilities:

Primary Care Sports Medicine / Orthopaedic Physicians

AOS's primary care sports medicine and orthopaedic physicians provide the medical services for the Arkansas Razorback Athletic Department. They specialize in sports-related injuries/illnesses and orthopedic surgeries. Specifically, the following primary care sports medicine physicians and orthopaedic surgeons serve the student-athletes and the University of Arkansas athletic department:

Kent Hagan, MD

Primary Care, Advanced Orthopaedic Specialist

B.J. Diemal, MD

Primary Care, Ozark Orthopaedic Clinic

Dominic Jacobelli, MD

Primary Care, Mercy Hospital

Chris Arnold, MD

Orthopedic Surgeon, Advanced Orthopaedic Specialist

Terry Sites, MD

Orthopedic Surgeon, Advanced Orthopaedic Specialist

Mark Powell, MD

Orthopedic Surgeon, Advanced Orthopaedic Specialist

David Yakin, MD

Orthopedic Surgeon, Advanced Orthopaedic Specialist

Jacob Pleiman

Orthopedic Surgeon, Ozark Orthopaedic Clinic

Andy Heinzelman

Orthopedic Surgeon, Ozark Orthopaedic Clinic

Rob McCleod

Orthopedic Surgeon, Ozark Orthopaedic Clinic

Tom Coker

Orthopedic Surgeon, Ozark Orthopaedic Clinic

Additionally, a Mid-level Practitioner, works on campus in the south end zone of Reynolds Razorback Stadium under the supervision of the above-named physicians to provide daily care and coverage.

The University of Arkansas Athletic Department also works with the University of Arkansas Medical Science in Little Rock's orthopaedic group with consultation specifically related to hand, wrist and hip injuries that require surgery.

Surgical Care

Northwest Physicians Specialty Hospital is one of the area's finest free-standing inpatient and outpatient surgical centers providing the UA athletes with superb confidential care.

## Cardiology

Northwest Cardiology offers comprehensive testing services to the Razorback Student Athletes, including on-campus physical exams, EKG interpretation and screening echocardiograms. Specifically, the following cardiologists serve as cardiology physicians for the Athletic Department:

Dr. Ashu Dhanjal                      Northwest Cardiology

## **Preseason Physicals**

All entering student-athletes are required to complete several forms and have a physical examination. All student-athletes must pass the physical examination before being allowed to participate. All physicals will consist of: primary care exam (medical history, blood pressure, pulses, auscultations, etc.); vision exam; orthopedic exam; EKG; screening echocardiograms; blood work-up (including sickle cell testing); urinalysis (including possible drug test); SWAY baseline; and impact baseline. Other follow up medical referral and/or auxiliary services or testing may be required as per the medical staff.

All returning student-athletes will also undergo preseason physical examinations each year. They will consist of the primary care exam and any additional testing or services deemed necessary.

All student athletes trying out as a walk-on for a University of Arkansas athletic team must present a passed physical within 6 months of the try-out date and the physical must include sickle cell testing results. The University of Arkansas will not be responsible for any injury that may occur during the try-out period. The student-athlete will be responsible for any related medical bills associated with an injury during their try-out if injury does occur. If a student-athlete is accepted to the team then they must pass a physical exam given by the University of Arkansas Sports Medicine Physicians. If there are medical costs associated with this physical exam, the student-athlete will be responsible for all costs.

## **Injury/Illness Policy**

*Student-athletes must report all injuries or illnesses including those NOT athletically related to the Sports Medicine Staff.* If the injury occurred during practice or competition, the athlete should see the team's Athletic Trainer as soon as possible. Student-athletes must be honest and direct with the medical staff caring for them. Costs pertaining to an injury and/or illness not reported in a timely manner may be the responsibility of the student-athlete and/or his/her parent(s) / guardian(s).

*All student-athletes who are ill or injured should report to the Athletic Training Room each day for treatment at the time designated by the Sports Medicine Staff.* This policy will be in effect throughout the academic year, regardless of sport and whether or not that sport is "in season." Athletes should follow the treatment and rehabilitation plan prescribed, advise the athletic trainers if there is any problem or reason why they cannot follow the plan, and report any changes in their condition.

## Specialists and Second Opinions

In the instance the Team Physician and/or Athletic Training Staff feels that a student-athlete should be referred to a specialist outside of our network of physicians, the Sports Medicine Staff will make the necessary arrangements and assume any fees occurred. **Should the student-athlete decide to see another physician or obtain a second opinion without the**

**prior referral from the Team Physician and/or the appropriate Head Athletic Trainer, the student-athlete is financially responsible for any fees incurred. A coach cannot refer a student-athlete to a physician.** All second opinions and referrals will be handled through the University of Arkansas Sports Medicine Department **ONLY**. In addition, the final decision on whether or not an athlete may participate in either practice or competition will rest solely with the University of Arkansas Sports Medicine Staff.

Consultations between the student-athlete's parents and the attending physician will be arranged upon the parent's request. All decisions regarding medical approval for participation in athletics, however, rest with the Sports Medicine Staff.

Physicians in other specialty areas are also available to our Team Physicians for consultations. A Team Physician and a Staff Athletic Trainer will coordinate all consultation appointments. The consulting physician will evaluate the athlete's injury and prepare a report for our Team Physician who will then determine the appropriate course of action for the injured athlete to follow.

#### Pre-Existing Injuries or Conditions

The University of Arkansas Athletic Department **will not** be responsible for medical care related to pre-existing injuries or conditions that occurred prior to joining a University of Arkansas athletic team. The student athlete is financially responsible for any fees incurred during the physical exam process as it relates to the pre-existing injury. Disqualification from participation due to that pre-existing problem is at the discretion of the University of Arkansas Medical Staff. Failure to report and document pre-existing problems releases the University of Arkansas Athletics Department from any liability in the event of aggravation or worsening of the initial injury.

The University of Arkansas Athletic Department will not be financially responsible for medications for long term pre-existing conditions such as asthma, allergies, ADD/ADHD, diabetes and acne unless the condition affects the student-athlete's ability to participate. The sports medicine staff is available to assist the athlete in ordering and coordinating the administration of the medication, but the Athletics Department may not be financially responsible for those medications.

It's especially important for athletes that have been prescribed medication for ADD/ADHD to have proper comprehensive clinical evaluation (referencing DSM-IV criteria). The evaluation should include supporting documentation using the following ADHD rating scale(s) (Connors, ASRS, CAARS). These evaluations are necessary so that student athletes are compliant with NCAA drug testing requirements. (For more information on the ADHD/ADD referral process please consult your athletic trainer).

#### Close-Out Screening

Upon graduation, transferring, or otherwise terminating an athletic career at the University of Arkansas, all athletes must meet with their team athletic trainer to review their medical history. Student-athletes that have not fully recovered from an injury sustained while playing must also meet with the team physician. It is the student-athlete's responsibility to request this meeting within 15 days after their participation has been completed. Failure to do so will disallow future bills relating to existing injuries to be paid by the University of Arkansas. The student-athlete and/or athletic trainer may request an examination by a Team Physician to determine the status of the injured student-athlete. If surgery or further treatment of an athletic related injury is required, it must be performed within 6 months of leaving the team. No procedure will be paid for unless coordinated through the

University of Arkansas Athletic Training Department. The University of Arkansas will not be financially responsible for an injury or condition that is not documented in the athlete's permanent medical file

### **Counseling**

The University of Arkansas Athletics Department is committed to providing the most current psychological resources to our student athletes. As such, student athletes may take advantage of sport/performance mental skills enhancement (e.g., imagery training, goal setting) training or counseling services. The Assistant AD, Mental Health and Performance provides mental skills training and counseling services to any student athlete who wishes to use this resource. Meetings regarding either domain can be set up by directly contacting Dr. Chris Bader, Assistant AD, Mental Health and Performance (479-409-7216; cbader@uark.edu), or through your Athletic Trainer. Dr. Bader's office is 220 in the Jones Student-Athlete Center. Meetings can be individual, small group, or team-based.

### **Nutritional Counseling**

The Athletic Training Staff, Strength and Conditioning Staff, Performance Nutrition Staff and Director of Clinical and Sport Psychologist jointly manage the nutritional counseling needs of the student-athletes. Please refer to the nutritional guidelines section of the student athlete handbook for further details.

### **Dental and Eye Care**

The University of Arkansas Athletic Department is only responsible for dental injuries that occur during organized practice or competition. All of such dental appointments must be made through the Athletic Training Staff.

The University of Arkansas Athletic Department will purchase contacts or sports glasses if they are needed by the student-athlete to participate in sport. Regular glasses cannot be provided. If the student-athlete wants additional features (i.e. contact tinting), the athlete is responsible for the charges.

### **Medical Appointments and Excuses**

The following rules apply regarding medical appointments:

- **Never** be late or miss a class, practice, or meeting because of a medical appointment unless you have been cleared to do so **prior to** such session by the Athletic Trainer for your sport
- Inform the athletic training staff if a treatment session and/or a physician appointment conflicts with class, weight room, or practice times as soon as possible so adjustments can be arranged

A medical excuse will only be issued to a student-athlete after the above process has been followed and as the care of the illness or injury dictates. When appropriate, the medical excuse should be obtained from the medical provider from which the medical excuse is needed. In all instances, the student-athlete should notify the athletic training staff of any conflicts with their academic responsibilities. If this cannot be avoided, the student-athlete should notify the appropriate personnel (teachers, academic counselors, weight room staff, etc.) as soon as possible. As per University policy, the acceptance of a medical excuse is at the discretion of the student-athletes instructor.

## **Medical Expenses**

- Non-Sport Related Injury / Illness Procedures:

The University of Arkansas Athletic Department may assume financial responsibility for injuries and illnesses that are not directly related to participation in the intercollegiate athletics program at the discretion of the Head Athletic Trainer and/or the Director of Athletics and/or his/her designee. These injuries or procedures may include but are not limited to the following elective procedures: General Dentistry, Wisdom Teeth Extraction, Orthodontics, Tonsillectomy, Cosmetic Procedures/Surgeries, Dermatological Issues/Procedures, Obstetrics, Termination of Pregnancy, Glasses if receiving contacts, Refractive Eye Surgery, Septal Deviation, Pre-existing Illnesses and Injuries, Vasectomy, Tubal ligation, Hormone treatment and Breast Procedures. Such injuries and/or illnesses must take place during the student-athlete's primary competitive in-season, non-traditional season, and/or off-season and must be serious enough to preclude the student-athlete's participation in his/her sport.

- Missed Doctor's Appointment Policy:

Student-athletes who are late and/or fail to show-up for scheduled appointments with the team physician, medical consultants, and/or diagnostic tests / procedures will be financially responsible for any and all charges resulting from the missed appointment. In addition, the student-athlete may be responsible for rescheduling the appointment and providing his / her own transportation.

- "Out-of-town" Rehabilitation / Illness Procedures:

At times, it may be necessary for a student-athletes to utilize an "out-of-town" physical therapy facility or hospital services. In such situations, permission must be granted from the Head Athletic Trainer and/or his/her designee. Such referrals must come from University of Arkansas Sports Medicine personnel. If a student-athlete decides to utilize rehabilitation / hospital services without authorization from University of Arkansas Sports Medicine personnel, the student-athlete and/or the student athlete's parent(s) / guardian(s) may be financially responsible for any and all medical bills incurred.

## Changes to Primary Insurance Coverage

With any material change in coverage or expiration of coverage, the parent, guardian, or student-athlete (if self-insured) agrees to notify the University of Arkansas of this development and update the insurance information on file with the University of Arkansas. For any material changes in coverage, expiration, or lack of coverage contact the following:

Carrie Robinson, Insurance Coordinator  
University of Arkansas Sports Medicine  
P.O. Box 7777  
Fayetteville, AR 72702  
Office: (479) 575-4889  
Fax: (479) 575-3334  
E-mail: clobins@uark.edu

## **Prescription Medication and Supplements**

Student-athletes must report all medications taken to the Sports Medicine Staff. Your athletic training staff can assist you in filling your prescription medications. However, the University of Arkansas Athletic Department may not be financially responsible for medications prescribed for any pre-existing medical conditions or non-athletically injury or illness unless the condition affects the student athlete's ability to participate.

If you are injured or ill, do not assume that the condition is the same as someone else's. Many athletes have allergies to certain medications. Do not take anything that is not prescribed specifically for you. Medications also may react with other medicines, food, and/or alcohol. Make sure directions are followed exactly. When a medication is prescribed, it will work only if taken regularly and properly as prescribed. All questions regarding your medication should be directed to the Sports Medicine Staff.

The Registered Dietitian, Sports Medicine Staff, and Strength and Conditioning Staff work collectively to monitor Student-athlete's supplement and medication use. Student-athletes must be cautious of using supplements or medications available through commercial outlets as many contain substances banned by the NCAA. The University of Arkansas Registered Dietitian, Sports Medicine Staff and Strength and Conditioning Staff is responsible for any and all supplement recommendations. Student-athletes must not use any supplement or medication that has been purchased or given to them by someone other than the Registered Dietitian, Sports Medicine Staff or Strength and Conditioning Staff without permission from the Registered Dietitian or Sports Medicine Staff. Always report all supplements and medications you are taking to your Registered Dietitian or Sports Medicine Staff. The student-athlete is responsible for knowing what is contained in any supplement that he or she may take.

### **Privacy Information**

The intent of the University of Arkansas Athletic Department Athletic Training Room (ATR) is to provide appropriate and necessary medical care for each student-athlete as part of our Intercollegiate Athletics Program. In this regard, communication must be open between the athletic training staff and healthcare providers allowing for continuity in the care provided to our student-athletes.

The Family Educational Rights and Privacy Act (FERPA or Buckley Amendment) is a federal law that protects the privacy of student education records. This law applies to the University of Arkansas, including personnel dealing with certain information concerning student-athletes. The Health Insurance Portability and Accountability Act of 1996 (HIPAA) is a federal law designed to protect the privacy of the patient's health information created, received, or maintained by a health care provider. HIPAA may apply to the healthcare providers (including physicians) who independently contract with the University of Arkansas Athletic Department as well as the University Health Center. Each healthcare provider may have separate privacy procedures.

Under FERPA, you have the right to decline a request for the release of your student education records (including covered medical information), except to the extent that release of your information is required or authorized by law without your consent (See University wide Administrative Memorandum 515.1). Pursuant to your authorization, we may use or disclose your medical information for proper treatment of injury/illness by athletic training staff and healthcare providers (including physicians), for payment of healthcare services (i.e. billing information) and/or for professional development (i.e. comparison studies about injury/illness). Furthermore, with your authorization, we may release and discuss your medical information with parents, academic staff, instructors, coaches, sports information, media, talent scouts, professional and/or amateur sports organization representatives, your primary insurance company, the university's excess insurance company, business office personnel and/or university accounts payable department.

Your rights apply to all medical information acquired while you are enrolled at the University of Arkansas. You may request, in writing, that we may not disclose/release any medical information for certain cases or circumstances. However, FERPA allows the disclosure of medical records, without consent, to university officials with a legitimate educational interest, to other universities to which a student-athlete is transferring and/or to appropriate officials in cases of health and safety emergencies, among other circumstances. You have the right to request access to or a copy of your medical file. If you feel the information in the file is incorrect or incomplete, you have the right to request that we amend the records.

The athletic training staff may require from your healthcare provider certain medical information in order for our staff to continue with appropriate care necessary for any specific incidents for which you have obtained medical treatment or advice. To enable our staff to obtain the appropriate medical information about you, we will provide a Medical Referral Form to sign authorizing the release of medical records and information permitting your physician(s) to release your pertinent medical information to our athletic training staff in compliance with the HIPPA regulations. Upon completion of the medical referral form, we will assume you consent to the release of medical information to the parties indicated for the duration of your association with the Athletic Department at the University of Arkansas or until the revocation of this authorization in writing.

### **Pregnancy Policy**

The University of Arkansas, Department of Athletics is committed to the personal health and development of all Razorback student-athletes and to the educational mission of the University of Arkansas. We strive to provide an environment that respects all pregnancy and parenting decisions and urges all participants to work cooperatively toward degree completion. This policy sets forth the protections that should be provided for pregnant and parenting students, including those with pregnancy related conditions. It also prohibits retaliation against any student or employee who expresses concerns about issues related to the enforcement of this Pregnancy Policy. We want to protect the physical and psychological health of all student-athletes, along with their ability to complete their degree programs. In the event a student-athlete discloses a pregnancy, the student-athlete will be referred to the University of Arkansas Title IX Coordinator and to the University of Arkansas Sports Medicine Staff. The University of Arkansas Sports Medicine Staff will offer support to the student-athlete and will assist the student-athlete with referrals for further counseling and evaluations pertaining to her pregnancy. The University of Arkansas Team Physician will be responsible for coordinating medical care and determining the participation status for the student-athlete.

University of Arkansas Department of Athletics personnel, including coaches, shall not influence or give personal opinions regarding the choices a pregnant student-athlete may have or may make.

## Athletic Department Contacts and University Resources

If you have any questions about the Pregnancy Policy and are seeking resources for yourself or a pregnant student-athlete, you may contact the following Razorback Athletics personnel and University of Arkansas campus resources:

Derita Dawkins	Deputy AD for Student Athlete Wellness and SWA	479-575-7520
Tracey Stehlik	Associate Athletic Director for Compliance	479-575-6738
Felecia Saine	Associate Athletic Director for Academics	479-575-4026
Trish Matysak	Head Athletic Trainer for Olympic Sports	479-575-4809
Dr. Chris Bader	Assistant AD for Mental Health and Performance	479-575-5163
	Pat Walker Health Center	479-575-4451
	Pat Walker Health Center Women's Health Clinic	479-575-4478
Melissa Harwood Rom	Dean of Students	479-575-5004
	U of A Health Promotion & Education	479-575-4077
	U of A Counseling & Psychological Services (CAPS)	479-575-5276
	U of A Counseling & Psychological Services (CAPS)	479-575-5276

## Reporting

- Razorback Athletics will not require any student-athlete to reveal pregnancy or parenting status to coaches or teammates. Our department will work to create an environment which encourages the student-athlete to voluntarily reveal her pregnancy and his or her parenting status, in order for our institution to provide optimal support for physical and mental health with professional health care. The coach's attitude toward pregnancy and parenting can be pivotal in creating such a safe environment.
- No athletics department personnel will publicly release personally identifiable health information about pregnancy without written, timely authorization from the student-athlete.
- Athletics personnel who suspect that a student-athlete is pregnant may report their concerns to the team physician or to a university-designated athletics department representative trained in pregnancy and parenting support options.
- Teammates of pregnant student-athletes may report their concerns to the team physician or to a university-designated athletic department representative trained in pregnancy and parenting support options.

## Participation While Pregnant

- Razorback Athletics will only require a pregnant or parenting student-athlete's physician to certify physical and emotional fitness as a condition for participating in athletics when such certification is required of student-athletes who experience other temporary disabilities.
- Razorback Athletics will allow a pregnant or parenting student-athlete to fully participate on the team, including all team-related activities, unless the student-athlete's physician or other medical caregivers, including team physicians certifies that participation is not medically safe.

- Razorback Athletics will allow a pregnant student-athlete to continue to participate in a limited manner on the team, including all team-related activities, unless the student-athlete's physician or other medical caregiver, including a Team Physician, certifies that partial participation is not medically safe.
- Medical decisions regarding the need for and the nature of limitations on sports participation rest with the student-athlete and her medical professionals. Where the opinions or recommendations of these professionals differ from those of the Team Physician or athletic trainers, coaches should defer to the student-athlete's health care providers who are obstetricians or other experts in pregnancy or related conditions.
- Razorback Athletics will help the pregnant or parenting student-athlete plan for his or her continued academic progress, in accord with the university's educational mission.
- Medically necessary absences from team activities due to pregnancy shall be considered excused absences.
- No coach or other athletics department personnel shall suggest to any student-athlete that his or her continued participation on a team will be affected in any way by pregnancy or parental or marital status.

### **Medical Care**

Razorback Athletics can provide health benefits for pregnancy, including counseling, physical examinations, medical treatment, medication and rehabilitation expenses, to the same degree that student-athletes who experience other temporary disabilities are provided these benefits.

### **Scholarship and Aid**

- Razorback Athletics will not terminate or reduce a student-athlete's athletics aid because of the student-athlete's pregnancy, marital or parental status during the term of the award.
- Razorback Athletics will renew a pregnant, formerly pregnant, or parenting student-athlete's award, so long as the student-athlete is in good standing academically, remains engaged with our athletics department and meets NCAA eligibility standards. Returning students may be evaluated athletically in the same manner as any other team member to determine their specific position on the team.

### **Federal Laws**

Title IX of the Education Amendments of 1972 bars discrimination on the basis of sex, which includes the guarantee of equal educational opportunity to pregnant and parenting students. This means that our student-athletes cannot be discriminated against because of their parental or marital status, pregnancy, childbirth, false pregnancy, termination of pregnancy or recovery there from. In addition, a student's medical information may be protected by other federal laws. Some actions that may be permissible under NCAA rules are impermissible under federal law, and our institution adheres to federal law.

### **Eating Disorder Policy**

Eating disorders are often an expression of underlying emotional distress. Disordered eating behaviors will likely impair athletic performance, increase the risk of injury and negatively impact one's quality of life. Decreased energy (caloric) intake and fluid and electrolyte imbalance can result in decreased endurance, strength, reaction time, speed, and ability to concentrate. Because the body initially adapts to these changes, a decrease in performance may not be seen for a few months, and athletes may falsely believe disor-

dered eating practices are harmless. Food restriction and purging can result not only in menstrual dysfunction and potentially irreversible bone loss but also in psychological and other medical complications. This can include depression, fluid and electrolyte imbalance, changes in the cardiovascular, endocrine, gastrointestinal, and thermoregulatory systems. Psychological counseling (via the department's Director of Clinical and Sport Psychologist) and nutritional consults (via the department's Director of Sports Nutrition) are available and should be utilized.

### **Sexual Harassment/Assault/Misconduct**

The University of Arkansas Athletics Department follows the University of Arkansas' policy on sexual harassment. The full policy may be found at <http://oeoc.uark.edu> Supervisors, administrators, and staff must report complaints by student-athletes to the University's Title IX Coordinator. Subject to the other provisions of the University's Sexual Harassment Policy and the requirements of law, every possible effort will be made to ensure that any information received as part of the University's resolution and complaint procedures is treated discreetly. All parties to the complaint will be asked to assist in treating the complaint confidentially. The University's obligation to investigate and to prevent claims of sexual harassment/assault/misconduct means that it is not possible to guarantee that complaints of sexual harassment will be handled confidentially. The student-athlete will also have access to medical care and counseling.

## **CONCUSSION MANAGEMENT PLAN**

The following policy and procedures addressing neurocognitive baseline testing, identification, evaluation, treatment, education, return-to-play and return-to-learn guidelines for concussion management have been developed in accordance with the NCAA and the University of Arkansas' commitment to providing quality healthcare to each of our student-athletes.

By employing these protocols, the University of Arkansas Athletics Department will meet the following objectives:

- Equitable access to healthcare will be provided for all Razorback student-athletes. The University of Arkansas ensures that student-athletes have appropriate healthcare, including equitable access to athletic healthcare providers for each varsity sport.
- All athletics healthcare providers will understand and follow emergency action plans to provide a safe environment for our student-athletes. The University of Arkansas maintains an annually updated emergency action plan for each athletic venue. All athletic healthcare providers will review the plan annually.
- Appropriate medical personnel will oversee healthcare for student-athletes and will determine time lines for return-to-play and return-to-learn. The Sports Medicine team is clearly empowered to have the unchallengeable authority to determine management and return-to-play and return-to-learn of any ill or injured student-athlete.
- Clear assignment of responsibilities will ensure proper execution of medical protocols. The Sports Medicine Team has clearly defined roles related to

concussion management.

- The Sports Medicine Team will practice within the standards of the 2016 Berlin Consensus Guidelines regarding concussion management and return to play.
- Selected staff members will read, understand and follow required educational materials and protocols related to concussions and will actively participate in these protocols. All members of the coaching, strength and conditioning, and athletic training staffs will receive educational materials (e.g., the NCAA Concussion Fact Sheet) to assist in identifying the signs and symptoms of concussion. Team physicians, sport administrators and the director of athletics also will receive these materials and all will acknowledge in writing that they have read and understood the materials. Coaches will be given the concussion management plan, their role within the plan will be identified and they will be required to sign an acknowledgement of their receipt and understanding of concussion education and protocols.
- All student-athletes will read and understand required educational materials related to concussions and will actively participate in these protocols. Further, they will sign a statement in which they accept the responsibility for reporting their injuries and illnesses to the medical staff, including signs and symptoms of concussions. Student-athletes will be given take-home educational materials (e.g., the NCAA Concussion Fact Sheet) and will acknowledge in writing that they have read and understand the materials.
- All student-athletes will take baseline exams using the SWAY app and ImPact prior to their first practice upon arrival at the university. Each year all student-athletes will perform a new baseline exam on the SWAY app prior to their first preseason practice. Should a student-athlete sustain a concussion, a new ImPact baseline exam will be given only after they are fully recovered and prior to the next season of competition.
- Baseline testing will be appropriately employed and documented as part of the required protocol for all student-athletes. All student-athletes are required to complete baseline testing prior to their first practice and the same assessment tools will be used post-injury at appropriate time intervals. These tests will include--but are not limited to--balance testing, reaction time testing, symptom evaluation via SWAY, and cognitive assessment via computerized neuropsychological screening (ImPact), brain injury and concussion history via questionnaire on preparticipation physical. Team physicians will determine pre-participation clearance and/or the need for additional consultation or testing.
- Appropriate care and professional medical judgement will be employed to provide optimal care to student-athletes who may have suffered concussions. Student-athletes will be removed from practice or competition when they show signs, symptoms or behaviors consistent with a concussion. The student-athletes also will be evaluated by a healthcare provider with experience in the evaluation and management of concussions. Student-athletes will be monitored for deterioration and given written instructions on management of concussions. Final authority on return-to-play and return-to-learn will reside with Dr. Kent Hagan

- Appropriate recovery time will be taken for each student-athlete diagnosed with a concussion. Student-athletes diagnosed with concussions will be withheld from competition, practice and classroom activities for the remainder of the day, at a minimum. Student athletes will be evaluated by a team physician and will follow a medically supervised process for return-to-learn and return-to-play. Once asymptomatic, at or above baseline on neurocognitive baseline tests, after completion of an exertional protocol and after returning-to-learn without reoccurrence of symptoms, student-athletes will be allowed to full return-to-play..
- Appropriate written records must be maintained. The Sports Medicine Team will be responsible for documentation of the incident, evaluation, continued management and clearance of any and all student-athletes with concussions.
- Student-athlete safety is paramount. As a result, emphasis will be placed on following current sport rules. Purposeful or flagrant head or neck contact in any sport will not be tolerated and current rules of play will be strictly enforced. The department will take a “safety first” approach to sports, including adherence to contact guidelines, gratuitous contact and maintaining educational initiatives as safe play and proper technique protocols are identified in response to future concussion research.

### CONCUSSION MANAGEMENT TEAM

A multi-disciplinary team will be responsible for employing the protocols outlined in this document are assigned respective roles in mild traumatic brain injury/concussion management. All individuals who will serve these roles will participate in education and review sessions at least once per year.

- **Primary Care / Sports Medicine Physician (Dr. Kent Hagan)** will have final clearance on all concussions. He will supervise stepwise progression and he will serve as the final authority on a student-athlete’s return-to-learn and return-to-play.
- **Primary Care / Sports Medicine Physicians (PCSMP) (Assigned by Team)** will diagnose and treat mild traumatic brain injuries. They will communicate with Dr. Hagan regarding final clearance.
- **Orthopedic Medicine Doctors (Assigned by Team)** will diagnose mild traumatic brain injuries and will defer to Dr. Ylanan for final clearance.
- **Nurse Practitioner (Valerie Whitson)** will recognize mild traumatic brain injuries, will refer student-athletes to their respective team physicians if they show symptoms of concussion, and will defer to Dr. Hagan for final clearance.
- **Athletic Training Staff (Assigned by Team)** will recognize and treat mild traumatic brain injuries, will refer student-athletes to a team physician if they show symptoms of concussion, and will defer to Dr. Hagan for final clearance.
- **Neuropsychologist (Dr. Sarah Downing)** will consult as a specialist in IMPACT interpretation and concussion rehabilitation.
- **Neurosurgeon (Dr. J.B. Blankenship)** will consult as a specialist in brain, spinal

cord and peripheral nerves injuries will be involved with complicated mild traumatic brain injuries.

- **Academic Counselor/Learning Specialist (Assigned by Team)** will help navigate return-to-learn activities with student-athletes and will coordinate compliance activities with campus disability services, ensuring ADAAA compliance.
- **Assistant AD, Mental Health and Performance (Dr. Chris Bader)** will help navigate return-to-learn activities and cognitive management.
- **Faculty Athletic Representative (Dr. Gerald Jordan)** will help navigate complex return-to-learn cases, as needed.

## EDUCATION

Participation in sport may result in injury or illness, including concussions. A concussion or Mild Traumatic Brain Injury (MTBI) or *comotio cerebri* is defined as a complex patho-physiologic process affecting the brain's function. It is induced by traumatic biomechanical forces after impact to the head, face, neck or body that leads to a functional, not structural, disturbance which may or may not involve LOC (Loss of Consciousness).

All student-athletes will read and understand required educational materials related to concussions and will actively participate in these protocols. Further, they will sign a statement in which they accept the responsibility for reporting their injuries and illnesses to the medical staff, including signs and symptoms of concussions. Student-athletes will be given take-home educational materials (e.g., the NCAA Concussion Fact Sheet) and will acknowledge in writing that they have read and understand the materials.

Student-athletes are responsible for reporting their injuries and illnesses to the medical staff; including signs and symptoms of concussions (MTBI's). Signs and symptoms include, but are not limited to:

Vomiting	Sensitivity to light	Sadness
Imbalance	Sensitivity to noise	Fatigue
Dizziness	Numbness/tingling	Difficulty remembering
Nervousness	Headache	Difficulty concentrating
Nausea	Drowsiness	Loss of consciousness

Signs and symptoms must be reported to the University of Arkansas Sports Medicine staff immediately upon onset, before the continuation of any activity. Primary care sports medicine physicians will supervise the stepwise progression through the recovery plan. The final decision for return to learn and return to play rests with Dr. Kent Hagan and is unchallengeable.

Selected staff members will read, understand and follow required educational materials and protocols related to concussions and will actively participate in these protocols. All members of the coaching, strength and conditioning, and athletic training staffs will receive educational materials (e.g., the NCAA Concussion Fact Sheet) to assist in identifying the signs and symptoms of concussion. Coaches will be given the concussion management plan, their role within the plan will be identified and they will be required to sign an acknowledgement of their receipt and understanding of concussion education and protocols. Team physicians, athletic trainers, sport administrators and the director of athletics also

will receive these materials and all will acknowledge in writing that they have read and understood them.

### **PRE-PARTICIPATION ASSESSMENT**

Baseline testing will be appropriately employed and documented as part of the required protocol for all student-athletes on an annual basis. All student-athletes are required to complete baseline testing prior to their first practice and the same assessment tools will be used post-injury at appropriate time intervals. These tests include--but are not limited to--balance testing, SWAY and computerized neuropsychological screening (IMPACT), brain injury and concussion history, cognitive assessment and symptom evaluation. Team physicians will determine pre-participation clearance and/or need for additional consultation or testing. If a student-athlete presents a complicated or multiple-concussion history, additional baseline testing may be conducted mid-year or at another appropriate interval as determined by the team physician.

Utilization of the SWAY tool will evaluate potential signs of concussion, including symptom evaluation, cognitive assessment, reaction time, and balance evaluation. A new SWAY baseline will be recorded each year prior to the competitive season or, if a student-athlete sustains a concussion during the competitive season, a new baseline will be recorded in the off-season after the student-athlete has fully recovered.

Further, utilization of IMPACT will evaluate potential brain injury and concussion history, symptom evaluation and cognitive assessment. If a student-athlete sustains a concussion, a new ImPact baseline will be recorded in the off-season after they have fully recovered before the next competitive segment of the year

### **RECOGNITION AND DIAGNOSIS OF CONCUSSION**

To assure appropriate recognition and diagnosis of concussion, medical personnel with training in the diagnosis, treatment, and initial management of acute concussions (athletic trainers and team physicians) will be “present” at all NCAA varsity competitions in the following contact / collision sports available at the University of Arkansas: Men’s and Women’s Basketball, Football, Pole Vault and Women’s Soccer. Athletic trainers and team physicians will be on campus or arena of competition.

Further, medical personnel with training in the diagnosis, treatment and initial management of acute concussion will be “available” at all NCAA varsity practices in the following contact / collision sports available at the University of Arkansas: Men’s and Women’s Basketball, Football, Pole Vault and Women’s Soccer. Athletic trainers will be on-site during the time of practice or will be available via telephone, messaging, email or other immediate communication means. The case can be discussed through such communication, and immediate arrangements can be made for the athlete to be evaluated.

If a student-athlete has signs, symptoms or behaviors consistent with a concussion, the student-athlete will be removed from competition and evaluated by an athletic trainer or team physician with concussion experience. Initial assessments will include assessment of cervical spine trauma, skull fracture and/or intracranial bleeding. Utilization of the SWAY sideline assessment tool will evaluate potential signs of concussion, including brain injury and concussion history, symptom evaluation, cognitive assessment and balance evaluation (BESS). Once a concussion is suspected or diagnosed, the student-athlete will be further

evaluated by a primary care sports medicine physician who is experienced and trained in the management of concussions.

In consultation with the head sports medicine physician, Dr. Kent Hagan, the athletic training staff and the primary care sports medicine physicians will work together to order additional testing (e.g. imaging, neuropsychiatric testing and referrals) as needed and outline a plan for return-to-learn and return-to-play. The primary care sports medicine physicians will supervise stepwise progression to recovery. The final decision for return-to-learn and return-to-play rests with Dr. Hagan and is unchallengeable. In certain cases, such as extensive travel, Dr. Kent Hagan will be available by phone to assist the athletic training staff with decisions regarding the need for urgent evaluations.

If a student-athlete is diagnosed with a concussion, the student-athlete will be removed from participation and **shall not return** to activity on that day. The University of Arkansas will have a physician with experience in the management of concussion either on-site or on-call for all home athletic events. At all times, a physician with experience in the management of concussions will be available for phone consultation.

Student-athletes diagnosed with a concussion will be given written instructions on management of concussions and monitored for deterioration overnight. This is optimally done by roommates, significant others, family, guardians or anyone expected to be staying with student-athlete overnight.

## POST-CONCUSSION MANAGEMENT

The Emergency Action Plan will be activated if the following are present during the initial evaluation of a student-athlete with a suspected head or neck injury: cervical spine injury/trauma, skull fracture, Glasgow Coma Scale < 13, prolonged LOC > 1 minute, focal neurological deficit suggesting intracranial trauma, repetitive emesis, persistently diminished/worsening mental status or other neurological signs/symptoms.

Evaluation by the athletic trainer and team physician will determine whether or not the student-athlete is safe to go home or should be taken to the hospital. Serial evaluation and monitoring for deterioration following injury will be conducted. Student-athletes diagnosed with a concussion will be given written instructions on management of concussions and monitored for deterioration overnight. Optimally, this will be done by roommates, significant others, family, guardians or anyone expected to be staying with student-athlete overnight.

Student-athletes with prolonged symptoms may require additional diagnosis and best management options. These student-athletes may need additional referral for vestibular therapy, post-concussion syndrome, mood disorders, sleep deprivation, migraines or nutritional disorders. In such instances, team physicians will work with the athletic training staff to set up any necessary referrals and conduct follow-up evaluations to consider additional treatment and management options.

Student-athletes with prolonged symptoms may require additional diagnosis and best management options. These student-athletes may need additional referral for vestibular therapy, post-concussion syndrome, mood disorders, sleep deprivation, migraines or nutritional disorders. In such instances, team physicians will conduct follow-up evaluations to

consider additional treatment and management options.

### RETURN-TO-PLAY FOLLOWING A CONCUSSION

The timetable for a return-to-play and return-to-learn will be individualized and dependent on numerous factors. For a student-athlete to return-to-play, he or she must at a minimum, meet the following progressive standards:

- The student-athlete must have full resolution of symptoms.
- The student-athlete must be at or above his or her previous baseline testing.
- The student-athlete has undergone an appropriate step-by-step return to activity plan and has tolerated a graded exertional protocol without symptoms returning, including the following:
  - ▶ Light aerobic exercise without resistance training
  - ▶ Sport-specific exercise and activity without head impact
  - ▶ Non-contact practice with progressive resistance training
  - ▶ Unrestricted training
  - ▶ Return-to-competition

Finally, clearance for return-to-play resides solely with Dr. Kent Hagan, in consultation with the other primary sports medicine physicians that will supervise the stepwise progression through the plan. As with all conditions, no one clinical factor can be used to either diagnose concussions or determine when return to activities is safe after concussion. Symptoms, clinical evaluation, diagnostic studies and testing such as neuropsychological tests all will be weighed in the decision.

### RETURN-TO-LEARN FOLLOWING A CONCUSSION

Concussion or Mild Traumatic Brain Injury (MTBI) or *comotio cerebri* is defined as a complex pathophysiologic process affecting the brain's function. It is induced by traumatic biomechanical forces after impact to the head, face, neck or body that leads to a functional, not structural, disturbance which may or may not involve LOC (Loss of Consciousness). 80-90% of concussions resolve spontaneously within 7-10 days, follow a sequential course towards resolution, however, some concussions take a protracted course towards resolution.

Student-athletes are responsible for reporting their injuries and illnesses to the medical staff; including signs and symptoms of concussions (MTBI's). Signs and symptoms include, but are not limited to:

Vomiting	Sensitivity to light	Sadness
Imbalance	Sensitivity to noise	Fatigue
Dizziness	Numbness/tingling	Difficulty remembering
Nervousness	Headache	Difficulty concentrating
Nausea	Drowsiness	Loss of consciousness

After suffering a concussion, there is a brain energy crisis. Due to this crisis, cognitive rest is necessary to enhance the recovery process. A student-athlete's academic schedule may need some modification in the first one to two weeks following a concussion. In such cases, the athletic trainer and academic counselor often will be able to handle academic modifications through recovery. An individualized plan will be documented that may include

remaining at home until light cognitive activity can be tolerated, along with gradual return to the classroom. More complex cases of prolonged return-to-learn will be managed by a multi-disciplinary concussion management team. If cases are prolonged, campus resources will be identified by the learning specialist and accommodations will be made in compliance with ADAAA through the Office of Disabilities Services as needed.

The academic services staff will communicate with faculty to make them aware of injuries and the related symptoms that student-athletes may experience. Student-athletes will refrain from all classroom activity the same day as a concussion. Possible modification to classroom activity to allow cognitive rest, providing adequate time for recovery, while allowing the student-athlete to participate in some classroom activity, also may be necessary. When the student-athlete resumes class, faculty will be aware that their academic performance may suffer during the recovery process and that student-athletes should progress to the classroom and studying activities as tolerated.

Final authority to return-to-learn will reside with Dr. Kent Hagan, who will continue re-evaluation of the student-athlete until symptoms resolve. If symptoms are persistent after a 14-day period, further modifications will be recommended by the multidisciplinary team.

## STEPS TO REDUCE EXPOSURE TO HEAD INJURIES

The University of Arkansas Department of Athletics will continue to emphasize ways to minimize head trauma exposure and will expand its efforts as additional research is conducted to identify best practices for prevention and treatment of concussions. Following are examples of current efforts:

- Adherence to the Inter-Association Consensus: Year-Round Practice Contact Guideline
  - + **Preseason:** Two-a-day practices should not occur. A second session of activity can include walk-throughs or meetings. In any given seven days following the five-day acclimation period:
    - Up to three days of practice may be live contact (tackling or thud).
    - There must be three non-contact/minimal contact practices in a given week.
    - A non-contact/minimal contact practice also follow a scrimmage.
    - One day must be no football practice.
  - + **Inseason:** Inseason is defined as the period between six days prior to the first regular-season game and the final regular-season game or conference championship game (for participating institutions).
    - In a given seven days following the five-day acclimation period:
    - Three days of practice should be non-contact/minimal contact.
    - One day of live contact/tackling should be allowed.
    - One day of live contact/thud should be allowed.
  - + **Postseason:** NCAA Championships (Football Championship Subdivision), bowl (Football Bowl Subdivision)
    - If there is a two-week or less period of time between the final regular-season game or conference championship game (for participating institutions) and the next bowl or postseason game, then inseason practice recommendations should remain in place.

- If there is greater than two weeks between the final regular-season game or conference championship game (for participating institutions) and the next bowl or postseason game, then:
  - Up to three days may be live-contact (two of which should be live contact/thud).
  - There must be three non-contact/minimal contact practices in a given week.
  - The day preceding and following live contact/tackling should be non-contact/minimal contact or no football practice.
  - One day must be no football practice.
- + **Spring practice:** Of the 15 allowable sessions that may occur during the spring practice season, eight practices may involve live contact (tackling or thud); three of these live contact practices may include greater than 50 percent live contact (scrimmages). Live contact practices should be limited to two in a given week and should not occur on consecutive days. The day following live scrimmage should be non-contact / minimal contact.

## Definitions

**Live contact/thud:** Any practice in which players are taken to the ground, “thud” sessions or drills that involve “wrapping up” irrespective of uniform worn.

- Drill is run at competitive speed through the moment of contact with no predetermined winner. Contact remains above the waist, players stay on their feet and a quick whistle ends the drill. This definition provides a foundation for differentiating the increased concussion risk in live contact/tackling versus live contact practice that does not include tackling to the ground.

**Live contact/tackling:** Any practice that involves tackling to the ground.

- Drill is run in game like conditions and is the only time that players are taken to the ground. This definition provides a foundation for allowances of live contact/tackling practice during the season, and differentiates live contact/tackling (which carries a higher concussion risk) from other types of contact practice.

Live contact practices are to be conducted in a manner consistent with existing rules that prohibit targeting to the head or neck area with the helmet, forearm, elbow, or shoulder, or the initiation of contact with the helmet.

Full pad practice, shell practice and helmet only practice all carry a risk of concussion. No helmet and no shoulder pad practice is the only evidence-based non-contact practice with negligible concussion risk.

- Education of football student-athletes on proper tackling techniques and practicing good sportsmanship. (Appendix J).
- Continued emphasis of student-athlete safety as a priority, including an annual meeting of the sports medicine staff and the Athletic Director, during which the unchallengeable authority of the team physicians will be clearly articulated. During this meeting, the Athletic Director and staff will discuss the culture and environment of surrounding student-athlete care and support for their well-being.
- Provide educational materials to student-athletes, coaches, athletic trainers and

athletic administration to certify that they have carefully read, fully understand, and aware of the signs/symptoms of concussions.

### **Sickle Cell Trait Policy**

The sickle cell trait is defined as follows:

- Sickle cell trait is an inherited condition of the oxygen-carrying protein, hemoglobin, in the red blood cells
- Sickle cell trait is a common condition (more than three million Americans)
- Although sickle cell trait is most predominant in African-Americans and those of Mediterranean, Middle Eastern, Indian, Caribbean, and South and Central American ancestry, persons of all races and ancestry may test positive for sickle cell trait
- Sickle cell trait is usually benign, but during intense, sustained exercise, hypoxia (lack of oxygen) in the muscles may cause sickling of red blood cells (red blood cells changing from a normal disc shape to a crescent or “sickle” shape), which can accumulate in the bloodstream and “logjam” blood vessels, leading to collapse from the rapid breakdown of muscles starved of blood
- Likely sickling settings include timed runs, all-out exertion of any type for 2 – 3 continuous minutes without a rest period, intense drills and other spurts of exercise after prolonged conditioning exercises, and other extreme conditioning sessions
- Common signs and symptoms of a sickle cell emergency include, but are not limited to increased pain and weakness in the working muscles (especially the legs, buttocks, and/or low back); cramping type pain of muscles; soft, flaccid muscle tone; and/or immediate symptoms with no early warning signs

### **Sickle Cell Trait Testing**

The NCAA mandates that all NCAA student-athletes have knowledge of their sickle cell trait status before the student-athlete participates in any intercollegiate athletics event, including strength and conditioning sessions, practices, competitions, etc. The University of Arkansas Athletics Department offers sickle cell trait screening in the form of a blood test to all student-athletes as part of the pre-participation physical examination process. Testing will be conducted and reported to a University of Arkansas Team Physician at a designated laboratory facility.

## **DRUG & ALCOHOL EDUCATION**

The University of Arkansas Athletic Department believes that the use of illegal drugs and alcohol are detrimental to the welfare and health of the institution's student-athletes and promulgates this policy in an effort to prevent, deter, and eliminate such conduct. As part of this policy, the University adopts the following principles in an effort to promote the well-being of the University's student-athletes and to prevent the destructive physical and emotional effects of illegal drugs and alcohol.

- Student-athletes should be fully aware of the individual harm that alcohol and drugs, including dietary supplements, may cause, including the negative impact on each individual's performance as well as his or her physical and emotional health.
- Student-athletes who engage in athletic activity under the influence of alcohol and illegal drugs, including dietary supplements, may increase additional risk to themselves, teammates, and others. Decreased mental alertness and negative changes in behavior, whether in the form of excessive aggression or increased indifference, may expose student-athletes to physical injury and create team

dissension. The risk factors are both immediate (e.g., practice injuries) and long-term, such as physiological degradation and devalued self-esteem.

- Given the substantial time and energy required for participation in varsity sports, student-athletes who use alcohol or illegal drugs, including dietary supplements with banned supplements, will likely experience an adverse impact on their athletic performance and corresponding declines in their ability and motivation to meet their basic academic responsibilities in the classroom, library and laboratory.
- The NCAA routinely requires drug testing at NCAA National Championship events. If a student-athlete tests positive for a banned substance at an NCAA Championship event, the student-athlete will experience serious consequences, including loss of eligibility. Additionally, the NCAA has a year-round (including summer) drug testing program for all Division I and Division II student-athletes. The University should engage in all possible measures, including enhancing awareness, advancing education, and developing values to foster and establish a culture where alcohol and illegal drug use do not occur or is detected and addressed in an appropriate manner with the ultimate goal of eradication all such destructive behaviors.
- The University of Arkansas fully supports and agrees with all NCAA legislation and policy in condemning the use of non-prescribed, non-therapeutic/performance enhancing drugs (PED's). It is the responsibility of the Department, through the Drug Test Administrator and Compliance, to communicate the Department's policies regarding alcohol and drug use to the student-athletes. In addition, Athletic Department staff members shall not encourage or advise any student-athlete to take any non-therapeutic/performance enhancing drugs or assist any student-athlete in obtaining any non-therapeutic/performance enhancing drugs. All staff members must play an active role in advising student-athletes against the use of non-therapeutic/performance enhancing drugs. Any staff member found to be in violation of this policy shall be subject to immediate disciplinary action including, but not limited to termination for cause.
- The Athletic Department will take proactive steps as part of the student-athlete development program to achieve the objectives of minimizing and eliminating the use of alcohol and illegal drugs. These programs will be addressed annually.
- The Athletic Department further recognizes that the use of any non-therapeutic performance enhancing substance constitutes cheating and is antithetical to the values of the University.
- The Department of Athletics' Drug and Alcohol Education and Testing policy is separate and distinct from the NCAA's program. You may also provide a urine sample in a drug test during your preseason physical coordinated by athletic trainers. This baseline test is associated with the preseason physical and is designed to provide an initial screening and assessment of incoming student-athletes. A positive test in the preseason physical does not translate into a student-athlete being subjected to Phase I sanctions. However, the student-athlete may be referred to drug and alcohol education or counseling.
- The refusal to provide a specimen according to protocol will result in an automatic positive test.
- If ever tested positive for an NCAA sanctioned test, that positive will count as a positive University of Arkansas test, in sequence. The penalty shall be reflective of NCAA policy. (Example: One (1) UA positive test result + One (1) NCAA positive test result = next UA positive test result at Phase III penalty.) Please see the penalties breakdown by Phase later in this section.
- If a student-athlete tests positive due to prescribed medication use, which is deemed

medically necessary for a diagnosed condition, the NCAA Drug-Testing Exceptions Procedures will be followed.

- An individual has the right to appeal a positive test result. Appeals can be performed at any stage throughout the process, and all appeals must be made to the Appeals Committee. See the appeals process guidelines and list of Committee members later in this section.
- Based on NCAA Bylaw 13.1.1.3.5, the institution at which the student-athlete tested positive for use of a banned substance must report the test to the institution to which the student-athlete is transferring.

### Drug Testing Program

Drug testing of student-athletes shall follow the policies and procedures adopted by the Athletic Department, including any revisions to those policies and procedures. The drug-testing policies and procedures adopted by the Athletic Department shall not be deemed, operate or construed to create any type of contractual relationship between the University and any student-athlete. The opportunity to participate in intercollegiate athletics at the University is a privilege and not a right. Among other conditions of participation in intercollegiate athletics, student-athletes shall comply with the University's policies against the use of alcohol and illegal substances, including, but not limited to complying with the Athletic Department's drug testing program. Accordingly, as a pre-condition of participating in intercollegiate athletics at the University, student-athletes agree to sign a "Consent and Notification Form" supplied by the University. By signing the Consent and Notification Form, a student-athlete shall be deemed to have agreed to the terms and conditions contained in the form and to comply fully with the Athletic Department's drug testing policies and procedures. The University may rely upon the signed Consent and Notification Forms as binding legal commitments of each student-athlete.

The University of Arkansas Athletic Department's Drug Testing Program shall be as follows:

1. **Who can be tested:** All scholarship and non-scholarship student-athletes on the institution's squad list, spirit squad, and any former student-athlete who has exhausted his/her eligibility but is still receiving financial aid.
2. **Consent:** Each student-athlete will receive a written copy of the Department of Athletics "Drug and Alcohol Education and Drug Testing Program" ("Policy") and a Consent and Notification Form ("Form") on which the student-athlete, through his/her signature, shall acknowledge his or her receipt, understanding and agreement to comply fully with the Policy. The student-athlete's signature on the Form shall also serve as consent to take a urinalysis as required at the sole discretion of the University, the Southeastern Conference or the NCAA and as consent to the release of the test results to a limited and pre-defined number of individuals. *Signing of the Form is a precondition for participation in intercollegiate athletics at the University.*
3. **Methods of Selection for Testing:** Drug testing will be conducted randomly and multiple times throughout the calendar year, including summer. *Each student-athlete and any other individual subject to this policy shall be subject to drug testing at times and places as determined in the sole discretion of the University, the SEC or the NCAA, and at a minimum, no less than one time each calendar year.* Selection for drug-testing may be based upon (but is not limited to) the following examples:
  - Random Test: All student-athletes may be randomly selected by the drug test administrator or personnel designated by the Athletics Director.
  - Team Testing: A team may be tested throughout the calendar year without notice.
  - Testing for Reasonable Suspicion: A test may be given, without prior notice, to a

team or an individual on the basis of reasonable suspicion.

4. **Notification:** The Department of Athletics reserves the right to conduct drug testing without prior notice. If notification is given, it will take place no more than 24 hours before the scheduled test.
5. **Collection Methods:** The Athletic Department will be utilizing the National Center for Drug Free Sport, Inc. Sport Drug Testing Collection Procedure. You will receive a copy of this procedure in a team meeting and it is available in the Compliance Office.
6. **Confidentiality:** Every effort will be made to insure the confidentiality of the test results. Disclosure of testing results will be provided to those persons identified in the penalty phases of this Policy and as identified in the notification Form.
7. **Specimen Manipulation:** If a student-athlete is suspected of manipulation, adulteration, or dilution another specimen sample will be requested under the guidance of a certified collector immediately. Any confirmed sighting of manipulation or dilution of a student-athlete's specimen will automatically be considered a positive test.
8. **Attendance:** Failure to attend a drug test or not providing a specimen according to protocol will automatically count as a positive test.

### **Prohibited Substances**

The student-athlete is prohibited from use, possession, manufacture, distribution, and/or sale of any substance on the NCAA banned drug class list. This list is comprised of substances that are reported to be performance enhancing and/or potentially harmful to the student-athlete. Please note, that this is not an exhaustive list of substances. For more information on banned substances, please refer to The National Center for Drug Free Sport website ([www.drugfreesport.com](http://www.drugfreesport.com)), the Dietary Supplement Resource Exchange Center website ([www.drugfreesport.com/rec](http://www.drugfreesport.com/rec)), and the NCAA website ([www.ncaa.org](http://www.ncaa.org)).

The following drugs and procedures are subject to restrictions:

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

### 2020-21 NCAA Banned-Drug Classes

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. There is no complete list of banned substances. Student-athletes should not rely on this list to rule out any label ingredient. The NCAA bans the following classes of drugs as well as any substance chemically related to these classes:

1. Stimulants: Amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexaneamine, "bath salts" (mephedrone); octopamine; DMBA; etc. Exceptions: phenylephrine and pseudoephedrine are not banned.
2. Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenedione): Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; testosterone; etiocholanolone; methasterone; methandienone;

androlone; norandrostenedione; ostarine, stanozolol; stenbolone; testosterone; trenbolone; SARMS (ostarine); etc.

3. Alcohol and Beta Blockers (banned for rifle only): Alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.
4. Diuretics (water pills) and Other Masking Agents: Bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.
5. Street Drugs: Heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073).
6. Peptide Hormones and Analogues: Growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1; etc.
7. Anti-Estrogens: Anastrozole; tamoxifen; formestane; ATD; clomiphene; SERMS (nolvadex); Arimidex; clomid; evista; fulvestrant; aromatase inhibitors (Androst-3, 5-dien-7,17-dione), etc.
8. Beta-2 Agonists: Bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclaurine; etc.

Additional examples of banned drugs can be found at [www.ncaa.org/drugtesting](http://www.ncaa.org/drugtesting). Any substance that is chemically related to the class, even if it is not listed as an example, is also banned.

### Dietary Supplements

The Athletic Department shall provide dietary supplements in accordance with NCAA Bylaw 16.5.2 which states: “An institution may provide permissible nutritional supplements to a student athlete for the purpose of providing additional calories and electrolytes. Permissible nutritional supplements do not contain any NCAA banned substances and are identified according to the following classes: carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters and vitamins and minerals.”

It is important for the student-athlete to understand that many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (“FDA”) does not strictly regulate the supplement industry; therefore purity and safety of nutritional/dietary supplements cannot be guaranteed. Impure supplements may be unsafe and possibly lead to a positive NCAA drug test. The use of any supplement that does not meet the NCAA standards and not provided by the University Athletic Training Staff or Strength and Conditioning staff is at the student-athlete’s own risk. Student-athletes have tested positive and lost their eligibility using dietary supplements, so before consuming any nutritional/dietary supplement product, review the product with the athletics department staff!

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

## **Penalties and Requirements for Positive Drug Tests (Other than Performance Enhancing Drugs)**

The Athletic Department expects all student-athletes to comply with this policy. In the event that any student-athlete fails to abide by the Policy, the following sanctions will apply. Positive test penalties are summarized in four segments, as follows.

### Phase I Guidelines

The following procedure occurs for a first positive result or breach of protocol from split-sampling collection method:

- A meeting will take place with the Drug Testing Administrator to evaluate and notify the student-athlete of the positive test result.
- The following individuals will be notified of the test results:
  - a. Athletic Director
  - b. Sport Administrator
  - c. Head Team Physician
  - d. Director of Athletic Training
  - e. Parents/Guardians
  - f. Assistant AD, Mental Health and Performance
  - g. Head Coach
  - h. Other University personnel with a legitimate educational interest and/or need to know
- Mandatory drug education counseling will be arranged by the Drug Testing Administrator. This counseling shall involve an initial evaluation period along with sessions with a counselor. The duration of counseling will be determined by the Assistant AD, Mental Health and Performance. Failure to complete required counseling may result in additional disciplinary actions.
- The student-athlete will be subject to follow-up testing within 60 days of notification of the positive result and at any time for as long as is deemed appropriate by the Director of Athletics or his/her designee.
- During follow up testing within 60 days, a student-athlete must demonstrate a continual decrease in the positive substance levels to avoid this test from being interpreted and acted upon as a positive test result.
- However, a positive test for another banned substance (other than the substance previously identified in the prior test) will result in forwarding a student-athlete to the next penalty phase.
- After 60 days, the drug test results should be negative. A subsequent positive result will be considered a new positive test.
- Subject to the approval of the Athletic Director or his/her designee, each Head Coach has the right to adopt and enforce stricter penalties than those set forth in this Policy.
- The designated Head Team Physician has the right to suspend or uphold a suspension for a longer period of time if he/she deems it is necessary for health and safety of the student-athlete.

### Phase II Guidelines

After a second positive test result or breach of protocol from split-sampling collection method occurs, the following procedure will apply:

- A meeting shall take place with the student-athlete and the Drug Testing Administrator to evaluate and notify the student-athlete of the positive test result.

- The following individuals will be notified of the test results:
  - a. Athletic Director
  - b. Sport Administrator
  - c. Head Team Physician
  - d. Director of Athletic Training
  - e. Parents/Guardians
  - f. Assistant AD, Mental Health and Performance
  - g. Head Coach
  - h. Other University personnel with a legitimate educational interest and/or need to know
- The student-athlete will be suspended from competition for 10% of scheduled contests (excluding scrimmages and exhibitions) of the season. Suspension length will be rounded up at .5 (e.g., 1.5 games equals a two game suspension) and carried over to the subsequent season, if necessary. Travel with the team during suspension period will **NOT** be permitted. The student-athlete will be suspended from all game day privileges.
- Mandatory drug education counseling will be arranged by the Drug Testing Administrator. This counseling shall involve an initial evaluation period along with sessions with a counselor. The duration of counseling will be determined by the Assistant AD, Mental Health and Performance. Failure to complete required counseling may result in additional disciplinary actions.
- The student-athlete will be subject to follow-up testing within 30 days. The student-athlete can be re-tested at any time following reinstatement for as long as is deemed appropriate by the Director of Athletics or his/her designee.
- During follow up testing within 30 days, a student-athlete must demonstrate a continual decrease in the positive substance levels to avoid this test from being interpreted and acted upon as a positive test result.
- However, a positive test for another banned substance (other than the substance previously identified in the prior test) will result in forwarding a student-athlete to the next penalty phase.
- After 30 days, the drug test results should be negative. A subsequent positive result will be considered a new positive test.
- Subject to the approval of the Athletic Director or his/her designee, each Head Coach has the right to adopt and enforce stricter penalties than those set forth in this Policy.
- The designated Head Team Physician has the right to suspend or uphold a suspension for a longer period of time if he/she deems it is necessary for health and safety of the student-athlete.

### Phase III Guidelines

If a third positive test result or breach of protocol from split-sampling collection method occurs, the following will occur:

- A meeting shall take place with the student-athlete and the Drug Testing Administrator to evaluate and notify the student-athlete of the positive test result.
- The following individuals will be notified of the test results:
  - a. Athletic Director
  - b. Sport Administrator
  - c. Head Team Physician
  - d. Director of Athletic Training
  - e. Parents/Guardians
  - f. Assistant AD, Mental Health and Performance

g. Head Coach

h. Other University personnel with a legitimate educational interest and/or need to know

- The student-athlete shall be suspended immediately from all regular and postseason competition (excluding scrimmages and exhibitions) for 25% of the season upon notification of the positive drug test result. Suspension length will be rounded up at .5 (e.g., 1.5 games equals a two game suspension) and carried over to the subsequent season if necessary. Travel with the team during suspension period will **NOT** be permitted. The student-athlete will be suspended from all game day privileges.
- Mandatory drug education counseling will be arranged by the Drug Testing Administrator. This counseling shall involve an initial evaluation period along with sessions with a counselor. The duration of counseling will be determined by the Assistant AD, Mental Health and Performance. Failure to complete required counseling may result in additional disciplinary actions.
- During follow up testing within 30 days, a student-athlete must demonstrate a continual decrease in the positive substance levels to avoid this test from being interpreted and acted upon as a positive test result.
- However, a positive test for another banned substance (other than the substance previously identified in the prior test) will result in forwarding a student-athlete to the next penalty phase.
- After 30 days, the drug test results should be negative. A subsequent positive result will be considered a new positive test.
- The student-athlete will be added to all subsequent random tests following reinstatement for the remainder of his/her athletic career.
- Subject to the approval of the Athletic Director or his/her designee, each Head Coach has the right to adopt and enforce stricter penalties than those set forth in this Policy.
- The designated Head Team Physician has the right to suspend or uphold a suspension for a longer period of time if he/she deems it is necessary for health and safety of the student-athlete.

#### Phase IV Guidelines

A fourth positive test result or breach of protocol from split-sampling collection method will result in the following:

- The student-athlete is immediately dismissed from the University of Arkansas athletic program. The student-athlete shall be deemed athletically ineligible on a permanent basis at the University. The student-athlete will not be eligible for renewal of his or her athletic scholarship, and his or her existing scholarship may be subject to cancellation.
- The parents of the student-athlete will be notified of the dismissal.
- A student-athlete who has been dismissed may seek assistance from established University counseling and medical resources. Such services will no longer be initiated or supervised by the University of Arkansas Athletic Department since the student-athlete's affiliation with the athletic program will have ended.

#### **Positive Result Due to Anabolic Agents, Growth Hormones, Related Compounds, or Masking Agent**

A student-athlete who tests positive for either a masking agent or an anabolic agent, growth hormone, and related compounds shall incur the following penalties for each respective offense.

### Phase I Guidelines

The first positive test result or breach of protocol from split-sampling collection method will result in the following:

- A meeting shall take place with the student-athlete and the Drug Testing Administrator to evaluate and notify the student-athlete of the positive test result.
- The following individuals will be notified of the test results:
  - a. Athletic Director
  - b. Sport Administrator
  - c. Head Team Physician
  - d. Director of Athletic Training
  - e. Parents/Guardians
  - f. Assistant AD, Mental Health and Performance
  - g. Head Coach
  - h. Other University personnel with a legitimate educational interest and/or need to know
- The student-athlete will be suspended from competition immediately for a minimum of 10% of all regular and postseason contests (excluding scrimmages and exhibitions). Suspension length will be rounded up at .5 (e.g., 1.5 games equals a two game suspension) and carried over to the subsequent season if necessary. Travel with the team during suspension period will **NOT** be permitted. The student-athlete will be suspended from all game day privileges.
- The student-athlete test result must be negative before reinstatement shall occur.
- Mandatory drug education counseling will be arranged by the Drug Testing Administrator. This counseling shall involve an initial evaluation period along with sessions with a counselor. The duration of counseling will be determined by the Assistant AD, Mental Health and Performance. Failure to complete required counseling may result in additional disciplinary actions.
- The student-athlete will be subject to follow-up testing and at any time following reinstatement for as long as it is deemed appropriate by the Director of Athletics or his/her designee.
- During follow up testing within 30 days, a student-athlete must demonstrate a continual decrease in the positive substance levels to avoid this test from being interpreted and acted upon as a positive test result.
- However, a positive test for another banned substance (other than the substance previously identified in the prior test) will result in forwarding a student-athlete to the next penalty phase.
- After 30 days, the drug test results should be negative. A subsequent positive result will be considered a new positive test.
- Subject to the approval of the Athletic Director or his/her designee, each Head Coach has the right to adopt and enforce stricter penalties than those set forth in this Policy.
- The designated Head Team Physician has the right to suspend or uphold a suspension for a longer period of time if he/she deems it is necessary for health and safety of the student-athlete.

### Phase II Guidelines

If a second positive test result or breach of protocol from split-sampling collection method, the following procedure will apply:

- A meeting shall take place with the student-athlete and the Drug Testing Administrator to evaluate and notify the student-athlete of the positive test result.
- The following individuals will be notified of the test results:

- a. Athletic Director
  - b. Sport Administrator
  - c. Head Team Physician
  - d. Director of Athletic Training
  - e. Parents/Guardians
  - f. Assistant AD, Mental Health and Performance
  - g. Head Coach
  - h. Other University personnel with a legitimate educational interest and/or need to know
- The student-athlete shall be suspended upon notification for a minimum of one (1) calendar year from the date that the student-athlete has been notified of a positive result. Suspension length will be carried over to the subsequent season if necessary. Travel with the team during suspension period will **NOT** be permitted. The student-athlete will be suspended from all game day privileges.
  - The student-athlete test result must be negative before reinstatement shall occur.
  - Mandatory drug education counseling will be arranged by the Drug Testing Administrator. This counseling shall involve an initial evaluation period along with sessions with a counselor. The duration of counseling will be determined by the Assistant AD, Mental Health and Performance. Failure to complete required counseling may result in additional disciplinary actions.
  - During follow up testing within 30 days, a student-athlete must demonstrate a continual decrease in the positive substance levels to avoid this test from being interpreted and acted upon as a positive test result.
  - However, a positive test for another banned substance (other than the substance previously identified in the prior test) will result in forwarding a student-athlete to the next penalty phase.
  - After 30 days, the drug test results should be negative. A subsequent positive result will be considered a new positive test.
  - The student-athlete will be added to all subsequent random tests following reinstatement for the remainder of his/her athletic career.
  - Subject to the approval of the Athletic Director or his/her designee, each Head Coach has the right to adopt and enforce stricter penalties than those set forth in this Policy.
  - The designated Head Team Physician has the right to suspend or uphold a suspension for a longer period of time if he/she deems it is necessary for health and safety of the student-athlete.

### Phase III Guidelines

A third positive test result or breach of protocol from split-sampling collection method will result in the following:

- The student-athlete is immediately dismissed from the University of Arkansas athletic program. The student-athlete shall be deemed athletically ineligible on a permanent basis at the University. The student-athlete will not be eligible for renewal of his or her athletic scholarship, and his or her existing scholarship may be subject to cancellation.
- The parents of the student-athlete will be notified of the dismissal.
- A student-athlete who has been dismissed may seek assistance from established University counseling and medical resources. Such services will no longer be initiated or supervised by the University of Arkansas Athletic Department since the student-athlete's affiliation with the athletic program will have ended.

## Appeal Process

If a student-athlete believes the results of a drug test are incorrect or if he or she believes the sanctions should not be imposed, the student-athlete may file a written appeal to the Appeals Committee which will be made up of the Athletic Director, Head Team Physician, and the Athletics Department Faculty Athletics Representative. The written appeal must be submitted within 5 business days after the student-athlete has been notified of the results of the drug test. The appeal must include any information, which might change the factual findings of the test result or the sanctions. The Appeals Committee will review the information submitted by the student-athlete and may reconsider the sanctions if the Committee believes a basis exists for the appeal. The Appeals Committee shall make the final decision regarding the appeal within five (5) business days and will notify the student-athlete in writing of its decision. During the appeals process all sanctions will be deferred pending the outcome of the appeal. Should the appeal findings uphold the positive test results and sanctions, the required sanctions shall be enforced immediately.

## MENTAL HEALTH AND PERFORMANCE

The University of Arkansas Athletics Department is committed to providing the highest quality psychological care and resources to our student-athletes. The office of Mental Health & Performance (MHP) is staffed by three full-time licensed mental health clinicians who have experience working with athletes and student-athletes at the highest levels of competition. Additionally, the office will periodically include graduate student interns as trainees.

The focus of MHP is to provide individual, small group, and team psychological care and performance enhancement services to the student-athletes at the University of Arkansas. We do that by taking an outreach-based approach to our services wherein our counselors attend practices and competitions for the teams with whom they work, and they take an active role in the overall operations of the Athletic Department.

All services to the student-athletes are confidential, free, and unlimited. We begin our contact with the student-athletes when they arrive on campus, and we administer a brief pre-participation questionnaire in order to gain some insight into who our student-athletes are and what potential concerns they may have about their time at the University of Arkansas. Additionally, the MHP staff is committed to emotional wellness education and training for the Athletics Department (staff, coaches, and student athletes). The goal of this education and training is to promote a positive attitude toward mental health within the Department, on campus, and in the larger Fayetteville community.

Student-athletes may set up meetings regarding any topic in the following ways:

1. By contacting our staff directly:
  - Jordan Hughes, MSW, LCSW; Mental Health & Performance Clinician (479-799-8279; jxh090@uark.edu)
  - KC Cross, M.S., LPC; Mental Health & Performance Clinician (479-713-9463; kec005@uark.edu)
  - Christopher Bader, Ph.D., LP, CMPC; Assistant AD for Mental Health & Performance (479-409-7216; cbader@uark.edu)
2. Through the team Athletic Trainer or Strength & Conditioning Coach
3. Through anyone on the coaching or administrative staff for their sport
4. Through the Student-Athlete Development staff, the Educational Enrichment Staff, or the Student-Athlete Success staffs

# UNIVERSITY OF ARKANSAS SPORTS NUTRITION

## PROGRAM OVERVIEW

Proper nutrition habits are an integral part of optimal performance and overall health. The University of Arkansas Sports Nutrition Department is committed to the overall development and success of all Razorback student-athletes by providing a high level of well-rounded nutrition services.

## SERVICES OFFERED

### Sports Nutrition Center

The Sports Nutrition Center is a full service dining facility operated by a culinary team that is trained in understanding the nutritional needs of high level athletes. Menus are strategically designed to accommodate all University of Arkansas athletes' nutritional needs, accounting for vigorous training, competition and academic schedules. For the student-athletes on the go, The Sports Nutrition Center is also equipped with a Grab'N'Go Window which allows student-athletes to not only pick up items to take with them, but also preorder items in advance.

In addition to the service offered within the Sports Nutrition Center, student-athletes also have access to additional fueling programs, including weight room performance fueling stations and the Red Card restaurant plan. These are facilitated by the Sports Nutrition Staff and are available to all competing student-athletes.

### Nutritional Counseling

Individual counseling appointments, team seminars, and team workshops with the Sports Nutrition Staff are available to all student-athletes. Student-athletes may be referred for nutritional counseling by members of the Sports Medicine, Strength and Conditioning and team staffs. Student-athletes may also request nutritional counseling at any time.

### Nutrition Education

The University of Arkansas Athletic Department is committed to the education of student-athletes in nutrition for optimal performance and overall health. Providing our student-athletes with the knowledge to make sound nutrition decisions will not only impact their athletic performance, but also their academic success. Nutrition education, in the form of grocery store tours, cooking classes, and team presentations are available to all student-athletes and teams. During these sessions, topics such as pre work out fueling, post work out recovery nutrition, hydration, and meal planning will be covered.

### Special Dietary Needs

The Department of Sports Nutrition acknowledges there are individuals with specific dietary needs and is currently equipped to accommodate those dietary needs. In order to best provide the necessary nutrition to those student-athletes, a student-athlete should contact a member of the Sports Nutrition staff to discuss his/her individual needs.

## DIETARY SUPPLEMENT POLICY

The University of Arkansas Athletic Department is committed to providing student-athletes resources for questions related to the use of dietary supplements and banned substances. All student-athletes inquiring about the personal use of dietary supplements should be encouraged to consult with their Sports Dietitian, his/her sport athletic trainer or strength coach to discuss the potential uses, benefits and side effects of the supplement. Student-athletes who choose to individually purchase and use dietary supplements should know

that nutritional supplements carry a risk of contamination and the potential for a failed drug test which may result in the loss of eligibility.

**Disclaimer:** In recognition of the support provided by the NCAA, the University of Arkansas Athletic Department utilizes Drug Free Sport as a resource for further information on dietary supplements.

**Sports Nutrition Staff:**

- Karla Horsfall, Director of Sports Nutrition
- Whitney Stone, Sports Dietitian
- Kristin Jakus, Sports Nutrition Fellow
- Lauren Lyons, Sports Nutrition Fellow
- Abbie Herkelman, Sports Nutrition Graduate Assistant

## **STRENGTH AND CONDITIONING POLICIES**

### **A. STRENGTH AND CONDITIONING FACILITIES**

Strength and conditioning facilities, including Walker Indoor Pavilion, Sutton Weight Room, Basketball Performance Center Weight Room, Tyson Weight Room & Walker training centers, are to be monitored by assigned strength and conditioning coaches or alternate strength and conditioning coaches at all times when athletes are present.

No incoming student-athlete will be allowed to participate in any activity within the strength & conditioning facilities until they have been cleared by Sports Medicine staff, Compliance staff and an Equipment Manager (issued gear).

Former University of Arkansas athletes that are currently on a professional roster or preparing for training camp/competition will not be permitted to train during current student-athlete training hours. The designated time will vary by semester and is at the discretion of the strength and conditioning facilities supervisor. Professional athletes will be required to sign a form releasing the university and employees of any liability, should injury occur while training in University of Arkansas facilities.

Former University of Arkansas athletes that have no future in professional sports and have not been placed on a coaching staff at the University of Arkansas must find an alternate facility for their fitness training at the end of the academic year following completion of their eligibility.

#### **1. Scheduling Walker Indoor Pavilion**

The indoor facility will be scheduled through the football Director of Operations, Patrick Doherty. Teams using the indoor facility must do so with the understanding that if inclement weather forced football practice/ workout inside, they would need to relinquish the facility for the remainder of said practice/workout. Student-athletes must make sure that all equipment is returned to its proper place and any trash left behind is picked up.

#### **2 Walker Training Center**

The Walker weight room will be closed during football practice. Olympic sports may utilize the Walker training center if the workout was scheduled through the Head Olympic Strength Coach Whitney Smith and agreed on by the Head Football Strength Coach Jamil Walker.

## **B. STUDENT-ATHLETE CONDUCT**

Every training center on campus has inherent risks, and student-athletes must follow all rules of conduct to insure a safe training environment. The right to use these facilities and receive expert instruction from strength and conditioning staff is a privilege and is contingent on the acceptance/adherence to the following policies:

### **Strength and Conditioning Policies**

#### Training Guidelines:

- Prior to participation, all athletes must attend an orientation on common risks involved in strength training, the proper execution of various exercises, and the possible consequences if proper technique is not employed.
- If an athlete has an injury that inhibits a portion of the workout, the athlete must receive a modified program outlining which movements are to be avoided and which ones may be substituted.

#### Lifting Reminders:

- Athletes should never place bars, plates, dumbbells, etc. on any upholstery.
- Athletes are required to use collars on the end of the bars.
- No one should barbell back squat outside the multi-rack and must be over the spotter bars on the double-sided racks.
- Bumper plates are required when outside the rack and on the platforms for all exercises.
- Athletes must not wear leather weight belts when the belts could contact equipment upholstery.
- Athletes should never set plates or DB's on the floor or lean them against equipment or walls. Athletes should return dumbbells to the rack in the proper order. Athletes should not drop or throw either weights or dumbbells.
- Athletes should wear proper training attire, particularly athletic shoes, at all times.
- Metal jewelry such as loose necklaces, bracelets, hanging earrings, and watches should not be worn while training.
- Proper spotting techniques should be implemented when necessary.
- Athletes should attempt to minimize chalk powder on the floor.
- No headgear, hats, bandanas, etc.

#### Weight Room Reminders:

- No student-athletes will park in staff lot.
- Athletes will not have electronic communication devices in the weight room unless using them for instructional matters and approved by the respective strength coach.
- Athletes should show respect for equipment and facilities at all times; spitting in weight room or defacing the facility is not tolerated and will result in immediate consequence to be determined by the strength and conditioning coach.
- The weight room requires concentration. Horseplay, loud or offensive language, or temper tantrums are to be controlled.
- The staff office areas are off limits to athletes unless permission is given.
- Only the University of Arkansas issued clothing is acceptable. Shoes must be tied. Sports bras are not to be worn as tops. All shorts must be an appropriate length as determined by the strength coach.
- Athletes should immediately report any facility-related injury, or facility/equipment

irregularity to the supervisor.

- Tobacco, food, chewing gum, glass bottles, cans, alcohol, drugs and banned substances are not allowed in the weight room; plastic water bottles with caps are acceptable and encouraged.
- Supervisors are not responsible for users' personal belongings; either lost or stolen items. Any items left in the cubby area will be removed at the end of each day and placed in a lost & found. Items left in the lost & found at the end of the semester will be sent to Goodwill.
- Equipment leaving the weight room must be checked out from and recorded by the supervisor.
- The use of headphones is permitted in the cardio area only.
- Athletes should keep feet off the walls.

# **ONE**

**RAZORBACK**



**2020 - 2021  
PLANNER CALENDAR  
SECTION**

# AUGUST 2020

**Nutrition Facts:** Don't forget to set up a meeting with your Sports Dietitian! Sports dietitians translate the latest scientific evidence into practical sports nutrition recommendations for athletes.



**Notes:**

## MONDAY

# 24

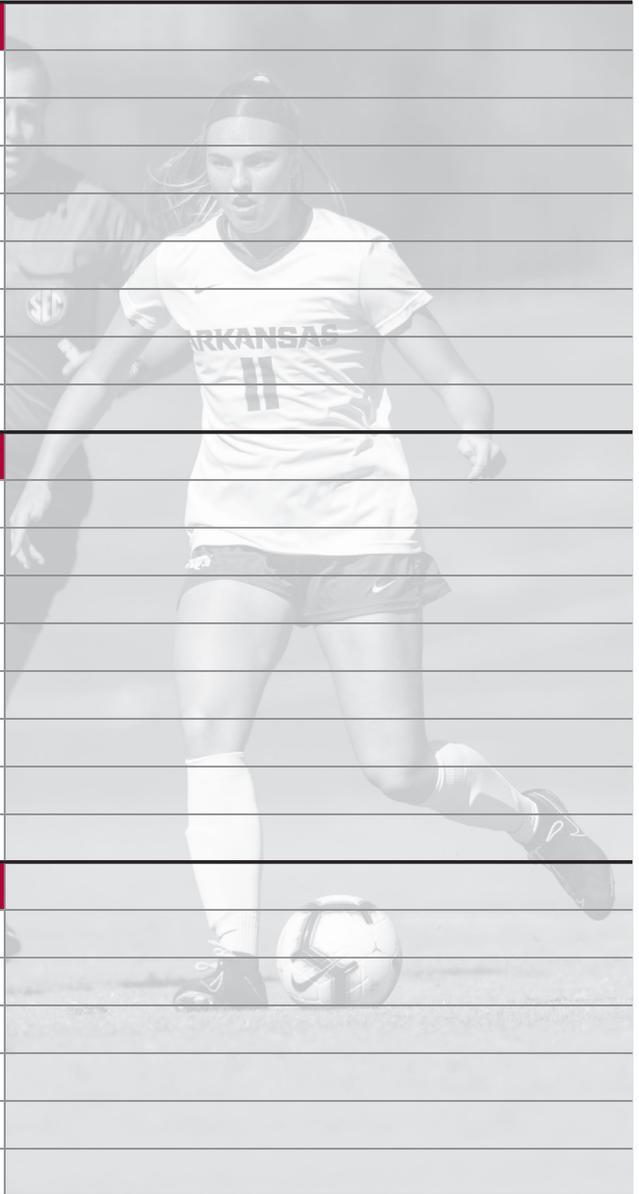
Fall Classes Begin

## TUESDAY

# 25

## WEDNESDAY

# 26



## JULY 2020

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## RAZORFACTS:

- After playing as an independent for the first 20 or so seasons in program history, Arkansas joined the Southwest Conference as a charter member in 1914. After 78 years in the SWC, the Razorbacks moved to the SEC when the conference expanded in 1992.

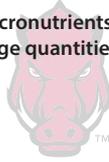
## SEPTEMBER 2020

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27	28	29	30			

		<b>THURSDAY</b>	
		<b>27</b>	
		<b>FRIDAY</b>	
		<b>28</b>	
<b>SATURDAY</b>		<b>SUNDAY</b>	
<b>29</b>		<b>30</b>	

# SEPTEMBER 2020

**Nutrition Facts:** What are macronutrients? The word “macro” means large, indicating that these nutrients are needed in large quantities, providing energy for the body.



**Notes:**

**MONDAY**

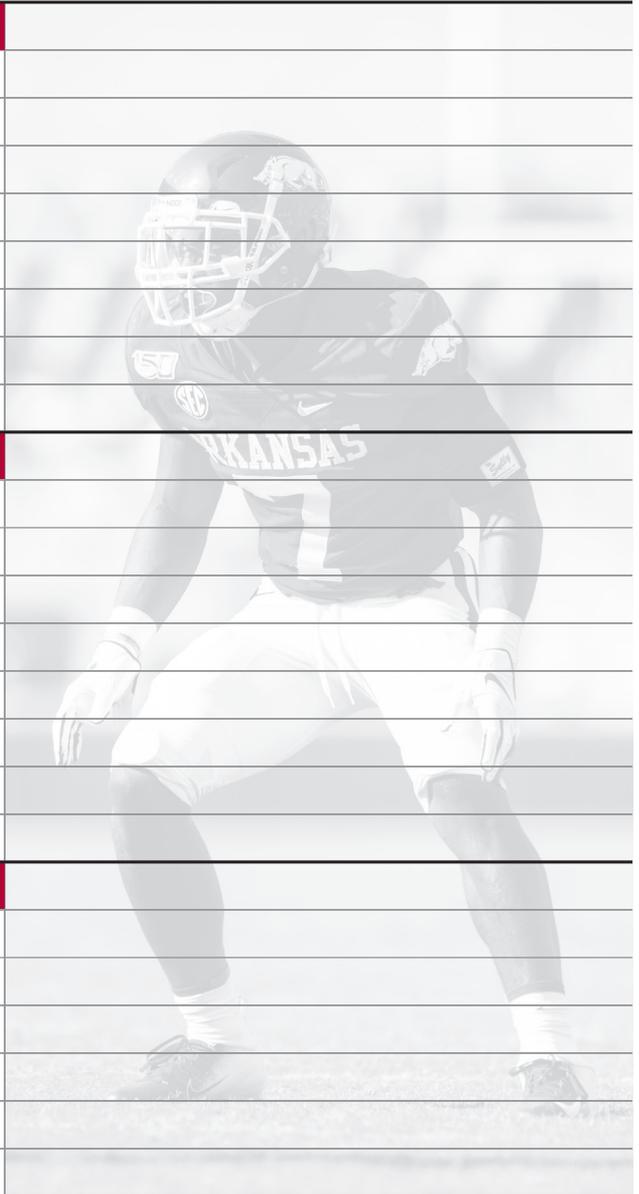
**31**

**TUESDAY**

**1**

**WEDNESDAY**

**2**



## JULY 2020

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## RAZORFACTS:

- Frank Broyles coached the Razorbacks for 19 years, compiling a 144-58-5 record, good for a .708 winning percentage. He has a 69-win lead on the second-winningest coach in school history, Houston Nutt, and also has the most bowl appearances with 10.

## SEPTEMBER 2020

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<b>THURSDAY</b>	
	3
<b>FRIDAY</b>	
	4
<b>SATURDAY</b>	<b>SUNDAY</b>
5	6

# SEPTEMBER 2020

**Nutrition Facts:** Nutrition Tip for Away Competition: Plane travel may lead to water losses of 3-10 oz per hour. Drink at least 8 oz of water + electrolytes per hour while traveling.



**Notes:**

MONDAY	
7	
	Labor Day Holiday
TUESDAY	
8	
WEDNESDAY	
9	



# SEPTEMBER 2020

**Nutrition Facts:** Amino acids are necessary to build all of the proteins your body requires. Out of the 20 amino acids, 9 of them are considered essential for consumption because they cannot be produced by the body.



**Notes:**

**MONDAY**

**14**

**TUESDAY**

**15**

**WEDNESDAY**

**16**



**AUGUST 2020**

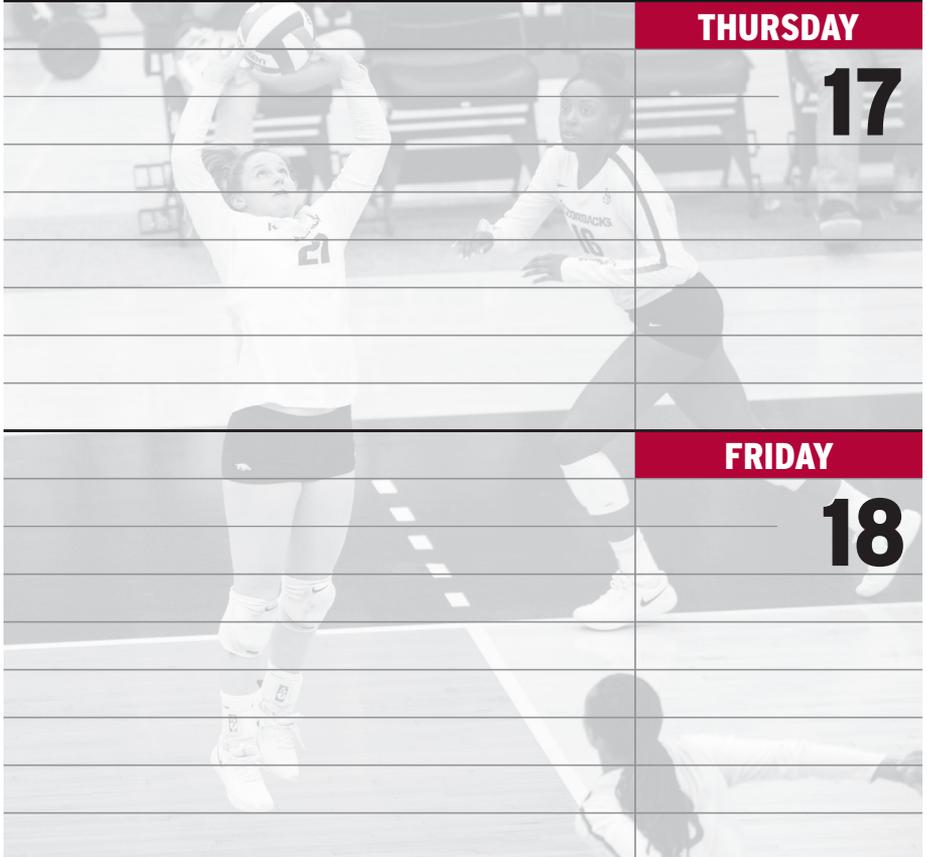
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**RAZORFACTS:**

- The Razorbacks have called D.W.R. Razorback Stadium home since 1938. It was renamed for local businessman and philanthropist Donald W. Reynolds, who graduated from Missouri, in 2001. The playing field was dedicated in honor of Broyles when he retired in 2007.

**OCTOBER 2020**

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**THURSDAY**

**17**

**FRIDAY**

**18**

**SATURDAY**

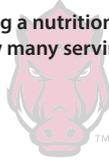
**19**

**SUNDAY**

**20**

# SEPTEMBER 2020

**Nutrition Facts:** When reading a nutrition facts label, make sure to read the serving size first. You may be surprised about how many servings there are in different foods and drinks.



Notes:

**MONDAY**

**21**

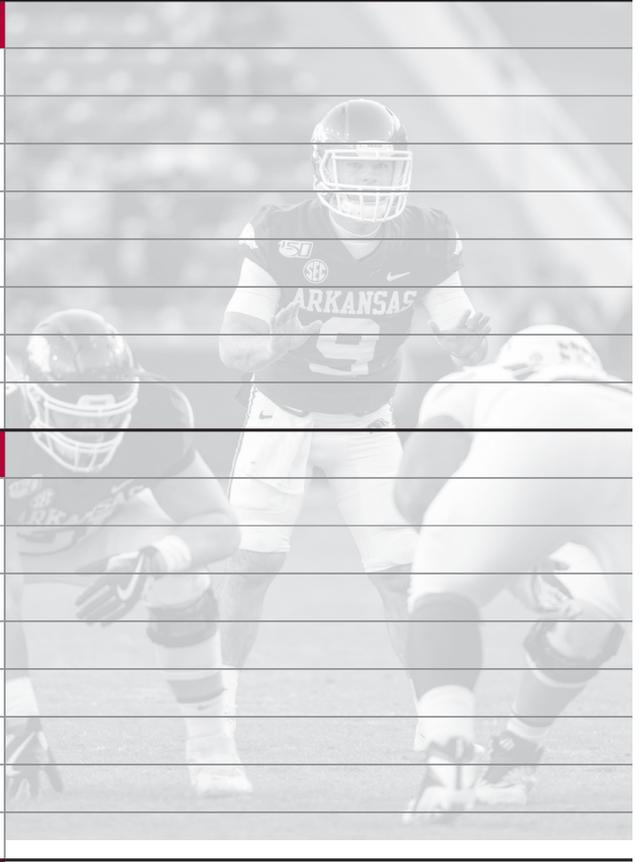
**TUESDAY**

**22**

First Day of  
Autumn

**WEDNESDAY**

**23**



**AUGUST 2020**

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**RAZORFACTS:**

The Hog Call is one of the most recognizable chants in all of sports.



**OCTOBER 2020**

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**THURSDAY**

**24**

**FRIDAY**

**25**

**SATURDAY**

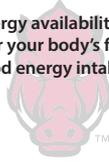
**26**

**SUNDAY**

**27**

# SEPTEMBER 2020

**Nutrition Facts:** What does energy availability mean as an athlete? Energy availability refers to the amount of energy leftover and available for your body's functions after the energy used for training is subtracted for the energy you intake from food (food energy intake – exercise energy expenditure + energy availability).



Notes:

**MONDAY**

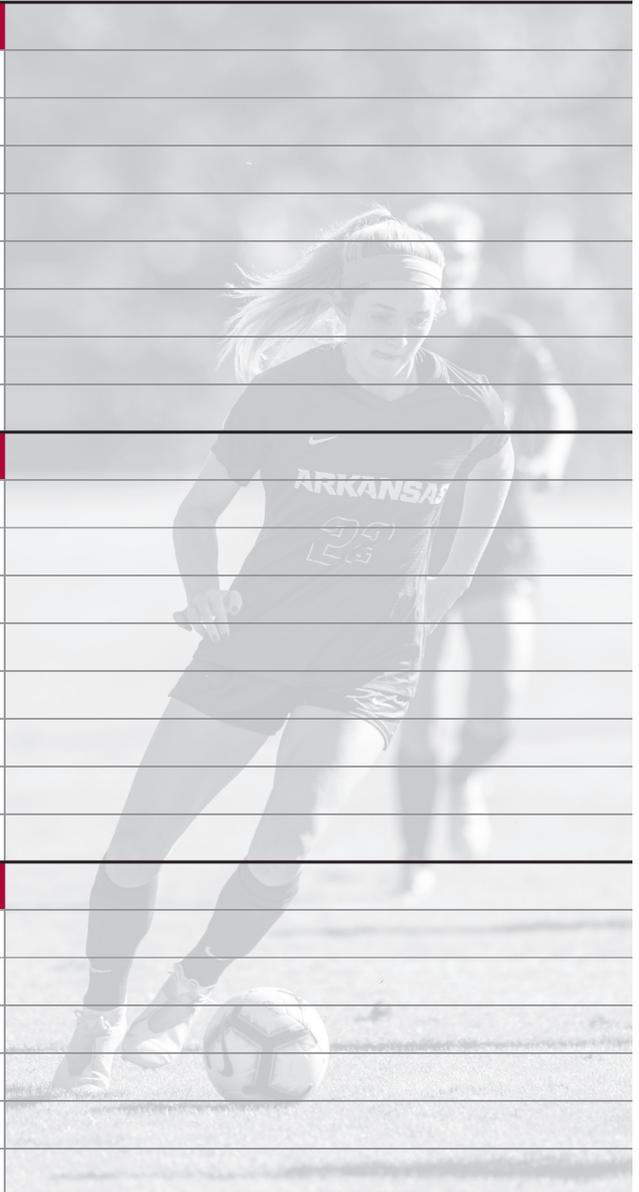
**28**

**TUESDAY**

**29**

**WEDNESDAY**

**30**

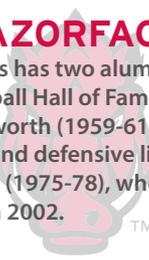


**AUGUST 2020**

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**RAZORFACTS:**

- Arkansas has two alumni in the Pro Football Hall of Fame: receiver Lance Alworth (1959-61), inducted in 1978, and defensive lineman Dan Hampton (1975-78), who went into Canton in 2002.



**OCTOBER 2020**

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	<b>THURSDAY</b>
	<b>1</b>
	<b>FRIDAY</b>
	<b>2</b>
<b>SATURDAY</b>	<b>SUNDAY</b>
<b>3</b>	<b>4</b>

# OCTOBER 2020

**Nutrition Facts:** There are two types of iron: heme and non-heme iron. Heme iron is found only in animal products whereas non-heme iron is found in plant products (which is not absorbed as easily in the body).



**Notes:**

**MONDAY**

**5**

\_\_\_\_\_

**TUESDAY**

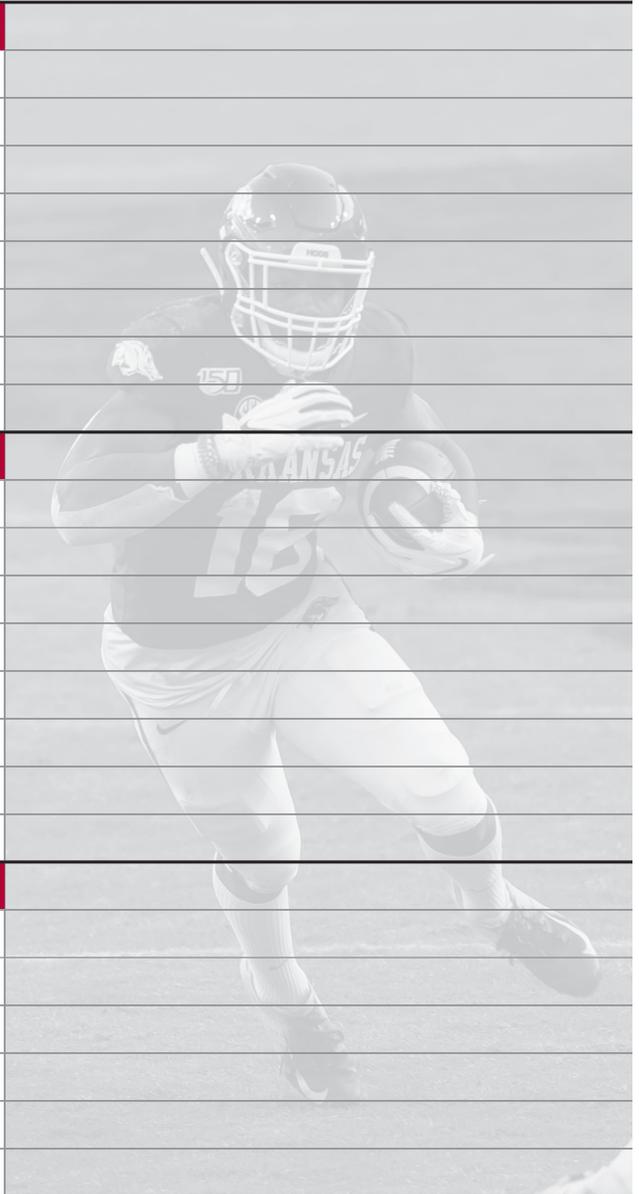
**6**

\_\_\_\_\_

**WEDNESDAY**

**7**

\_\_\_\_\_





# OCTOBER 2020

**Nutrition Facts:** What are micronutrients? The word “micro” means extremely small, indicating that these vitamins and minerals are needed in smaller amounts relative to macronutrients, although they are no less important as they are involved in an abundance of processes in the body.



**Notes:**

MONDAY	
<b>12</b>	
<b>TUESDAY</b>	
<b>13</b>	
<b>14</b>	



# OCTOBER 2020

**Nutrition Facts:** Tart cherries, which are high in anthocyanins, are shown to maintain muscle strength and pain by reducing inflammation and oxidative stress. Drink cherry juice after intense training to aid in recovery



**Notes:**

**MONDAY**

**19**

**TUESDAY**

**20**

**WEDNESDAY**

**21**





# OCTOBER 2020

**Nutrition Facts:** Not all fats are bad – fats provide essential nutrients that are an important part of a healthy diet. Unsaturated fats are healthy fats that come from foods like fatty fish, walnuts, avocados, and olive oil.



**Notes:**

**MONDAY**

**26**

**TUESDAY**

**27**

**WEDNESDAY**

**28**

**SEPTEMBER 2020**

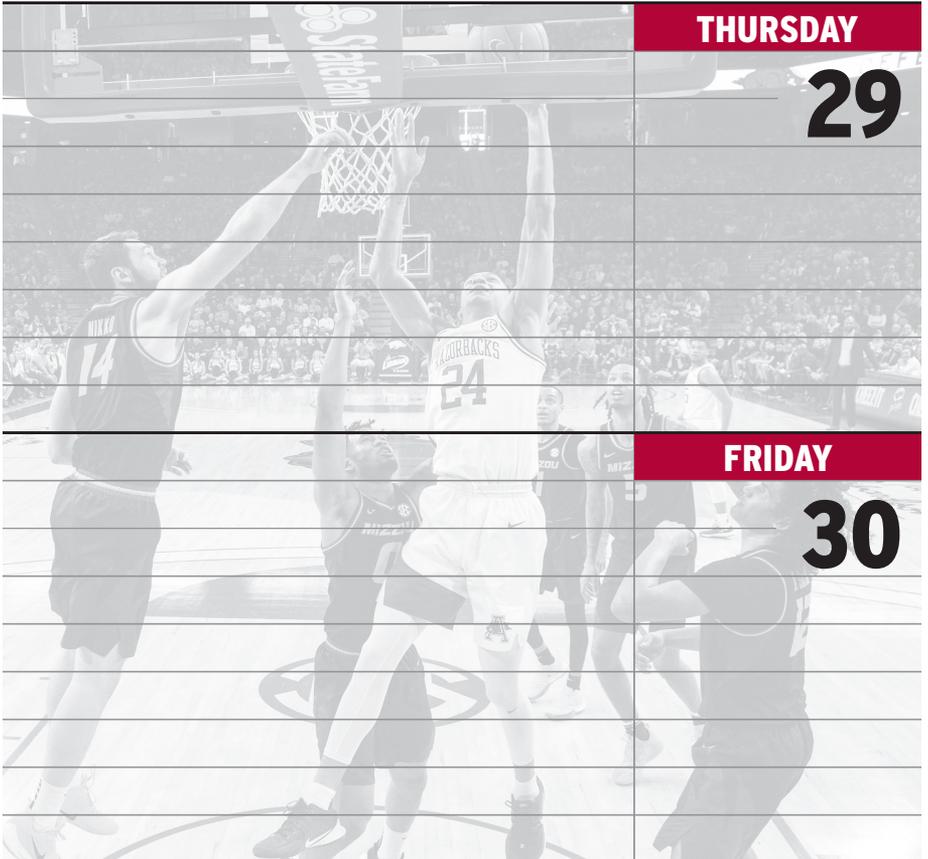
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**RAZORFACTS:**

- Arkansas has retired just two football jersey numbers: 12 and 77. No. 77 was put aside after Brandon Burlsworth's excellent career, in which he went from walk-on to All-SEC at offensive guard. The other was for Clyde Scott, an Olympian hurdler who left school as the all-time leading rusher.

**NOVEMBER 2020**

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**THURSDAY**  
**29**

**FRIDAY**  
**30**

**SATURDAY**

**SUNDAY**

**31**

**1**

Halloween

# NOVEMBER 2020

**Nutrition Facts:** Thinking of switching to more plant-based products? Be sure you are meeting your needs for the following nutrients as many plant-based products may be deficient: vitamin D, vitamin B12, zinc, iron, omega-3 fatty acids, and calcium.

**Notes:**



## MONDAY

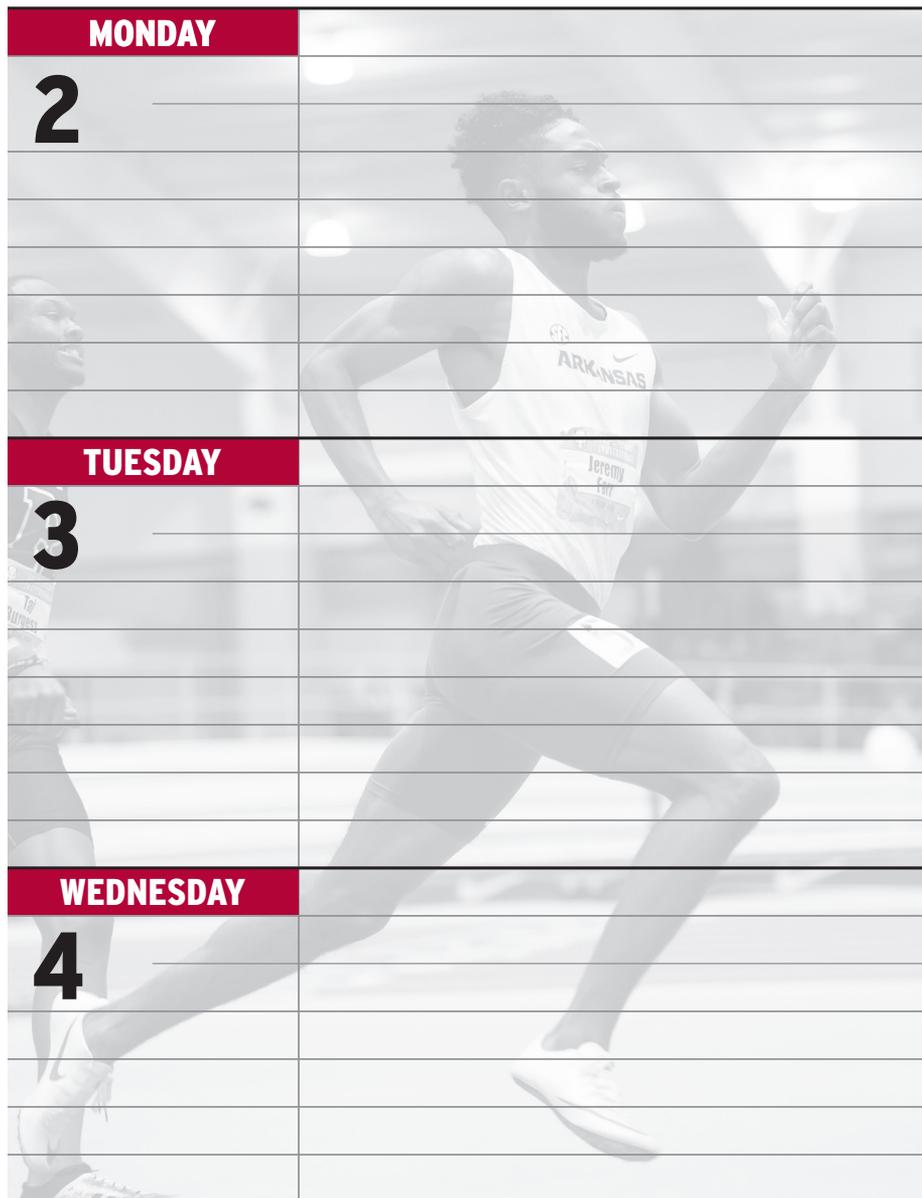
2

## TUESDAY

3

## WEDNESDAY

4



## SEPTEMBER 2020

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## RAZORFACTS:

- Women's Cross country won their first national championship in 2019.



## NOVEMBER 2020

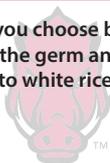
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		<b>THURSDAY</b>	<b>5</b>
		<b>FRIDAY</b>	<b>6</b>
<b>SATURDAY</b>	<b>7</b>	<b>SUNDAY</b>	<b>8</b>

# NOVEMBER 2020

**Nutrition Facts:** Why should you choose brown rice over white rice? Brown rice contains all of the parts of the grain, including the germ and the bran, which contain fiber and several vitamins and minerals in comparison to white rice.

**Notes:**



**MONDAY**

**9**

**TUESDAY**

**10**

**WEDNESDAY**

**11**

Veterans' Day



# NOVEMBER 2020

**Nutrition Facts:** Pre-competition nutrition is key! What you eat in the days leading up to a competition is just as important as the food you eat right before a competition.



Notes:

**MONDAY**

**16**

**TUESDAY**

**17**

**WEDNESDAY**

**18**

**OCTOBER 2020**

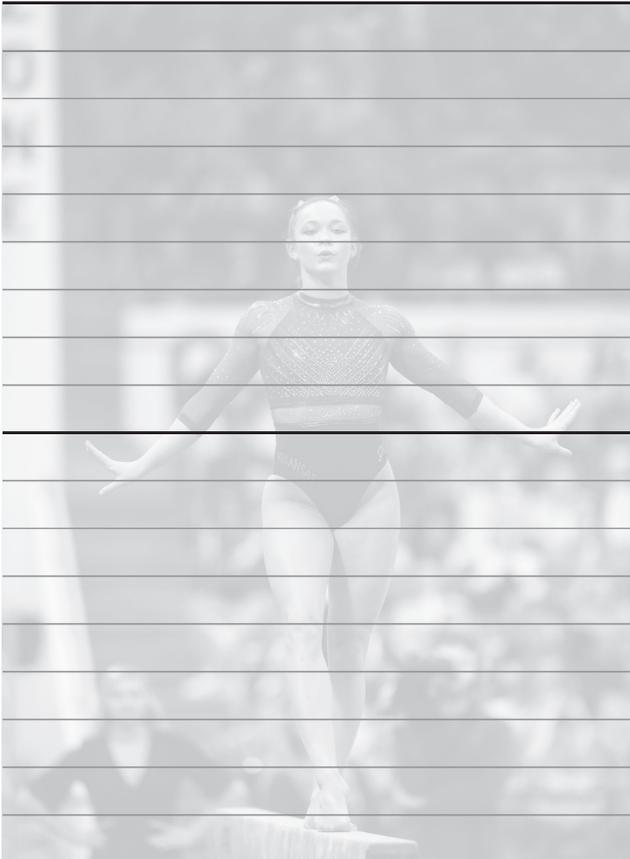
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**RAZORFACTS:**

- Men's cross country has won a combined 11 national championships; this includes a 'four-peat' from 1990-1993 and a 'three-peat' from 1998-2000.

**DECEMBER 2020**

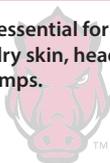
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27	28	29	30	31		

**THURSDAY****19****FRIDAY****20****SATURDAY****21****SUNDAY****22**

# NOVEMBER 2020

**Nutrition Facts:** Hydration is essential for athletic performance. Be on the lookout for the following signs of dehydration – dry skin, headache, chronic fatigue, dizziness, irritability, dark yellow urine, dry mouth, and cramps.

**Notes:**



**MONDAY**

**23**

Fall Break

**TUESDAY**

**24**

Fall Break

**WEDNESDAY**

**25**

Thanksgiving Break  
for Students

**OCTOBER 2020**

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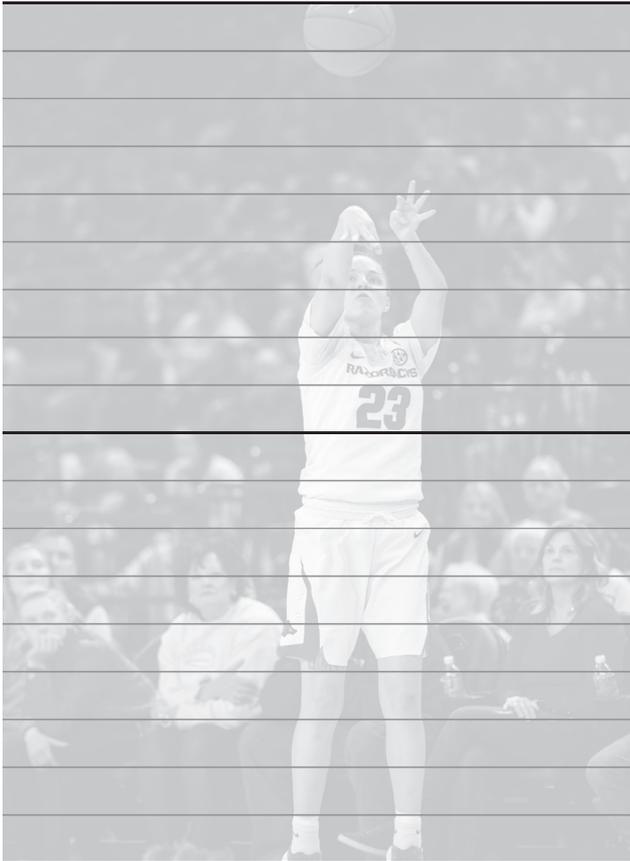
**RAZORFACTS:**

- Men's indoor and outdoor track and field teams have won a combined 30 national championships!



**DECEMBER 2020**

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**THURSDAY**

**26**

Thanksgiving  
Holiday

**FRIDAY**

**27**

Thanksgiving  
Holiday

**SATURDAY**

**28**

**SUNDAY**

**29**

# DECEMBER 2020

**Nutrition Facts:** Fatigue can come from a number of sources including suboptimal nutrition, poor nutrient timing, lack of sleep and recovery, and overtraining.



Notes:

**MONDAY**

**30**

**TUESDAY**

**1**

**WEDNESDAY**

**2**





# DECEMBER 2020

**Nutrition Facts:** Fueling Brain Power – Carbohydrates are the main source of fuel for the brain, with a minimum recommendation of at least 150 grams per day to support optimal function.



**Notes:**

## MONDAY

7

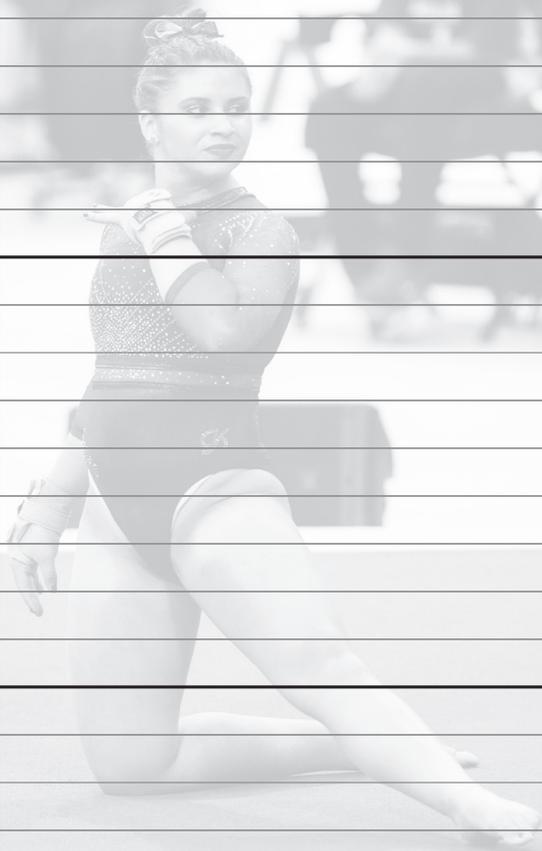
Pearl Harbor  
Remembrance  
Day

## TUESDAY

8

## WEDNESDAY

9



**NOVEMBER 2020**

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					

**RAZORFACTS:**

- If Arkansas' Men's indoor and outdoor track teams were their own institution, they would be tied with Ohio State for most NCAA collegiate national championships at 30.<sup>1</sup>

**JANUARY 2021**

					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
31						



**THURSDAY**

**10**  
Last Day of Classes

**FRIDAY**

**11**  
Dead Day

**SATURDAY**

**12**

**SUNDAY**

**13**

# DECEMBER 2020

**Nutrition Facts:** Nutrition Tip: Don't use energy drinks to make up for under-fueling. These empty-calorie beverages are not a sufficient replacement for energy obtained through food.



**Notes:**

## MONDAY

# 14

Final Exams Begin

## TUESDAY

# 15

## WEDNESDAY

# 16

**NOVEMBER 2020**

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					

**RAZORFACTS:**

- The U of A boasts one of the most unique traditions found on any campus: Senior Walk, consisting of more than 5 miles of sidewalks engraved with the names of more than 175,000 University of Arkansas graduates, dating back to 1876.

**JANUARY 2021**

					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
31						



**THURSDAY**

**17**

**FRIDAY**

**18**

**Final Exams End**

**SATURDAY**

**19**

**Commencement**

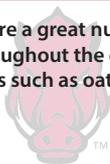
**SUNDAY**

**20**

# DECEMBER 2020

**Nutrition Facts:** Smoothies are a great nutrient-dense drink that can easily be adjusted to meet your performance needs throughout the day. A well-rounded smoothie includes fruit, vegetables, protein, and other add-ins such as oats, nut butters, seeds, and avocado!

**Notes:**



**MONDAY**

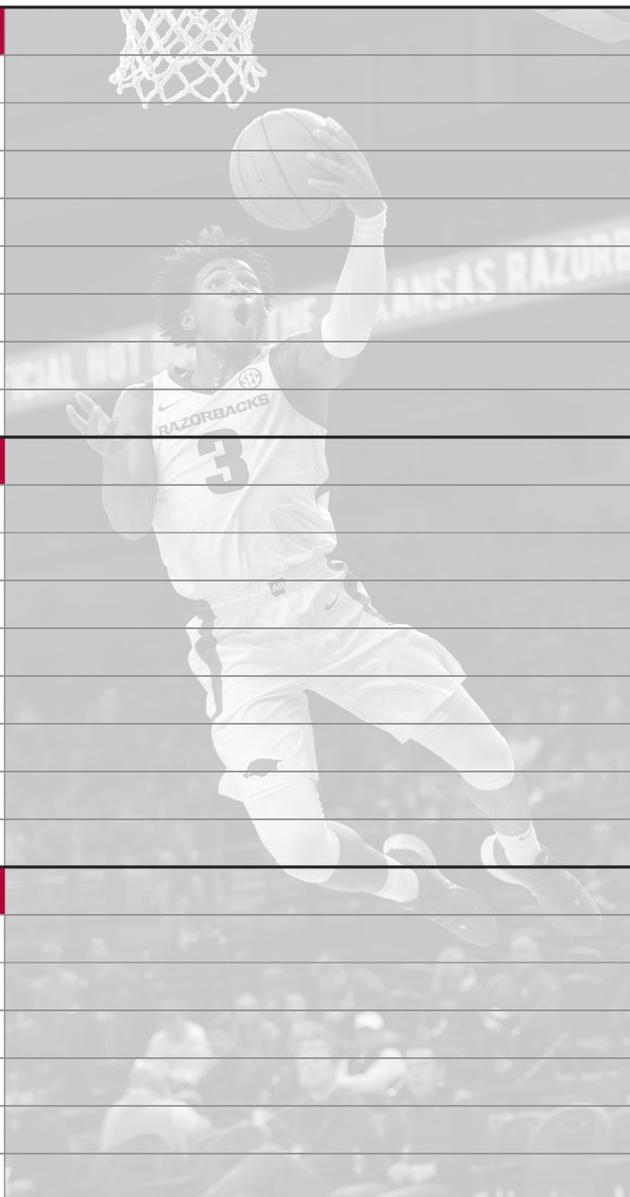
**21**

**TUESDAY**

**22**

**WEDNESDAY**

**23**

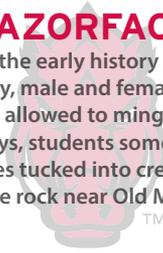


**NOVEMBER 2020**

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					

**RAZORFACTS:**

- During the early history of the university, male and female students were not allowed to mingle. In those days, students sometimes left love notes tucked into crevices of a limestone rock near Old Main.



**JANUARY 2021**

					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
31						



**THURSDAY**

**24**

Christmas Eve  
University Holiday

**FRIDAY**

**25**

Christmas Day  
University Holiday

**SATURDAY**

**26**

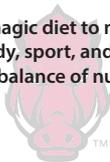
**SUNDAY**

**27**

# DECEMBER 2020

**Nutrition Facts:** There is no magic diet to maximize performance. Every student-athlete has individualized needs based on their body, sport, and training regimen. The best nutrition plan for an athlete is one that provides the correct balance of nutrients in order to perform at a high level.

**Notes:**



**MONDAY**

**28**

**TUESDAY**

**29**

**WEDNESDAY**

**30**

**NOVEMBER 2020**

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					

**RAZORFACTS:**

- The first year of football occurred at the University of Arkansas in 1894.



**JANUARY 2021**

					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
31						

		<b>THURSDAY</b>
		<b>31</b>
		New Year's Eve
		Charged to Annual Leave
		<b>FRIDAY</b>
		<b>1</b>
		New Year's Day
		University Holiday
<b>SATURDAY</b>	<b>SUNDAY</b>	
<b>2</b>		<b>3</b>

# JANUARY 2021

**Nutrition Facts:** Thinking about starting a new diet? When starting any new nutrition plan, focus on behaviors that can be incorporated into long term plans and include consistent fueling, along with adequate carbs and protein to support your needs as a student-athlete.

**Notes:**



## MONDAY

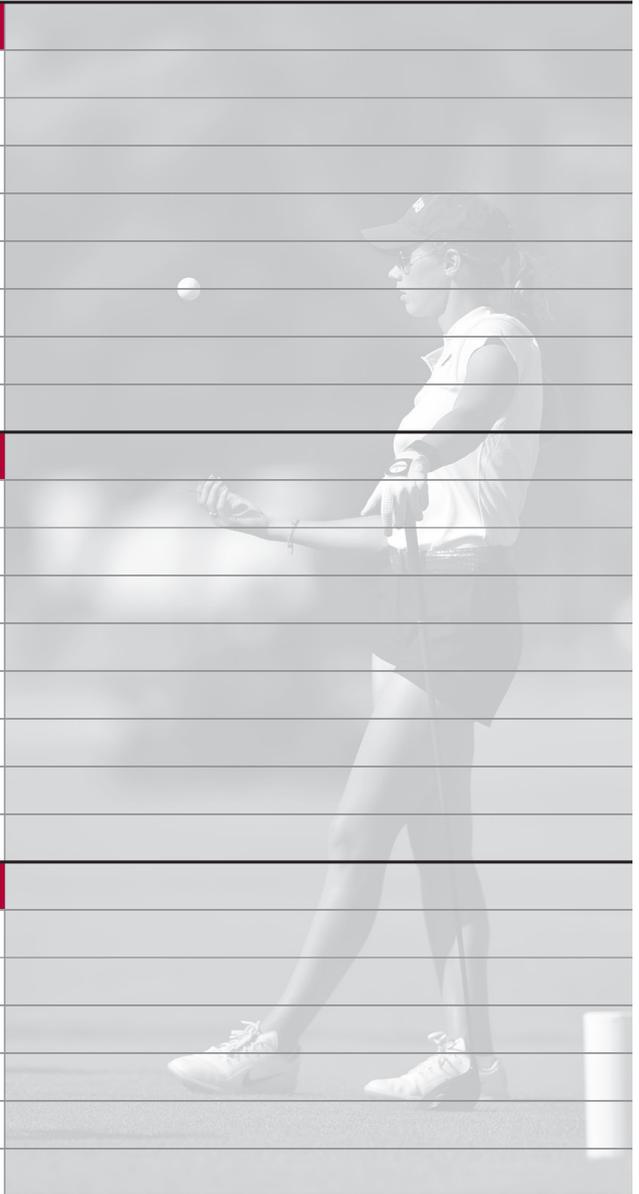
4

## TUESDAY

5

## WEDNESDAY

6





# JANUARY 2021

**Nutrition Facts:** Sleep for Success - Irregular sleep patterns have been shown to diminish performance in both school and athletics including delayed response time, fatigue, and poor decision-making.



**Notes:**

## MONDAY

# 11

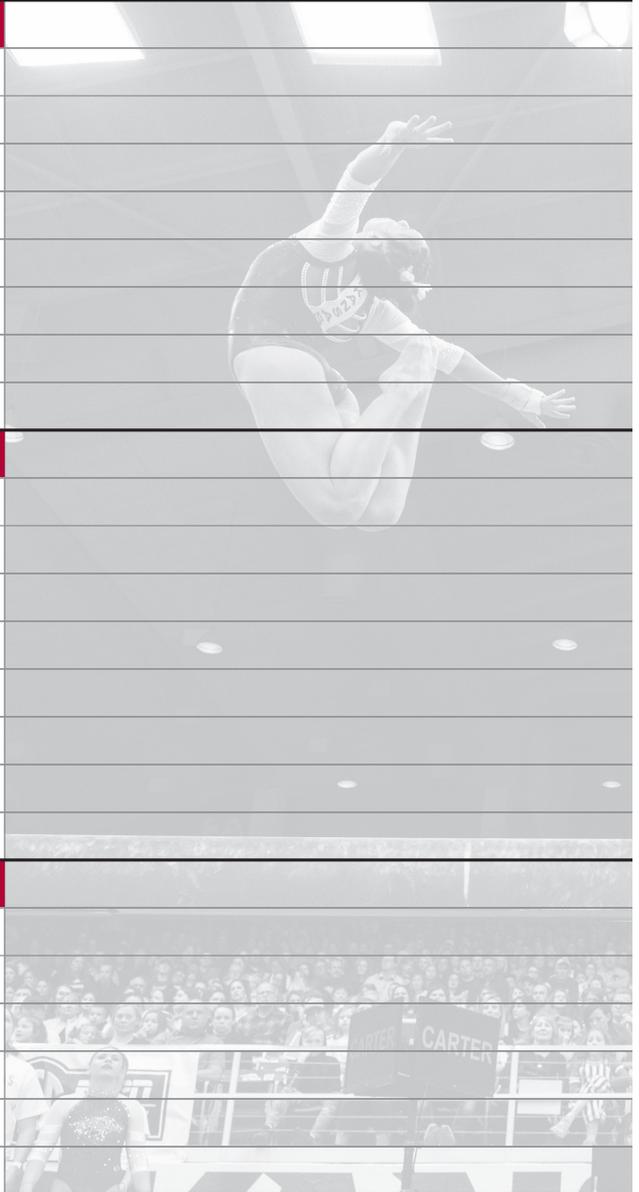
Spring Classes  
Begin

## TUESDAY

# 12

## WEDNESDAY

# 13



**DECEMBER 2020**

		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	31		

**RAZORFACTS:**

- "Things turn out best for the people who make the best of the way things turn out." - Coach John Wooden



**FEBRUARY 2021**

		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							



**THURSDAY**

**14**

**FRIDAY**

**15**

**SATURDAY**

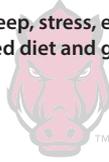
**16**

**SUNDAY**

**17**

# JANUARY 2021

**Nutrition Facts:** Nutrition, sleep, stress, exercise, among other factors, all play a role in immune health. Eating a well-balanced diet and getting adequate sleep will help keep your immune system strong.



**Notes:**

**MONDAY**

**18**

Martin Luther

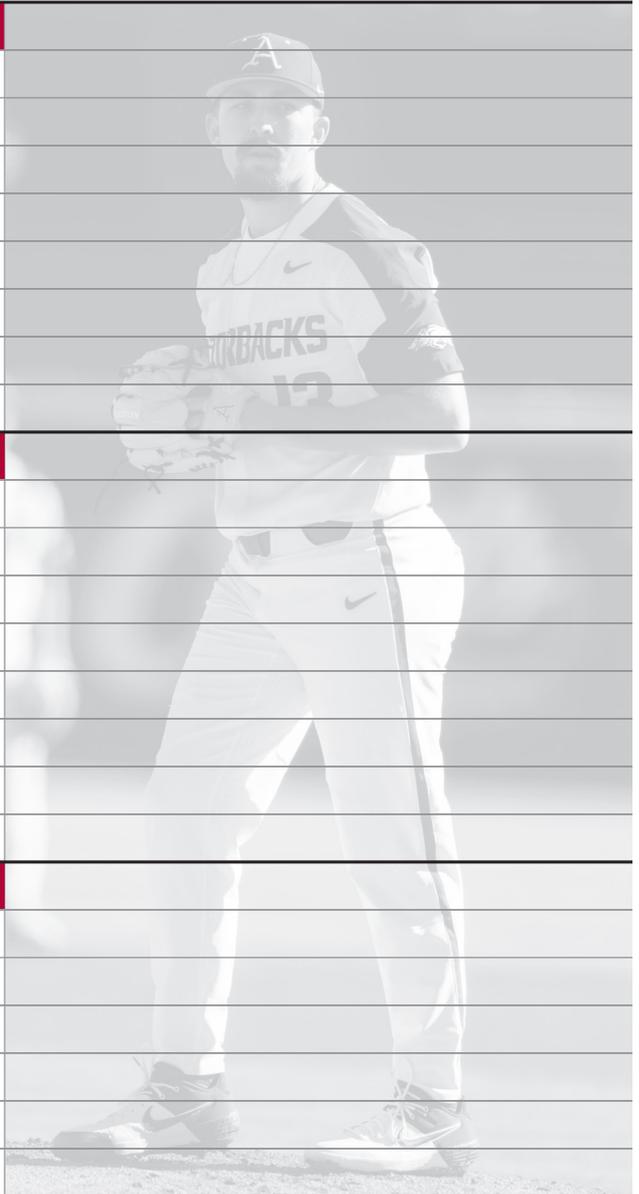
King, Jr. Holiday

**TUESDAY**

**19**

**WEDNESDAY**

**20**



**DECEMBER 2020**

		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	31		

**RAZORFACTS:**

- "Make each day your masterpiece." - Coach John Wooden



**FEBRUARY 2021**

		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							

**THURSDAY**

**21**

**FRIDAY**

**22**

**SATURDAY**

**23**

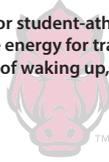
**SUNDAY**

**24**

# JANUARY 2021

**Nutrition Facts:** It is essential for student-athletes to provide their bodies with nutrients that facilitate a state of constant fuel to provide energy for training and nutrient to repair muscles. How frequently should you be eating? Eat within one hour of waking up, every 3-4 hours, when you're hungry, as well as before and after training.

**Notes:**



**MONDAY**

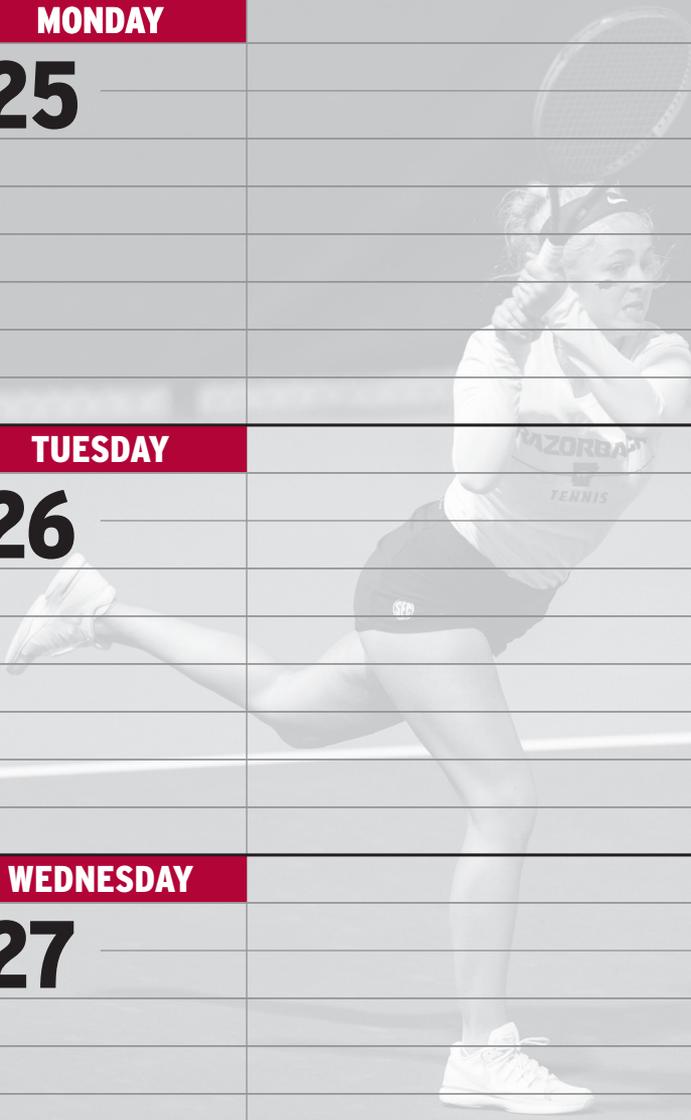
**25**

**TUESDAY**

**26**

**WEDNESDAY**

**27**

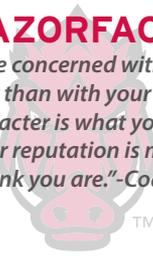


**DECEMBER 2020**

		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	31		

**RAZORFACTS:**

- "Be more concerned with your character than with your reputation. Your character is what you really are while your reputation is merely what others think you are."- Coach John Wooden



**FEBRUARY 2021**

		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							

		<b>THURSDAY</b>
		<b>28</b>
		<b>FRIDAY</b>
		<b>29</b>
<b>SATURDAY</b>	<b>SUNDAY</b>	
<b>30</b>	<b>31</b>	

# FEBRUARY 2021

**Nutrition Facts:** Vegetarian Protein Options- Hard-boiled eggs are a great snack and a protein powerhouse. They contain all of the essential amino acids the body needs to repair and rebuild tissue.



**Notes:**

## MONDAY

1

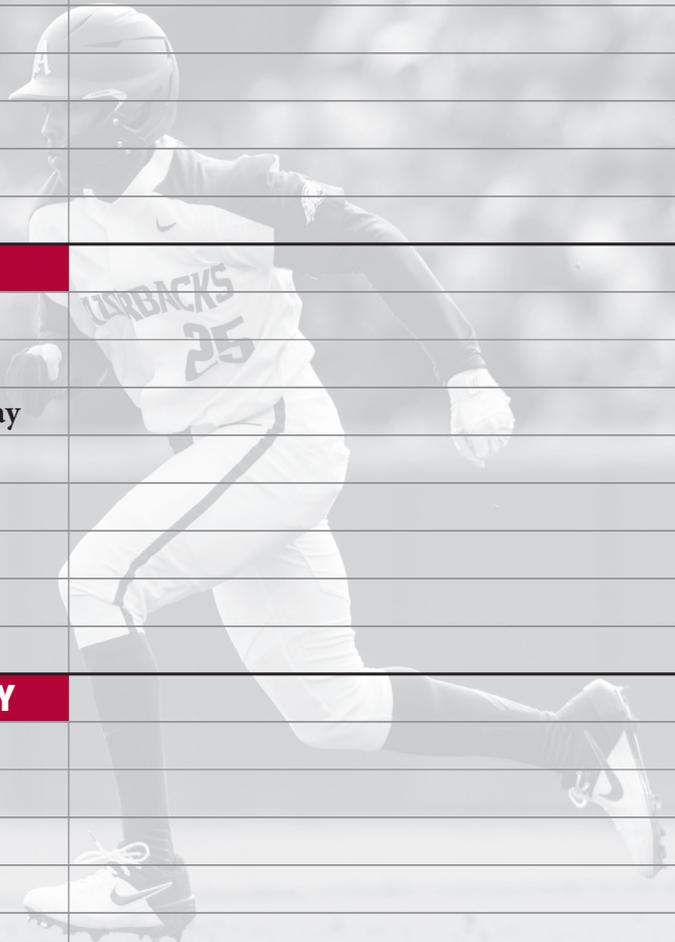
## TUESDAY

2

Groundhog Day

## WEDNESDAY

3





# FEBRUARY 2021

**Nutrition Facts:** Healthy Substitutions - Greek yogurt contains as much as 17 grams of protein, compared with an average of 9 grams of protein in regular yogurt.



**Notes:**

**MONDAY**

**8**

**TUESDAY**

**9**

**WEDNESDAY**

**10**



# FEBRUARY 2021

**Nutrition Facts:** Want to ensure you are fueling your brain properly? Add foods that contain omega-3 fatty acids, anthocyanins (dark blue and purple produce), green leafy vegetables, as well as nuts and seeds. Choose your favorites sources and incorporate them into your everyday meals, smoothies, and snacks!



**Notes:**

## MONDAY

15

President's Day

## TUESDAY

16

Mardi Gras

## WEDNESDAY

17



# FEBRUARY 2021

**Nutrition Facts:** Looking for the right nutrition bar? Choose one that has minimal ingredients and matches your carbohydrate and protein needs.



**Notes:**

**MONDAY**

**22**

**TUESDAY**

**23**

**WEDNESDAY**

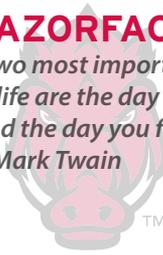
**24**

**JANUARY 2021**

					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
31						

**RAZORFACTS:**

- "The two most important days in your life are the day you are born and the day you find out why." - Mark Twain



**MARCH 2021**

	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	31			

		<b>THURSDAY</b>
		<b>25</b>
		<b>FRIDAY</b>
		<b>26</b>
<b>SATURDAY</b>		<b>SUNDAY</b>
<b>27</b>		<b>28</b>

# MARCH 2021

**Nutrition Facts:** March is National Nutrition Month! National Nutrition Month was first introduced in 1973 as National Nutrition Week. The campaign focuses on the importance of making informed food choices and developing sound eating habits.

**Notes:**



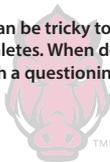
MONDAY	
<b>1</b>	
TUESDAY	
<b>2</b>	
	First 8 week session ends
WEDNESDAY	
<b>3</b>	
	Second 8 week session begins



# MARCH 2021

**Nutrition Facts:** The internet can be tricky to navigate when it comes to finding the correct nutrition information, especially for student-athletes. When deciphering which information you should be listening to, be sure to find trusted sources, read with a questioning attitude, determine their motives, and look for red flags when it comes to the research.

**Notes:**



**MONDAY**

**8**

**TUESDAY**

**9**

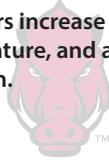
**WEDNESDAY**

**10**



# MARCH 2021

**Nutrition Facts:** What factors increase your hydration needs? Exercise intensity, individual sweat rate, air temperature, and altitude can all impact how much fluid is needed to reach proper hydration.



**Notes:**

## MONDAY

15

## TUESDAY

16

## WEDNESDAY

17

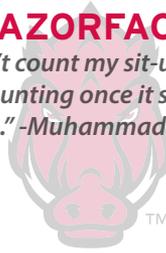
St. Patrick's Day

**FEBRUARY 2021**

	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						

**RAZORFACTS:**

- "I don't count my sit-ups. I only start counting once it starts hurting." -Muhammad Ali



**APRIL 2021**

				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	

<b>THURSDAY</b>	
<b>18</b>	
<b>FRIDAY</b>	
<b>19</b>	
<b>SATURDAY</b>	<b>SUNDAY</b>
<b>20</b>	<b>21</b>



**FEBRUARY 2021**

	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						

**RAZORFACTS:**

- "I've failed over and over again in my life. And that is why I succeed." - Michael Jordan



**APRIL 2021**

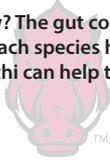
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

		<b>THURSDAY</b>	
		<b>25</b>	
		Spring Break	
		<b>FRIDAY</b>	
		<b>26</b>	
		Spring Break	
		University Holiday	
<b>SATURDAY</b>		<b>SUNDAY</b>	
<b>27</b>		<b>28</b>	

# MARCH 2021

**Nutrition Facts:** Did you know? The gut contains about 100 trillion bacteria. Each group of bacteria has different species, and each species has different strains. Consuming probiotic foods including yogurt, kombucha, and kimchi can help to increase the “good” bacteria in your gut.

**Notes:**



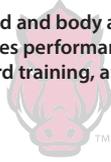
MONDAY	
29	
TUESDAY	
30	
WEDNESDAY	
31	



# APRIL 2021

**Nutrition Facts:** A strong mind and body are essential for student-athletes. Starting your day with a nutritious breakfast increases performance of the brain and body allowing you to maximize workouts, recover faster from hard training, and decrease recovery time from injuries.

**Notes:**



## MONDAY

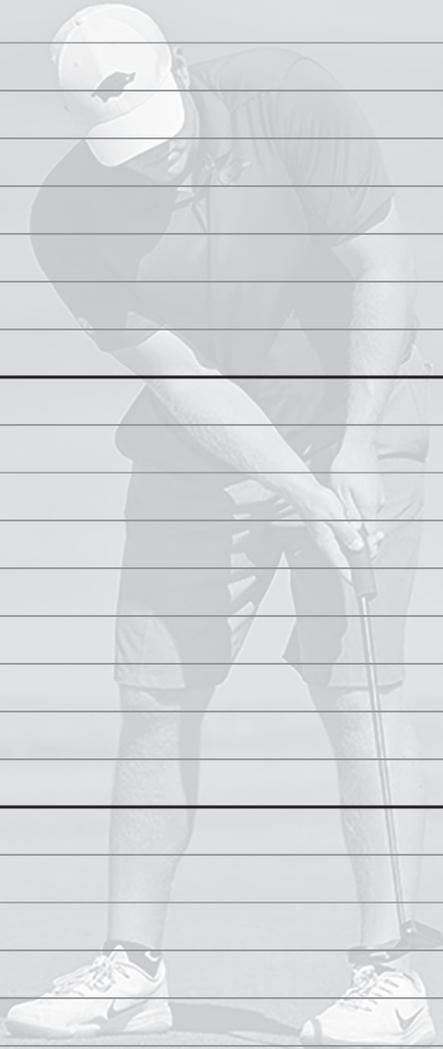
5

## TUESDAY

6

## WEDNESDAY

7



**MARCH 2021**

	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	31			

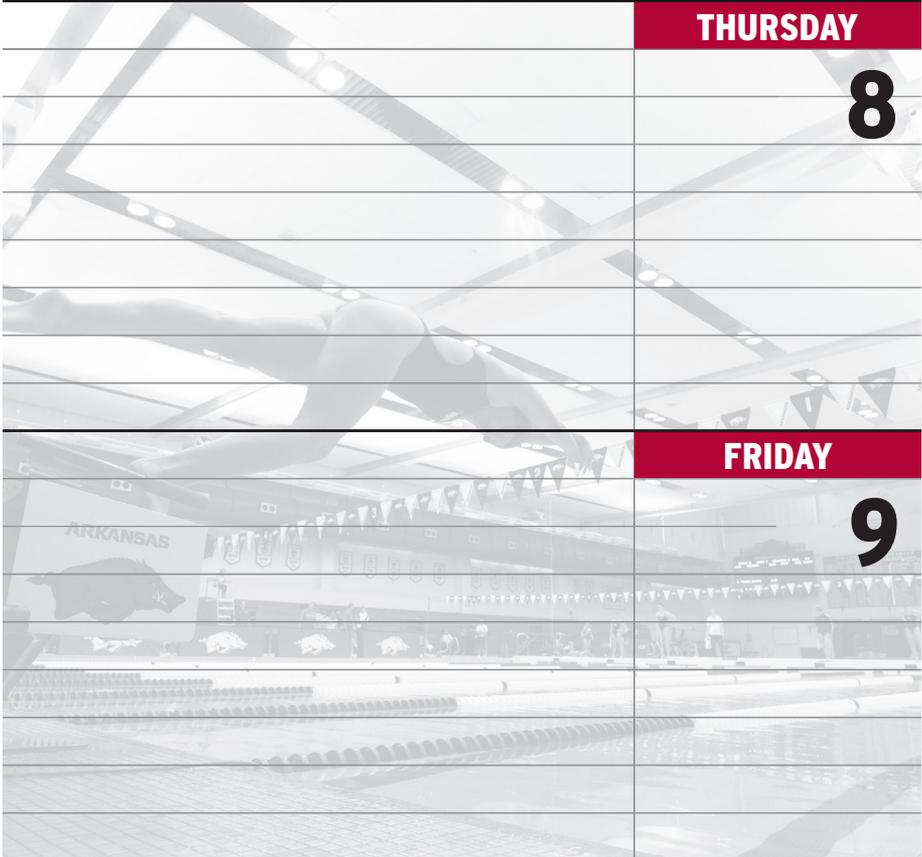
**RAZORFACTS:**

- "If you fail to prepare, you're prepared to fail." – Mark Spitz



**MAY 2021**

						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	31					



**THURSDAY**

**8**



**FRIDAY**

**9**

**SATURDAY**

**SUNDAY**

**10**

**11**

# APRIL 2021

**Nutrition Facts:** Mindful eating, which includes listening to your body, unplugging from distractions, enjoying your food, and taking your time, allows you to better understand what your body needs to function at the highest level.

**Notes:**



**MONDAY**

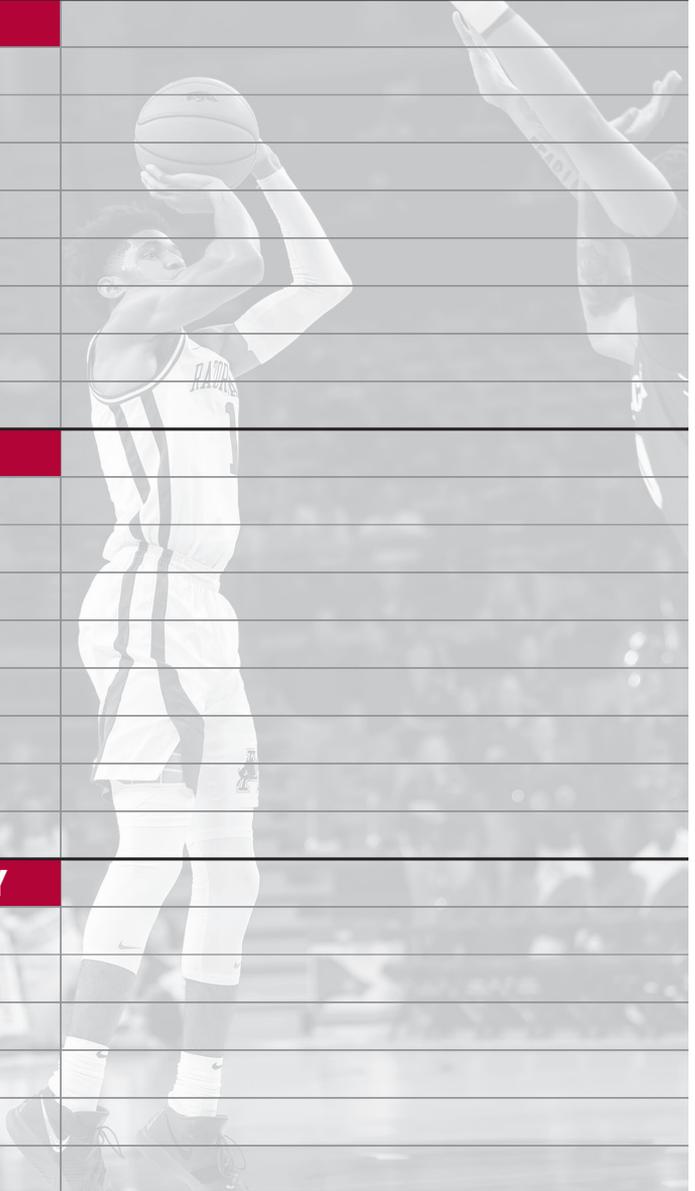
**12**

**TUESDAY**

**13**

**WEDNESDAY**

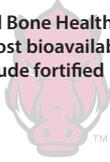
**14**





# APRIL 2021

**Nutrition Facts:** Sunshine and Bone Health - Vitamin D is needed for optimal muscle recovery. Exposure to the sun provides the most bioavailable source of Vitamin D. Healthy food choices that contain small amounts of Vitamin D include fortified 100% orange juice, milk, and salmon.



**Notes:**

**MONDAY**

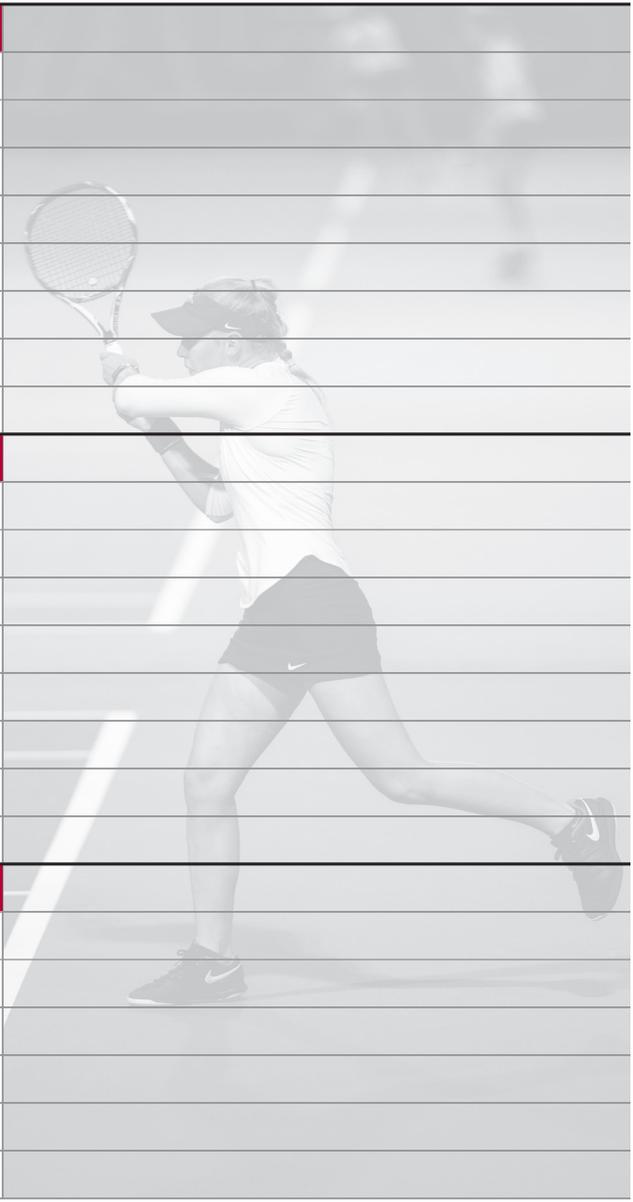
**19**

**TUESDAY**

**20**

**WEDNESDAY**

**21**





# APRIL 2021

**Nutrition Facts:** Bone Mineral Density peaks in your early to mid 20's. Calcium and Vitamin D provide a synergistic effect on bone strength. Maximize your bone strength to improve your overall strength, stamina, and speed. Dairy products, kale, and broccoli are excellent sources of calcium.

**Notes:**



## MONDAY

26

## TUESDAY

27

## WEDNESDAY

28



**MARCH 2021**

	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	31			

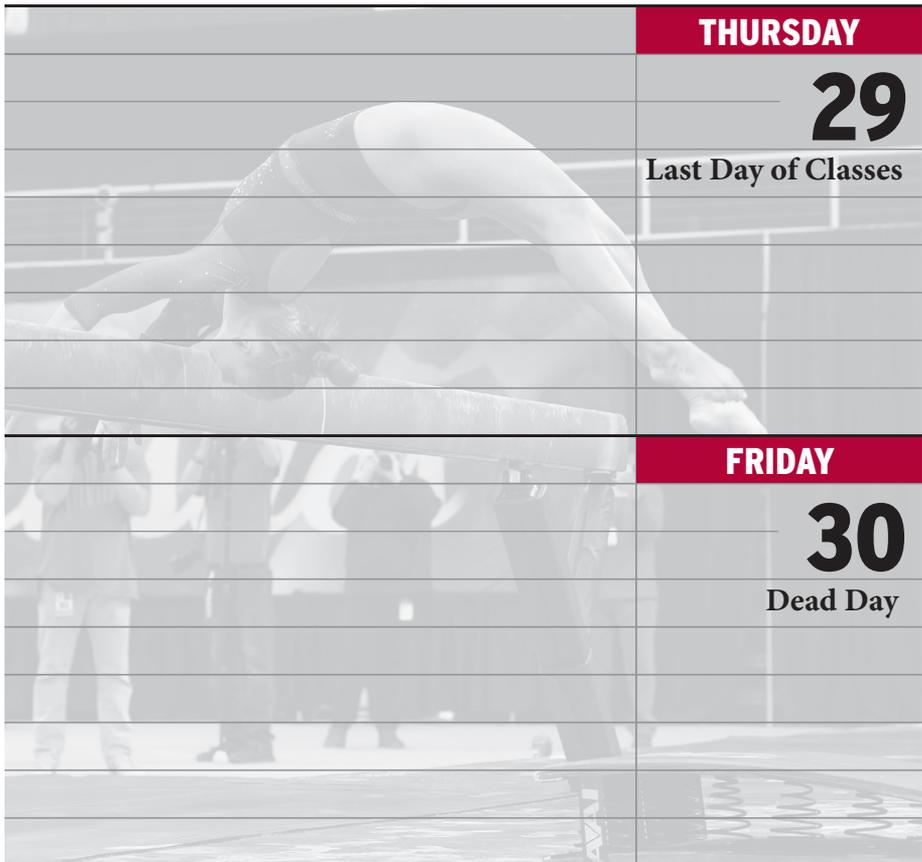
**RAZORFACTS:**

- "Never let your head hang down. Never give up and sit down and grieve. Find another way." – Satchel Paige



**MAY 2021**

						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	31					



**THURSDAY**

**29**

Last Day of Classes

**FRIDAY**

**30**

Dead Day

**SATURDAY**

**1**

**SUNDAY**

**2**

# MAY 2021

**Nutrition Facts:** Did you know berries help boost memory function because they contain a flavonoid called anthocyanin? Add some to your oatmeal or cereal, toss some in your salad, or simply enjoy a handful as a snack.



**Notes:**

**MONDAY**

**3**

Final Exams Begin

**TUESDAY**

**4**

**WEDNESDAY**

**5**

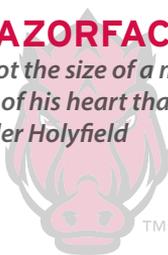
Cinco de Mayo

### APRIL 2021

				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	

## RAZORFACTS:

- "It is not the size of a man but  
the size of his heart that matters."  
- Evander Holyfield



### JUNE 2021

		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			

		<b>THURSDAY</b>
		<b>6</b>
		<b>FRIDAY</b>
		<b>7</b>
		Final Exams End
<b>SATURDAY</b>		<b>SUNDAY</b>
<b>8</b>		<b>9</b>
Commencement		Mother's Day

# MAY 2021

**Nutrition Facts:** Want to increase you iron absorption? Consume calcium-rich foods and limit coffee and tea consumption during meals.



**Notes:**

## MONDAY

**10**

May Intercession

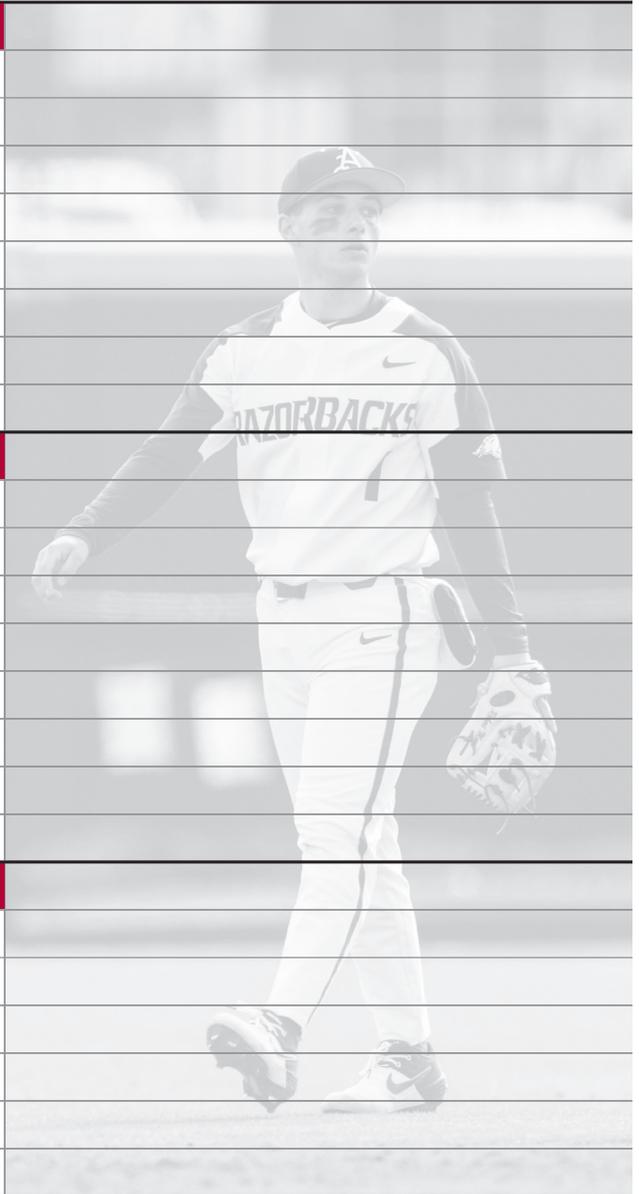
Begins

## TUESDAY

**11**

## WEDNESDAY

**12**



### APRIL 2021

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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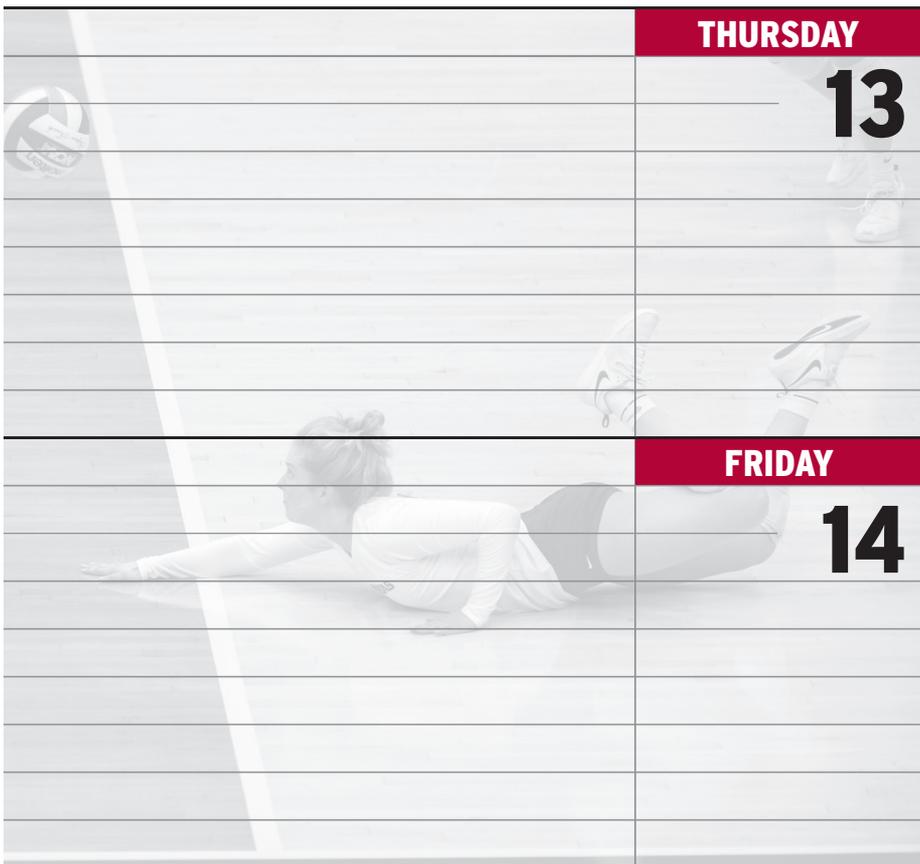
## RAZORFACTS:

- "You miss 100 percent of the shots you don't take." – Wayne Gretzky



### JUNE 2021

		1	2	3	4	5
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



### THURSDAY

# 13

### FRIDAY

# 14

### SATURDAY

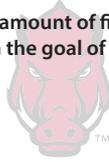
# 15

### SUNDAY

# 16

# MAY 2021

**Nutrition Facts:** Increase the amount of fiber in your diet by choosing more fruits, vegetables, beans, and whole grains with the goal of 30 grams of fiber per day.



**Notes:**

**MONDAY**

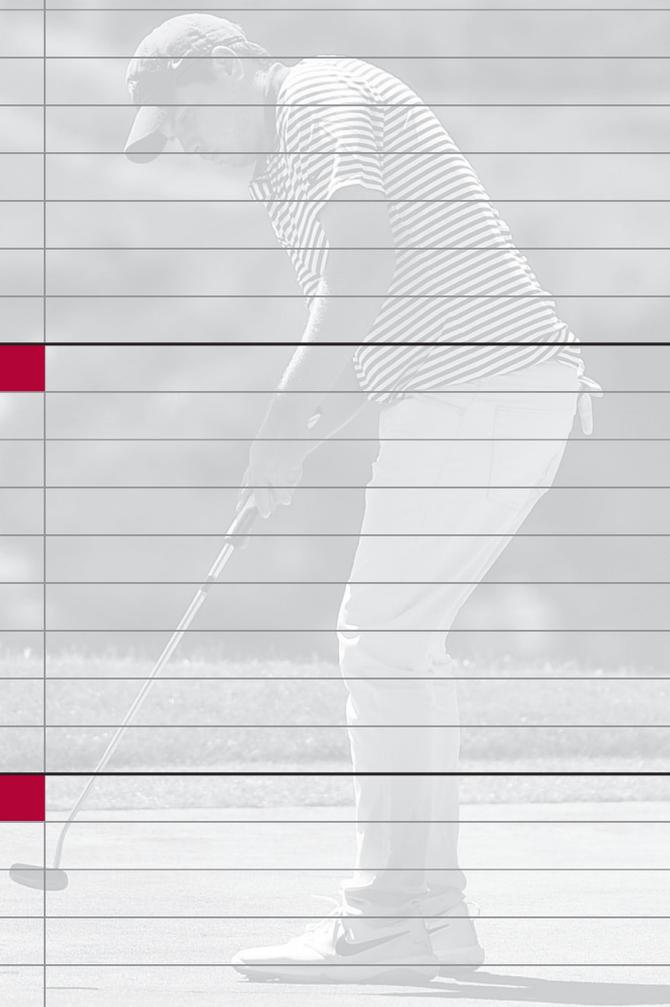
**17**

**TUESDAY**

**18**

**WEDNESDAY**

**19**



### APRIL 2021

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11	12	13	14	15	16	17
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## RAZORFACTS:

- "Wisdom is always an overmatch for strength." – Phil Jackson



### JUNE 2021

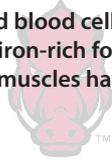
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

<b>THURSDAY</b>	
20	
<b>FRIDAY</b>	
21	
May Intercession Ends	
<b>SATURDAY</b>	<b>SUNDAY</b>
22	23

# MAY 2021

**Nutrition Facts:** Healthy red blood cells are rich in iron and carry oxygen to your working muscles. Consume iron-rich foods such as red meat, eggs, fish, and leafy green vegetables to ensure your muscles have plenty of oxygen and energy.

**Notes:**



## MONDAY

# 24

Summer I

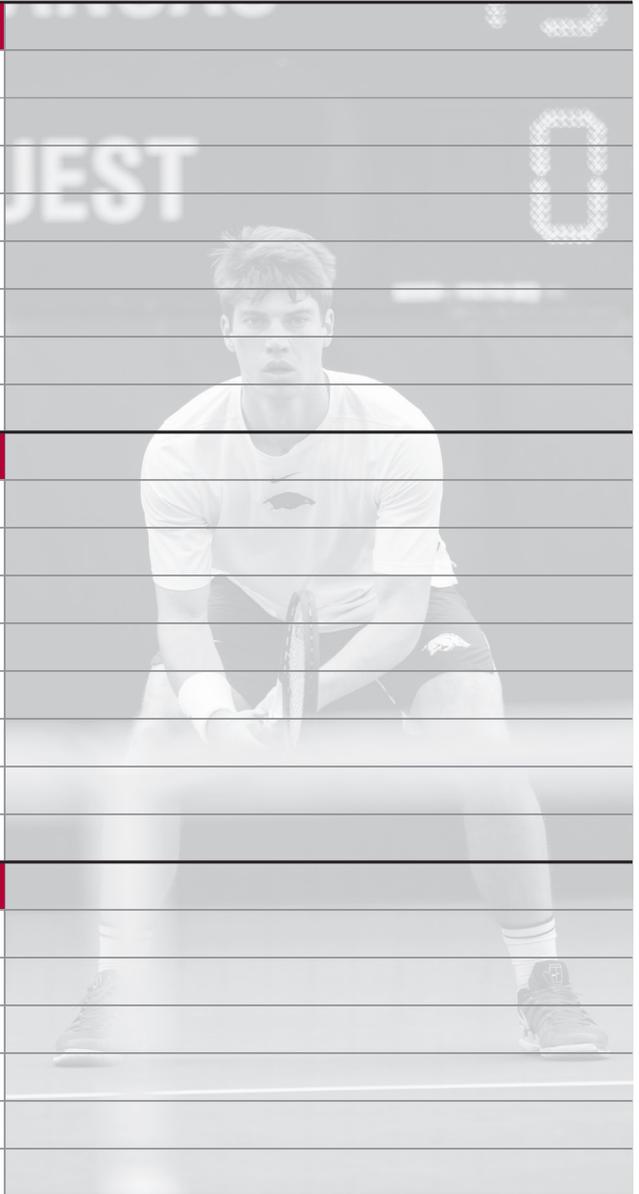
Classes Begin

## TUESDAY

# 25

## WEDNESDAY

# 26

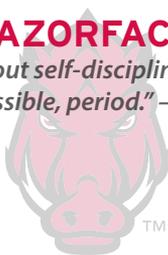


### APRIL 2021

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## RAZORFACTS:

- "Without self-discipline, success is impossible, period." – Lou Holtz



### JUNE 2021

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13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30				



### THURSDAY

# 27

### FRIDAY

# 28

### SATURDAY

# 29

### SUNDAY

# 30

# JUNE 2021

**Nutrition Facts:** Vitamin A has been shown to improve vision, immune health, and decrease inflammation. Low-fat dairy products, carrots, sweet potatoes, and green leafy vegetables are packed with vitamin A.



**Notes:**

**MONDAY**

**31**

Memorial Day

Holiday

**TUESDAY**

**1**

**WEDNESDAY**

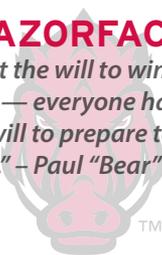
**2**

### APRIL 2021

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11	12	13	14	15	16	17
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## RAZORFACTS:

- "It's not the will to win that matters — everyone has that. It's the will to prepare to win that matters." — Paul "Bear" Bryant



### JUNE 2021

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
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### THURSDAY

\_\_\_\_\_ **3**

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### FRIDAY

\_\_\_\_\_ **4**

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### SATURDAY

**5** \_\_\_\_\_

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### SUNDAY

\_\_\_\_\_ **6**

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# JUNE 2021

**Nutrition Facts:** Magnesium is an essential micronutrient as it increases energy, aids in digestion, promotes bowel movements, and relieves muscle aches. Add foods such as nuts, spinach, black beans, and edamame to your daily routine for a magnesium boost!

**Notes:**



**MONDAY**

**7**



**TUESDAY**

**8**



**WEDNESDAY**

**9**

MAY 2021

						1
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

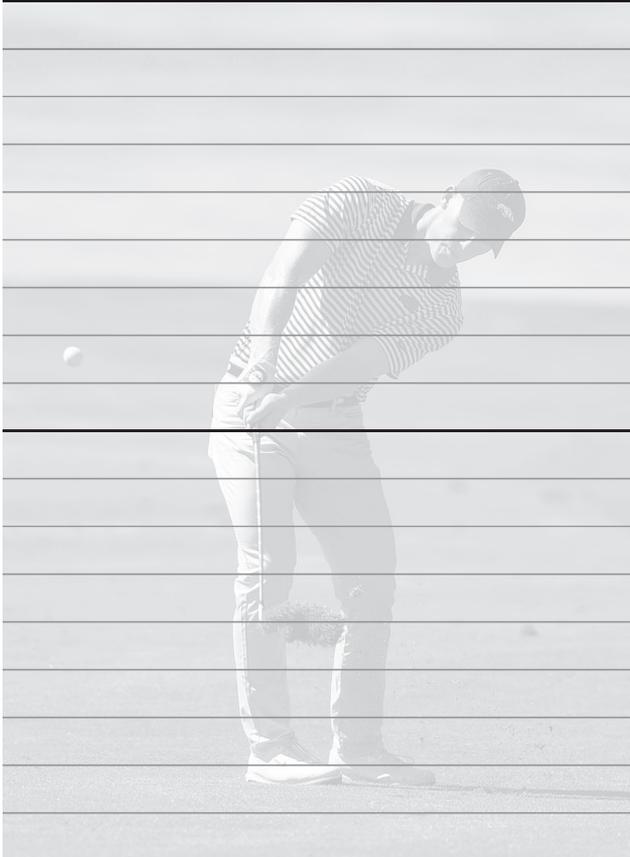
RAZORFACTS:

- "A trophy carries dust. Memories last forever." – Mary Lou Retton



JULY 2021

				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	31



THURSDAY

10

FRIDAY

11

SATURDAY

12

SUNDAY

13

# JUNE 2021

**Nutrition Facts:** Potassium improves muscle function and prevents muscle cramps while also boosting metabolism and enhancing muscle strength. Foods that contain significant amounts of potassium include dried apricots, baked potatoes, orange juice, and bananas

**Notes:**



## MONDAY

14

Flag Day

## TUESDAY

15

## WEDNESDAY

16



MAY 2021

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
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30	31					

# RAZORFACTS:

- "Never give up! Failure and rejection are only the first step to succeeding." - Coach Jimmy Valvano



JULY 2021

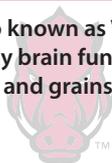
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

		<b>THURSDAY</b>	
		<b>17</b>	
		<b>FRIDAY</b>	
		<b>18</b>	
<b>SATURDAY</b>		<b>SUNDAY</b>	
<b>19</b>			<b>20</b>
			Father's Day

# JUNE 2021

**Nutrition Facts:** Niacin (also known as Vitamin B3) is a micronutrient which boosts memory, promotes healthy brain functioning, and aids in digestion. Niacin is found in meat, poultry, fish, nuts, and grains, among many more foods.

**Notes:**



## MONDAY

21

## TUESDAY

22

## WEDNESDAY

23



**MAY 2021**

						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	31					

**RAZORFACTS:**

- Arkansas football has an overall record of 716 wins- 504 losses- and 40 ties (.584 win %)



**JULY 2021**

				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	31

 The background of the calendar is a grayscale photograph of a baseball player in a batting stance. The player is wearing a dark uniform with 'SEC' on the sleeve and a white helmet. The player is positioned on the left side of the frame, facing right.
 

**THURSDAY**  
**24**

**FRIDAY**  
**25**  
Summer I  
Classes End

**SATURDAY**  
**26**

**SUNDAY**  
**27**

# JUNE 2021

**Nutrition Facts:** Nutrition is essential for injury recovery, and poor nutrition will impair recovery and lengthen the time it takes an athlete to return to play.



**Notes:**

**MONDAY**

**28**

Summer II  
Classes Begin

**TUESDAY**

**29**

**WEDNESDAY**

**30**

**JUNE 2021**

		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			

**RAZORFACTS:**

- Arkansas baseball has made 10 college world series appearances and placed runner-up twice (1979 and 2018)



**AUGUST 2021**

1	2	3	4	5	6	7
8	9	10	11	12	13	14
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22	23	24	25	26	27	28
29	30	31				

**THURSDAY**

1



**FRIDAY**

2



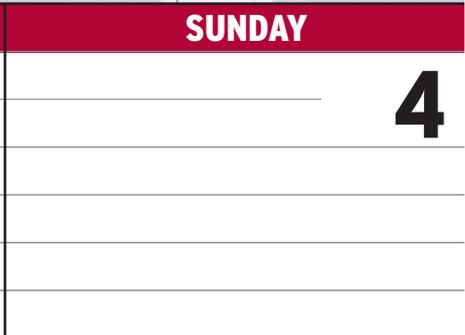
**SATURDAY**

3



**SUNDAY**

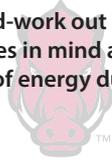
4



# JULY 2021

**Nutrition Facts:** Need a mid-work out boost? Gummies, chews, and gels that are specifically produced with athletes in mind are composed of simple sugars which are a great way to get a quick boost of energy during your workouts!

**Notes:**



## MONDAY

5

Independence Day  
Holiday

## TUESDAY

6

## WEDNESDAY

7



# JULY 2021

**Nutrition Facts:** Working out at a high intensity for over an hour? Consider consuming a sports drink such as Gatorade as they are designed to rehydrate, replenish electrolytes, and provide energy to muscles.



**Notes:**

**MONDAY**

**12**

**TUESDAY**

**13**

**WEDNESDAY**

**14**

**JUNE 2021**

		1	2	3	4	5
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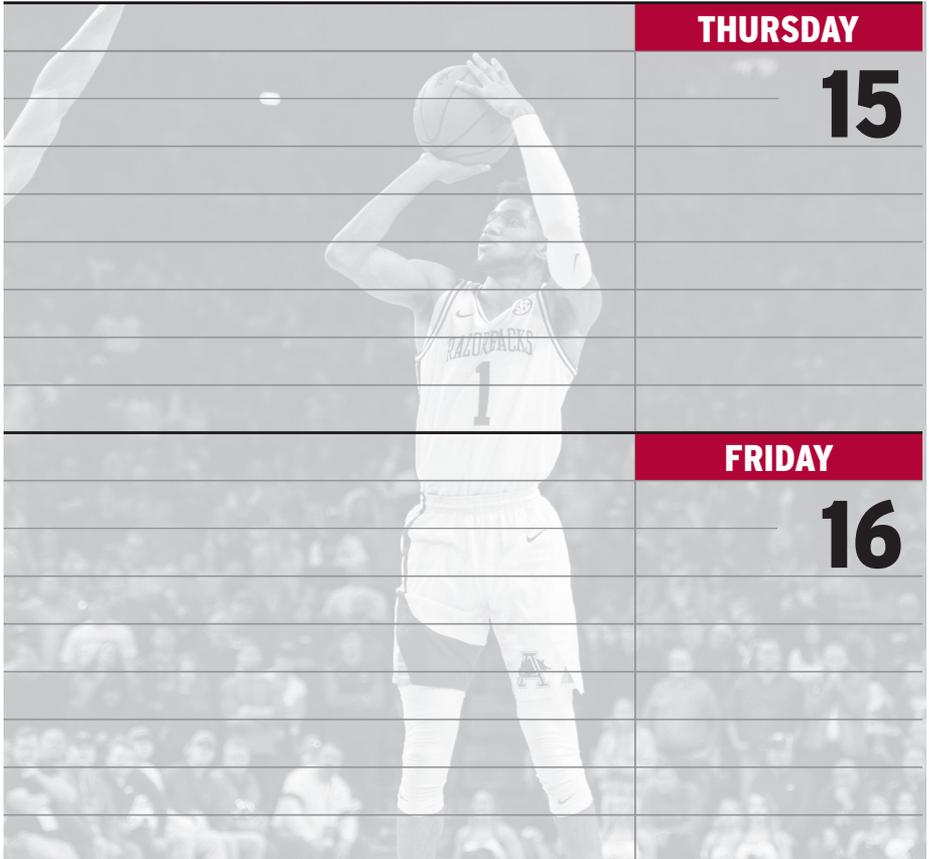
**RAZORFACTS:**

- Arkansas Softball has reached the college world series 10 times since their first NCAA season in 1997.



**AUGUST 2021**

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



**THURSDAY**

**15**

**FRIDAY**

**16**

**SATURDAY**

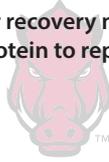
**17**

**SUNDAY**

**18**

# JULY 2021

**Nutrition Facts:** The proper recovery nutrition includes both carbohydrates to replenish glycogen stores and protein to repair and rebuild muscle tissue.



**Notes:**

**MONDAY**

**19**

**TUESDAY**

**20**

**WEDNESDAY**

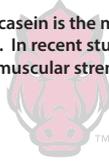
**21**





# JULY 2021

**Nutrition Facts:** Did you know casein is the most abundant protein in milk? Casein is a slower digesting protein when compared to whey. In recent studies, consuming 20-25 grams of protein before bed has shown to improve recovery times and muscular strength in resistance trained athletes



**Notes:**

**MONDAY**

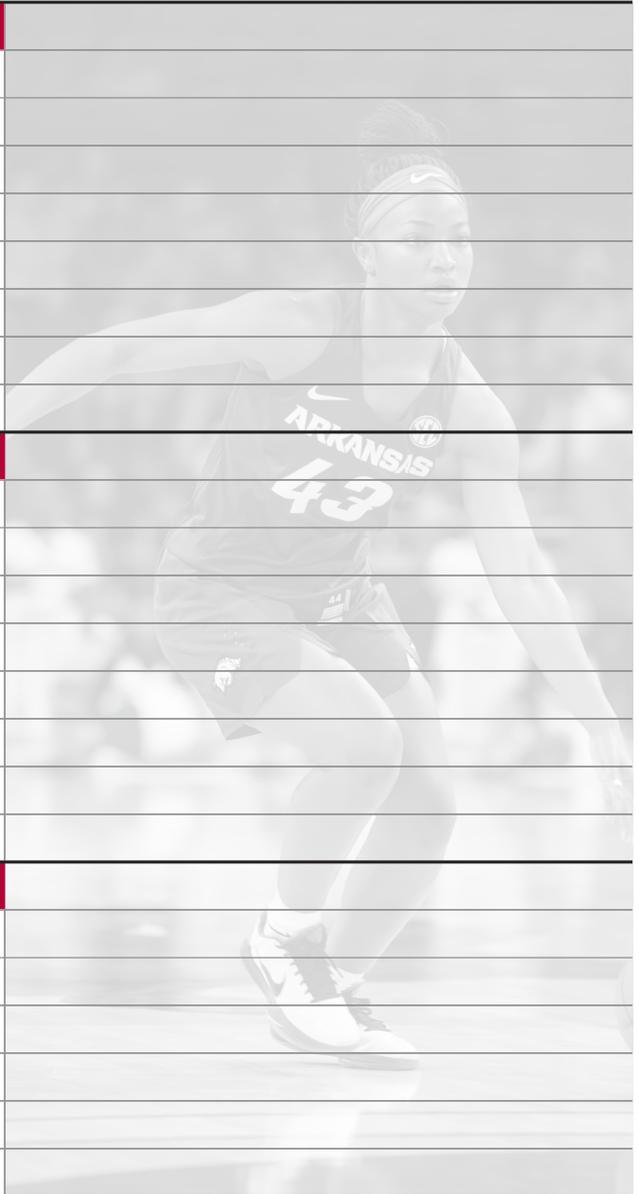
**26**

**TUESDAY**

**27**

**WEDNESDAY**

**28**



**JUNE 2021**

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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			

**RAZORFACTS:**

- Arkansas Gymnastics are coached by a former Olympic Gold Medalist, Jordyn Wieber. We have had 2 individual NCAA champions and have an overall record of 72-55-2. <sup>TM</sup>

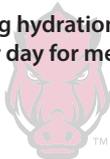
**AUGUST 2021**

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

		<b>THURSDAY</b>
		<b>29</b>
		<b>FRIDAY</b>
		<b>30</b>
		Summer II Classes End
<b>SATURDAY</b>		<b>SUNDAY</b>
<b>31</b>		<b>1</b>

# AUGUST 2021

**Nutrition Facts:** Maintaining hydration is key to maximum performance. The minimum daily value of fluids per day for men is 3.7 L (1 gallon) and 2.7 L for women.



**Notes:**

**MONDAY**

**2**

**TUESDAY**

**3**

**WEDNESDAY**

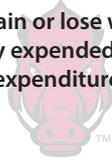
**4**



# AUGUST 2021

**Nutrition Facts:** Trying to gain or lose weight? If weight loss is your goal, caloric intake must be lower than energy expended. If weight gain is your goal, your caloric intake must exceed your energy expenditure.

**Notes:**



## MONDAY

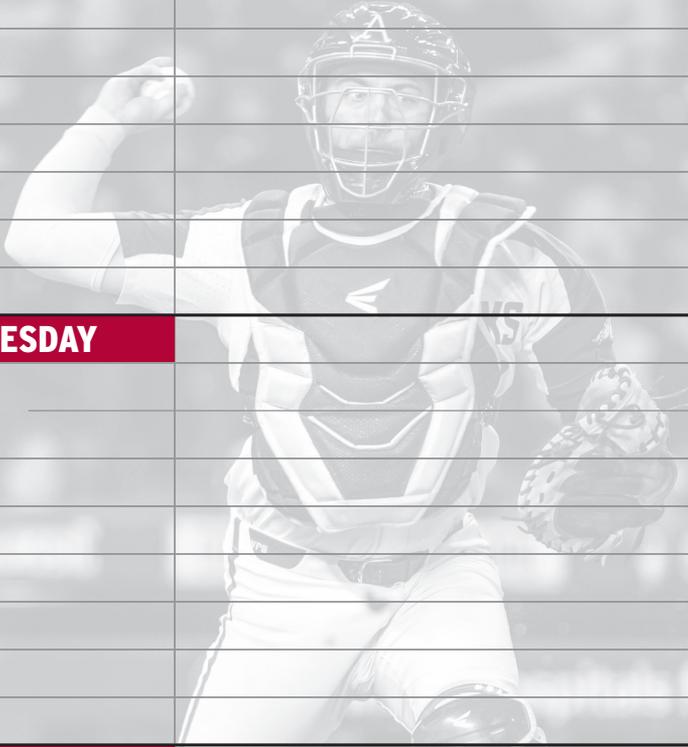
9

## TUESDAY

10

## WEDNESDAY

11





# AUGUST 2021

**Nutrition Facts:** Daily intake of vitamins and minerals can all be found in a well-balanced diet.



**Notes:**

**MONDAY**

**16**

**TUESDAY**

**17**

**WEDNESDAY**

**18**

**JULY 2021**

				1	2	3
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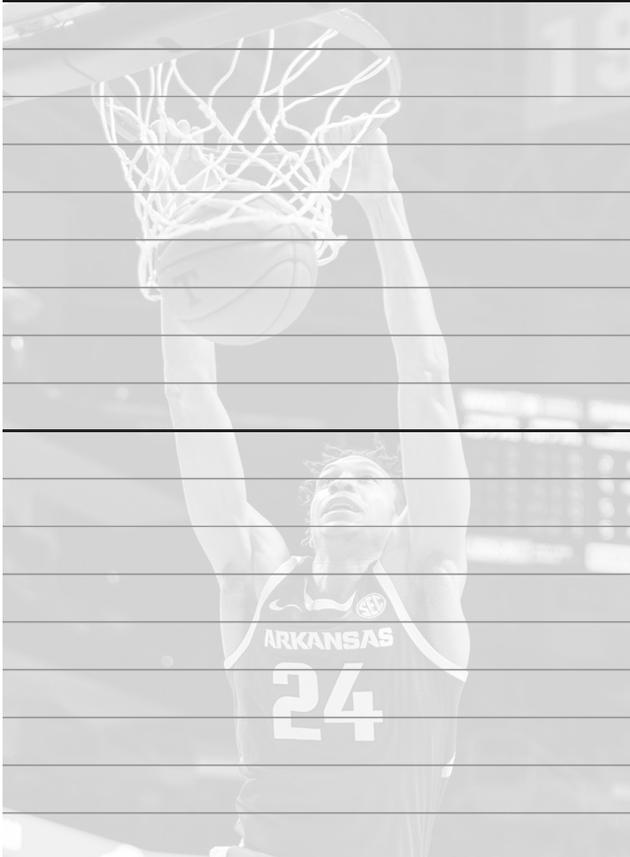
**RAZORFACTS:**

- Women's Golf was ranked by Golfstat as the #19 team as of March 2020.



**SEPTEMBER 2021**

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**THURSDAY**

**19**

**FRIDAY**

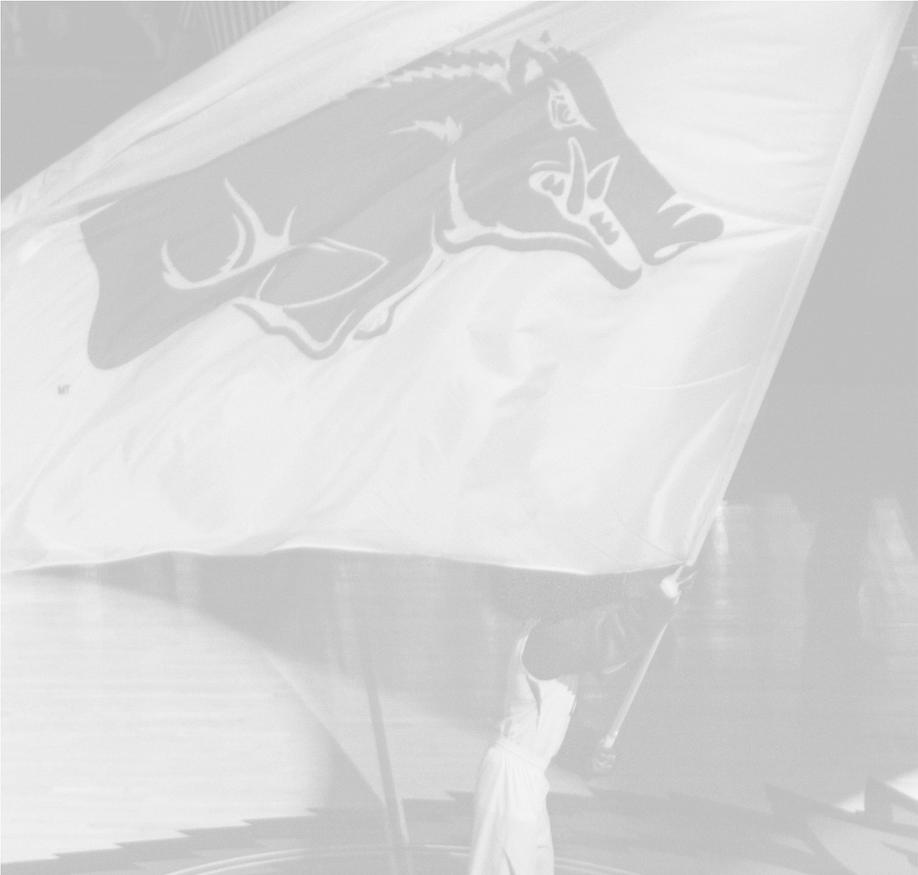
**20**

**SATURDAY**

**21**

**SUNDAY**

**22**



# ONE

**RAZORBACK**





**ARKANSAS RAZORBACK  
WOMEN'S GOLF TEAM  
2019-20 LEE SPENCER CUP CHAMPIONS**

**Credits**

*This handbook was produced by*  
University of Arkansas Intercollegiate Athletics

*Design and printing by*  
University of Arkansas  
Print • Mail • Copy Solutions



# RAZORBACK GRADUATES FALL CLASS OF 2019

**ONE**  
RAZORBACK

