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# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Letter From the Director of Athletics</td>
<td>7</td>
</tr>
<tr>
<td>Staff Directory</td>
<td>8</td>
</tr>
<tr>
<td>• Senior Staff</td>
<td>8</td>
</tr>
<tr>
<td>• Other Administrative Staff</td>
<td>8</td>
</tr>
<tr>
<td>• Sports Medicine</td>
<td>8</td>
</tr>
<tr>
<td>• Sports Information</td>
<td>8</td>
</tr>
<tr>
<td>• Campus Contacts</td>
<td>10</td>
</tr>
<tr>
<td>• Emergency Contacts</td>
<td>10</td>
</tr>
<tr>
<td>• Local Numbers</td>
<td>10</td>
</tr>
<tr>
<td>5 Knox Traditions That Perfectly Capture the Spirit of Knox</td>
<td>11</td>
</tr>
<tr>
<td>Knox Songs</td>
<td>11</td>
</tr>
<tr>
<td>• Hail, Knox All Glorious</td>
<td>11</td>
</tr>
<tr>
<td>• Hail to Alma Mater</td>
<td>11</td>
</tr>
<tr>
<td>Knox College Athletics Mission Statement</td>
<td>12</td>
</tr>
<tr>
<td>• Diversity and Inclusion Statement</td>
<td>12</td>
</tr>
<tr>
<td>Knox College Statement of Mission</td>
<td>12</td>
</tr>
<tr>
<td>Midwest Conference Statement of Philosophy</td>
<td>13</td>
</tr>
<tr>
<td>NCAA Division III Philosophy Statement</td>
<td>14</td>
</tr>
<tr>
<td>Student-Athlete Expectations</td>
<td>15</td>
</tr>
<tr>
<td>• Code of Conduct</td>
<td>15</td>
</tr>
<tr>
<td>• Sportsmanship</td>
<td>15</td>
</tr>
<tr>
<td>• Midwest Conference Statement of Sportsmanship</td>
<td>15</td>
</tr>
<tr>
<td>• Academics</td>
<td>16</td>
</tr>
<tr>
<td>• Alcohol, Drug and Tobacco Use</td>
<td>16</td>
</tr>
<tr>
<td>• Social Media</td>
<td>17</td>
</tr>
<tr>
<td>• Public Media</td>
<td>18</td>
</tr>
<tr>
<td>• Knox College Hazing Policy</td>
<td>18</td>
</tr>
<tr>
<td>• Recruit Host Expectations</td>
<td>18</td>
</tr>
<tr>
<td>• Sport Specific Team Rules</td>
<td>18</td>
</tr>
<tr>
<td>• Department Disciplinary Action</td>
<td>19</td>
</tr>
<tr>
<td>Discrimination and Harassment</td>
<td>19</td>
</tr>
<tr>
<td>• Knox College Policies and Procedures on Sexual Harassment</td>
<td>20</td>
</tr>
<tr>
<td>• Midwest Conference Transgender Student-Athlete Policy</td>
<td>20</td>
</tr>
<tr>
<td>Operational Policies and Procedures</td>
<td>22</td>
</tr>
<tr>
<td>• Awards</td>
<td>22</td>
</tr>
<tr>
<td>• Annual Department Awards</td>
<td>22</td>
</tr>
<tr>
<td>• Equipment Policy</td>
<td>23</td>
</tr>
<tr>
<td>• Team Travel &amp; Transportation</td>
<td>23</td>
</tr>
<tr>
<td>• Coach/Program/Department Evaluation</td>
<td>23</td>
</tr>
<tr>
<td>• Priority on Communication</td>
<td>23</td>
</tr>
<tr>
<td>• Multi-Sport Student-Athletes</td>
<td>23</td>
</tr>
<tr>
<td>NCAA Compliance &amp; Eligibility</td>
<td>24</td>
</tr>
<tr>
<td>• Academic Eligibility</td>
<td>24</td>
</tr>
<tr>
<td>• NCAA Paperwork</td>
<td>24</td>
</tr>
<tr>
<td>• Amateurism/Outside Competition</td>
<td>25</td>
</tr>
<tr>
<td>• Representatives of Athletic Interests</td>
<td>27</td>
</tr>
<tr>
<td>• Sports Wagering/Gambling Activities</td>
<td>28</td>
</tr>
<tr>
<td>• NCAA Banned Substances</td>
<td>28</td>
</tr>
<tr>
<td>• Policy on Supplements</td>
<td>28</td>
</tr>
<tr>
<td>Athletic Training and Risk Management</td>
<td>29</td>
</tr>
<tr>
<td>Required Forms for Participation</td>
<td>29</td>
</tr>
<tr>
<td>Student-Athlete Insurance</td>
<td>30</td>
</tr>
<tr>
<td>Sickle Cell Trait</td>
<td>30</td>
</tr>
<tr>
<td>Minor Student Athlete Consent for Medical Treatment</td>
<td>30</td>
</tr>
<tr>
<td>Emergency Action Plans</td>
<td>31</td>
</tr>
<tr>
<td>Concussion Management Plan</td>
<td>31</td>
</tr>
<tr>
<td>Inclement Weather Plans</td>
<td>31</td>
</tr>
<tr>
<td>Mental Health Resources</td>
<td>32</td>
</tr>
<tr>
<td>Strength and Conditioning</td>
<td>33</td>
</tr>
<tr>
<td>Program Expectations</td>
<td>33</td>
</tr>
<tr>
<td>Strength Staff</td>
<td>33</td>
</tr>
<tr>
<td>Student Athlete Advisory Committee</td>
<td>34</td>
</tr>
<tr>
<td>20-21 SAAC Representatives</td>
<td>35</td>
</tr>
</tbody>
</table>
COMPLETE THIS FORM AND SUBMIT AT MEETING
2020-2021

By signing this form:

• I am acknowledging that I have received the Knox College Student-Athlete Handbook. I understand that I am responsible for the rules and regulations of each section of this handbook and all information presented in the presentation at the start of the year required team meeting. I also understand that this is not a contract and that the policies and rules are subject to change.

• I also understand that I am expected to conduct myself in accordance with NCAA, Midwest Conference, Athletics Department (including all policies in this Student-Athlete Handbook, any policies presented at required student-athlete meetings, and any policies presented to a student-athlete via e-mail or hard copy), Team, and College regulations, as well as federal and state laws and local ordinances. I understand that I may be disciplined by the Athletics Department for violating Departmental, Team and Knox College Standards of conduct including but not limited to all policies in the Knox College Student Handbook, as well as for violating federal and state laws and local ordinances. Disciplinary action could include, but is not limited to removal/termination from athletic teams, suspension from athletic teams and other possible sanctions.

________________________________________________________________________________
Student-Athlete Signature		Date

________________________________________________________
Print Name

________________________________________________________
Sport(s)
By signing this form:

- I am acknowledging that I have received the Knox College Student-Athlete Handbook. I understand that I am responsible for the rules and regulations of each section of this handbook and all information presented in the presentation at the start of the year required team meeting. I also understand that this is not a contract and that the policies and rules are subject to change.

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_________________________________________________________  ______________________
Student-Athlete Signature  Date

Print Name

Sport(s)
Dear Prairie Fire Athlete,

Welcome to the 2020-2021 academic year. We have experienced extraordinary times and will likely continue to adapt to new experiences as the country and Knox College evolves through the pandemic. This handbook was developed in the spring 2020 term while remote learning was a way of life for all of us. There is no way to predict what our lives will look like when you receive this handbook, but as optimists, we are planning for in-person greetings and looking forward to a great year of growth and competition.

This student-athlete handbook is meant to serve as a guide to help you manage the complexities of college life and your life as a student-athlete. Please take the time to read through the handbook. If you have any questions please feel free to ask any of our staff members about the materials in the handbook.

Expectations are high for Prairie Fire student-athletes at Knox College academically, athletically and socially. Your coaches, our support staff and our administration are committed to helping you be successful so please do not hesitate to ask for assistance.

While I cannot predict what the start of the 2020-2021 academic year is going to look like, I can tell you that we are looking forward to celebrating your many successes.

Go Prairie Fire!

Daniella Irle
Director of Athletics
Knox College
STAFF DIRECTORY

SENIOR STAFF

Daniella J. Irle  Director of Athletics  djirle@knox.edu  309-341-7280  701-330-0322 (Cell)
Scott Sunderland  Associate Director of Athletics  ssunderl@knox.edu  309-341-7378  309-335-4078 (Cell)
Lexie Vernon  Associate Director of Athletics  akvernon@knox.edu  309-341-7552  309-335-4079 (Cell)

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Kim Schrader  SAAC Advisor  kschrade@knox.edu  309-341-7751
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Stephanie McMillan  Administrative Assistant  sdmcmillan@knox.edu  309-341-7281  309-341-7806 (Fax)

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Kaite Putnam  Graduate Assistant Athletic Trainer  kputnam@knox.edu  309-341-7378

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Pat Haynes  Assistant Sports Information Director  phaynes@knox.edu  309-341-7804
Annie Gerdes  Assistant Sports Information Director  agerdes@knox.edu  309-341-7532
<table>
<thead>
<tr>
<th>COACHES</th>
<th>OFFICE</th>
<th>CELL</th>
<th>(341)</th>
<th>TITLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pat Barry</td>
<td>FH 126</td>
<td>847-636-6441</td>
<td>7610</td>
<td>Volleyball - Head Coach</td>
</tr>
<tr>
<td>Cory Bonstead</td>
<td>MG 202</td>
<td>405-659-5291</td>
<td>7804</td>
<td>Football - Asst. Coach</td>
</tr>
<tr>
<td>James Clark</td>
<td>MG 208</td>
<td>309-335-4851</td>
<td>7714</td>
<td>Baseball - Asst. Coach</td>
</tr>
<tr>
<td>Emily Cline</td>
<td>MG 206</td>
<td>309-335-6880</td>
<td>7484</td>
<td>Women’s Basketball - Head Coach</td>
</tr>
<tr>
<td>Ben Davis</td>
<td>MG 207</td>
<td>612-432-4097</td>
<td>7193</td>
<td>Men’s Basketball - Head Coach</td>
</tr>
<tr>
<td>Annie Gerdes</td>
<td>MG 210</td>
<td>815-768-7745</td>
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<td>Women’s Soccer - Asst. Coach</td>
</tr>
<tr>
<td>KC Harding</td>
<td>MG 068</td>
<td>309-335-5750</td>
<td>7016</td>
<td>M/W Golf - Head Coach</td>
</tr>
<tr>
<td>Pat Haynes</td>
<td>MG 204</td>
<td>507-301-2980</td>
<td>7804</td>
<td>Football – Asst. Coach</td>
</tr>
<tr>
<td>Cody Hipp</td>
<td>MG 204</td>
<td>219-765-4994</td>
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<td>Football - Asst. Coach</td>
</tr>
<tr>
<td>Taylor Houck</td>
<td>MG 211</td>
<td>215-480-0142</td>
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</tr>
<tr>
<td>Jami Isaacson</td>
<td>MG 113</td>
<td>309-335-4062</td>
<td>7456</td>
<td>Baseball - Head Coach</td>
</tr>
<tr>
<td>Alice Lee</td>
<td>FH 130</td>
<td>773-226-7399</td>
<td>7198</td>
<td>Track &amp; Field - Asst. Coach</td>
</tr>
<tr>
<td>Brian O’Connor</td>
<td>MG 210</td>
<td>618-610-3445</td>
<td>7381</td>
<td>Men’s Soccer – Head Coach</td>
</tr>
<tr>
<td>Jonathan Powers</td>
<td>GDH 101E</td>
<td>309-351-2244</td>
<td>7332</td>
<td>M/W Swimming &amp; Diving - Head Coach</td>
</tr>
<tr>
<td>Adam Ries</td>
<td>MG 201</td>
<td>651-278-8905</td>
<td>7282</td>
<td>Football - Asst. Coach</td>
</tr>
<tr>
<td>Erin Rutledge</td>
<td>MG 114</td>
<td>217-521-0908</td>
<td>7284</td>
<td>Softball - Head Coach</td>
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<tr>
<td>Damon Tomeo</td>
<td>MG 203</td>
<td>701-367-0990</td>
<td>7667</td>
<td>Football - Head Coach</td>
</tr>
<tr>
<td>Miguel Tunas</td>
<td>MG 209</td>
<td>914-482-3884</td>
<td>7381</td>
<td>Men’s Soccer – Asst. Coach</td>
</tr>
<tr>
<td>Evander Wells</td>
<td>FH 128</td>
<td>404-414-0289</td>
<td>7801</td>
<td>XC/Track &amp; Field – Head Coach</td>
</tr>
<tr>
<td>TBD</td>
<td>MG 205</td>
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<td></td>
<td>Football - Asst. Coach</td>
</tr>
</tbody>
</table>
CAMPUS CONTACTS
Academic Advising ................................................................. 309-341-7215
Academic Support Services .................................................. 309-341-7151
Business Office ................................................................. 309-341-7343
Campus Life ........................................................................ 309-341-7527
Counseling Services ............................................................ 309-341-7492
Dining Services ................................................................. 309-341-7243
Health Services ................................................................. 309-341-7243
Housing .............................................................................. 309-341-7527
ITS Help Desk (computers) .................................................. 309-341-7700
International Student Support ............................................. 309-341-7136
Library, Henry M. Seymour .................................................. 309-341-7246
Postal Services ................................................................. 309-341-7152
Registrar ............................................................................ 309-341-7205

EMERGENCY CONTACTS
Police or Fire, Emergency .................................................... 911
Campus Safety (All Hours) .................................................. 309-341-7979
Dean of Students Office ...................................................... 309-341-7222
Campus Switchboard ......................................................... 309-341-7000
Title IX Office - Old Jail 12 ................................................ 309-341-7751
Anonymous Witness Reporting .......................................... http://www.knox.edu/silentwitness

LOCAL NUMBERS
Galesburg Cottage Hospital .................................................. 309-343-8131
OSF St. Mary Medical Center ............................................. 309-344-3161
Knox County Health Department ........................................ 309-344-2224
Police or Fire, Non-Emergency .......................................... 309-343-9151
Counseling Referrals ......................................................... 309-341-7432
United American Cab Services ........................................ 309-341-6161
VNA Van Service ............................................................ 309-342-1152
5 KNOX TRADITIONS THAT PERFECTLY CAPTURE THE SPIRIT OF KNOX

1. Pumphandle. On the day before the first day of fall term, everyone at Knox stands in a long, twisty line on the south lawn of Old Main. And one by one, you go down the line and shake everyone’s hand. Some people wear costumes; some people get creative with their greetings; the spirit is, shall we say, giddy. And in the end you come to know everyone at Knox, face to face, hand to hand. Democratic, humanizing, time-consuming—and totally worth it.

2. Bronze Turkey. The Knox-Monmouth football game is one of the oldest college rivalries in the country (first game: 1888). The winner receives a trophy that is, yes, bronze and turkey-shaped. And the trophy is the object of many high jinks; at one point it was buried under our running track. The point being: We’re serious about athletic competition. But we’re also serious about not taking ourselves too seriously.

3. The Prairie Burn. An annual controlled burn at our Green Oaks field station, which is set on one of the oldest prairie restoration sites in America. Conducted by a professor and students from all over the map, from every discipline. A smart, necessary ecological practice. And a communal approach to joining the local ecosystem. Namesake of our athletic teams, The Prairie Fire.

4. Flunk Day. A (secret!) day in spring on which classes are cancelled, bells are rung, and the campus turns into a giant festival of nuttiness. Organized and run by a small, anonymous group of students.

5. I-Fair. Formally known as the International Fair. Food, music, dancing and singing from around the world, courtesy of our many cultural groups and students from more than 50 countries. Proud, crowded, and happily chaotic. Sample menu: fried plantains (Ghana), bulgogi (Korea), arepas (Venezuela), mango lassi (India).

KNOX SONGS

HAIL, KNOX ALL GLORIOUS
Hail, Knox all glorious!
Unto thee we sing.
Ever victorious,
homage we bring, we bring.
For through all the ages,
all our teams so bold, so bold,
will fight for old Knox, Knox, Knox!
Fight for the purple and the gold.

HAIL TO ALMA MATER
Hail to Alma Mater,
Fling her banner high!
Sing the songs of college days,
Songs of days gone by.
(refrain)
In the quiet hours
Of the starry night,
Dream the dreams of college days,
Mem’ries burning bright.
(refrain)Hail to Alma Mater,
Let our voices ring!
Hail to Knox all glorious,
Unto thee we sing.
(refrain)Refrain:
For the long, long road to Alma Mater
Is the road that calls us home
O’er hills and plains,
By lakes and lanes, Our woodlands, Our cornfields,
Our Country, Our home.
KNOX COLLEGE ATHLETICS MISSION STATEMENT

The Department of Athletics provides students an opportunity to obtain knowledge, physical development, and life skills. Whether it is varsity athletics, club sports, or intramurals, we encourage participation by all of our students. The Athletics Department is committed to diversity and inclusivity of students, faculty, and staff and we adhere to the Knox College Culture of Respect. We value difference in its many dimensions and believe that athletics provide a welcoming and important environment for participation by all.

In concert with the College’s mission, intercollegiate athletics at Knox plays a major role in the development of our student-athletes. The principles of preparation, goal-setting, teamwork, integrity and sportsmanship, in both practice and competition, are embraced to ensure a quality experience with successful outcomes.

DIVERSITY AND INCLUSION STATEMENT

Diversity and inclusion are essential to the fulfillment of our Knox College Athletics mission. We value inclusive excellence in learning, curricular and co-curricular programming; campus climate; recruitment; hiring; and retention. Valuing this common ground enhances the social and competitive experience for all and is important to team success and to individual development. Moreover, we resolve to create and uphold a community that is respectful of all persons despite differences in age, class, creed, disability, educational background, gender expression, gender identity, geographical location, income, marital status, national origin, parental status, race, religion, sex, sexual orientation, work experiences and other dimensions of diversity.

KNOX COLLEGE STATEMENT OF MISSION

Knox College is a community of individuals from diverse backgrounds challenging each other to explore, understand and improve ourselves, our society and our world. The commitment to put learning to use to accomplish both personal and social goals dates back to the founding of the College in 1837. We take particular pride in the College’s early commitment to increase access to all qualified students of varied backgrounds, races and conditions, regardless of financial means.

Today, we continue to expand this historic mission and the tradition of active liberal arts learning. We provide an environment where students and faculty work closely together and where teaching is characterized by inviting and expecting students to pursue fundamental questions in order to reach their own reflective but independent judgments. The mission is carried out through:

- **Our curriculum**: combining inquiry in traditional as well as newer disciplines with the integrative perspective of interdisciplinary work; building from basic skills of writing, reading, calculating and critical analysis to opportunities for sophisticated student research and creative expression.

- **The character of our learning environment**: encouraging the critical exchange of ideas, challenging our students with high expectations and persistent demands for rigorous thinking within a supportive and egalitarian environment, characterized by an informality and openness that mirrors our Midwestern surroundings.

- **Our residential campus culture**: encouraging the personal, cultural and intellectual growth of our students in a reflective, tolerant and engaged campus community through supportive residential opportunities, numerous student organizations, a wide array of creative activities and cultural programming, and opportunities for intercollegiate and recreational sports.

- **Our community**: reaffirming and extending our ongoing commitment to a diverse community of students, faculty and staff with each new hiring and admission.

Our aims throughout are to foster a lifelong love of learning and a sense of competence, confidence and proportion that will enable us to live with purpose and to contribute to the well-being of others.
MIDWEST CONFERENCE STATEMENT OF PHILOSOPHY

The Midwest Conference was founded in 1921 by campus presidents and faculty with the goal of establishing an interstate league among similarly minded schools – those which give primary attention to the educational purposes of athletics. Today, member institutions continue to believe that participation in sport enhances the undergraduate experience, providing valuable opportunities in the overall academic program – most significantly the opportunity for student-athlete growth and the realization of personal potential.

As part of our educational philosophy, members and affiliates of the Midwest Conference maintain that academic and athletic achievement are not mutually exclusive, purposefully supporting student-athletes in the pursuit of excellence in all that they do. We accomplish this goal, collectively and individually, by:

- Valuing and supporting student-athlete well being,
- Fostering and modeling sportsmanship,
- Respecting and advancing diversity, and
- Celebrating competitive success.
Colleges and universities in Division III place the highest priority on the overall quality of the educational experience and on the successful completion of all students’ academic programs. They seek to establish and maintain an environment in which a student-athlete’s athletics activities are conducted as an integral part of the student-athlete’s educational experience, and an environment that values cultural diversity and gender equity among their student-athletes and athletics staff. To achieve this end, Division III institutions:

1. Expect that institutional presidents and chancellors have the ultimate responsibility and final authority for the conduct of the intercollegiate athletics program at the institutional, conference and national governance levels;

2. Place special importance on the impact of athletics on the participants rather than on the spectators and place greater emphasis on the internal constituency (e.g., students, alumni, institutional personnel) than on the general public and its entertainment needs;

3. Shall not award financial aid to any student on the basis of athletics leadership, ability, participation or performance;

4. Primarily focus on intercollegiate athletics as a four-year, undergraduate experience;

5. Encourage the development of sportsmanship and positive societal attitudes in all constituents, including student-athletes, coaches, administrative personnel and spectators;

6. Encourage participation by maximizing the number and variety of sport offerings for their students through broad-based athletics programs;

7. Assure that the actions of coaches and administrators exhibit fairness, openness and honesty in their relationships with student-athletes;

8. Assure that athletics participants are not treated differently from other members of the student body;

9. Assure that student-athletes are supported in their efforts to meaningfully participate in nonathletic pursuits to enhance their overall educational experience;

10. Assure that athletics programs support the institution’s educational mission by financing, staffing and controlling the programs through the same general procedures as other departments of the institution. Further, the administration of an institution’s athletics program (e.g., hiring, compensation, professional development, certification of coaches) should be integrated into the campus culture and educational mission;

11. Assure that athletics recruitment complies with established institutional policies and procedures applicable to the admission process;

12. Exercise institutional and/or conference autonomy in the establishment of initial and continuing eligibility standards for student-athletes;

13. Assure that academic performance of student-athletes is, at a minimum, consistent with that of the general student body;

14. Assure that admission policies for student-athletes comply with policies and procedures applicable to the general student body;

15. Provide equitable athletics opportunities for males and females and give equal emphasis to men’s and women’s sports;

16. Support ethnic and gender diversity for all constituents;

17. Give primary emphasis to regional in-season competition and conference championships; and

18. Support student-athletes in their efforts to reach high levels of athletics performance, which may include opportunities for participation in national championships, by providing all teams with adequate facilities, competent coaching and appropriate competitive opportunities.

The purpose of the NCAA is to assist its members in developing the basis for consistent, equitable competition while minimizing infringement on the freedom of individual institutions to determine their own special objectives and programs. The above statement articulates principles that represent a commitment to Division III membership and shall serve as a guide for the preparation of legislation by the division and for planning and implementation of programs by institutions and conferences.
STUDENT-ATHLETE EXPECTATIONS

CODE OF CONDUCT
Knox College student-athletes will represent the College and the athletic program in a positive manner in sportsmanship, behavior, use of language and care and use of facilities at all times. Every student-athlete needs to remember it is a privilege not a right to participate in athletics. Although the Student-Athlete Handbook covers some of the things in the Knox Student Handbook, it does not cover everything. It is a student’s responsibility to know all of the rules, policies, and procedures of being a member of the Knox College community.

All staff and students involved with the Department of Athletics place a high priority on positive, timely, honest, and accurate verbal and non-verbal communication. There are two behaviors that each student-athlete should exhibit on a daily basis to ensure that everyone has a productive environment:

#1 Be Nice - this will ensure that you are a positive and productive student, athlete, teammate and leader
#2 Communicate Early, Honestly, and Often - with staff, faculty, coaches, teammates, etc.

SPORTSMANSHIP
The language, behavior, and actions of student-athletes will reflect a commitment to the mission of Knox College. Student-athletes will pride themselves on promoting exemplary sporting behavior and conduct, which makes optimal performance the focal point of the contest. Student-athletes will behave courteously toward opponents, officials, and fans and will not engage in trash talk, flagrant fouls, or retaliation. Further, student-athletes will refrain from excessive celebratory display of individual or team success. Many sporting events, whether home or away, attract families, so be mindful of who is watching. Respectful language and behavior is also expected in the locker rooms, training room, and meeting rooms. Music that uses racist, demeaning, sexist, or profane language is not allowed in these areas or our athletics facilities including pregame and practice music. There may be team or departmental disciplinary action taken for breaches in sportsmanship on and off the field of play.

“SIX PILLARS OF CHARACTER”— FROM THE JOSEPHSON INSTITUTE OF ETHICS
The Six Pillars of Character are ethical values to guide our choices. The standards of conduct that arise out of those values constitute the ground rules of ethics, and therefore of ethical decision-making. Knox College student-athletes, coaches, and administrators are committed to displaying themselves in utmost positive nature, and we will hold ourselves accountable to these ideas.

• Trustworthiness—We must all strive to be honest, have integrity, keep our promises, and be loyal to ourselves and our team.
• Respect—We must respect ourselves and remember that every person has the right to our respect. Treat officials with respect; don’t complain about or argue with calls or decisions during or after an athletic event. Live and play with class; be a good sport; be gracious in victory and accept defeat with dignity.
• Responsibility—We must be accountable for our own actions, practice self-restraint, and always do our best. Participation in intercollegiate sports is a privilege not a right; represent with honor.
• Fairness—We must make quality judgments that are free from discrimination. Be fair; live up to high standards of fair play; be open-minded; always be willing to listen and learn.
• Caring—We must have concern for the interest of others. Never intentionally injure or engage in reckless behavior that might cause injury or harm to yourself or others.
• Citizenship—We must play by the rules and maintain a thorough knowledge of and abide by all applicable game and competition rules.

Anyone failing to live up to these values is subject to possible disciplinary action.

MIDWEST CONFERENCE STATEMENT OF SPORTSMANSHIP
The NCAA and Midwest Conference promote courteous and respectful behavior by student-athletes, coaches, and spectators. We request your cooperation by supporting the participants and officials in a positive manner. Profanity, racist or sexist comments, or other intimidating actions will not be tolerated and are grounds for removal from the site of competition.
ACADEMICS

Class Selection and Attendance

NCAA Division III athletics is committed to the pursuit of athletic and academic success. Course and major selection are an important part of the academic endeavor. Student-athletes should select majors and courses that reflect their interests and passions.

It is important for college students to attend class. Many of the concepts and ideas for the course are not found in the textbook, but in the lecture and class discussion. Since student-athletes may miss regularly scheduled classes for travel and/or competition for varsity intercollegiate contests, the department of athletics highly encourages all student-athletes to attend every class possible.

All athletic schedules are approved by the Faculty Athletics Committee and students are excused for these infrequent absences; however, it is the responsibility of student-athletes to let their professors know about these contests well in advance. Coaches will give student-athletes their schedule with missed class dates and departure times at the beginning of each term. Student-athletes should tell their professors at the beginning of the term those dates they will miss and give a reminder a week before each one. Failure to do so could mean that you miss a contest or receive an unexcused absence.

In the case of weather cancellations and rescheduling, students should let their professors know immediately of those changes. All class work missed is the responsibility of the student to make up, and you should coordinate with your professor on the timing of the makeup. If there is a home contest on a day of class, student-athletes may leave class no earlier than 120 minutes before the scheduled start time of the contest. There is no missed class time for practice. A student-athlete who tries to deceive a faculty member about missing class for an athletic contest will be subject to honor code and/or disciplinary measures.

Honor Code

Student-athletes are responsible for knowing and upholding the Knox College Honor Code. A copy of the honor code is listed in the Knox Student Handbook and available on the Knox website (www.knox.edu/offices/academic-affairs/honor-code-and-procedures).

Good Academic Standing

There is no minimum GPA requirement to participate in athletics at Knox College. As long as you are allowed by the College to take at minimum 2.5 credits and are making satisfactory progress towards a degree (see NCAA Compliance section), you are eligible to compete in intercollegiate athletics. Although the College does not have a minimum GPA to remain eligible, it does have requirements on a minimum GPA and credits earned per term to stay enrolled that rises as you earn more credits. A list of these requirements is in the Knox Student Handbook.

ALCOHOL, DRUG AND TOBACCO USE

Knox College Alcohol Policy

Possession, consumption, or manufacturing of alcohol by any individual under 21 years of age is prohibited. Furnishing alcohol to any individual under 21 years of age is also prohibited. Students age 21 or older are permitted to possess or consume alcohol under the following circumstances only:

- At registered events in accordance with the Knox College Policy for Events with Alcohol;
- In the privacy of an individual residence hall room, apartment, or fraternity house by students age 21 or older, with the following limitations:
  - Service of alcohol from common source containers (such as kegs or punch bowls) is prohibited.
  - Drinking games or any activity which encourages or contributes to alcohol abuse are prohibited.

If alcohol is consumed on campus or at a College event, it is expected that such consumption is in compliance with college policies and regulations, is not abusive, does not violate the rights of roommates or others, and does not lead to conduct that is disorderly, disruptive, or destructive.

Student-Athlete Alcohol Expectations

1. In conjunction with College policy regarding alcohol, student-athletes are reminded that:
   a. Alcohol is not allowed at any College sponsored athletic events (varsity, junior varsity, club, intramural)
   b. Alcohol is prohibited in locker rooms at either home or away competitions.
   c. Alcohol is prohibited in vehicles traveling to and from contests / trips.
   d. Consumption of alcohol is prohibited at any time during team trips, regardless of the age of the student-athlete.
   e. Consumption of alcohol is prohibited at team meals.
2. Any student-athlete determined to be in violation of this policy will be subject to disciplinary action as determined by the Department of Athletics. Such disciplinary action will at a minimum be a suspension from participation in the next contest and may result in removal from the team.

3. Each coach may adopt his / her own team standards and expectations regarding the consumption of alcohol as long as it is not contrary to College policy and Athletics Department expectations and is given to the student-athletes in writing prior to the start of the season.

4. This policy applies to all student-athletes, managers and trainers, including those who are of legal drinking age.

Knox College Drug Policy
The use, possession, distribution, manufacture, or dispensing of illegal drugs is prohibited. This policy also prohibits the use of marijuana on campus or at College-sponsored activities, even if the intended use is for medicinal purposes. Synthetic drugs that contain ingredients or mimic the effects of illegal drugs are also prohibited. In addition, prescription medications and over-the-counter medications must be utilized according to prescribed instructions and the use, possession, distribution, manufacture, or dispensing of prescription drugs without a prescription is prohibited.

Tobacco Use
Per NCAA rules, the use of tobacco products is prohibited by all game personnel (e.g., coaches, athletic trainers, managers and game officials) in all sports during practice and competition. *(NCAA Bylaw 11.1.5)*

The use of tobacco products by a student-athlete is prohibited during practice and competition. A student-athlete who uses tobacco products during a practice or competition shall be disqualified for the remainder of that practice or competition. *(NCAA Bylaw 17.1.8)*

This also includes all athletics facilities and venues including, locker rooms, meeting rooms, and fitness center and all forms of tobacco products such as cigarettes, electronic cigarettes, chewing tobacco, cigars, vaping, juuling, etc.

SOCIAL MEDIA
Social Media is a great place to celebrate your personal, athletic and academic success. It is also a great way to celebrate your team’s success. Use your social media platforms in a manner that celebrates you, your family, Knox College and Prairie Fire Athletics.

Prairie Fire Athletics understands the popularity and usefulness of social networking sites and supports their use by student-athletes provided:

• No offensive or inappropriate pictures are posted
• No offensive or inappropriate comments are posted
• Any information placed on the website(s) does not violate College, Department of Athletics or student-athlete codes of conduct
• Photos and/or comments posted on these sites do not depict team-related or college-identifiable activities (including wear/using team uniforms or gear inappropriately)

Best Practices and Reminders for Social Media
• Think twice before posting. If you wouldn’t want your coach, parents, or future employer to see your post, don’t post it.
• Be respectful and positive.
• Remember, many different audiences view your posts including fans, alumni, kids, local authorities, parents, faculty, etc.
• The internet is permanent. Even if you delete something, it’s still out there somewhere. Be in the right state of mind when you make a post. Do not post when your judgment is impaired. Coaches and administrators may monitor social media websites. Potential employers use these social media websites to screen candidates. Use the privacy/security settings made available on these sites.
PUBLIC MEDIA
Public media refers to technologies used to communicate messages and whose mission is to serve or engage the public. Public media domains include print outlets, traditional broadcasts, and digital technologies.

Student-athletes are highly visible representatives of the College and are expected to uphold the values and responsibilities of the College while meeting all requirements set forth by the MWC, the NCAA, Knox College, and the Knox College intercollegiate athletics program. The Knox College Department of Athletics prohibits malicious and reckless behavior when utilizing public media outlets. It is important that student-athletes recognize the power of public media domains and the potentially negative image that they can portray about student-athletes, coaches, the athletics program, and the institution.

The College can take disciplinary action—including but not limited to temporary or permanent suspension from a team—if comments are deemed inappropriate under College policies.

KNOX COLLEGE HAZING POLICY
The College prohibits hazing, which is defined as any act which endangers the mental or physical health or safety of a student, or which destroys or removes public or private property, or which produces ridicule, embarrassment, harassment, intimidation or other similar result, for the purpose of initiation, admission into, affiliation with, or as a condition of continued membership in, a group or organization. Examples include paddling, creating excessive fatigue, physical and psychological shock, public stunts, and morally degrading or humiliating games and activities. The express or implied consent of the victim will not be a defense of this violation, and apathy or acquiescence in the presence of hazing is also seen as a violation of this policy. This hazing policy can be found in the Knox College Student Code of Conduct: https://www.knox.edu/Documents/StudentDev/Student-Code-of-Conduct.pdf.

RECRUIT HOST EXPECTATIONS
The point of any overnight or evening hosting is simple—to give a prospective student the opportunity to see what it is like to be on campus and to get a feel for what it is like to be a Knox student, away from one’s parents and away from the coaching staff. We are entrusting you to make sure that the recruits have a safe and positive experience on their visit. As the overnight host, you will need to oversee the recruit during the entire evening. If there are any reasons that you cannot spend your full attention on the recruit, please call your coach so that they can make alternate arrangements. If the recruit involves themselves in any unacceptable behavior, becomes ill or gets injured, contact Campus Safety and your coach immediately.

SPORT SPECIFIC TEAM RULES
Sport specific team rules will be communicated to team members in a variety of ways by the coaching staff. Whether verbal or written, students are expected to be familiar with team specific rules and comply with them. The consequences for violating team rules are largely enforced by the head coach.
DEPARTMENT DISCIPLINARY ACTION
The code of conduct applies to student-athletes in season, out of season and in the non-traditional season. This code and the expectations that we hold for student athletes begins with their matriculation and continues to their graduation and are considered to be in effect at all times. The Department discipline policy relies on several key points:

- Participation on athletic teams at Knox College is a privilege not a right
- All team members have been adequately informed about the behavioral expectations and team rules
- Disciplinary action is timely, individual, fair, consistent, appropriate and reasonable. A range of consequences include but are not limited to the following loss of leadership status, loss of practice opportunity, loss of competitive opportunity, suspension from team, dismissal from team.
- In most cases, the head coach bears the primary responsibility for discipline and should do so in consultation with the Director of Athletics.
- In cases of more serious or repetitive offenses, sanctions will be at the discretion of the Director of Athletics. This may be done in consultation with the head coach and/or Athletics Senior Staff.
- Any suspension or dismissal from the team will be reviewed and approved by the Director of Athletics, in consultation with a member of the Office of Student Development or Knox Senior Staff, if applicable. The student-athlete may appeal the decision to the Dean of the College within one academic week of the original decision. A written statement of the grounds for appeal must be included.

When a student displays unsportsmanlike behavior in a contest or practice setting, it is the responsibility of the head coach to discuss that behavior privately with the team member and with the entire team in an educational manner at the earliest possible appropriate moment. Appropriate response to unsportsmanlike behavior may include the loss of competitive opportunity upon the second occurrence. An ongoing pattern of unsportsmanlike conduct is considered to be grounds for dismissal from the team. The head coach should inform the Athletics Director about any unsportsmanlike behavior incidents that occur. When a student violates a College policy of any kind, the head coach will inform and confer with the Director of Athletics about the disciplinary response for that student. Disciplinary responses will be fair, consistent, timely, appropriate and reasonable and take into consideration not only the nature of the offense but also the pattern of behavior of the individual. Multiple offenses will create stricter responses that will include not only the head coach and Director of Athletics, but a member of the Office of Student Development. Criminal and civil offenses that include but rise above College Policy violations are very serious matters. When a student is involved with conduct that requires the attention of the local authorities, the discipline response will be a collaborative effort between the head coach, the Director of Athletics, and a member of the Office of Student Development.

DISCRIMINATION AND HARASSMENT
Consistent with Knox College's historical commitment to inclusivity, the College today aims to create a campus that is welcoming for all students, staff, and faculty and a climate that is safe, respectful, and free from all forms of bias.

Bias incidents, however, often fall beyond the scope and protection of existing discrimination laws and regulations. Therefore, it is imperative that we respond as a unified educational community to address such behavior while respecting the rights of all individuals to freedom of speech and expression.

It is Knox College's position that acts of bias require a response that asks all members of our community to uphold our shared values of goodwill and acceptance.
KNOX COLLEGE POLICIES AND PROCEDURES ON SEXUAL HARASSMENT

Knox College does not tolerate sex discrimination, sexual misconduct, or interpersonal violence. The College’s policies and procedures prohibiting sexual harassment, sexual assault, dating violence, domestic violence, and stalking have been established to address and resolve complaints alleging prohibited behavior and any violation of these policies may be subject to disciplinary action. Complaints alleging sexual harassment, sexual assault, dating violence, domestic violence, and stalking involving any member of the Knox community should be directed to the Title IX Coordinator and will be handled according to the College’s procedures outlined in the Student Code of Conduct, Faculty Handbook, and Employee Handbook. Knox also offers primary and ongoing training and education for all students, faculty, and staff on topics included but not limited to discrimination and harassment, sexual assault, interpersonal violence, bystander intervention, and alcohol and other drugs.

It is important that every member of the College community understands that College policy prohibits sex discrimination between all members of the College community: for example, between an instructor or staff member and a student, between two students, or between a student and an applicant or campus guest. These policies apply in all programs and activities over which the College has control, including, but not limited to, discrimination in athletics, instruction, grading, College housing, and College employment. More information is available at www.knox.edu/respect and from the College’s Title IX Coordinator:

Kimberly K. Schrader
Office: Old Jail 12
Email: kschrade@knox.edu
Office: 309-341-7751
Mobile: 309-337-6536

MIDWEST CONFERENCE TRANSGENDER STUDENT-ATHLETE POLICY

Policies for Participation on Intercollegiate Teams Sponsored by Midwest Conference Institutions

1. NCAA Guidelines for the participation of transgender athletes in sex-separated sport teams transgender student-athletes undergoing hormone treatment
   a. A trans male (FTM) student-athlete who receives a medical exception for treatment with testosterone for diagnosed gender transition (gender identity disorder, gender dysphoria, or transsexualism), for purposes of NCAA competition may compete on a men’s team, but is no longer eligible to compete on a women’s team without changing that team status to a mixed team.
      i. A transgender male student-athlete taking medically prescribed testosterone for the purposes of gender transition may compete on a men’s team; however, they must request a medical exception from the NCAA prior to competing on a men’s team because testosterone currently is a banned substance.
   b. A trans female (MTF) student-athlete being treated with testosterone suppression medication for gender transition (gender identity disorder, gender dysphoria, or transsexualism), for the purposes of NCAA competition may continue to compete on a men’s team but may not compete on a women’s team without changing it to a mixed team status until completing one calendar year of testosterone suppression treatment.
   c. In any case where a student-athlete is taking hormone treatment related to gender transition, that treatment must be monitored by a physician, and the NCAA must receive regular reports about the athlete’s eligibility according to these guidelines.

2. Transgender student-athletes not undergoing hormone treatment
   a. A trans male (FTM) student-athlete who is not taking testosterone related to gender transition may participate on a men’s or women’s team.
   b. A trans female (MTF) transgender student-athlete not taking hormone treatments related to gender transition may not compete on a women’s team.
   c. Any transgender student-athlete who is not taking hormone treatment related to gender transition may participate in sex-separated sports activities in accordance with his/her assigned birth sex.
3. NCAA Bylaws related to hormonal treatment and mixed teams -- Two areas of NCAA regulations can be impacted by transgender student-athlete participation: use of banned substance and mixed team status.

a. A mixed team is a varsity intercollegiate sports team on which at least one individual of each gender competes. (Revised: 5/8/06) NCAA Bylaw 18.02.2 for purposes of meeting the required minimum set forth in Bylaws 18.2.3 and 18.2.4 a mixed team shall be counted as one team. A mixed team shall count toward the minimum sponsorship percentage for men’s championships.

1. NCAA rules state that a male participating in competition on a female team makes the team a “mixed team.” The mixed team can be used for sports sponsorship numbers (provided other conditions, such as being an acceptable NCAA sport, outlined in Bylaw 20.9 (Division I), 20.10 (Division II) and 20.11 (Division III) are met) and count toward the mixed/men’s team minimums within the membership sports-sponsorship requirements. Such a team is ineligible for a women’s NCAA championships but is eligible for a men’s NCAA championship.

2. A female on a men’s team does not impact sports sponsorship in the application of the rule; the team still counts toward the mixed/men’s numbers. Such a team is eligible for a men’s NCAA championship.

3. Once a team is classified as a mixed team, it retains that status through the remainder of the academic year without exception.

c. NCAA Bylaw 31.2.3 identifies testosterone as a banned substance and provides for a medical exception review for demonstrated need for use of a banned medication. It is the responsibility of the NCAA institution to submit the request for a medical exception (see www.ncaa.org/drugtesting) for testosterone treatment prior to the student-athlete competing while undergoing treatment. In the case of testosterone suppression, the institution must submit written documentation to the NCAA of the Year of treatment and ongoing monitoring of testosterone suppression.

4. Appeals Process

If a transgender student-athlete is denied eligibility by their institution and followed the institution’s transgender policy appeal process (if applicable), the student-athlete may appeal to the NCAA, per the Association policy. The conference office will serve as a resource for the student-athlete in the appeal process but all appeals and decisions will be made by the NCAA.

For more information regarding the NCAA or Midwest Conference Transgender Student-Athlete Policy please contact:

Lexie Vernon – Associate Athletics Director/ SWA akvernon@knox.edu (309) 341-7552 FH129
Kim Schrader – Title IX Coordinator kschrade@knox.edu (309) 341-7751 Old Jail 12
OPERATIONAL POLICIES AND PROCEDURES

AWARDS

Varsity Letter Criteria - To receive a varsity letter, an individual must participate in a varsity competition AND complete the season as a member of the team. Exceptions can be made for someone who receives a season ending injury or tragedy and must be approved by the Director of Athletics. There are four different types of awards for winning a varsity K:

- 1st Year Letter Winner – Letter Winner Status: Athletes lettering in one sport will gain college recognition as having been a participant in athletics and receive benefits associated with being considered a letter winner.
- 2nd Year Letter Winner - Jacket: An athlete will receive one jacket for a 2nd season award.
- 3rd Year Letter Winner - K Letter: An athlete will receive a K letter. This K will be used on the 4th Year K Blanket Award. If an athlete does not receive a K Blanket, they will receive only a K Letter.
- 4th Year Letter Winner - K Blanket: An athlete will receive one blanket for participating in a sport for four years.

*Men’s and Women’s Golf are considered “split season” sports as they compete in both a fall and winter/spring season. In order to earn a varsity letter in those sports, an individual must participate in a varsity competition AND complete ALL segments/seasons as a member of the team. Exceptions can be made for someone planning to study abroad for one segment of their season over their four years and must be approved by the director of athletics. This rule is in place to allow the student-athletes in Golf to not be penalized for or deterred from studying abroad.

*Student-athletes that leave or transfer out of Knox College immediately after their season will be considered letter winners but award winners will be considered on a case-by-case basis by the Director of Athletics.

ANNUAL DEPARTMENT AWARDS

David Agar Athletic Service Award $$$ - Awarded to the person or persons with the most outstanding contributions to athletics in a non-competitive capacity.

Evelyn Bielefeldt Award $$$ - Given to the senior student-athlete participating on a women’s team with the most outstanding career in intercollegiate athletics.

John W. Hilding Prize $$$ - Given to the senior student-athlete participating on a men’s team with the most outstanding career in intercollegiate athletics.

Jeff Sandburg Mental Toughness Award $$$ - Given to the senior student-athlete who is judged to have dealt most effectively with adversity during their Knox career.

Cleave Bridgman Trophy - Awarded to the student-athlete participating on a men’s team selected as the “outstanding performer in an individual sport” in a given year.

Michel Loomis Award - Awarded to the student-athlete participating on a women’s team selected as the “outstanding performer in an individual sport” in a given year.

Men’s Dean Trevor Memorial Award - Given to the senior student-athlete participating on a men’s team who exemplifies the traits of Dean Trevor. Those include competitive excellence, integrity, honesty and commitment to scholarship.

Women’s Dean S. Trevor Award for Women - Given to the senior student-athlete participating on a women’s team who exemplifies the traits of Dean Trevor. Those include competitive excellence, integrity, honesty and commitment to scholarship.

Moller Cup - Awarded to the student-athlete participating on a women’s team who, during their junior year, achieved the highest scholastic average while earning letters in two sports.

Hunter Trophy - Awarded to the student-athlete participating on a men’s team who, during their junior year, achieved the highest scholastic average while earning letters in two sports.

Men’s K-Club Award - Conferred on the student-athlete athlete C who maintained an outstanding academic record during their sophomore year, lettered in two sports and is selected by the athletics department staff as contributing most significantly to the athletics program.

Women’s K-Club Award - Conferred on the student-athlete participating on a women’s team who maintained an outstanding academic record during their sophomore year, lettered in two sports and is selected by the athletics department staff as contributing most significantly to the athletics program.
Men’s Arvid Pierre Zetterberg, Jr. Prize $$$ - Given to student-athlete participating on a women’s team who, during their first year, exemplified the highest quality of character, scholarship and interest in sports.

Women’s Arvid Pierre Zetterberg, Jr. Prize $$$ - Given to student-athlete participating on a women’s team who, during their first year, exemplified the highest quality of character, scholarship and interest in sports.

David Robinson Fan of the Year Award - Given to the person or persons deemed to have given Knox teams the most sincere and comprehensive support during any given year.

Harley Knosher Women’s Athlete of the Year Award - Given to the outstanding women’s athlete of the year.

Harley Knosher Men’s Athlete of the Year Award - Given to the outstanding men’s athlete of the year.

EQUIPMENT POLICY

1. Equipment for all team sports is issued to the student-athletes at the beginning of the season for their particular sport. This includes all practice equipment.
2. Each student-athlete is responsible for all equipment issued to him/her.
3. All equipment issued by the athletics department is intended for official practice and game participation only and is not to be worn elsewhere.
4. All equipment issued at the beginning of the season is to be returned promptly at the conclusion of the season.
5. Failure to return equipment, or equipment that has been broken from misuse, will result in a replacement charge assessed to the student-athlete. Any problems that may arise throughout the season should be resolved with your coach immediately. Do not wait until the season is over.

TEAM TRAVEL & TRANSPORTATION

Student-athletes are expected to travel with the team for practice and/or contests in the transportation provided by the College. Requests for alternate travel arrangements may be made with written consent from a parent or guardian of the student-athlete to the Head Coach and Director of Athletics, subject to approval.

The per diem assigned to each student must be signed for by the student if disbursed as cash. The meal per diem is $6 for breakfast, $7 for lunch, and $8 for dinner/$21 per full day. During team overnight trips, the Department standard is to assign no more than four students per room.

COACH/PROGRAM/DEPARTMENT EVALUATION

All Knox College student-athletes will be given the opportunity at or near the end of their seasons to evaluate their head coach, assistant coaches, sport program and the departmental service areas. The results of these evaluations are used during the evaluation process of all sport programs and departmental areas. If a student-athlete has a grievance pertaining to any service area or policy, they have the option of presenting it to the Director of Athletics or Athletics Department staff member. If the student-athlete feels uncomfortable discussing the issue with an Athletics Department staff member, they could contact the Faculty Athletics Representative (FAR) for Knox College.

In addition, a student-athlete exit interview/survey opportunity is provided by the SWA to student-athletes who exit a sport program (exhausted eligibility, quit, cut, transfer, or graduation) at appropriate points in the academic year. The purpose of the interview/survey is to find out how the student-athletes perceive their overall experience at Knox College. The information is used to help the Athletics Department determine the strengths and opportunities for improvement within programs and to help decide where changes or improvements could be made. The student-athlete also has the option to contact and discuss their experience with the Director of Athletics or the Faculty Athletics Representative (FAR).

PRIORITY ON COMMUNICATION

All staff and students involved with the Department of Athletics place a high priority on positive timely, honest, and accurate verbal and non-verbal communication. Students are expected to communicate in this manner with not only with their head coach and other staff members, but with all members of the Department. If a student has a concern or question about any facet of the Department operation they should speak with either their head coach, SWA or with the Director of Athletics at their earliest convenience.

MULTI-SPORT STUDENT-ATHLETES

Prairie Fire Athletics supports the concept of multi-sport participation in a safe and responsible manner. Student-athletes that play on more than one team are typically allowed to participate physically in one sport at a time unless other arrangements are agreed to by the student-athlete, coaches, athletics medical staff and the Director of Athletics.
NCAA COMPLIANCE & ELIGIBILITY

To be eligible for regular-season competition and NCAA championships, the student-athlete shall meet all applicable NCAA and Division III eligibility requirements. (NCAA Bylaw 14.1.1)

The Department of Athletics Compliance Office sends the NCAA Division III Summary of Regulations for Student-Athletes annually via e-mail prior to the start of classes. It is the responsibility of each student-athlete to review this document and understand the application of all bylaws related to you eligibility to compete. Please contact the Director of Athletics or Compliance Office if you have questions.

ACADEMIC ELIGIBILITY (NCAA Bylaw 14.01.2)

Per NCAA rules, to be eligible to represent an institution in intercollegiate athletics competition, a student-athlete shall be: (1) enrolled in at least a minimum full-time program of studies; (2) be in good academic standing; and (3) maintain satisfactory progress toward a baccalaureate or equivalent degree.

Full-Time Enrollment (NCAA Bylaw14.1.8)

To be eligible under NCAA rules at Knox College, you must be enrolled in at least 2.5 credits AT ALL TIMES during your playing and practice season. The Compliance Office will make sure you are enrolled in enough credits at the beginning of each season. If you are thinking about dropping a course at any time throughout the academic school year, but especially while in-season, please consult with your coach or the Compliance Office before doing so. Dropping a class is your decision; however, you want to be sure you understand the implications, if any, before you do so.

*A waiver of the minimum full-time enrollment requirement may be granted for a student enrolled in the final term of their baccalaureate program. Please consult with the Compliance Officer or Director of Athletics for a full explanation of this waiver. (NCAA Bylaw 14.1.8.1.6.1.1)

Satisfactory-Progress (NCAA Bylaw 14.4)

To remain at Knox and eligible for practice and competition as a student-athlete, degree-seeking students are expected to make satisfactory academic progress. At Knox College, satisfactory academic progress is defined in terms of accumulation of credits toward a degree and as the maintenance of a grade point average consistent with graduation requirements (average 2 1/3 credits per term after you first year). This is why it is important for you to consult with your coach or the Compliance Office before dropping a class, even outside of your playing and practice season, so we can ensure you are making satisfactory progress. There are exceptions to this rule (i.e. withdraw due to illness or family emergency, and you may also make credits up over the summer. The Compliance Officer or the Director of Athletics can help guide you through these situations.

Good Academic Standing (NCAA Bylaw 14.01.2.1)

To be eligible to represent an institution in intercollegiate athletics competition, a student-athlete shall be in good academic standing as determined by the academic authorities who determine the meaning of such phrases for all students of the institution, subject to controlling legislation of the conference(s) or similar association of which the institution is a member. At Knox College, students that are allowed to enroll in a minimum of 2.5 credits are considered to be in good academic standing.

NCAA PAPERWORK

Before participation in intercollegiate practice and competition each academic year, a student-athletes must sign the required NCAA forms as prescribed by the Management Council. The forms include information related to eligibility, recruitment, financial aid, amateur status, previous positive drug tests administered by any other athletics organization and involvement in organized gambling activities related to intercollegiate and professional athletics competition under the Association’s governing legislation.

Failure to complete all the required paperwork will result in the student-athlete’s ineligibility for participation in all intercollegiate competition.

Required NCAA Forms

- Student Athlete Statement (Annual)
- Drug Testing Consent For, (Annual)
- Student-Athlete Affirmation of Eligibility (Annual)
- International Student-Athlete Form (One-time)
- Student-Athlete Health Insurance Portability and Accountability Act (HIPAA) Authorization/Buckley Amendment Consent Form—Disclosure of Protected Health Information (Optional Annually)
NCAA forms are administered electronically through the online platform Front Rush and require your signature annually, where indicated. Communication will be sent each summer from the Compliance Office with directions on how to complete the forms. Student-athletes are not permitted to practice or compete until all the required paperwork is completed.

AMATEURISM/OUTSIDE COMPETITION (BYLAW 12)
The following information is a basic overview or legislation related to amateurism and is not intended to be an exhaustive list. Consult with your Coach, Compliance Office, or Director of Athletics for complete information.

Amateurism
NCAA competition is based on the principle of amateur athletics. Student-athletes at all three levels of NCAA competition must be certified as an amateur by the athletics department in order to be eligible for competition. To be considered an amateur athlete, an individual may not have accepted pay or the promise of pay in any form above actual or necessary expenses, specifically for athletics participation, or if the individual has violated any of the amateurism bylaws.

1. Awards, Benefits, and Expenses
   Receipt of non-permissible awards, extra benefits, or excessive or improper expenses by a student-athlete not authorized by NCAA legislation violates the Association's amateurism principle and renders the student-athlete ineligible for athletics participation in the sport(s) for which the improper award, benefit or expense was received.

2. Unethical Conduct
   A prospective or enrolled student-athlete who is found to have engaged in unethical conduct shall be ineligible for intercollegiate competition in all sports.

3. Financial Aid
   A student-athlete who receives financial assistance other than that authorized by the Association (e.g. for athletics ability) shall not be eligible for intercollegiate athletics competition

4. Impermissible Actions Following Initial Full-Time Collegiate Enrollment:
   - Use of athletics skill for pay
   - Acceptance of a promise of pay
   - Receipt of salary, gratuity, or compensation related to participation in athletics or athletics ability
   - Receipt of any division or split of surplus funds
   - Contract to play professional athletics
   - Receipt of funds from a professional team
   - Agreement with or benefits from an agent

   Violations of NCAA rules often require the student-athletes and their families to repay the amount of money, (or equivalent if it was a service). If the amount of the benefit is in excess of $100.00 the student-athletes becomes ineligible for competition until the NCAA reinstates them. This process can take time, so student-athletes may be in jeopardy of missing competition.

5. Involvement with Professional Teams
   A student-athlete may try out with a professional athletics team in a sport or permit a professional athletics team to conduct medical examinations at any time outside the student-athlete’s playing and practice season. A student-athlete may receive actual and necessary expenses related to the tryout from a professional sports organization, provided the tryout does not exceed 48 hours. The 48- hour tryout period begins at the time the individual arrives at the tryout location. At the completion of the 48-hour period, the individual must depart the location of the tryout immediately in order to receive return transportation expenses. A tryout may extend beyond 48 hours if the individual self-fines additional expenses, including return transportation.

   During a tryout, an individual may not take part in any outside competition (games or scrimmages) as a representative of a professional team.
6. Practice Without Competition
Following initial full-time collegiate enrollment, an individual may participate in practice sessions conducted by a professional team, provided such participation meets the requirements of NCAA legislation governing tryouts with professional athletics teams and the individual does not:
- Receive any compensation for participation in the practice sessions;
- Enter into any contract or agreement with a professional team or sports organization; or
- Take part in any outside competition (games or scrimmages) as a representative of a professional team.
- Competition Against Professionals
- An individual may participate singly or as a member of an amateur team against professional athletes or professional teams.

7. Competition With Professionals
Following initial full-time collegiate enrollment, an individual shall not be eligible for intercollegiate athletics in a sport, if the individual competed on a professional athletics team in that sport. However, an individual may compete on a tennis, golf, two-person sand volleyball or two-person synchronized diving team(s) with persons who are competing for cash or a comparable prize, provided the individual does not receive payment of any kind for such participation.

8. Professional Player as a Team Member
Following initial full-time collegiate enrollment, an individual may participate with a professional on a team, provided the professional is not being paid by a professional team or league to play as a member of that team (e.g., summer basketball leagues with teams composed of both professional and amateur athletes).

9. Olympic/National Team
It is permissible for a current student-athlete or prospective student-athlete to participate on Olympic or national teams that are competing for prize money or are being compensated by the governing body to participate in a specific event, provided the individual does not accept prize money or any other compensation outside of the actual and necessary expenses.

10. Competition with Prospective Student-Athletes
In out-of-season competition, it is permissible for current student-athletes to compete on teams or against teams that have prospective student-athletes.

11. Outside Competition and Effects on Eligibility
A student-athlete becomes ineligible for intercollegiate competition in their sport until eligibility is restored by the Committee on Student-Athlete Reinstatement if, after enrollment in college and during any year in which the student-athlete is a member of an intercollegiate squad or team, he or she competes or has competed as a member of any outside team in any non-collegiate, amateur competition (e.g., tournament play, exhibition games or other activity) during the institution’s intercollegiate season in the sport unless restored to eligibility before that time by the Committee on Student-Athlete Reinstatement.

Permissible Out of Season Outside Competition All Sports:
- High School Alumni Game
- Olympic Games
- Official Pan American Games Tryouts and Competition
- National Teams
- Official World Championships, World University Games, World University Championships, World Youth Championships and World Cup Tryouts and Competition
- Multisport Events
- Triathlons
- Camps and Clinics
There are no limits on the number of student-athletes who may be employed (e.g. as counselors) in camps or clinics. Currently enrolled student-athletes may not participate as campers in their institution’s camps or clinics.
A student-athlete who is employed in any sports camp or clinic must meet the following requirements:

• The student-athlete must perform duties that are of a general supervisory nature in addition to any coaching or officiating assignments.

• Compensation provided to the student-athlete shall be commensurate with the going rate for camp or clinic counselors of similar teaching ability and camp or clinic experience and may not be paid on the basis of the value that the student-athlete may have for the employer because of the athletics reputation or fame the student-athlete has achieved. It is not permissible to establish varying levels of compensation for a student-athlete employed in a sports camp or clinic based on the level of athletics skills of the student-athlete.

• A student-athlete who only lectures or demonstrates at a camp/clinic may not receive compensation for their appearance at the camp/clinic.

REPRESENTATIVES OF ATHLETIC INTERESTS (ATHLETIC BOOSTERS)

A "representative of the institution's athletics interests" is an individual who is known (or who should have been known) by a member of the institution's executive or athletics administration to:

1. Have participated in or to be a member of an agency or organization promoting the institution’s intercollegiate athletics program;

2. Have made financial contributions to the athletics department or to an athletics booster organization of that institution;

3. Be assisting or to have been requested (by the athletics department staff) to assist in the recruitment of prospective student-athletes;

4. Be assisting or to have assisted in providing benefits to enrolled student-athletes or their families; or

5. Have been involved otherwise in promoting the institution’s athletics program.

Once a person, agency, business or other organization identified as a “representative of athletics interests,” that person/entity retains that identity for life.

Boosters or institutional staff members are not permitted to provide you with an extra benefit. An extra benefit is any special arrangement by an institutional employee or a representative of the institution’s athletics interests to provide a student-athlete or the student-athlete’s relative or friend a benefit not expressly authorized by NCAA legislation. Receipt of a benefit by student-athletes or their relatives or friends is not a violation of NCAA legislation if it is demonstrated that the same benefit is generally available to the institution’s students or their relatives or friends or to a particular segment of the student body determined on a basis unrelated to athletics ability. (Bylaw 16.02.3) If at any time you have a question concerning benefits, gifts, and services that have been offered to you, please check with your head coach or the athletics department compliance office.

Any violation could result in the loss of your eligibility. It should be noted that all rules that apply to student-athletes and extra benefits also extends to the student-athlete's parents/family. If a relative of a student-athlete accepts an extra benefit that is prohibited this would also forfeit the eligibility of the student-athlete.

The following are examples of extra benefits not permitted by NCAA rules:

• A special discount, payment arrangement or credit on a purchase or service (clothing, haircuts, etc.)

• A professional service without charge or at a reduced rate (typing papers for athletes)

• The use of a telephone or credit card for personal reasons without charge or at a reduced rate

• Services from commercial agencies without charge or at a reduced rate (movie tickets, car use, meals)

• Free or reduced-cost admission to professional athletic contests from professional sports organizations

• A loan of money

• A guarantee of bond

• The use of an automobile

• Signing or co-signing a note with an outside agency to arrange a loan

• Preferential treatment, benefits, or services for your athletic reputation/ skill or pay-back potential as a future professional athlete

• A free meal at a restaurant
SPORTS WAGERING/GAMBLING ACTIVITIES
The NCAA policy on gambling is in effect and violations will result in severe consequences. Student-athletes will not provide information to individuals involved in organized gambling activities concerning intercollegiate athletic competition. Nor will student-athletes solicit or accept a bet on any intercollegiate team, participate in any gambling activity that involves intercollegiate athletics or professional athletics through a bookmaker, parlay card, or other method. NCAA rules on gambling are clear and sanctions are severe. Those NCAA sanctions include declaration of ineligibility for the remainder of the student-athlete’s collegiate career.

NCAA DIVISION III BYLAW 10.3 - SPORTS WAGERING ACTIVITIES
Staff members of a member conference, member institution and student-athletes shall not knowingly participate in sports wagering activities or provide information to individuals involved or associated with any type of sports wagering activities concerning intercollegiate, amateur, or professional athletics competition. (Adopted: 1/8/07 effective 8/1/07)

NCAA BANNED SUBSTANCES
- Stimulants
- Anabolic Steroids
- Alcohol and Beta Blockers
- Diuretics and other Masking Agents
- Street Drugs
- Peptide Hormones
- Anti-estrogens
- Beta-2 Agonists
- Tobacco products—smoking/chewing

It is important for you to remember that YOU will be held responsible for every substance that enters your body. Knox College, its agents, servants, trustees, and employees disclaim liability and will not be held liable for any detrimental and temporary or permanent defects caused by past, present, and/or future use of ergogenic aids and/or nutritional supplements in any form by student-athletes. The risks and dangers of using supplements are best described in the NCAA Sports Medicine Handbook which includes the following information:

Nutritional and dietary supplements are marketed to student-athletes to improve performance, recovery time and muscle-building capability. Many student-athletes use nutritional supplements despite the lack of proof of effectiveness. In addition, such substances are expensive and may potentially be harmful to health or performance. Of greater concern is the lack of regulation and safety in the manufacture of dietary supplements. Many compounds obtained from specialty “nutrition” stores and mail-order businesses may not be subject to the strict regulations set by the United States Food and Drug Administration. Therefore, the contents of many of these compounds are not represented accurately on the list of ingredients and may contain impurities or banned substances, which may cause a student-athlete to test positive. Positive drug-test appeals based on the claim that the student-athletes did not know the substances they were taking contained banned drugs have not been successful. Student-athletes should be instructed to consult with the university’s sports medicine staff before taking ANY nutritional supplement.

Student-athletes should be aware that nutritional supplements are not limited to pills and powders; “energy” drinks that contain stimulants are popular. Many of these contain large amounts of either caffeine or other stimulants, both of which can result in a positive drug test. Student-athletes should be wary of drinks that promise an “energy boost,” because they may contain banned stimulants. In addition, the use of stimulants while exercising can increase the risk of heat illness.

POLICY ON SUPPLEMENTS
The Athletics Department at Knox College does not in any form condone the use of non-therapeutic drugs for the enhancement of athletic ability, sports participation, or recreational purposes. This includes the use of alcohol, amphetamines, anabolic steroids, barbiturates, caffeine, cocaine, heroin, LSD, PCP, marijuana, tobacco (including chewing tobacco, electronic cigarettes, vaping), etc.

For more information, please visit the compliance section of the Prairie Fire Athletics website at www.prairiefire.knox.edu.
ATHLETIC TRAINING AND RISK MANAGEMENT

As a participant in intercollegiate athletics at Knox College there is the potential for the student-athlete to become injured or suffer bodily harm. It is the responsibility of the student-athlete to report all injuries/illnesses to the Athletic Training Staff, no matter the severity. This allows for treatment to begin as soon as possible and for proper documentation to ensure the recognition by the insurance of an athletic injury. Additionally, report all pre-existing medical conditions to the Athletic Training staff (i.e. asthma, diabetes, knee injury) and any medications that you may be taking during the season.

Important Phone Numbers

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletic Training Room</td>
<td>(309) 341-7378</td>
</tr>
<tr>
<td>Scott Sunderland, Head Athletic Trainer</td>
<td>Cell: (309) 335-4078</td>
</tr>
<tr>
<td>Shana Sewick, Associate Athletic Trainer</td>
<td>Cell: (815) 997-3826</td>
</tr>
<tr>
<td>Erica Witkowski, Assistant Athletic Trainer</td>
<td>Cell: (845)-699-4495</td>
</tr>
<tr>
<td>Katie Putnam, GA Athletic Trainer</td>
<td>(309) 341-7378</td>
</tr>
</tbody>
</table>

Hours of Operation:

<table>
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<th>Time</th>
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<tr>
<td>Monday - Friday</td>
<td>12:00 PM – 7:00 PM</td>
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<tr>
<td>12:00-3:00PM for Athlete Rehabs</td>
<td></td>
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<tr>
<td>3:00-4:00PM for Practice Prep/Taping</td>
<td></td>
</tr>
<tr>
<td>4:00-5:00PM for Non-Practicing Athlete Rehabs</td>
<td></td>
</tr>
<tr>
<td>Saturday/Sunday:</td>
<td>Arranged for competitions &amp; by appointment</td>
</tr>
<tr>
<td>Sunday:</td>
<td>Injury Check (Fall only)</td>
</tr>
</tbody>
</table>

Athletic Training Room Expectations

- As a student-athlete you must make your health care a priority and accept the responsibility of being punctual and compliant with all injury/illness care recommendations. You must participate in your own health care.
- The athletic training room is a place of business and should not be used as a meeting or socializing space for coaches and athletes.
- It is everyone’s responsibility to keep the athletic training room a clean and healthy environment to be in when an injury/illness occurs. If possible, quickly shower and then have your injury examined/treated post practice.
- It is the student athletes’ responsibility to be punctual for all appointments in the athletic training room or to call if they should be detained. Sufficient time in the athletic training room is necessary for the successful resolution of your injury/illness.
- Student-athletes participating in intercollegiate athletics at Knox College agree to the following responsibilities:
  1. Report any bodily injury(ies) and/or illness including the signs and symptoms of concussion, no matter its severity, to your Coach AND a Certified Athletic Trainer
  2. Take an active and honest role in evaluation, treatment, and recovery process including attending all athletic training and medical appointments
  3. Inspect carefully all equipment to see that it is in good working order and is fitted appropriately, and to report any problem(s) to your Coach
  4. Know the coverage of my personal insurance
  5. Have a yearly physical exam prior to participating
  6. Know the rules of your sport, to abide by those rules, and to compete with good sportsmanship

REQUIRED FORMS FOR PARTICIPATION

1. Yearly Pre-Participation Physical Examination
2. Yearly Parent/Guardian/Student Information Form with applicable insurance cards
3. Sickle Cell Trait Testing Form (First-year Athletes only)
4. Minor Student-Athlete Consent to Medical Treatment Form (if applicable)
5. Annual concussion baseline testing
STUDENT-ATHLETE INSURANCE

All student-athletes planning to participate in intercollegiate athletics must have a current Parent/Guardian/Student Information Form on file in the athletic training room on a yearly basis, along with a copy of both sides to any applicable insurance cards.

Knox College will provide a group accidental insurance policy for all Knox student-athletes (Knox Athletic Insurance). The Knox Athletic Insurance will allow the College to satisfy an NCAA requirement stipulating that the College must certify that all students who participate in intercollegiate athletics have insurance coverage up to the NCAA Catastrophic Insurance Plan, which starts at $90,000. This group policy, which has a $1,000 deductible and pays secondary to any other insurance a family may have, will cover Knox student-athletes from the first day of practice until the end of the season and any organized/supervised off-season conditioning program, and non-traditional practice segments. This policy will cover costs incurred within 52 weeks from the date of the athletic accident up to $15,000 and for 104 weeks up to $90,000 when the NCAA’s coverage begins. If you are a member of an HMO, permission from the HMO for non-emergency treatment must be granted, otherwise the athletic insurance will not apply. Coverage is subject to the terms and conditions of the master policy. This policy covers accidental injuries and does not cover chronic injuries and any illnesses. Neither Knox College nor the athletic insurance company (First Agency) assumes responsibility for costs not covered by the contract including, but not limited to, pre-existing injuries or health conditions, chronic injuries, and/or stress fractures.

To pay for the cost of the Athletic Insurance and other athletic medical services, such as the Team Physician services, each student-athlete will be billed $300 annually (regardless of the number of sports in which they participate) to their student account once it has been determined that the student-athlete has used a year of eligibility. According to NCAA legislation, a year of eligibility is used if a student-athlete is on a team roster for the first practice after the first regular-season game. A student-athlete who does not use a year of eligibility will be billed only if they have a claim towards the athletic insurance policy from an injury that occurred during preseason practice prior to using a year of eligibility. The Athletic Insurance plan ensures that every Knox student-athlete has adequate insurance coverage up to the NCAA catastrophic plan.

All Knox College students are covered by a mandatory accident policy (Student Accident Policy). This policy covers $1,000 of an athletic accident with no deductible but pays according to a payment schedule. The Student Accident Policy is secondary to a Student-Athlete’s Primary Insurance, but will pay the Primary Insurance and Athletic Insurance deductibles, and will cover some chronic injuries according to the payment schedule.

It is important that the student-athlete and parent/guardian have a clear understanding of how their personal insurance, student insurance, and the athletic insurance will cover an athletic claim. Questions about athletic insurance should be directed to Scott Sunderland, Head Athletic Trainer/Assistant Director of Athletics Knox College (309-341-7378), or Beth Deuel, claims processor for First Agency, Inc. at 269-381-6630.

SICKLE CELL TRAIT

The NCAA and the Knox College athletic department require all athletes to confirm their Sickle Cell Trait Status and supply in a written report the results to Athletic Training Staff prior to any participation in practice, competition, and/or strength and conditioning activities. Completion of the Sickle Cell Trait Testing Form is required prior to any athletic participation at Knox College.

MINOR STUDENT ATHLETE CONSENT FOR MEDICAL TREATMENT

In the event that the student-athlete will not be 18 years or older for the entirety of the academic year, please fill out the Minor Student-Athlete Consent for Medical Treatment form. This document will be used to provide day to day care of the student-athlete by the medical staff in the Athletic Training Room at Knox College and in emergency situations by other licensed medical providers when the parent/guardian is unable to be contacted.
EMERGENCY ACTION PLANS
Knox College Athletic Training prepares and updates Emergency Medical Action Plans (EAPs) and are reviewed annually by the Senior Staff and team physician. Additionally, plans are reviewed following an emergency situation by Athletic Training staff, team physician, and emergency medical personnel to determine the effectiveness and identify possible improvement. These plans are used for all practices, contests, and out of season workouts and although the focus of the plan is directed toward the Athletic Training staff, it should be carried out by anyone. Because the Athletics Department utilizes multiple facilities, the EAPs have two parts: (1) a universal policy to care for an injured student-athlete regardless of facility; (2) facility specific plan which includes ambulance access to the facility, phone location, AED location, and specific directions. The EAP also includes plans for specific medical conditions and emergencies that are common in athletics.

The Sports Medicine EAP is posted in the athletic training room. It is presented and explained to the coaches and student-athletes annually in the fall term meeting by Athletic Training staff. In addition, coaches, and staff are given copies of the plans electronically.

The Strength and Conditioning EAP is applicable to and posted in the Fitness Center. It is presented and explained to the coaches and student workers annually in the fall term by Athletic Training staff. In addition, coaches, and staff are given copies of the plans electronically. The full EAP is available from the Athletic Training Staff or can be found at www.prairiefire.knox.edu in the athletic training section.

EAPs for each facility used by Knox College are available from the Associate Director of Athletics/Head Athletic Trainer.

CONCUSSION MANAGEMENT PLAN
Knox College Athletic Training prepares and updates the concussion management plan annually. This plan provides the response of the College’s athletic medical staff to the NCAA mandate concerning evaluation and treatment protocol for student-athletes who have sustained a concussion. The management plan is guided by the Knox College Team Physician, managed by the Athletic Training Staff, working in conjunction with the coaching staff, administrators, and academic support. The full concussion management plan is available from the Athletic Training Staff or can be found at www.prairiefire.knox.edu in the athletic training section.

INCLEMENT WEATHER PLANS
Inclement weather is always a possibility when competing in outdoor activities in the Midwest. Knox College staff will utilize an online weather monitoring system, WeatherSentry Online®, to make decisions regarding safety of weather conditions. Weather conditions that are monitored are lightning, heat, and cold. Directives will be made to alter activity locations and types of activity based on designated parameters that are considered not safe for athletic related activities. The full Inclement Weather Plan is available from the Athletic Training Staff or can be found at www.prairiefire.knox.edu in the athletic training section.
MENTAL HEALTH RESOURCES

As a student-athlete, your mental health is equally as important as your physical health and may need some additional care. It is important that you have the ability to recognize when your mental health is suffering and what resources you have at your disposal to assist you if there are concerns about your mental health.

There are events that may serve to trigger or exacerbate a mental or emotional health concern. Some examples of these events are:

- Poor performance, or perceived “poor” performance.
- Conflicts with coaches or teammates.
- A debilitating injury or illness, resulting in a loss of playing time or surgery.
- Concussions.
- Class issues — schedule, grades, amount of work.
- Lack of playing time.
- Family and relationship issues.
- Changes in importance of sport, expectations by self/parents, role of sport in life.
- Violence — being assaulted, a victim of domestic violence, automobile accidents, or merely witnessing a personal injury or assault on a family member, friend or teammate.
- Adapting to college life.
- Death of a loved one or close friend.
- Alcohol or drug abuse.
- Significant dieting or weight loss.
- History of physical or sexual abuse.
- Gambling issues.

(Source: NCAA Sports Medicine Handbook)

The Knox College Counseling Center offers free confidential counseling services to all students enrolled at Knox College. This is an opportunity for you to talk with an objective professional about your feelings and concerns. No matter the area of concern, the counseling staff is here to help. For more information visit: www.knox.edu/offices/health-and-counseling-services/counseling-services

The NCAA Sports Science Institute believes mental health is a part of, not apart from, athlete health. Mental health exists on a continuum, with resilience and thriving on one end of the spectrum and mental health disorders that disrupt a college athlete’s functioning and performance at the other. We strive to improve access to quality mental healthcare with the goal of creating a culture where care seeking for mental health issues is as normative as care seeking for physical injuries. Access the NCAA SSI Mental Health resources can be found at: www.ncaa.org/sport-science-institute/mental-health

Additional athletic mental health resources can be accessed at the University of Michigan’s Athlete’s Connect. A number of videos and other pieces of information about mental health can be accessed at this location: athletesconnected.umich.edu/ or athletesconnected.umich.edu/how-you-can-help/help-a-student-athlete.
The mission of Knox Strength and Conditioning is to provide a positive and encouraging environment to help student-athletes improve in the off-season through specific strength programs designed for each team. Every athlete will have the opportunity to work with a certified strength and conditioning coach and all sessions are optional. Proper technique and safety will be stressed at all times. Character development will also be part of the program. The Knox Strength and Conditioning program will strive to enhance the overall Knox Student-Athlete experience.

PROGRAM EXPECTATIONS

• Work with head coaches to design strength programs to assist student-athletes in improving performance
• Programs will focus on core lifts with auxiliary lifts being more sport-specific
• Consult with head coaches on running/conditioning programs
• Focus at all times will be on proper technique and safety
• All teams will be divided up into lifting groups within their team based on class schedules
  o Mondays, Wednesdays, and Fridays will be designated as off-season days
  o Tuesdays and Thursdays will be designated for in-season lifting
  o Workout times will take place between 7am and 6pm
• Each athlete will have access to the Train Heroic strength and conditioning app for access to their workout so they can track their progress/improvement
• All programs are completely voluntary, but once in attendance all participants will be expected to follow the designed program and make great effort
• Summer programs will be designed and distributed for each team via the Train Heroic strength and conditioning app.
• The strength staff has developed technique lifting videos and links will be available to all current and future athletes

STRENGTH STAFF

Andy Gibbons – Head Strength Coach/Fitness Center Director
Cory Bonstead – Associate Head Strength Coach
Adam Ries – Assistant Strength Coach
TBD – Assistant Strength Coach
TBD – Assistant Strength Coach
STUDENT ATHLETE ADVISORY COMMITTEE

The Student-Athlete Advisory Committee (SAAC) is a leadership committee made up of student-athlete representatives from each sports program. The NCAA requires the sponsorship of the SAAC by each member institution. The committee is an excellent vehicle to promote communication between the Athletics Department and student-athletes. The Athletics Department has a wealth of information that needs to be routinely distributed to student-athletes and, at the same time, is interested in receiving feedback from student-athletes about departmental policies and structure. The purpose of SAAC includes the following:

• Generating a student-athlete voice within the department by meeting, at least monthly, to discuss current issues in intercollegiate athletics and evaluate and suggest improvements regarding departmental policy and procedures
• Soliciting student-athlete responses to proposed NCAA legislation
• Creating a vehicle for student-athlete representation on campus-wide committees
• Assisting the Athletics Department in addressing the needs and concerns of the student-athletes
• Planning and implementing activities and programs to enhance the student-athlete experience
• Organizing community service efforts
• Helping to promote life-long leadership skills in SAAC members and other student-athletes

SAAC meets at regular intervals each term. All Knox College teams are required to have at least one representative to SAAC. Meeting dates and sites are announced at the beginning of each term and sent to all student-athletes. Coaches and staff are expected to support SAAC and to encourage their teams’ active participation in SAAC related events and activities.
## 20-21 SAAC REPRESENTATIVES

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<tr>
<th>FIRST NAME</th>
<th>LAST NAME</th>
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<tbody>
<tr>
<td>Casey</td>
<td>Hipp</td>
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<td>Chris</td>
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<td>Duran**</td>
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<td>Dosmann</td>
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<td>Miguel</td>
<td>Martinez Nava</td>
<td>Track - M’s</td>
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<td>Rachel</td>
<td>Corzine</td>
<td>Track - W’s</td>
</tr>
<tr>
<td>Maika</td>
<td>Padilla</td>
<td>Volleyball</td>
</tr>
<tr>
<td>Thao</td>
<td>Luong</td>
<td>Volleyball</td>
</tr>
</tbody>
</table>

*Vice President

**MWC Representative