

Cornell University
Department of Athletics and Physical Education
2016-17 Student-Athlete Handbook

Welcome

- Director of Athletics
- Cornell Athletics

Mission & Policies

Student-Athlete Rights

- Process for Complaints of Discrimination

Student-Athlete Responsibilities

Student-Athlete Code of Conduct

- Hazing
- Group Infractions

Sanctions for Student-Athlete Misconduct

Alcohol and Other Drugs

Student Regulations

Athletic Eligibility

Coaches' Roles and Responsibilities

Team Travel

- University Excuses for Away Travel

Transfer Policy

Official Visits

People to Know

Student-Athlete Support Services

- Committees/Groups

Sports Medicine

- Fact Sheet on Sickle Cell
- Fact Sheet on Concussion

Sports Nutrition

- Banned Substance List

Strength and Conditioning

Team Faculty Advisor Program

Academic Information

University/Academic Calendar

Where to Go For Help/Campus Resources

The 2016-17 Cornell University Student-Athlete Handbook is a production of
the Cornell Student Athletic Services Office and the Athletic Communications Office.

www.CornellBigRed.com



Cornell University Athletics & Physical Education

J. Andrew Noel Jr.
Meakem • Smith Director
Teagle Hall, 512 Campus Road
Ithaca, New York 14853-6501
t. 607.255.8832
f. 607.257.5182
jan16@cornell.edu

Dear Cornell Athlete:

Welcome! I look forward to getting to know each of you, and to supporting you and your fellow teammates throughout the year. I appreciate the dedication required to compete for Cornell, and I thank you for choosing to join the BIG RED.

As a student-athlete, you have earned an advantaged position to become a leader on campus and a role model for others within our community. Your participation in intercollegiate athletics increases your visibility and the responsibility incumbent upon you to represent yourself, your team, our department and Cornell University in an appropriate manner at all times. You must strike a balance between the serious pursuit of academic depth in your chosen field, and the intensity of training and competing for the Big Red. The Ivy League principles that describe participation in varsity sports as a voluntary commitment diminish neither the intensity of your involvement, nor the heights to which you can reach within the League or on the national stage.

Please read and absorb the messages communicated in the Student-Athlete Handbook. This important resource is a simple and accurate reference for answers to frequently asked questions, and is your personal guide to many of our department policies.

Congratulations on your decision to contribute to the Big Red Athletics program and join Cornell's dynamic campus community. I know your participation in varsity athletics will enhance your undergraduate experience, provide you with lifelong friendships, and afford you valuable life-lessons not found in the traditional classroom or laboratory.

Sincerely,

J. Andrew Noel, Jr.
Meakem • Smith Director of Athletics and Physical Education

Cornell Athletics/The Big Red

Those who seek an undergraduate education at an Ivy League school do so because of the promise of academic challenge, of quality teaching and of diverse and plentiful resources. It was a shared perspective on the proper balance of athletics and academics that led to the creation of the Ivy League in 1954. When the member schools formally united, it was agreed that athletes are admitted as students and should be awarded financial aid only on the basis of economic need. As a result, students today are not bound to their sports because of athletic scholarships, rather they choose to participate in athletics because they relish competition and physical challenges.

Cornell is especially attractive to those who seek a school committed to both academic and athletic excellence. With 37 varsity sports, the university's athletic department is one of the most comprehensive in the country. Along with a schedule that pits Cornell against its Ancient Eight rivals, Big Red teams compete in Division I of the NCAA, ECAC, ECAC Hockey and Eastern Intercollegiate Wrestling conferences.

An impressive staff of coaches leads the Big Red teams and recruits some of the finest student-athletes from a national and international pool of accomplished young men and women. The coaches demonstrate a commitment to teaching and a willingness to share their own competitive experiences with their teams. Their individual achievements include playing and coaching time in the professional and international ranks as well as numerous all-star performances during their own collegiate careers.

Set against a backdrop of the natural beauty of Cayuga Lake and the surrounding hills, an extensive array of facilities provides a tremendous environment for practice and competition for Cornell's varsity teams. Schoellkopf Field and its distinctive crescent-shaped stadium may be Cornell's most familiar sports venue, but since the mid-'90s, a number of new facilities have become landmarks as well. The Friedman Strength and Conditioning Center, a state-of-the-art facility dedicated to the support and improvement of athletes' performances, is a place where all teams gather to train. The Kane Sports Complex, with its Berman Field for soccer and the Simon Track, and the Niemand-Robison Softball Field are also impressive facilities. The Reis Tennis Center and the Oxley Equestrian Center, home of the equestrian and polo teams, are part of an expanding complex that will include new homes for other teams as Cornell continues to realize its plan for renovation and building of athletic facilities.

Spacious and historic Barton Hall is home to the indoor track and field teams. The volleyball and basketball teams compete in Bartels Hall's 4,473-seat Newman Arena and the fencing team's home, the Stifel Fencing Salle, is located on the lower

level of the facility. Adjacent to the Bartels Hall is famed Lynah Rink, where the Big Red hockey teams perform before sellout crowds. The Friedman Wrestling Center is located to the north of Bartels. The gymnastics and swimming teams are housed in Teagle Hall where Cornell crews also train during the winter months. Just down the hill from campus are the Collyer Boat House and the Doris Robison Shell House, which underwent a renovation and reopened in the spring of 2011, and the Merrill Family Sailing Center, built in 2009.

Cornellians have been national champions in ice hockey, lacrosse, polo, rowing, track and field and wrestling. They have also earned spots in halls of fame, on All-America teams, on the Olympic medal podium and have written their names in record books as Wimbledon tennis champions and major league players in baseball, basketball, football, hockey and lacrosse. Two Cornellians entered the 2015 season on NFL rosters, with first-team All-American Kevin Boothe '06 winning a pair of Super Bowl as a member of the New York Giants and Bryan Walters '10 winning one with the Seattle Seahawks. Ken Dryden '69, former star goalie of the Montreal Canadiens, and Joe Nieuwendyk '88, an NHL Hall of Fame member, 2002 Olympic gold medalist and Stanley Cup champion, are Cornell hockey alumni.

Cornell won three national titles during the 2015-16 school year, while another student-athlete finished as national runner-up. Two teams captured Ivy League titles and a number of others were ranked among the top handful in their respective sports nationwide.

Six current and former student-athletes qualified for the 2016 Olympic Summer Games in Rio de Janeiro, Brazil. Included was Rudy Winkler '17, who won the U.S. Olympic Trials in the hammer throw. Women's lacrosse won the Ivy League Tournament title and won a first round NCAA game. Wrestling continued its amazing surge to the top of the national charts with an Ivy-record 14th straight conference crown, a 10th straight Eastern title and a top 10 finish at the NCAA championship. Junior Gabe Dean won his second straight national title at 184 pounds and senior Nahshon Garrett won his first title at 133 pounds. The equestrian team made its first-ever national championship appearance, placing seventh overall.

While spending thousands of hours contributing to the betterment of the community, athletic teams not only had 18 All-Americans and two Ivy League Players of the Year, but also one Academic All-District selection, 30 Academic All-Ivy Leaguers and four teams honored by the NCAA for posting perfect Academic Progress Report scores which measure each team members' continuing eligibility, retention and progress toward graduation.

Cornell is proud that, as a group, varsity athletes regularly match or exceed the student body's overall GPA for academic performance. The University is especially proud that annually a number of undergraduates—on average more than 70 per year—achieve a 4.0 GPA while participating in varsity sports. These scholar-athletes are inducted into the athletic department's 400 Club at an annual breakfast attended by the University President, Vice President for Student and Campus Life Ryan Lombardi and Director of Athletics Andy Noel. These dedicated student-athletes demonstrate that the ideal is achievable, that it is possible to excel both in the classroom and in the sporting arena.

Since 2000, 27 student-athletes have been named to CoSIDA Academic All-America teams, ranking among the tops of all schools in the country.

The collegiate experience at Cornell is a rich one for varsity athletes because the University supports their passion to excel.

Varsity Teams (37)

Women

Basketball
Cross Country
Equestrian
Fencing
Field Hockey
Gymnastics
Ice Hockey
Lacrosse
Polo
Rowing
Sailing
Soccer
Softball
Squash
Swimming and Diving
Tennis
Track and Field, Indoor
Track and Field, Outdoor
Volleyball

Men

Baseball
Basketball
Cross Country
Football
Golf
Ice Hockey
Lacrosse
Polo
Rowing, Heavyweight
Rowing, Lightweight
Soccer
Sprint Football
Squash
Swimming and Diving
Tennis
Track and Field, Indoor
Track and Field, Outdoor
Wrestling

Mission & Policies

Cornell University Department of Athletics and Physical Education Mission Statement

The Department of Athletics and Physical Education strives to provide students with powerful and meaningful participatory experiences that forge enduring bonds with Cornell, and to provide for the well-being of members of the faculty, staff, and community.

We offer a diverse program of physical and outdoor education, recreational services, and intercollegiate athletic competition, equitably administered with special attention to the needs of women and members of underrepresented minority groups. We foster the values of physical fitness, total well-being, and enduring participation in athletics; teach leadership skills, teamwork, responsibility, and accountability; and administer programs that can be critical to the educational and personal development of students in keeping with the high standards of Cornell, the Ivy League and the National Collegiate Athletic Association (NCAA).

The department promotes pride and unity within the university community and provides opportunities to develop, strengthen, and maintain ties to external audiences such as alumni, friends, the educational community, and the general public by attracting interest, recognition, and support.

Intercollegiate Athletics Mission Statement

The 18 men's and 19 women's teams are integral to the university's mission and adhere to the rules and principles of the Ivy League and Division I of the NCAA.

The overall development of each student as a scholar-athlete and an individual is paramount. Participation on an intercollegiate team affords students an opportunity to learn and develop values that foster self-discipline, teamwork, leadership and fair play. The department will provide vision and leadership for students to participate at the highest level of their ability while pursuing an outstanding education.

Vision Statements

We are committed to:

- providing our student-athletes with the highest quality academic, athletic and social experience;
- achieving equity and diversity in our teams, coaching, and support staff;
- hiring and developing the best coaching and support staff to produce successful programs;
- developing the leadership potential of student-athletes and staff;
- preserving tradition while pursuing positive results in an ever-changing environment;
- providing a safe environment for our student-athletes;
- conducting our programs and business with integrity and the highest ethical standards;
- utilizing human, fiscal and physical resources wisely; and
- providing our student-athletes and recreational programs with quality facilities and equipment for our athletics programs.

Academic

The expectation of the Department of Athletics and Physical Education is that student-athletes will graduate with an undergraduate degree from Cornell University. Student-athletes are expected to meet all requirements of their academic programs and meet satisfactory progress requirements each year as required by NCAA legislation.

Athletic

The mission of the Cornell University Department of Athletics and Physical Education is to develop student-athletes who exemplify the scholar-athlete who strives for success in the classroom and in the competitive arena, and in all aspects of life. Through participation in sports, student-athletes learn to embrace a life philosophy that incorporates the virtues inherent in athletics—excellence, integrity, and the pursuit of positive ideals. This mission is the foundation upon which the Department is built, and is the key for successful endeavors, both on and off competitive playing venues.

Team Rules

The privilege of being a member of an intercollegiate athletics team at Cornell University carries with it an obligation to act responsibly on and off the playing field. Cornell student-athletes are highly visible public representatives of the University. Student-athletes are expected to abide by all the provisions of the Campus Code of Conduct, Department of Athletics and Physical Education Student-Athlete Code of Conduct and team rules of their respective sport. Team rules are made known to all student-athletes on the team and consistently enforced. In addition to team rules and using sound judgment and good professional reason, each head coach establishes guidelines pertaining to the training for the sport. These training guidelines are known to all student-athletes on the team and consistently enforced among team members.

Student-Athlete Rights

The intercollegiate athletics program of Cornell University shall be conducted in a manner designed to protect and enhance the academic, physical, and social development of student-athletes.

Each student-athlete has the right to be treated as a student, an individual of worth, with both dignity and respect in all aspects of her/his athletic experience. A student-athlete has the right to:

1. Select, pursue, and meet the required commitments of her/his academic program;
2. Be informed of termination from a program for reasons other than academic performance, and be aware that an appeal process is available for student-athletes who are removed from the team for reasons other than playing ability, as assessed by the coaching staff;
3. Be afforded privacy and confidentiality in accordance with applicable laws and university policies which protect individual educational and medical records;
4. Have peer representation on appropriate university decision-making committees regarding intercollegiate athletics. Such committees include the Student-Athlete Advisory Committee (SAAC), and the Faculty Advisory Committee for Athletics and Physical Education (FACAPE);
5. Be fully advised of all medical recommendations made by the department's athletic trainers or team physicians concerning athletic injury or illness, and be given the opportunity to accept or decline the prescribed treatment. Each student-athlete has the right to ask for additional opinions on injury or illness at the expense of the Department of Athletics and Physical Education, as long as the referral is made through the team physician. Each student-athlete has the right to seek other medical opinions at her/his own expense. She/he must be fully informed of the consequences of athletic injury with regard to her/his athletics eligibility. The final decision for medical clearance to participate in athletics is the decision of the team physician;
6. Be free to participate in campus organizations and campus activities whose events do not conflict with practice or competition schedules, provided that, with respect to athletic participation, such activities do not violate university rules governing recreational intramural activities or Ivy League rules;
7. Participate in the NCAA qualifying process in any events trained for if: her/his name appears on the NCAA team roster; she/he meets Ivy League academic eligibility standards and she/he meets team, department and university policies regarding attendance at national championships; and
8. Be informed of all team/program training rules, guidelines and expectations by the coaching staff at the beginning of each academic year.

Rights of Procedure for Student-Athletes

Cornell University shall promote an atmosphere of respect for and sensitivity to the dignity of every person. It shall also be its policy not to unlawfully discriminate with respect to policies, educational programs, medical care, activities and employment policies.

1. In the event of an athletic disciplinary action, a student-athlete is entitled to a meeting to address concerns in an efficient and timely manner. If athletic disciplinary action precludes participation in practice and/or competition, an informal meeting with the head coach may be arranged at the request of the student-athlete. During the meeting, the head coach will clearly explain to the student-athlete the nature of the infraction and the disciplinary action. The student-athlete will then be given the opportunity to respond to the head coach. The meeting will be held as soon as is practical after receipt of the student-athlete's written and/or verbal request.
2. If, after meeting informally with the head coach, the student-athlete still disagrees with an athletic disciplinary penalty, she/he may appeal by requesting a meeting with the appropriate supervising athletics administrator. Student-athletes wishing to pursue an appeal have 20 days from the day of the informal meeting to initiate the process. After this time, no further consideration will be given and the matter will be considered closed. If the student-athlete does decide to appeal, the meeting with the administrator will take place as soon as possible after receipt of the student-athlete's written request. The administrator will review the disciplinary action based on information provided by the head coach and the student-athlete. The administrator has the authority to address and decide all procedural matters for considering the appeal. After consulting with the Faculty Athletics Representative, the administrator will recommend a course of action to the Director of Athletics. The director will consider implementing a more or less restrictive disciplinary action or rescinding the disciplinary action and will prepare a written decision. The decision of the Director of Athletics is final. No further appeal of athletic sanctions is available.
3. Disciplinary action taken by the Department of Athletics and Physical Education shall not preclude disciplinary action by other appropriate university officials, including but not limited to the Office of the Judicial Administrator.

Written complaints, sanctions and any appeal will be documented in the student-athlete's file and the department's personnel file of the head coach.

Student-Athlete Responsibilities

Athlete Conduct

Student-athletes shall deport themselves with honesty and will compete with integrity at all times. Their behavior shall at all times reflect the high standards of honor and dignity that characterize participation in competitive sports at Cornell University.

DO'S:

The student-athlete is subject to all team rules and regulations pertaining to her/his particular sport as established by coaches and the Department of Athletics and Physical Education. Of particular interest are the following:

1. Student-athletes must be available to participate in practice and contests, except in situations where academic obligations take precedence, or when declared medically unfit by the team athletic trainer or team physician, or declared ineligible by the university eligibility officer or other appropriate university official.

All decisions regarding student-athletes' national or international participation must be made in concert with what is in the combined best interest of: 1) the individual student-athlete, 2) the Sport Team, 3) Cornell University Department of Athletics and Physical Education, and 4) Cornell University. A decision about a student-athlete's participation on a national team instead of the Cornell University athletics program will involve discussion with the head coach of that sport, the sport administrator and the student-athlete. The ultimate responsibility for the decision will rest with the Director of Athletics.

2. Student-athletes must abide by the decisions of the head coach regarding behavior during away contests, including dress policies. The conduct of all team members is the responsibility of the accompanying coaching staff.
3. Student-athletes play an important role in representing the team, the department and the university in a positive light. The Department of Athletics and Physical Education strives to provide an atmosphere in which problems can be discussed and solved internally. Student-athletes are encouraged to take advantage of problem-solving resources within the department, such as assistant coaches, head coaches and athletics administrators.
4. Student-athletes must comply with all applicable University Policies, including, but not limited to: the Campus Code of Conduct; academic requirements; the Department of Athletics' Policies; and with local, state and federal law.

DON'TS:

As a student-athlete, you are more visible than the rest of the student population. Your actions and behavior will be scrutinized by the public as well as by your peers. Your participation in a nationally recognized athletics program places you in a position of responsibility; therefore, your behavior should be exemplary. Certain actions will reflect poorly on yourself, your family, the team, the university, and the department's commitment to academic, athletic and social excellence. Actions which will not be tolerated by the department include, but are not limited to, the following:

1. Sexual harassment. Such actions subvert the mission of the university and threaten the careers, educational experience, and the well being of students, faculty and staff.
2. Violence, actual or threatened. Such actions destroy the mutual trust which binds members of a community. The university considers acts or threats of violence to be violations of the Campus Code of Conduct. Examples of prohibited behavior are physical assault or abuse, sexual assault or abuse (including stranger or date rape), threats with weapon, verbal or other threats of physical or sexual assault, and damage or destruction of the property of others, including property of the University. It is also a violation of the Campus Code of Conduct to cause any physical injury to another person on the basis of race, ethnicity, religion, gender, or sexual orientation.
3. Illegal possession, use, manufacture, sale, or distribution of alcohol or other drugs (including underage drinking; providing alcohol to anyone under the age of 21 years; possessing, using or creating false identification; and driving while ability impaired or while intoxicated). Such actions violate the Campus Code of Conduct, the Cornell University Alcohol Policy, and Athletics Department policy. Student-athletes who are found in violation of these policies may be sanctioned under the Campus Code of Conduct and/or the Athletics Department Policy on Alcohol and Other Drugs.
4. Any student-athlete who tests positively for drugs or alcohol when tested by the NCAA or Sport National Governing Body (NGB), will lose his/her eligibility according to NCAA or NGB regulations. The individual will also be ineligible for participation on any Cornell University intercollegiate varsity team for a minimum of the remainder of the current academic year and a maximum of his/her remaining enrollment at the university.
5. NCAA Bylaw 10.3 states that any student-athlete or staff members of a member conference or the athletic department of a member institution "shall not knowingly: (a) provide information to individuals involved in organized gambling activities concerning intercollegiate athletics competition; (b) solicit a bet on any intercollegiate team; (c) accept a bet on any team representing the institution; (d) Solicit or accept a bet on any intercollegiate team for any item (e.g., cash, shirt, dinner) that has tangible value or (e) participate in any gambling activity that involves intercollegiate athletics through a bookmaker, a parlay card and for student-athletes, professional or any other method employed by organized gambling."

These athletic conduct guidelines are in addition to, and do not replace Cornell's Campus Code of Conduct. Also, no team rule shall nullify the rights outlined in the University Code of Conduct or the Department of Athletics and Physical Education Rights and Responsibilities of Student-Athletes.

Cornell University Department of Athletics and Physical Education

Student-Athlete Code of Conduct

Declaration of Student-Athlete Responsibilities

This statement must be read and signed by all student-athletes during the NCAA Eligibility Meeting and before a student-athlete is eligible to participate in intercollegiate athletics.

Student-athletes are among the most visible students on campus and in the community, and are ambassadors for Cornell University. As a student-athlete, you serve as a role model and a spokesperson. This exposure brings privileges and added responsibilities. Social interactions and personal deportment of student-athletes, on and off the field and campus, becomes public knowledge.

As a student representing Cornell University in intercollegiate athletic competition, I...

- Understand that participation in intercollegiate athletics is a privilege.
- Pledge to demonstrate good citizenship, sportsmanship, honesty, integrity on and off the "field," on the campus, in the local community, and to otherwise represent Cornell University in a manner that brings pride to me, intercollegiate athletics and the University.
- Will make a positive and constructive contribution to the intercollegiate athletics program.
- Will refrain from questionable activities that may jeopardize or demean the image of Cornell intercollegiate athletics.
- Will respect the authority of coaches and comply with established team policies and expectations.
- Will maintain satisfactory academic standing at the University.
- Will abide, in fact and in spirit, by the below definition of hazing.

HAZING IS PROHIBITED

No team, athlete, student, staff, coach, administrator, or alumnus shall conduct nor condone hazing activities.

Cornell Hazing Definition & Policy: According to the Cornell University Campus Code of Conduct (Article II.A.1.f)

"To haze another person, regardless of the person's consent to participate. Hazing means an act that, as an explicit or implicit condition for initiation to, admission into, affiliation with, or continued membership in a group or organization, (1) could be seen by a reasonable person as endangering the physical health of an individual or as causing mental distress to an individual through, for example, humiliating, intimidating, or demeaning treatment, (2) destroys or removes public or private property, (3) involves the consumption of alcohol or drugs, or the consumption of other substances to excess, or (4) violates any University policy."

Group Infractions

Cornell University holds its students to a high standard of conduct in all activities, whether academic or extra-curricular. Expanding on the student-led movement to inform the public of all hazing-related violations, the university is committed to transparent public communication about all infractions by any group, including but not limited to registered student organizations, athletic teams, fraternities, sororities, and program houses.

- Cornell University Group Misconduct Website (groupmisconduct.cornell.edu)

SHARE

Cornell University will not tolerate sexual abuse, rape, sexual assault, domestic violence, intimate partner violence, stalking, sexual coercion, or other forms of sexual violence by or against students, staff, faculty, alumni or visitors. We share the responsibility for creating a safer, more caring campus culture in which bias, harassment, and violence have no place—and every member of our community is free to flourish.

The SHARE web site provides important and timely information to the Cornell community about sexual harassment, assault, gender discrimination and other related forms of violence. It also offers information about the SHARE partners who provide services, support, reporting options, education, and advocacy. SHARE strives to be a comprehensive resource on sexual assault and related violence, one which can provide some initial options and direction for those who need support and assistance after an incident.

- Cornell University SHARE — Sexual Harassment and Assault - Response and Education — Website (share.cornell.edu)

Process for Complaints of Discrimination

Prohibited Bias, Discrimination, Harassment, and Sexual and Related Misconduct (Policy 6.4)

Cornell University is committed to providing a safe, inclusive, and respectful learning, living, and working environment for its students, faculty, and staff members. To this end, through Cornell University [Policy 6.4](#), and the applicable procedures for [students](#), [staff](#), and [faculty](#), the university provides means to address bias, discrimination, harassment, and sexual and related misconduct.

We share the responsibility for creating a safer, more caring campus culture in which bias, harassment, and violence have no place – and every member of our community is free to flourish.

Protected Status Discrimination or Harassment

The university's procedures under [Policy 6.4](#) allows all Cornell students, including student-athletes, to address concerns of discrimination or harassment based on protected status—including, for example, race, ethnic or national origin, color, gender (including pregnancy), age, creed, religion, actual or perceived disability (including persons associated with such a person), ex-offender status, military or veteran status, sexual orientation, gender expression and identity, and an individual's genetic information—when those discriminatory actions are taken by a Cornell employee, such as a coach or employee of the Athletics Department.

If a student-athlete believes that an action by a coach or Athletics Department staff member is discriminatory or harassing them based on their protected status, they are encouraged to report the conduct immediately. Issues concerning discrimination or harassment based on protected status may be reported to the Department of Athletics Human Resources team (Pam Dollaway and Cameron Younger) or Workforce Policy and Labor Relations ("WPLR") (255.6866; equalopportunity@cornell.edu). A report may also be submitted to biasconcerns.cornell.edu.

Students who wish to report discrimination in participation in intercollegiate athletics on the basis of sex under Title IX should submit their report to the associate director of athletics/senior woman administrator (Anita Brenner) by mail at Teagle Hall, Ithaca, NY 14853 or via email to athletics@cornell.edu or TitleIX@cornell.edu.

The Department of Athletics Human Resources team is available to discuss with the student-athlete options to address and resolve such concerns. Depending on the circumstances, Human Resources may assist the student-athlete in contacting the University Title IX Coordinator or WPLR or may contact the University Title IX Coordinator or WPLR on the student-athlete's behalf.

WPLR will discuss the options available to the student-athlete under Policy 6.4, including addressing the concern with Department of Athletics Human Resources as well as the filing of a formal complaint.

Sexual and Related Misconduct

Cornell will not tolerate sexual and related misconduct. The university's procedures under Policy 6.4 allows all Cornell students, including student-athletes, to address concerns of sexual and related misconduct, including gender-based harassment, sexual harassment, sexual assault, domestic and dating violence, stalking, and sexual exploitation.

If any student, including a student-athlete believes a student, staff, or faculty member is engaging in prohibited sexual or related misconduct they are encouraged to make a report:

- By contacting the University's Title IX Coordinator or any Deputy Title IX Coordinator by telephone, email, or in person during regular office hours. You can email the Title IX Coordinator at TitleIX@cornell.edu, call the Title IX Coordinator at (607) 255-2242, or visit the Title IX Coordinator's Office at 150 Day Hall. (See also [contact information for Title IX staff](#).)
- By [Submitting an incident report online](#).
- By contacting to any coach or employee of the Athletics Department, who will share the information with the University Title IX Coordinator. Other than sharing the information with the Title IX Coordinator, staff members will maintain the student-athlete's privacy to the greatest extent possible.
- By contacting the Cornell University Police Department (CUPD) at (607) 255-1111 or 911 for emergency assistance.

The university offers a number of confidential resources for individuals who are unsure whether to report misconduct or who seek counseling or other emotional support in addition to, or without, making a report to the University. For confidential support, one can seek assistance from:

- Cornell Health (medical and mental health providers, students only: (607) 255-5155)
- The Faculty and Staff Assistance Program (FSAP) (mental health providers, faculty and staff only: (607) 255-2673)
- Cornell United Religious Work Chaplains (CURW) (pastoral counseling: (607) 255-6002)
- The Ithaca Advocacy Center's 24/7 hotline: (607) 277-5000
- The Cornell Victim Advocate: (607) 255-1212, victimadvocate@cornell.edu
- The Director of the Women's Resource Center (WRC): (607) 255-0015, wrc@cornell.edu
- The Director of the LGBT Resource Center: (607) 254-4987, lgbtrc@cornell.edu
- The University Ombudsman: (607) 255-4321

Additional information about university policy and procedures, reporting options, and resources is available online at titleix.cornell.edu. If you are interested in learning more about Cornell's robust education and prevention programs, additional details can be found at SHARE.cornell.edu.

Resources

Cornell has extensive resources for all students, including student-athletes, if confronted with discrimination, harassment or sexual and related misconduct by a Cornell employee. They include:

• Find Confidential Support

- o Cornell Victim Advocates 607.255.1212; victimadvocate@cornell.edu
- o Counselors at Cornell Health 607.255.5155
- o Office of the University Ombudsman, ombudsman.cornell.edu
- o Cornell United Religious Work (CURW) (pastoral counseling: 607- 255-6002)
- o The Advocacy Center 607.277.5000 (24/7 community resource)

• Discuss Reporting Options and Resources

- o The Title IX Coordinator, 607.255.2242
- o Workforce Policy and Labor Relations, 607.255-6866; equalopportunity@cornell.edu
- o Cornell Police, (24/7) 607.255.1111

• Additional Information

- o Policy 6.4, Prohibited Discrimination, Protected-Status policy.cornell.edu/6.4
- o Harassment, Sexual Harassment, Sexual Assault & Violence Sexual Harassment & Assault — Response & Education, SHARE.cornell.edu
- o Office of the Title IX Coordinator, titleix.cornell.edu
- o Cornell Police, cupolice.cornell.edu
- o Cornell Health Services, <https://health.cornell.edu/>

BIAS:

Have you ...
Seen It, Heard It,
or Experienced It?

Reporting Bias



For more information,
please contact the
Department of Inclusion
and Workforce Diversity.

Phone: (607) 255-1426

Email: Report_Bias@cornell.edu

Web: www.hr.cornell.edu/diversity/reporting

To Report: <http://biasconcerns.cornell.edu>



Cornell University

Sanctions for Student-Athlete Misconduct

Student-athletes are expected to maintain a high standard of behavior. Student-athletes who are found in violation of the norms of conduct may be subject to disciplinary action, as described below:

Athletic Disciplinary Action

The implementation of team rules, Department of Athletics' policies, Ivy League regulations, and NCAA regulations is the domain of the Department of Athletics and Physical Education. Student-athletes who are found responsible for behavior that violates any of these policies may be subject to disciplinary action by the Department of Athletics and Physical Education. Each case will be decided individually as outlined in the appeals process. Examples of athletic sanctions include, but are not limited to the following:

- Verbal reprimand
- Verbal or written warning
- Suspension from practice or games
- Dismissal from the team
- Suspension from all athletic privileges (may occur within 24 hours of notification of arrest).

Academic Disciplinary Action

The intercollegiate athletics programs of Cornell University shall be maintained as a vital component of the educational program, and the student-athletes shall be an integral part of the student body. The admission, academic standing, and academic progress of student-athletes shall be consistent with the policies and standards adopted by Cornell University for the student body in general.

Student-athletes are responsible for maintaining acceptable academic performance and ethical standards in keeping with the guidelines set forth in their individual academic programs and with the university's Code of Academic Integrity. Student-athletes who are found responsible for violations of academic ethical standards may be sanctioned under the applicable academic disciplinary policies of their school or college.

University Non-Academic Disciplinary Action

Student-athletes who are found responsible for violations of the Campus Code of Conduct are subject to disciplinary action through the Office of the Judicial Administrator of the university. Sanctions may include community service, restitution, fines, counseling referrals, disciplinary probation, and suspension or dismissal from the university. Procedures for campus judicial proceedings are outlined in the Campus Code of Conduct.

Coaches' Roles and Responsibilities

The head coach is responsible for complying with all NCAA, Ivy League, department and university policies. The head coach is selected by the Director of Athletics and is, therefore, a representative of the department. The head coach will establish and oversee team rules for training, practice, and competition. These team rules will be approved by the Director of Athletics and provided in writing to all team members. Each head coach is responsible for overseeing the academic and athletic performance of individual team members. Coaches will be sensitive and receptive to their student-athletes' academic, religious, or personal obligations that may interfere with team functions, practice and competition. Within the intercollegiate athletics program, all decisions directly related to playing time (for example: positions, playing time, travel squads, etc.) are the province of the head coach. These decisions are final and are not subject to the appeal process.

Conduct by coaching staff that is in violation of NCAA, Ivy League, university or Department of Athletics and Physical Education policies may be subject to disciplinary action as set forth in the NCAA and Ivy League enforcement procedures and Cornell University and Department of Athletics and Physical Education personnel policies.

A Note About Equipment

Student-athletes are responsible for all athletic uniforms/warmups/and equipment issued to them. These items may only be used in official athletics practices or events and are not intended for personal, everyday use. Issued equipment and uniforms not returned at the end of the season/academic year will be considered lost. Equipment returned late will be assessed a 10 percent fee. Student-athletes will be billed for all lost items. Athletes who leave a team have seven days to return your gear. Missing equipment will be charged through the Office of the Bursar.

Cornell University Department of Athletics and Physical Education Policy on Alcohol and Other Drugs

The Department of Athletics and Physical Education at Cornell University is concerned about the health and general well-being of our student-athletes. In keeping with state and federal law, illicit drugs and the use of alcohol if under 21 years of age are prohibited. Even though legal age in New York State for using alcohol is 21, there are circumstances and situations as set out below where alcohol use is prohibited by students over age 21. Furthermore, the department discourages the use of tobacco and alcohol for those of legal drinking age. These substances can have detrimental effects on the physical and mental health of users and, therefore, their use is in conflict with the goals of all student-athletes.

Other important points to remember include:

- Alcohol may not be provided to, or consumed with, any recruits or other prospective student-athletes under any circumstances. If you are hosting a recruit, it is required that you abstain from the use of alcohol, even if you are of legal drinking age, for the duration of the recruiting visit.
- Alcohol use as part of an initiation to a team may be considered hazing and subject to serious disciplinary action.
- Alcohol and tobacco are prohibited at practices, competition sites, team meetings, team meals, team banquets, in locker rooms, in coaches offices, on or during travel by any means, on away trips, or while the student-athlete is in uniform.
- The department strongly encourages alcohol-free gatherings whenever and wherever student-athletes are present. The Director of Athletics and Physical Education must provide prior approval for student-athlete participation at any athletic event where alcohol is served. Student-athlete consumption of alcohol remains prohibited at these events regardless of age.
- Student-athletes must comply with the laws of the State of New York and the City of Ithaca and the policies of Cornell University at all times.
- Coaches and other staff members are obliged to report violations of this policy to their immediate supervisor and to the director of Athletics.
- Any violation of these laws or policies of the Department of Athletics and Physical Education outlined above may result in team, department, university disciplinary action or criminal charges.

The following is an excerpted summary of the Good Samaritan Policy from Cornell Health's web site— Get all the details about Good Samaritan here (www.goodsam.cornell.edu).

Do the Right Thing: Good Samaritan

Part of being in a caring community, like Cornell's, is looking out for others who may be in trouble. If someone has had too much to drink, (e.g., is "passed out"), do not let them "sleep it off." Call 911 for emergency medical services, turn the person on his or her side, and stay with them until help arrives. If you are not sure the person is sick enough to warrant medical attention, you can call Cornell Health at 255-5155 any time of the day or night to consult with a health care provider. Sometimes people may be reluctant to call for help in an alcohol-related medical emergency because they are concerned about judicial consequences for underage drinking. Cornell has a Good Samaritan Protocol, which means that you will not get in trouble within Cornell's judicial system for underage drinking or providing alcohol to an underage person if you do the right thing and call for help.

What is Cornell's Good Samaritan Protocol?

It is imperative someone call for medical assistance when an individual experiences severe intoxication or a serious injury after consuming alcohol or other drugs (AOD). Because these emergencies are potentially life-threatening, Cornell seeks to reduce barriers to seeking assistance. To this end, the Good Samaritan Protocol has been developed. Cornell's Good Samaritan Protocol:

- a) eliminates judicial consequences for:
 - students and/or organizations seeking assistance
 - the assisted individual
 - others involved.

- b) applies when the allegations under the Campus Code of Conduct or organization's policies involve:
 - underage consumption of alcohol
 - use of drugs
 - disorderly conduct
- c) does not preclude disciplinary action regarding other violations, such as:
 - causing or threatening physical harm
 - sexual violence
 - damage to property
 - fake identification
 - unlawful provision of alcohol or other drugs
 - harassment
 - hazing

This Cornell Protocol is similar to New York State's Good Samaritan law, but Cornell's Good Samaritan Protocol applies only to university policies and New York's Good Samaritan law only applies to state law.

As a student-athlete at Cornell University, our athletic department holds you to a higher standard as your participation in athletics is a privilege. We expect all student-athletes to always DO THE RIGHT THING, meaning call for help, regardless of your team's rules and sanction structure. You may face disciplinary action even if you act within the guidelines of the Good Samaritan Protocol. With that said, each program's team rules shall take into account the Good Samaritan Policy when determining a consequence to a team rule violation.

Student Regulations

Cornell is dedicated to maintaining a scholarly community. As its central purpose, this community promotes intellectual inquiry through vigorous discourse. Essential values which underline this purpose include civility, dignity, diversity, education, equality, freedom with responsibility, honesty, and safety.

When students choose to accept admission to the university, they accept the rights and responsibilities of membership in the university's academic and social community. The student-athlete is a student first, athlete second. In this respect, she/he is considered to be no different than any other student on campus.

Students at Cornell University expect members of their community to be responsible for their actions and to respect the rights of others. These expectations are not meant to limit students' constitutional right to freedom of expression. The Campus Code of Conduct outlines the standard of student conduct at Cornell University, and is applicable to all students.

Violations

In addition to the prohibited behaviors described above, behaviors which contradict the essential values of the university community include, but are not limited to the following:

- To refuse to comply with any lawful order of a clearly identifiable university official acting in the performance of his or her duties;
- To forge, fraudulently alter, willfully falsify, or otherwise misuse university or non-university records, or to possess such altered documents;
- To furnish false information to the university with intent to deceive;
- To bribe or attempt to bribe a university official;
- To claim falsely to represent the university or a university-registered organization;
- To misappropriate university funds;
- To defraud;
- To steal or knowingly possess stolen property;
- To traffic, for profits or otherwise, in goods or services, when incompatible with the interests of the university and the Cornell community;
- To urge or incite another to violate the [Campus Code of Conduct](#);
- To attempt to violate the [Campus Code of Conduct](#);
- To violate university computer policies;
- To enter upon or make use of university property or facilities without authorization;
- To fail to leave a university building after a fire alarm has sounded or other notice of fire has been given, whether a drill or not;
- To intentionally expose the private or intimate parts of one's body in a lewd manner or to commit any other lewd act in a public place.
- To disrupt or obstruct or attempt to disrupt or obstruct any instructional, research, service, judicial or other university operation or function, or interfere with or attempt to interfere with the lawful exercise of freedom of speech, freedom of movement, freedom of peaceable assembly, or other rights of individuals;
- To possess, carry, or use firearms, including rifles and shotguns, ammunition, explosives, or other dangerous weapons, instruments, or substances in or upon university premises; and
- To engage in any action or situation which recklessly, or intentionally endangers mental or physical health or involves the forced consumption of liquor or drugs for the purpose of initiation into or affiliation with any registered organization, including an athletic team.

Scope of Violations

Behavior which occurs on any campus of Cornell University, or any other university property or facility used by it for educational purposes, or on the property of a university-related residential organization in the Ithaca or Geneva area, may violate the Campus Code of Conduct. Exceptionally grave misconduct not otherwise covered by the Code may result in disciplinary action by the university in certain circumstances.

Athletic Eligibility

Ethical Conduct

A student-athlete must compete with honesty and integrity at all times and represent the honor and dignity of fair play. A student-athlete is not eligible if he/she has shown dishonesty in evading or violating NCAA regulations. Please reference NCAA bylaw 10.1.

Amateurism

Both NCAA rules and Ivy rules dictate that participants in intercollegiate athletics be amateur in status. Please note that Ivy rules differ from NCAA rules, and that rules change periodically, so you should always check with the Compliance Office with regard to amateurism concerns.

Under Ivy League rules, you forfeit your amateur status and your eligibility in ALL varsity sports if you are professionalized in ANY sport sponsored by an Ivy institution at the varsity level. Any of the following will jeopardize your Ivy League eligibility:

- Participation in any athletic competition under an assumed name or in any other way intended to deceive your institution;
- Directly or indirectly receiving money or remuneration for participating in any competition in any sport (Limited exception for individual sport athletes during the summer - see the Compliance Office for more information);
- Signing a contract with a professional team in any sport at any time;
- Practicing at any time or trying out during the academic year with any professional team after you matriculate, even if you receive no payment or expense allowance;
- Endorsing a commercial product, even without compensation, or receiving compensation for any activity based on your athletic reputation;
- Entering your name in a professional draft other than as provided by NCAA rules.

Amateurism can also be jeopardized through use of agents, promotional activities, and impermissible employment opportunities. Generally speaking, with regard to employment, you should be paid only for work actually performed and compensated at a rate commensurate with the going rate in that locality for similar services. Your name, photograph, appearance or athletics reputation cannot be used to promote any business. With regard to sport-related employment (ie, camps, clinics, or fee for lesson instruction), rules are more in-depth and you should contact the Compliance Office for more information.

Financial Aid

Financial aid for all students is determined in accordance with University policy. Ivy League institutions do not award financial aid on the basis of athletic eligibility (ie, athletic scholarships). Please reference the following link for the University's financial aid policies: <http://www.finaid.cornell.edu/policies>

Financial support is permissible only from the following sources:

- From your parents or those upon whom you are naturally or legally dependent;
- In return for services rendered through employment at normal wages;
- From financial aid awarded by or with specific approval of the regular authority of our institution;
- From government grants, including Pell Grants and social security, veterans and ROTC payments.

Extra Benefits and Preferential Treatment

NCAA rules prohibit a student-athlete from receiving extra benefits and preferential treatment. Both can be thought of as any special arrangement whereby you or your relatives or friends receive something other than what is allowed by NCAA legislation and not otherwise available to the general public or overall student body. You may not accept a special discount, payment arrangement, or credit on a purchase, product, or service based on your status as a student-athlete. Institutional staff, representatives of athletic interests, and outside entities can all be sources of extra benefits or preferential treatment.

Examples include, but are not limited to:

- Receipt of movie tickets or meals without charge or at a reduced rate;
- Reduced cost admission to entertainment or community events;
- Receipt of discounted housing, rent or storage;
- Free or reduced cost transportation or use of a car.

All student-athletes must complete

- NCAA
- Ivy League and
- Cornell

eligibility forms on-line before competing

<http://athleticscompliance.cornell.edu/students>

The forms and information available to you on this website should continue to serve as educational resources for you.

Cornell University Working Eligibility Policies and Procedures 2015-16

Issued by Eligibility Officer (Last Updated 7/1/15)

A student-athlete's (SA) athletic eligibility will be established by the University Registrar and communicated to the Athletics Department using the online Eligibility System. Updates to eligibility status will only be reviewed during regular office hours, Monday thru Friday.

In exceptional cases, the athletics department compliance staff may clear a student-athlete for practice if the staff can confirm change in eligibility status. This exceptional approval is for practice only and must be communicated to the Office of the University Registrar at the time of approval.

Initial Eligibility

In order to obtain initial eligibility a student athlete must complete the following steps.

1. Obtain academic certification by the Eligibility Center (EC) NCAA bylaw 14.3.5 (see EC flow chart at end of this doc)
2. Obtain amateurism certification by the Eligibility Center NCAA bylaw 12.1.1.1.3 (see EC flow chart at end of this doc)
3. Complete all required eligibility paperwork and receive appropriate medical clearances. *

The eligibility officer is responsible for updating final certification from the Eligibility Center in the Cornell online eligibility system. The Compliance Office is responsible for updating Institution Request Lists (IRLs) and monitoring EC requirements so that students may achieve final certification.

*All new and returning student athletes must complete the final step each year.

Transfer Students

All external transfer students must go through additional evaluation to determine initial eligibility based on the transfer-specific rules in NCAA bylaw 14.5. The university process for evaluating new transfer students in compliance with those rules is as follows:

4. Athletics department receives transfer tracers from prior college(s), notes residency requirements, academic terms enrolled, and eligibility used, and shares with eligibility officer.
5. Eligibility officer reviews all prior college transcripts and evaluates transferable credits and residency requirements after consultation with student's college registrar.
6. Transfer tracers/athletics evaluation and OUR/college data is reviewed by the eligibility officer, who makes final approval in online eligibility system.
7. SA is not eligible to compete until approved and released by online system.
8. 2-4 college transfer students (transferring to Cornell from a 2-year college), who are deemed non-qualifiers will be placed on full admin hold (no practice, no competition) until academic credentials are evaluated (14.5.4.2; 14.5.1.3)

Eligibility

Policy

In order to participate in Cornell's intercollegiate athletics, student athletes must comply with all university requirements for registration and full-time enrollment as well as NCAA and Ivy requirements for academic eligibility.

University Registration/Full Time Enrollment

To be considered fully registered at Cornell University all students must meet the following requirements.

1. settle all financial accounts, including current semester tuition;
2. clear any holds, whether these are from the Bursar's Office, Gannett Health Center, the Judicial Administrator, or the Dean of the college; and
3. satisfy New York State health requirements.

Full time undergraduate students are expected to enroll in a minimum of 12 academic credit hours of college-approved coursework per semester. Exceptions are granted only at the discretion of the student's college.

Students can determine their registration status and schedule each semester by signing on to **Student Essentials** (studentessentials.cornell.edu).

Cornell University Working Eligibility Policies and Procedures 2015-16

Issued by Eligibility Officer (Last Updated 7/1/15)

University policy expects all students to be enrolled full-time, (a minimum of 12 academic credit hours/semester) through their first 8 semesters of enrollment. Course numbers <1100 and Phys Ed classes do not count toward full-time enrollment. Courses taken concurrently at Ithaca College and Wells College may count toward the 12 credit hour requirement depending on the Cornell college of enrollment. Additional courses may not apply depending on the student's college. Students must complete enrollment in 12 academic credits by 4:30pm of the 5th day of classes for practice (first Monday of classes (fall) and first Tuesday of classes (spring); 12 academic credits are required at all times for competition.

All registration holds must be removed by the registration deadline (4:30pm Friday of the third full week of classes). Students who are not registered by the next business day (following Monday morning) will be withheld from practice and competition until registration is complete. Bursar holds will not be waived. Bursar holds will be released and registration established only when the student-athlete arrives at an agreement with the Bursar's Office.

Procedure

The Office of the University Registrar (OUR) will perform daily reviews (during business hours) for continuing eligibility (registration status and 12-credit hours) on all active and deactivated student-athletes. The data will be uploaded each morning into the online eligibility system beginning the first day of classes and ending on the last day of final exams during the fall, spring and 6-week summer terms. In addition, manual reviews will be performed whenever deemed necessary and the system will be updated accordingly.

IC and Wells College credits need to be updated manually in the Eligibility System by OUR. The Athletics Department should notify the eligibility officer of any students with these credits and enrollment will be confirmed by Continuing Education and the student's college registrar.

In addition to daily loads, the eligibility officer will run additional reports (Arts under 12, repeated course report) to determine any additional course conflicts/less than full time courses not picked up by the daily load).

Academic Eligibility

Non-NCAA sports sponsored by only one Ivy school

Ivy Rule

V.A.2.a

For teams that are not NCAA sports and are sponsored at the varsity level by only one Ivy League school (e.g. polo), the eligibility officer will look to the sport's governing body for additional guidance re: academic eligibility policy.

Good Academic Standing

NCAA Bylaws

14.01.2

& 14.02.6

For purposes of academic eligibility, Good Academic Standing is defined as being a currently enrolled student. Students who are enrolled but also on academic warning by their college are still considered in "good academic standing."

Students who take a required leave (non-medical), are not considered in "good academic standing" while on leave. Those students will not earn the APR "E" point even if they otherwise meet Progress Toward Degree (PTD) requirements.

However, if a student meets PTD requirements prior to taking a required leave, they will meet the requirements of the "Missed Term" exception (14.4.36(a)) upon their return, provided all other requirements of the bylaw are met. (Clarified by the Ivy Office 1/12).

Fulfillment of Credit Hour Requirements

NCAA Bylaw

Below are three quantitative checks on satisfactory completion of credit hour requirements. The Office of the University Registrar will perform this review on the student-athlete's academic record at the beginning of each semester as appropriate. Results will be displayed in the online Eligibility System as a "Yes" or "No."

Cornell University Working Eligibility Policies and Procedures 2015-16
 Issued by Eligibility Officer (Last Updated 7/1/15)

14.4.3.1

For each of the quantitative checks below, <1100 level courses and Physical Education* courses are not counted (Removal of PE clarified by Ivy Office 6/14).

1. HE 1115 (formerly HE1100) is not accepted for degree credit and is not included in the quantitative checks below in the College of Arts & Sciences; it is accepted in all other colleges and schools. Arts and Sciences also has a complete list of courses not counting toward degree or full-time status online at <http://as.cornell.edu/academics/advising/coursesdonotcount.cfm>.
2. Required ENG courses that are below 1100 (i.e. ENG1090, ENG1050) do not count towards the 12 credit hours of full time enrollment (unless approved by petition). They also do not count towards the quantitative checks below. The Eligibility Officer will also run a repeated course report several times per semester to review repeated courses that may not count towards full-time enrollment.

Additional courses may also be exempt from these checks (and PTD requirements) based on individual college rules.

24 Credit Hour Check:

24 semester hours of academic credit prior to start of the student-athlete's third semester of collegiate enrollment.

18 Credit Hour Check:

18 hours of academic credit since the beginning of the previous fall term or since the beginning of the certifying institution's preceding regular two semesters. (Fall, Winter, Spring) or most recent terms (not including summer) if the student is off cycle.

14.4.3.6 If a LOA is taken, and a student athlete meets the requirements of the missed term exception, 9-credits may be prorated one time during the student's academic career.

6 Credit Hour Check:

Six semester hours of academic credit during the preceding regular academic term in which the student athlete has been enrolled full time at any collegiate institution.

Additional Provisions for Baseball and Football

Per bylaws 14.4.3.1.6 (football) and 14.4.3.1.4.2 and 14.4.3.1.5 (baseball) student athletes may be required to meet additional standards at certain times of the year to retain their full eligibility in the upcoming season.

Designation of a degree program
NCAA Bylaw 14.4.3.1.7

To meet the University's requirements for satisfactory progress toward a degree, student-athletes in the **College of Engineering** and the **College of Arts & Sciences**, are expected to declare a major (program plan) before the start of their junior year (5th semester). If this is not possible, students must be approved by their college to delay their major (no more than one term) in order to remain eligible.

The Schools of Hotel Administration and Industrial and Labor Relations do not require the specification of a major. Students in the colleges of Human Ecology, Agriculture and Life Sciences and Architecture, Art and Planning are expected to declare (and maintain) a major throughout their academic career.

Percentage of Degree Requirements
NCAA Bylaw 14.4.3.2

Minimum cumulative credits **earned**. Mid-year transfers and those "off-cycle" will be reviewed in January.

1. Accepted AP credits and transfer credits are included.
2. <1100 level classes are not included.
3. Students in a dual degree program are evaluated for PTD in just one of their degrees.
4. Students with a double major must meet the 40/60/80% benchmarks based on the percentage total credits needed for completing both majors.

Cornell University Working Eligibility Policies and Procedures 2015-16
 Issued by Eligibility Officer (Last Updated 7/1/15)

Degree	Credits for Graduation	Entering 5th semester of fulltime enrollment 40%	Entering 7th semester of fulltime enrollment 60%	Entering 9th semester of fulltime enrollment 80%
Most BA/BSs	120	48	72	96cr
Eng CS	121	49	73	97
Eng SES	123	50	74	99
ORIE, Bio Eng	124	50	75	100
Env Eng, CE, Info Sci, Sci & Tech	125	50	75	100
Mat Sci Eng, Chem Eng, Mech Eng	129	52	78	104
BFA	130	52	78	104
ECE	132	53	80	106
Eng Phys	133	54	80	107
BARC*	176	59	88	118

5. BARC calculations are based on 33%/50%/67% NCAA 5-year program guidelines, 14.4.3.2.1.

GPA Requirements
NCAA Bylaw 14.4.3.3

A student-athlete's cumulative degree GPA will be reviewed at the beginning of each semester and must meet the following requirements. Cornell calculates GPA to 3 decimal places and rounding is not allowed.

The student's college within Cornell University establishes the GPA for graduation and the NCAA establishes the percentage rate. Extension courses not included in GPA calculations.

College	GPA for Good Academic Standing	Entering 3rd -4th semester of fulltime enrollment 90%	Entering 5th-6th semester of fulltime enrollment 95%	Entering 7th* & beyond semester of fulltime enrollment 100%
AG	2.00	1.80	1.90	2.00
AR	2.00	1.80	1.90	2.00
AS	1.78*	1.7	1.7	1.78
EN	2.00	1.80	1.90	2.00
HE	2.00	1.80	1.90	2.00
HA	2.00	1.80	1.90	2.00
IL	2.00	1.80	1.90	2.00

* No minimum in A&S but 1.78 agreed upon by college for purposes of eligibility. 1.7 used for 90% and 95% calc as that is the minimum required for good academic standing in the college (to remain on campus).

Incomplete Grades
NCAA Bylaw 14.4.3.4,5

Recovery of an incomplete grade and recognition in satisfactory progress calculations will be reviewed on a case-by-case basis. An athlete's eligibility may change once a new grade is posted.

Cornell University Working Eligibility Policies and Procedures 2015-16
Issued by Eligibility Officer (Last Updated 7/1/15)

Effective Dates of Eligibility Status

Overall Policy

It is expected that student-athletes on an active roster will have met all eligibility requirements for full participation. Student-athletes have three weeks from the date added to a roster to complete eligibility requirements, excluding the NCAA Eligibility Center, which has a separate deadline. Student-athletes who do not meet these requirements will be deemed ineligible for practice and competition.

The official academic semester for Cornell University runs from the first day of instruction through the last day of final exams.

The Online Eligibility System, administered by the eligibility officer, will be the tool for communicating eligibility status. Coaches, student-athletes, and staff are expected to review the system regularly to confirm continued eligibility of athletes.

***Eligibility for
currently enrolled
Students Athletes***

During the semester:

Eligibility status may change during a semester as a result of a change in registration status, NCAA or Ivy violations, or based on the opinion of Gannett Health Services.

Ineligibility to practice and/or compete for any reason is effective immediately and will be marked in the system. Ineligible student-athletes for whom a waiver has been filed may continue to practice if all other eligibility requirements are being met.

Change in eligibility between semesters

With regard to Continuing Eligibility (full-time enrollment in 12 credits; 14.2.1/14.2.2): A student who drops below 12 hours during the semester is ineligible for competition for the remainder of the semester. However, the student may become eligible beginning the day after the last official final exam if s/he is accepted for full-time enrollment for the spring term/or registered for a full-time class load, and this status is confirmed by the eligibility officer. Prior to the first day of classes for the next semester, overall eligibility (PTD and Continuing Eligibility) must be recertified in order for the student-athlete to continue to be eligible effective the first day of classes. (Clarified by the Ivy Office 12/21/2009).

With regard to Progress Toward Degree (14.4.3.4):

If a student-athlete's academic eligibility changes at the end of a semester, the SA shall become eligible or ineligible to compete on the date his or her eligibility is officially certified. In a case where the SA becomes eligible at the end of the term, the earliest date on which the student can become eligible to compete is the day after the date of the last scheduled examination. In a case in which the student becomes ineligible, the ineligibility shall become effective not later than the first day of classes of the following semester. This means:

A student who does not meet PTD requirements during one semester but will become eligible in the subsequent semester may return to eligible status once the semester's grades have been posted and PTD has been confirmed.

A student who no longer meets PTD requirements will be eligible to practice and compete until the first day of the spring semester at which time they become ineligible.

Summer Eligibility

- Returners are eligible if they were eligible to practice in previous academic year.
- New students may be eligible if (1) they are medically cleared (2) they complete the supervision/insurance form (3) they are enrolled in 1 or more credits (football SA are exempt from #3).
- Other: continuing students who were not eligible may become eligible upon meeting requirements after manual review.

End of Year in Residence (14.5.1)

To satisfy a year of academic residence, a student shall:

Cornell University Working Eligibility Policies and Procedures 2015-16

Issued by Eligibility Officer (Last Updated 7/1/15)

	(a) Be enrolled in and complete a minimum full-time program of studies for two full semesters; or (b) Be enrolled in a minimum full-time program of studies for two full semesters and pass a number of hours that is at least equal to the sum total of the minimum load of each of the required terms.
Transfer Students & Off-Cycle Admits <i>NCAA Bylaw 14.1.8.2.1.2 & Ivy Rule V.E.4</i>	Transfer students and all students first entering Cornell University at any time other than the beginning of the academic year may practice, participate in scrimmages, and travel with the team on the day after the examination period ends for the previous term, and may begin competition on the first day of classes of the term for which they first register, if eligibility is established.
Post-Season Competition	When any team or individuals qualify for post-season competition, the eligibility officer will review the SAs for continuing eligibility and progress toward degree. Post-season competition is defined as championship-level events beyond the regular conference. Ex. ECAC or Ivy Tournaments to determine automatic bids to NCAA events do not apply. In order for athletes to compete in a postseason event that occurs between regular terms (including summer) a student-athlete shall have satisfactorily completed 6-semester hours of academic credit during the preceding regular academic term of full time enrollment.
Managers on Rosters (11.01.6)	Per NCAA guidelines, baseball student athletes who become managers forfeit any remaining eligibility. Baseball managers are required to complete all eligibility requirements, with the exception of progress toward degree (to ensure full time enrollment and health and safety provisions) however, once becoming a manager will be placed on full admin hold to prevent future participation.
5th Year Students Athletes	Ivy League rule V-A requires students to use their years of eligibility within their first 4 calendar years of enrollment, even if they are enrolled in an approved program that extends beyond 4 years or still have eligibility remaining. Approval to compete in a 5th year can be granted in extenuating circumstances (for example, when injury, leave of absence or internships preclude a student from participating during the student's competitive season). Students interested in understanding the approval process and its application to their circumstances should initiate contact with Amy Foster, Associate Athletic Director for Compliance & Students Services (alm7@cornell.edu, 607-255-8874). Inquiries should be made prior to any leave from Cornell or as soon as possible after the missed season. Failure to do so may jeopardize possibility of a 5th year. 5th year participation requires the approval of the athletics department, the university 5th year advisor, and the Ivy League.

Coaches' Roles and Responsibilities

The head coach is responsible for complying with all NCAA, Ivy League, department and university policies. The head coach is selected by the Director of Athletics and is, therefore, a representative of the department. The head coach will establish and oversee team rules for training, practice, and competition. These team rules will be approved by the Director of Athletics and provided in writing to all team members. Each head coach is responsible for overseeing the academic and athletic performance of individual team members. Coaches will be sensitive and receptive to their student-athletes' academic, religious, or personal obligations that may interfere with team functions, practice and competition. Within the intercollegiate athletics program, all decisions directly related to playing time (for example: positions, playing time, travel squads, etc.) are the province of the head coach. These decisions are final and are not subject to the appeal process.

Conduct by coaching staff that is in violation of NCAA, Ivy League, university or Department of Athletics and Physical Education policies may be subject to disciplinary action as set forth in the NCAA and Ivy League enforcement procedures and Cornell University and Department of Athletics and Physical Education personnel policies.

Student-Athlete Surveys, Senior Exit Interviews and the department's Open Door Policy:

At the conclusion of each competitive season, each member of a varsity team will receive an e-mail invitation to complete a program evaluation. This information is gathered annually and provides the athletics director and other staff another perspective of the athlete experience, and concerns and issues that student-athletes face. This information is provided to coaches in aggregate form. Athletes may choose to complete the surveys anonymously.

In addition, all senior student-athletes are given the opportunity to complete an on-line exit interview and are invited to an in-person meeting with the athletics director or any member of the athletics administration.

The department prides itself by having an open door policy. At any time, student-athletes are encouraged to make an appointment with an athletics administrator to discuss any issue of importance.

Team Travel

Cornell student-athletes should be mindful that they are representatives of Cornell University at all times, and especially during trips, which begin when the team leaves campus and end upon the return to campus. Student-athletes are expected to know and observe the rules, spirit and customs of their sport in practice and competition. They should remain respectful with opponents, officials, spectators and members of the media. Inappropriate behavior will not be tolerated.

All team travel arrangements are made through the department's travel coordinator in Bartels Hall or his or her designee, and in conjunction with coaches. The same mode and quality of transportation, quality of housing, length of stay and per diem are provided to all of Cornell's student-athletes, except when travel logistics dictate a different service or accommodation.

A few important items about team travel:

- **Lodging.** Charges for the hotel room and taxes are the responsibility of the university. Incidental expenses incurred by student-athletes, including telephone, room service and pay movies must be paid by the room occupants prior to checking out. University payment of such charges represents an impermissible benefit per NCAA bylaw 16.11.2 and may impact a student-athlete's eligibility to practice and compete. This also includes taking towels, pillow, etc. from hotel rooms.
- **Meals.** The Cornell Athletics Department budgets the same amount per person for each full day of meals during travel. The department pays for meals or distributes money to student athletes as deemed appropriate by the coaching staff, and in accordance with university cash handling policies.
- **Transportation.** Generally, teams travel to out of town competition in charter buses. Cornell hires reputable firms in the Ithaca area and others that carry appropriate levels of insurance for interstate travel. Cornell executes contracts with appropriate terms and conditions. In rare circumstances, vans driven by coaches will transport small numbers of student-athletes, in accordance with university van use policies that prohibit travel in 15-passenger vans. Vans are never to be driven by student-athletes. When van travel is allowed, coaches are directed not to drive unless all passenger seat belts are secured. Decisions to utilize vans on trips are approved in advance by the head coach and the sport administrator. The decision to fly a team to a competition venue is made by the sport administrator and the director of athletics, and is based on distance of the venue from campus, the academic calendar and the competition schedule.
- **Dress code.** Student-athletes should dress neatly, and in accordance with any specific guidelines outlined by the head coach prior to travel.
- **All university travel policies apply.**

NOTE:

University Excuses for Away Travel

Student-athletes are responsible for informing their instructors well in advance of any class days to be missed due to athletics events in which you are participating. It is the student-athlete's responsibility to make arrangements with their instructor(s) to make up any missed assignments or requirements. It is imperative that all student-athletes review their class syllabus in addition to their travel schedule and alert the professor to any conflict. University excuses will be issued at the beginning of each semester by the coach or at the student-athlete's request from the Office of Student-Athlete Services for approved leave time.

Cornell Athletics Transfer Policy

NCAA Bylaw 13.1.1.3 precludes a staff member or other representative of another institution from making contact with Cornell student-athletes until that institution has received written permission from Cornell to do so. The following policy implements NCAA Bylaw 13.1.1.3 at Cornell:

1. The Department of Athletics encourages student-athletes wishing to transfer to discuss their intention to transfer with their head coach.
2. After speaking with the head coach, or if the student-athlete elects not to speak with the head coach, a student-athlete wishing to transfer should send a written request to the compliance director asking that permission be granted to the other institution pursuant to Bylaw 13.1.1.3.
3. Ordinarily the compliance director will approve the request and send the release to the students' chosen schools. Student-athletes who transfer to another school and are eligible for the one time transfer exception will also normally receive a release from Cornell enabling them to compete without serving a year in residence.
4. While it is Cornell's general policy to grant such requests, Cornell reserves the right to decline a request for either release. The Department of Athletics will provide written notice to the student-athlete of any decision denying a release to speak with other schools or to transfer and be eligible without serving a year in residence and will also inform the student-athlete in writing of the appeal process set forth below in paragraph 5. A copy of the notice will also be sent to the Vice President for Student and Academic Services.
5. A student-athlete may have a decision not to grant a release reviewed by the Vice President for Student and Academic Services. A student-athlete wishing to have a negative decision reviewed must submit a written request for such review to the vice president within 10 days. The vice president will promptly consider the appeal and issue a written decision. That decision is final.

Cornell University Department of Athletics and Physical Education Policy for Official Visits for Prospective Student-Athletes

Our policy for official visits for prospective student-athletes is available on the compliance pages at www.cornellbigred.com and is specifically available via the following link;

<http://www.cornellbigred.com/OfficialVisit>

- As hosts to prospective student-athletes, current student-athletes are responsible for adhering to the policy. Failure to comply with the policy will result in disciplinary action, which could include dismissal from the team.
- Per NCAA bylaw 13.6, the policy is reviewed and updated every four years (last updated and approved August 2012).

People in Athletics To Know

Andy Noel

Meakem•Smith Director of Athletics and Physical Education

607-255-8832 • jan16@cornell.edu

Noel has the overall responsibility for the entire program including all personnel activities within the department, as well as responsibility for budgets and physical facilities for all of the physical education and intercollegiate varsity sports programs. His office is located in Teagle Hall.

Anita Brenner '87

Deputy Director of Athletics for Intercollegiate Athletics/ Senior Woman Administrator, Athletics Title IX Coordinator

607-255-8283 • amb42@cornell.edu

Brenner assists in the overall organization and administration of the intercollegiate athletics program, and oversees admissions, financial aid, student-athlete services and athletic communications. She also serves as the department's Senior Woman Administrator. Brenner is the administrator for men's and women's ice hockey, rowing, track & field, and swimming and diving, as well as softball and volleyball. Her office is located in Lynah Rink.

Larry Quant

Deputy Director of Athletics for Finance and Administration

607-255-1317 • lwq2@cornell.edu

Quant oversees all of the department's financial operations, including oversight and management of the budget. Quant is the administrator for men's and women's basketball and football. His office is located in Teagle Hall.

Amy Foster '95

Senior Associate Director of Athletics for Compliance & Student Services

607-255-8874 • alm7@cornell.edu

Foster oversees the institutional compliance program, and serves as the department liaison to the Ivy League and NCAA on all eligibility issues. She also oversees the department's Student-Athlete Support Services. Foster is the administrator for field hockey, squash, tennis and wrestling. Her office is located on the second floor of Bartels Hall.

Jeff Hall

Senior Associate Director of Athletics for Sports Marketing

607-255-6680 • jwh33@cornell.edu

Hall oversees the department's efforts in corporate sales, marketing and promotions. Hall is the administrator for men's and women's lacrosse and golf. His office is located on the second floor of Bartels Hall.

Bernie DePalma

Associate Director of Athletics for Sports Medicine Doc Kavanagh Head Athletic Trainer/ Physical Therapist

607-255-4237 • bfd5@cornell.edu

DePalma oversees all aspects of the Cornell sports medicine program and, along with his staff, is responsible for the health, safety and welfare of the intercollegiate student-athletes at the University. His office is located in the Schoellkopf Memorial Hall Training Room.

Tom Howley

Associate Director of Athletics for Athlete Performance

607-255-3953 • tkh1@cornell.edu

Howley oversees all aspects of Cornell's varsity strength and conditioning program (nicknamed Big Red Power), prescribing sport-specific workouts on a year-round basis. He also serves as the facility manager of the Friedman Strength and Conditioning Center, where his office is located.

Matt Coats

Associate Director of Athletics for Intercollegiate Operations

607-255-1814 • mc328@cornell.edu

Coats oversees all home athletic contests and serves as scheduling coordinator. Coats is the administrator for baseball, equestrian, fencing, gymnastics, polo, soccer and sprint football. His office is located on the second floor of Bartels Hall.

Carmen Rogers

The Andrew '78 and Margaret Paul Assistant Director of Athletics for Student Services

607-254-7472 • cmr288@cornell.edu

Rogers monitors academic progress, serves as the department's liaison to various academic resources and support services on campus, coordinates the athletic department tutor program and the athletic department's laptop loan program. She also serves as the advisor to student-athlete groups, such as the SAAC and Red Key. Her office is located on the second floor of Bartels Hall.

Jeremy Hartigan

Associate Director of Athletics for Sports Communications

607-255-9788 • jh295@cornell.edu

Hartigan and his staff serve as the liaisons between coaches, student-athletes and the media. The athletic communications office also produces pre- and postgame releases, is in charge of video production and maintains the department's website, www.CornellBigRed.com. The athletic communications office is located in Schoellkopf House.

Student-Athlete Support Services

The primary mission of the Office of Student-Athlete Support Services is to support the efforts of every student-athlete in balancing academic and athletic goals. The services listed below are designed to support the academic and personal objectives of the student-athlete and are based on the philosophy that the development of the whole person is of primary interest. At Cornell, varsity athletes are first and foremost students, who are highly committed to their academic and athletic pursuits.

Sarah H. Wattenberg '03, the Andrew '78 and Margaret Paul Assistant Director of Athletics for Student Services, serves as a go-between with the athletic department's administration, coaches, and university faculty and personnel regarding the academic progress of student-athletes. Through collaboration and in conjunction with campus-wide resources, services are designed to enhance student-athletes' overall development, well-being, and undergraduate experience. Wattenberg also coordinates the NCAA Life Skills Program that promotes the quality of the student-athlete experience with special regard to personal development.

Academic Services

Academic Counseling

Academic counseling is provided as an extra layer of support to the student's assigned academic advisor and college advising office.

Academic counseling and consultation consists of student-athletes meeting on a regular and ongoing basis with the Director of Student-Athlete Support Services. The purpose of these meetings are to communicate regarding progress in coursework, athletic eligibility, as well as decision making skills regarding such issues as time management, course and major selection, and career choices.

Tutoring Services

Tutoring services are available to all student-athletes free of charge as a supplement to office hours and existing tutorial services on campus. Students may request a tutor by completing a Tutor Request Form obtained from 228 Bartels Hall or printed from the Student-Athlete Support Services section of the website at www.cornellbigred.com.

Laptops

Laptop computers are available to sign out for away athletic trips. You may request a laptop by contacting Sarah Wattenberg. They are available on a first-come, first-serve basis.

Support Services

Personal Needs Counseling

Student-athletes are encouraged to schedule an appointment with Wattenberg when they have concerns regarding academic, athletic, or personal issues. The office of Student-Athlete Support Services offers a safe, judgment-free zone to discuss any problem or concern. Assistance will be provided and referrals will be made to appropriate support services on campus.

Campus Referrals

Working with various campus offices is a daily part of the work of the Office of Student-Athlete Support Services. If necessary, the Director of Student-Athlete Support Services will refer student-athletes, and sometimes coaches, to various support services on campus ranging from Counseling and Psychological Services (CAPS) at Cornell Health, Housing, Financial Aid, the Learning Strategies Center, Career Services, Student Disability Services, etc.

Student-Athlete Assistance Fund

The NCAA has established a fund, administered through the Ivy League Office, to reimburse the cost of items not taken into account when determining an athlete's financial aid package. Student-athletes that qualify for a federal Pell grant may request reimbursement. International students who receive financial aid equivalent to the Pell grant should check with the Director of Student-Athlete Support Services to determine if they qualify for reimbursement. The SAAF can cover the following expenses needed by students during the academic year and is available on a first-come, first-served basis:

- Cornell University's Student Health Insurance Plan
- Health-related expenses not covered by insurance, ie: vision and dental
- Academic course supplies, ie: notebooks, pens, paper, but no textbooks
- Travel expenses for family emergency
- Clothing and other essentials

Application forms are available from Sarah Wattenberg '03 in 228 Bartels Hall. Student-athletes should come prepared with original receipts of item purchased within the academic year only.

For more information regarding Athletic Student Services at Cornell University, contact:

*Sarah Wattenberg '03
Andrew '78 and Margaret Paul
Assistant Director of Athletics for Student Services
phone: (607) 254-7472
e-mail: skh22@cornell.edu*

*Department of Athletics
Cornell University
Teagle Hall, Campus Road (mail)
Bartels Hall (office)
Ithaca, NY 14853-6501*

Athletic Committees/Groups

Student-Athlete Advisory Committee

Cornell's Student-Athlete Advisory Committee (SAAC), established in 1995, is comprised of two team members from each of our 37 teams. The Student-Athlete Advisory Committee has a threefold purpose. First, SAAC serves as an active communications link between the student-athletes and the athletics administration. Second, SAAC is charged with encouraging unity, common purpose, and camaraderie among teams and all student-athletes in the department. Third, SAAC seeks to promote and support athletics on the community, state and national levels. Members of SAAC are able to develop leadership skills among their peers and across campus. Student-athletes also actively participate in departmental, educational and special events. The SAAC advisor is Sarah Wattenberg '03.

SAAC's Mission Statement

To enhance the total student-athlete experience at Cornell by promoting opportunity, protecting student-athlete well-being, and fostering a positive student-athlete image.

Faculty Advisory Committee on Athletics and Physical Education (FACAPE)

The Cornell University Faculty Advisory Committee on Athletics and Physical Education (FACAPE) is an advisory body to the Director of Athletics. FACAPE is a subcommittee of the Faculty Senate and is comprised of faculty, staff and students who are elected to the committee. It provides counsel regarding admissions, academic performance of student-athletes, and issues facing NCAA, ECAC and the Ivy League; administers the university graduation requirement in physical education; and develops the schedules and guidelines for leaves and absences for intercollegiate teams. FACAPE is directed by Andy Noel and Frank Rossi.



The 400 Club

Cornell is proud that, as a group, varsity athletes regularly match or exceed the student body's overall GPA for academic performance. The University is especially proud that every semester a number of undergraduates — more than 40 on average — achieve a 4.0 GPA while participating in varsity sports. These scholar-athletes are inducted into the athletic department's 400 Club at an annual breakfast given by the University President, Vice President for Student and Campus Life Ryan Lombardi and Director of Athletics and Physical Education Andy Noel. These dedicated student-athletes demonstrate that the ideal is achievable, that it is possible to excel both in the classroom and in the sporting arena.

Red Key Athlete Honor Society

The Red Key Athlete Society is Cornell University's honor society for varsity athletes. The Society plans and assists in many community service events throughout the year to further its purpose. Membership in the society is limited to juniors and seniors who have been nominated by their head coach, displayed tremendous leadership, exhibited integrity and responsibility within their varsity program, shown a commitment to academics, taken part in community service in the Cornell/Ithaca community, and have been elected by the membership. Members of the Red Key Athlete Honor Society are committed to academic achievement, the propagation of fellowship and strong loyalty amongst all Cornell athletes, and the enhancement of the Ithaca region through community service participation. The Red Key Athlete Honor Society advisor is Sarah Wattenberg '03.

Big Red Leadership Institute

BRLI was founded on the principle that collegiate athletics is a proving ground for leaders. With no shortage of challenges, the athletic experience has the power to shape and embolden individuals who are then poised to impact their respective communities in positive, profound ways. BRLI's curriculum was custom-designed to complement the Cornell student-athlete experience, and is focused on helping our members maximize their opportunity for development as both a teammate and a team leader during their years with the Big Red. Student-athletes move through the program in class-affiliated cohorts, and the foundational programming for each cohort is delivered through facilitated, interactive sessions that maximize athlete-athlete engagement and personal discovery. Opportunities for experiential learning, mentoring and workshops with guest speakers additionally augment the curriculum.

Sports Medicine Programs and Policies

Sports Clearance Procedure

To protect the health of Cornell's intercollegiate student athletes, the University requires every student-athlete to receive a formal medical clearance each year from Cornell Health Sports Medicine department. Athletes are not permitted to participate in any team activities (formal or informal), including strength and conditioning workouts and skill instruction sessions, until they fully and successfully complete the Sports Clearance Process. If you have questions or concerns about the sports clearance process, please talk with your coach, athletic trainer and/or with Cornell Health Sports Medicine.

First-year student athletes - After you pay your deposit, incoming students receive notification through their admissions email address with their NetID and activation code. Students must follow the directions and take steps to activate their NetID and Cornell email account. They then visit <http://newstudents.cornell.edu>. It is through that website that they find/complete:

1. **Health History Form** - Must have a physical examination by a physician or designate and completion of the Cornell University Medical History Form (must see your physician at home and have form filled out and returned by due date).

2. **Sports Clearance Form** - linked to the Health History Form. Must be completed and returned to Cornell Health Sports Medicine

As part of this process, you will have a physical examination from your health care provider that must be documented in both the Health History Form and the Sports Clearance Form for NCAA athletes. When you come to campus in the fall, you will report to Cornell Health with your team at the scheduled time for your sports clearance. For all Cornell incoming first-year eligible student-athletes the Sickle Cell Trait Test is mandatory. For more information, please see the Sickle Cell Statement from the National Athletic Trainers' Association (<http://www.nata.org/consensus-statements>). Additional information is provided on the Sickle Cell Fact Sheet provided by the NCAA.

Returning Athletes - Your coach will instruct you about completing the online Sports Clearance Form, through which you will provide complete and up-to-date information about your health. When you return to campus in the fall, you will report to with your team at the scheduled time for your sports clearance.

PLEASE NOTE: Failure to have appropriate medical records sent to Cornell Health will result in delay of your sports clearance.

--If you have not had a physical exam and have not had your Sports Clearance Form reviewed by your health care provider, your sports clearance will be delayed. Charges for a physical exam done at Cornell Health will be your responsibility.

--If there are significant abnormalities on your Sports Clearance Form or physical exam that have not been addressed by your health care provider, further evaluation may be necessary. Cost of consultation/diagnostic testing is not covered by Cornell Athletics and will be your responsibility.

Drugs and Medications

Before taking over-the-counter medication, contact the team athletic trainer regarding its NCAA Banned Drug status. Report prescription medication to the team athletic trainer regardless of the physician source. Specific reactions, effectiveness and the NCAA acceptability are concerns of the athletic training staff and the student athlete's eligibility.

Injuries

Do not assist an injured teammate or opponent by moving him/her or his/her equipment. You may cause him/her additional injury by doing so. The athletic trainers are prepared to handle athletic injuries, including emergencies. Be especially careful to avoid contact when the injured person is bleeding.

It is your responsibility to report all injuries and illnesses to your athletic trainer as soon as possible. Your athletic trainer will facilitate any necessary evaluations and treatment. If emergency care is needed, please make contact with the athletic trainer as soon as you are able. Injured student-athletes who require follow-up examination or treatment will be referred to the appropriate medical services by the athletic trainer and team physician.

The Department of Athletics and Physical Education will not pay medical bills from personal or family physicians for athletics injuries or illnesses, unless prior approval is received from the team physician. Prior approval is initiated through arrangements made by the athletic trainer.

Injuries resulting from causes other than supervised athletics participation are not the financial responsibility of the Athletics Program; however, these injuries should be brought to the attention of the athletic trainer. Also, injuries occurring while participating in general physical activities outside of official team practice and competition are not covered by the athletic department insurance program, as they are non-sanctioned activities (Captain's practice is considered unsupervised). Your athletic trainer and team physician can assist with the management and proper referral of these and other medical problems.

Cornell University carries an insurance policy on intercollegiate athletes designed only to supplement the athlete's own individual insurance coverage. As a Cornell student-athlete, you are responsible for properly submitting bills for athletically related injuries. You are expected to properly file for all benefits to which you are entitled. The Cornell University Intercollegiate Athletic Injury Insurance Plan will consider payment of medical expenses only after they have been filed and partially paid or rejected by your insurance company. Expenses rejected because of improper claim filing procedures are the student-athlete's sole responsibility. The student-athlete may receive medical billing statements at your local address. Bring them to Charlene Haskell, Coordinator of Athletic Insurance. Payment can be made once insurance information is obtained. Delays in payment are usually due to delays in obtaining the bills.

**In an emergency call 911
or if on campus, call Cornell
Police at (607) 255-1111**

Athletic Training Room Phone Numbers

Schoellkopf Memorial: 607-255-4237

Semester Hours: Mon.-Thurs.: 8 a.m.-8 p.m.

Fri.: 8 a.m.-6:30 p.m.

Bartels Hall: 607-255-2547

**Semester Hours: To be determined by the Athletic Trainers
assigned to the teams working out of Bartels Hall**

Cornell Health

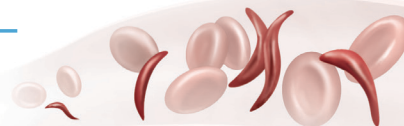
Appointments/Information: 607-255-5156

**24/7 phone consultation with health-care
provider: 607-255-5155**

2016-17 Cornell Athletic Training Staff

Name	Title (Email)
Bernie DePalma	Assoc. Dir. of Athletics for Sports Medicine (bfd5@cornell.edu)
Jim Case	Associate Head Athletic Trainer (jgc4@cornell.edu)
Mandi Breigle	Assistant Athletic Trainer (mandi.breigle@gmail.com)
Marc Chamberlain	Assistant Athletic Trainer (mwc6@cornell.edu)
Janine Glass	Assistant Athletic Trainer (jg564@cornell.edu)
Katy Harris	Assistant Athletic Trainer (kg237@cornell.edu)
Linda Hoisington	Assistant Athletic Trainer (llh4@cornell.edu)
Ed Kelly	Assistant Athletic Trainer (erk2@cornell.edu)
Jenny Petruzzo	Assistant Athletic Trainer (jak389@cornell.edu)
Chris Scarlata	Assistant Athletic Trainer (cfs24@cornell.edu)
Jocelyn Stark	Assistant Athletic Trainer (jw338@cornell.edu)
Becky Guzzo	Graduate Assistant Trainer (guzzo24@gmail.com)
Shelby Milne	Graduate Assistant Trainer (milneshelby@yahoo.com)
April Vanderlinde	Graduate Assistant Trainer (avanderlinde@ithaca.edu)
Zachary Van Nostrand	Graduate Assistant Trainer (zvannos@ithaca.edu)
Charlene Haskell	Coordinator of Athletic Insurance (cmm46@cornell.edu)
Dr. David Wentzel, D.O.	Chief of Sports Medicine (dcw9@cornell.edu)

SICKLE CELL TRAIT



WHAT IS SICKLE CELL TRAIT?

Sickle cell trait is not a disease. Sickle cell trait is the inheritance of one gene for sickle hemoglobin and one for normal hemoglobin. Sickle cell trait will not turn into the disease. Sickle cell trait is a life-long condition that will not change over time.

- ▶ During intense exercise, red blood cells containing the sickle hemoglobin can change shape from round to quarter-moon, or “sickle.”
- ▶ Sickled red cells may accumulate in the bloodstream during intense exercise, blocking normal blood flow to the tissues and muscles.
- ▶ During intense exercise, athletes with sickle cell trait have experienced significant physical distress, collapsed and even died.
- ▶ Heat, dehydration, altitude and asthma can increase the risk for and worsen complications associated with sickle cell trait, even when exercise is not intense.
- ▶ Athletes with sickle cell trait should not be excluded from participation as precautions can be put into place.

DO YOU KNOW IF YOU HAVE SICKLE CELL TRAIT?

People at high risk for having sickle cell trait are those whose ancestors come from Africa, South or Central America, India, Saudi Arabia and Caribbean and Mediterranean countries.

- ▶ Sickle cell trait occurs in about 8 percent of the U.S. African-American population, and between one in 2,000 to one in 10,000 in the Caucasian population.
- ▶ Most U.S. states test at birth, but most athletes with sickle cell trait don't know they have it.
- ▶ The NCAA recommends that athletics departments confirm the sickle cell trait status in all student-athletes.
- ▶ Knowledge of sickle cell trait status can be a gateway to education and simple precautions that may prevent collapse among athletes with sickle cell trait, allowing you to thrive in your sport.

HOW CAN I PREVENT A COLLAPSE?

- ▶ Know your sickle cell trait status.
- ▶ Engage in a slow and gradual preseason conditioning regimen.
- ▶ Build up your intensity slowly while training.
- ▶ Set your own pace. Use adequate rest and recovery between repetitions, especially during “gassers” and intense station or “mat” drills.
- ▶ Avoid pushing with all-out exertion longer than two to three minutes without a rest interval or a breather.
- ▶ If you experience symptoms such as muscle pain, abnormal weakness, undue fatigue or breathlessness, stop the activity immediately and notify your athletic trainer and/or coach.
- ▶ Stay well hydrated at all times, especially in hot and humid conditions.
- ▶ Avoid using high-caffeine energy drinks or supplements, or other stimulants, as they may contribute to dehydration.



- ▶ Maintain proper asthma management.
- ▶ Refrain from extreme exercise during acute illness, if feeling ill, or while experiencing a fever.
- ▶ Beware when adjusting to a change in altitude, e.g., a rise in altitude of as little as 2,000 feet. Modify your training and request that supplemental oxygen be available to you.
- ▶ Seek prompt medical care when experiencing unusual physical distress.

For more information and resources, visit www.NCAA.org/health-safety

CONCUSSION

A FACT SHEET FOR STUDENT-ATHLETES

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a blow to the head or body.
 - From contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.
- Can change the way your brain normally works.
- Can range from mild to severe.
- Presents itself differently for each athlete.
- Can occur during practice or competition in ANY sport.
- **Can happen even if you do not lose consciousness.**

HOW CAN I PREVENT A CONCUSSION?

Basic steps you can take to protect yourself from concussion:

- Do not initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
- Avoid striking an opponent in the head. Undercutting, flying elbows, stepping on a head, checking an unprotected opponent, and sticks to the head all cause concussions.
- Follow your athletics department's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Practice and perfect the skills of the sport.

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury. Concussion symptoms include:

- Amnesia.
- Confusion.
- Headache.
- Loss of consciousness.
- Balance problems or dizziness.
- Double or fuzzy vision.
- Sensitivity to light or noise.
- Nausea (feeling that you might vomit).
- Feeling sluggish, foggy or groggy.
- Feeling unusually irritable.
- Concentration or memory problems (forgetting game plays, facts, meeting times).
- Slowed reaction time.

Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

Don't hide it. Tell your athletic trainer and coach. Never ignore a blow to the head. Also, tell your athletic trainer and coach if one of your teammates might have a concussion. Sports have injury timeouts and player substitutions so that you can get checked out.

Report it. Do not return to participation in a game, practice or other activity with symptoms. The sooner you get checked out, the sooner you may be able to return to play.

Get checked out. Your team physician, athletic trainer, or health care professional can tell you if you have had a concussion and when you are cleared to return to play. A concussion can affect your ability to perform everyday activities, your reaction time, balance, sleep and classroom performance.

Take time to recover. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death. Severe brain injury can change your whole life.



IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON. WHEN IN DOUBT, GET CHECKED OUT.

For more information and resources, visit www.NCAA.org/health-safety and www.CDC.gov/Concussion.



Reference to any commercial entity or product or service on this page should not be construed as an endorsement by the Government of the company or its products or services.

Sports Nutrition

Cornell Athletics and Cornell Sports Nutrition promote food first as a superior method for fueling active athletes. Student-athletes and coaches must comply with the procedures above and must use the services of the sport nutritionist for supplement approval. Following these procedures will protect the safety and well-being of student-athletes while ensuring compliance with NCAA rules.

Eating Concerns

An eating disorder can jeopardize the physical and psychological long-term well-being of a student-athlete in addition to affecting his/her athletic performance. It is important, therefore, that athletes, coaches, athletic trainers and team physicians be knowledgeable about eating disorders and the resources available at Cornell University to evaluate and treat them. Coaches, athletic trainers and team physicians, as well as athletes themselves, have an important role in the identification and management of eating disorders.

Criteria for participation of a student-athlete in intercollegiate sports are based on overall physical health, not based on the absence of an eating disorder. Eating disorders are treated like any other injury that may jeopardize an athlete's health and safety. Athletes with a suspected or identified eating disorder should be assured that the concern of Cornell University's health-care providers and athletics personnel is his/her health and safety. Approval for training and competition for those being treated for eating disorder or disordered eating is determined by the chief of sports medicine and the Cornell Healthy Eating Program lead physician.

Resources are available through the Cornell Healthy Eating Program to help athletes, coaches or athletic trainers who becomes aware, or suspect that an athlete may be struggling with an eating disorder. When evaluating or treating an intercollegiate athlete, the CHEP Team will routinely ask and encourage the athlete to permit the coach to be aware of and involved in their care. Coaches and athletic trainers can have an important role in developing a treatment plan, in motivating the athlete to follow the treatment plan and in supporting the athlete in his/her recovery.

Without the express written consent of the athlete, confidentiality regarding an athlete's eating disorder, medical condition and treatment will be strictly respected.

Supplement Policy

It is the philosophy of the Cornell University Department of Athletics and Cornell Sports Nutrition and the Cornell Sports Nutrition that student-athletes are able to meet 100 percent of their nutritional needs through a balanced, nutritious fueling plan that provides for both health and performance.

For more information regarding Student-Athlete Sports Nutrition at Cornell University, contact:

*Clint Wattenberg '03
Coordinator of Sports Nutrition
phone: (607) 255-6952
e-mail: chw5@cornell.edu*

*Department of Athletics
Cornell University
Teagle Hall, Campus Road (mail)
Schoellkopf Memorial Hall (office)
Ithaca, NY 14853-6501*

Nutritional supplements are heavily marketed to athletes for their ability to build muscle mass, speed recovery and improve overall performance, often despite any safety regulations or scientific evidence to make such claims. As a result, they are often tainted, unsafe and misused.

In the US, the Dietary Supplements and Health Education Act of 1994 allows supplement manufacturers to make health claims regarding the effect of products on body structure or function but not therapeutic claims to "diagnose, mitigate, treat, cure, or prevent" a specific disease or medical condition. As long as a special supplement label indicates the active ingredients and the entire ingredients list is provided, claims for enhanced performance can be made, valid or not.

- Contamination of dietary supplements with banned or non-permissible substances is a very real issue. Due to limited regulation of contents of supplements, ingredients may be mislabeled, provide a different level of potency than stated, or even contain substances not listed. All of these can result in harmful health effects or positive drug test result for banned substances.

- Although the identity, purity, and strength of products' ingredients are managed by the Food and Drug Administration, manufacturers are not required to demonstrate the safety and efficacy of their products. Thus, just because a product is correctly labeled, does not mean that it is safe or effective for a specific athlete.

Student-athletes are ultimately responsible for anything they ingest. While every effort will be made to assist athletes in making the best choice possible, all nutritional/dietary supplements carry some risk of containing an NCAA banned substance. It should be known that "positive drug-test appeals based on the claim that the student-athlete did not know the substances they were taking contained banned drugs are not successful" (NCAA Athletic Medicine Handbook).

It is the policy of Cornell Athletics and Cornell Sports Nutrition to promote food as the fundamental basis of our sport nutrition program, including traditional food and forms of "sport food." Sport foods provide a quick and convenient way to meet nutrition needs for optimizing daily training and performance; this includes products such as sports drinks and sports bars. Sport foods are recommended when convenient calories are necessary for fueling and replenishment for pre-/post- competition and workouts.

- ALL nutrition supplements provided to student-athletes MUST comply with NCAA supplement regulations and the NCAA comply with the NCAA regulations for "permissible" foods.

- ALL nutrition supplements ingested by student-athletes MUST comply with NCAA banned substance regulations.

Procedures:

Individual Athletes

1. Unless prescribed or provided by Cornell Sports Medicine providers all athletes is required to meet with the sport nutritionist before taking nutrition supplements. This may include a complete nutrition assessment and supplement evaluation.

2. Evaluations of specific products and education regarding nutraceuticals, nutrition supplements and ergogenic aids for athletes will be made available by request.

Caution – Banned stimulants, hormones and anabolic agents have all been found in nutrition supplements even though they were not listed as ingredients. No product can be guaranteed 100% even after a thorough review.

Athletic Department and Athletic Medicine Personnel

1. All nutrition supplement purchases for teams must be pre-approved by the coordinator of sports nutrition. All nutrition supplements purchased for student-athletes MUST comply with NCAA regulations governing permissible supplements that institutions may provide. Please refer to the chart below for all pre-approved supplement/sport foods.

2. All nutrition supplements recommended/promoted/sold/provided to student-athletes by athletic department and athletic medicine personnel must be pre-approved by the sport nutritionist.

Please refer to the chart below for all pre-approved supplement/sport foods.

3. Evaluations of specific products not on the pre-approved list will be made available by the sport nutritionist by request.



2015-16 NCAA Banned Drugs

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

The NCAA bans the following classes of drugs:

1. Stimulants;
2. Anabolic Agents;
3. Alcohol and Beta Blockers (banned for rifle only);
4. Diuretics and Other Masking Agents;
5. Street Drugs;
6. Peptide Hormones and Analogues;
7. Anti-estrogens; and
8. Beta-2 Agonists.

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

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

Drugs and Procedures Subject to Restrictions:

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

NCAA Nutritional/Dietary Supplements Warning:

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

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

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

Examples of NCAA Banned Substances in Each Drug Class

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

1. **Stimulants:** Amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phenylpropanolamine (Pben); synephrine (bitter orange); methylhexanamine, "bath salts" (mephedrone); octopamine; DMBA; etc.
Exceptions: phenylephrine and pseudoephedrine are not banned.
2. **Anabolic Agents** (sometimes listed as a chemical formula, such as 3,6,17-androstenedione): Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; ostarine; stanozolol; stribolone; testosterone; trenbolone; SARMS (ostarine); etc.
3. **Alcohol and Beta Blockers** (banned for rifle only): Alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.
4. **Diuretics (water pills) and Other Masking Agents:** Bumetanide; chlorthalidate; furosemide; hydrochlorothiazide; probenecid; spironolactone (cazorenone); triameterene; trichlormethiazide; etc.
5. **Street Drugs:** Heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073).
6. **Peptide Hormones and Analogues:** Growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1; etc.
7. **Anti-Estrogens:** Anastrozole; tamoxifen; formestane; ATD; clomiphene; SERMS (nolvadex); etc.
8. **Beta-2 Agonists:** Bambuterol; formoterol; salbutamol; salmeterol; higenamine; nandoclorine; etc.

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

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

Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting the Resource Exchange Center (REC) at 877/282-0769 or www.drugfreeport.com/rec password: ncaa1, ncaa2 or ncaa3.

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

Team Faculty Advisor Program

The purpose of appointing Team Faculty Advisors (TFA) for each of the 37 varsity sports programs is to establish a direct relationship between members of a particular sport team and the Cornell University faculty. The TFA serves as an advocate of the sport, and acts as a liaison leading to a broader network of faculty that can assist student-athletes in meeting immediate and long-term needs. Recognizing most teams vary in the degree to which they need support, the TFA fosters a relationship with his/her team in an effort to satisfy the specific needs of his/her team members.

It is of great benefit to each student-athlete to get to know, utilize, and reach out to their TFA.

General guidelines and purpose of the TFA Program may include, but are not limited to, the following:

- Provide student-athletes with an additional opportunity to receive faculty mentoring
- Strengthen the relationship between student-athletes, professors, and coaches beyond the classroom
- Allow faculty members to observe the level of increased responsibility that student-athletes must adopt to succeed in their parallel educational endeavors
- Provide support to all members of the team
- Assist in directing student-athletes to available campus resources, including their college faculty advisor or advising dean, the Director of Student Athlete Support Services, or possible resources such as:
 - o Learning Strategies Center
 - o Cornell Career Center
 - o Cornell Health
 - o Student Disability Services
- Promote cooperation between intercollegiate athletics and the Cornell faculty
- Serve team members as an individual with which to share their concerns whether it is academic, personal, or athletic in nature
- Provide academic counseling when appropriate
- Provide career counseling when appropriate
- Keep coaches informed of faculty policies and expectations

Sport	Name	Program	College	Netid
Baseball	Bruce Tracey	Hotel	Hotel	jbt6
	Dale Grossman	AEM	CALS	dag14
M. Basketball	Victor Younger	Hotel	Hotel	vby3
W. Basketball	Margaret Shackell-Dowell	AEM	CALS	mbs242
W. Equestrian	Jane Marie Law	Asian Studies	AS	jml16
W. Fencing	Alex Colvin	Labor Relations	IRL	ajc22
Field Hockey				
Football	FAST Team	Various		
	Rosemary Avery	PAM	Hum EC	rja7
	David DeVries	Advising Dean	Arts	dd75
	Deb Perosio	AEM	CALS	djp7
	Matt Miller	M&AE	Eng	mpm4
Golf	Jere Haas	Nutritional Science	HE/CALS	jdh12
	Frank Rossi	Plant Science	CALS	fsr3
Gymnastics	Jack Little	AEM	CALS	jel52
M. Ice Hockey	Dale Grossman	AEM	CALS	dag14
W. Ice Hockey	Dale Grossman	AEM	CALS	dag14
M. Lacrosse	Rosemary Avery	PAM	Hum EC	rja7
	Dale Grossman	AEM	CALS	dag14
	Dick Booth	City and Regional Planning	AAP	rsb6
	Bill Carroll	Hotel	Hotel	wjc28
W. Lacrosse	Risa Mish	Johnson Business School	JS	rmm22
M. & W. Polo	Jane Marie Law	Asian Studies	Arts	jmc16
M. Hwt. Rowing	Chris Batten	ECE	Eng	cb535
M. Ltwt. Rowing	Jesse Goldberg	Neurobiology	Arts	jhg285
W. Rowing	Christine Goodale	Evolutionary Biology	Art/AG	clg33
W. Sailing	Frank Rossi	Plant Science	CALS	fsr3
M. Soccer	Val Warke	Architecture	AAP	vkwl
W. Soccer	Beth Howland	Engineering Advising Dean	Eng	bah18
Softball	Adrienne Wilson	AEM	CALS	aaw25
Sprint Football	Dexter Kozen	Computer Science	ENG	dck10
	Fran Kozen	Fiber Science & Apparel Design	Hum Ec	fhk2
	Jerome Rizzo	Johnson School Student Services	JS	rizzo
M. Squash	Steve Wolf	Natural Resources	CALS	saw44
W. Squash	Steve Wolf	Natural Resources	CALS	saw44
M. & W. Swimming	Ed McLaughlin	AEM	CALS	ewm3
	Sean Nicholson	PAM	Hum EC	sn243
M. Tennis	Don Greenberg	Computer Graphics	AAP	dpg5
	Daniel Schwarz	English	Arts	drs6
	Garrick Blalock	AEM	CALS	gb78
W. Tennis	David Usher	Chemistry	Arts	dau1
	Garrick Blalock	AEM	CALS	gb78
M. Track & Field/XC	Gregory Page	Art	AAP	gp23
W. Track & Field/XC	Bonnie Comella	Undergraduate Biology		bec3
	Derek Chang	History	Arts	dsc37
	Katie Gottschalk	FWS	Arts	kkq1
Volleyball	Andrea Simitch	Architecture	AAP	als34
Wrestling	Deb Perosio	AEM	CALS	djp7
Athletic Student Services Office	Jack Little	AEM	CALS	jel52

Academic Information

Exams

Not all courses have exams, but most do. With the exception of final exams, most exams are given during normal class hours. However, students may have a prelim (any exam that's not a final) scheduled on a Tuesday or Thursday evening, beginning at 7:30. To get schedules for prelims and finals, check the University registrar's course roster or CUInfo.

A schedule of final exams is included in the course roster you receive when you pre-enroll. If you have two exams at the same time, see the professors of the conflicting courses early to resolve the conflict.

Class Attendance

It is important that you attend all meetings of your courses. The right to excuse students from classes rests at all times with the instructor in charge of the course.

Lectures and recitations start at 8 a.m., 9:05 a.m., 10:10 a.m., 11:15 a.m., 12:20 p.m., 1:25 p.m., 2:30 p.m. or 3:35 p.m. and last 50 minutes, except that on Tuesdays and Thursdays, periods may be combined to allow for longer meeting times.

Grades

The official University grading system uses letter grades with pluses and minuses. Passing grades range from A+ to D-; F is failing and earns you no credit. INC denotes a grade of incomplete, and R is the grade given at the end of the first semester of a yearlong course. The grades of INC and R do not have quality-point equivalents attached. Following are the quality-point equivalents of grades A+ through D-.

A+=4.3	A=4.0	A-=3.7
B+=3.3	B=3.0	B-=2.7
C+=2.3	C=2.0	C-=1.7
D+=1.3	D=1.0	D-=0.7

S-U Grades

The individual colleges determine policies on S-U (satisfactory-unsatisfactory or pass-fail) grades. However, there are a few universal rules. An S signifies a grade of C- or above; a U earns you no credit. While neither an S nor a U is figured into your Cornell GPA, other institutions or programs, including graduate schools, may register a U as an F. If you are going to take a course with the S-U option, you must declare that during the first three weeks of the semester. The announcements and supplementary course-registration materials describing each course include a description of grading options, particularly if the course is graded S-U only. Any change in grading options must be announced by the instructor within the first two weeks of the term. Course requirements (reading, term paper, and such) must be the same for students electing S-U grades as for those electing letter grades.

Incomplete

The grade of incomplete is appropriate only when two basic conditions are met:

1. Students have performed substantial work (as determined by your instructor) at a passing level in the course, and
2. Students have been prevented by circumstances beyond his or her control, such as illness or family emergency, from completing all of the course requirements on time.

A grade of incomplete will not be given merely because you do not complete all course requirements on time. In other words, receiving an incomplete isn't an option that you can elect at your own discretion. While it *is* your responsibility to initiate a request for a grade of incomplete, your reasons for requesting one must be acceptable to the instructor, who establishes specific makeup requirements and deadlines. The instructor has the option of setting a shorter time limit than that allowed by your college for completing the course work. Several colleges require that the instructor file a signed statement indicating the reason for the grade of incomplete, and what work needs to be submitted by the deadline.

Advanced Placement Credit

Advanced-placement (AP) credit is credit you earn before you enter as a freshman. Although this credit counts toward your bachelor's degree, its primary purpose is to exempt you from introductory courses. You'll be able to use credit you receive for advanced placement toward your degree only to the extent that your own college allows it.

Physical Education Credit

For graduation, Cornell requires each student to pass the swim test and to earn two credits of physical education. Student-athletes may earn that credit by participating in a varsity sport. Student-Athletes need to participate in their sport for the entirety of their season to receive 1 (one) credit of PE.

NOTE:

University Excuses for Away Travel

Student-athletes are responsible for informing their instructors well in advance of any class days to be missed due to athletics events in which you are participating. It is the student-athlete's responsibility to make arrangements with their instructor(s) to make up any missed assignments or requirements. It is imperative that all student-athletes review their class syllabus in addition to their travel schedule and alert the professor to any conflict. University excuses will be issued at the beginning of each semester by the coach or at the student-athlete's request from the Office of Student-Athlete Services for approved leave time.

Cornell University Academic Calendars

	2016-17	2017-18	2018-19
<u>Fall Term</u>			
Residence Halls Open/Orientation Begins.....	8/19	8/18.....	8/17
Instruction Begins.....	8/23	8/22.....	8/21
Labor Day Holiday (no classes)	9/5.....	9/4	9/3
Fall Break Begins	10/8.....	10/7.....	10/6
Instruction Resume	10/12.....	10/11	10/10
Thanksgiving Recess Begins.....	11/23.....	11/22	11/21
Instruction Resumes.....	11/28.....	11/27	11/26
Last Day of Classes	12/2	12/1.....	11/30
Study Period	12/3-6	12/2-5.....	12/1-4
Exams	12/7-15.....	12/6-14.....	12/5-13
January Graduation Recognition.....	12/17.....	12/16.....	12/15
<u>Winter Session</u>			
3-Week Classes Begin.....	1/3.....	1/2	1/2
<u>Spring Term</u>			
Martin Luther King, Jr. Day.....	1/16	1/15.....	1/21
January Orientation.....	1/20	1/19.....	1/18
Instruction Begins	1/25	1/24.....	1/23
February Break Begins	2/18	2/17.....	2/16
Instruction Resumes, 7:30 a.m.....	2/22	2/21.....	2/20
Spring Break Begins, 1:10 p.m.....	4/1	3/31.....	3/30
Instruction Resumes, 7:30 a.m.....	4/10	4/9	4/8
Last Day of Classes	5/10	5/9	5/8
Study Period	5/11-14.....	5/10-13.....	5/9-12
Exams.....	5/15-18.....	5/14-17	5/13-16
Study Day	5/19	5/18.....	5/17
Exams.....	5/20-23.....	5/19-22	5/18-21
<u>Commencement</u>	5/28	5/27.....	5/26
<u>Summer Session</u>			
8-Week Sess. Reg./Class Begin	6/12	6/11.....	6/10
6-Week Sess. Reg./Class Begin	6/26	6/25.....	6/24
6- & 8-Week Sess. Final Exams.....	8/7-8.....	8/6-7	8/5-6

*Verify Add/Drop appointment window and registration holds on Student Center.

This calendar may be subject to modification and is not legally binding.

Office of the Dean of the University Faculty.

Where To Go For Help on Campus

The following are some on-campus resources which provide valuable services to students:

Where to go for HELP around Campus

Personal Needs

[General CUInfo Help Sheet](#)

[Gannett Health Services](#)

[Counseling and Psychological Services
\(CAPS\) at Gannett](#)

[Cornell Police Department – 255-1111](#)

[Empathy, Assistance, and Referral Service
\(EARS\): Student Peer Counseling](#)

[Cornell Minds Matter](#)

[Cornell United Religious Work](#)

[LGBTQ Resource Center](#)

[Notice and Respond: resources for helping
people in distress](#)

- [What to notice](#)
- [How to respond](#)
- [Resources](#)
- [Concern for another](#)

[SHARE \(Sexual Harassment and Assault–
Response and Education\)](#)

[Victim Advocate – Nina Cummings](#)

[Stress management](#)

[Women’s Resource Center](#)

Academic Needs

**Academic advising and student services offices
by college:**

[College of Agriculture and Life Sciences
\(CALS\): 255-2257](#)

[College of Architecture, Art, and Planning:
255-6251](#)

[College of Arts and Sciences: 255-5004](#)

[College of Engineering: 255-7414](#)

[School of Hotel Administration: 255-6376](#)

[College of Human Ecology: 255-2532](#)

[School of Industrial and Labor Relations:
255-2223](#)

[Biology Advising Office](#)

[Cornell Career Services](#)

[Cornell Study Abroad](#)

[International Students and Scholars \(ISSO\)](#)

[Knight Institute Writing Workshop](#)

[Learning Strategies Center](#)

[Math Support Center](#)

[Student Disability Services](#)