



2007-08

STUDENT ATHLETE HANDBOOK



MISSION STATEMENT

The mission of the Department of Athletics at the University of Massachusetts Boston is to encourage every University of Massachusetts Boston student-athlete to be a champion. To foster an environment where academic integrity, social responsibility and respect for others, and competitive athletics excellence are highly valued. To discover and nurture the “total person” who enriches the world and brings honor to UMB, now and throughout life.

Consistent with the mission of the University and the Department, as well as the goals and policies of the University Athletics Committee, the Department of Athletics is committed to nurturing human potential. Also consistent with the goals of the University, the Department of Athletics is committed to the goals of diversity and fairness in its student-athlete population and programs. The academic/athletic experience at the University provides student-athletes with creative, communicative and critical reasoning skills – a solid foundation from which to build a successful future.

In addition, the Department of Athletics continues to emphasize to student-athletes, coaches, administrators and the people of Massachusetts its unyielding commitment to honesty and integrity.

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DEPARTMENT OF ATHLETICS STAFF

ADMINISTRATION

Vice Chancellor of Athletics and Recreation	Charlie Titus	287-7895
Senior Associate Dir. of Athletics/Business	Pat Burns	287-7808
Senior Associate Dir. of Athletics/Intercollegiate ...	Terry Condon	287-7832
Asst. Director of Athletics/Compliance	Cheryl Aaron	287-7807
Asst. Director of Athletics/Community	Rodney Hughes	287-7825
Asst. Dir. of Athletics/Intramurals & Recreation	Chris Fitzgerald	287-6788
Manager of Athletic Facilities	TBA	287-7806
Development Coordinator/IT	David Marsters	287-7802
Assistant to the Vice Chancellor of Athletics	Schanna James	287-7805
Assistant Athletic Business Manager	Betty Ann Collins	287-7803
General Manager of Beacon Fitness Center	Chris Fitzgerald	287-6788
Administrative Assistant	Ana Torres	287-7895

INTERCOLLEGIATE ATHLETICS

Student Athlete Support Services	Cheryl Aaron	287-7807
Head Athletic Trainer	Ed Perkins	287-7818
Assistant Athletic Trainer	Shannon Soares	287-7819
Equipment Manager	Myles Berry	287-7822
Intercollegiate Coordinator	Dave Roberts	287-7831
Athletics Communications Director	Alan Wickstrom	287-7815
Academic Counselor	Marybeth Maneen	287-7809
Strength & Conditioning Coach	Aaron Olsen	287-7827

HEAD COACHING STAFF

Baseball	Brendan Eygabroat	287-7817
Basketball (Men's)	Charlie Titus	287-7895
Basketball (Women's)	Shawn Reneé Polk	287-7848
Cross Country (Men's and Women's)	Sarah Shapiro	287-6788
Hockey (Men's)	Peter Belisle	287-7812
Hockey (Women's)	Maura Crowell	287-7869
Indoor Track & Field (Men's and Women's)	Pershing Reid	287-6788
Lacrosse (Men's)	TBA	287-7822
Outdoor Track & Field (Men's and Women's)	Pershing Reid	287-6788
Soccer (Men's)	Myles Berry	287-7822
Soccer (Women's)	Amy Zombeck	287-7851
Softball	TBA	287-7851
Tennis (Men's and Women's)	Eric Berg	287-7846
Volleyball (Women's)	Terry Condon	287-7832

THE DIVISION III PHILOSOPHY

Colleges and universities in NCAA Division III place highest priority on the overall quality of the educational experience and on the successful completion of all students' academic programs. They seek to establish and maintain an environment in which a student athlete's athletics activities are conducted as an integral part of the student athlete's educational experience. They also seek to establish and maintain an environment that values cultural diversity and gender equity among their student athletes and athletics staff.

To achieve this end, Division III institutions:

- Place special importance on the impact of athletics on the participants rather than on the spectators and place greater emphasis on the internal constituency (students, alumni, institutional personnel) than on the general public and its entertainment needs;
- Award no athletically related financial aid to any student;
- Encourage the development of sportsmanship and positive societal attitudes in all constituents, including student athletes, coaches, administrative personnel and spectators;
- Encourage participation by maximizing the number and variety of athletics opportunities for their students;
- Assure that the actions of coaches and administrators exhibit fairness, openness and honesty in their relationships with student athletes;
- Assure that athletics participants are not treated differently from other members of the student body;
- Assure that athletics programs support the institutions's educational mission by financing, staffing and controlling the programs through the same general procedures as other departments of the institution;
- Provide equitable athletics opportunities for males and females and give equal emphasis to men's and women's sports;
- Support ethnic and gender diversity for all constituents;
- Give primary emphasis to regional in-season competition and conference championships;
- Support student athletes in their efforts to reach high levels of athletics performance, which may include opportunities for participation in national championships, by providing all teams with adequate facilities, competent coaching and appropriate competitive opportunities.

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

FROM THE ATHLETIC DIRECTOR

Dear Student Athletes:

Welcome to the 2007-2008 UMass Boston Athletics season. The beginning of fall semester is always an exciting time for returning student athletes to catch up with their coaches, teammates and classmates. For new student athletes, it is a time to become familiar with the campus and acclimate yourself to your new environment. The entire Athletic Department staff is here to help and support each of you as you work toward your academic and athletic goals.

Coaches, staff and student athletes and the entire UMass Boston community are proud to celebrate the accomplishments of the 2006-2007 season which saw the UMass Boston men's soccer, women's ice hockey, men's basketball, women's basketball, men's lacrosse and baseball teams all advance to post-season play. The volleyball team registered the second-highest win total in school history and boasted the conference rookie and coach of the year, while the men's soccer squad posted its best record in seven years and showcased three first team all-conference players, including two all-region honorees to go with the top coach in the conference. A much-improved men's ice hockey team won its first shutout in seven years and won its most games since the 1999-2000 season. Several UMass Boston athletes were among the best players in their respective conferences. Individual student-athletes experienced and were acknowledged for their academic and athletic success.

In addition to their on-the-field accomplishments, Beacon athletes also made a positive impact on the community. In the past year, for example, the Department of Athletics expanded its already strong ties to the Greater Boston community by offering a number of instructional clinics designed to develop personal pride and an appreciation for sports among local children. All intercollegiate teams not only pursued their full schedules of competitions, but also participated in community service projects. Our student athletes also continued to be active in campus projects, functions, events and initiatives.

The Department published a new brochure "Do you have what it takes to be a Beacon?" focusing on the opportunity and expectation for community service that UMass Boston student athletes will experience. The Student Athlete Advisory Council hosted a showing of the documentary film "Education for What?" that discussed civic responsibility. The brochure and the film will be available to you during the current year.

It is important that, as a student athlete at UMass Boston, you take full advantage of all the resources available to you on our campus. UMass Boston is an outstanding institution with great academic support programs - offering you the opportunity to work side by side with professors who have been nationally and internationally recognized as leaders in their fields. Take full advantage of the outstanding teaching and advice available from these faculty members and from the academic support services like counseling and career planning that are available to you. Develop productive relationships with your professors and others on campus, and attend campus events whenever possible. You can enhance the value of your UMass Boston degree by investing in your academic experience and participating in campus life overall. The commitment you make to your education and total university

experience now will reward you with benefits and wonderful memories that will last a lifetime.

Our coaches and professional staff are highly qualified individuals dedicated to helping you develop as a student and as an athlete. You will find that our support services for athletes - academic advising, strength and conditioning, and sports medicine - are second to none. Make sure that you take advantage of the expertise we offer in these areas.

Meeting the full range of responsibilities expected of a student athlete at UMass Boston may at first seem daunting. But I want to assure you that it can be done. Over the years, our graduates have demonstrated that they have the ability to meet the academic challenges that all students encounter, while also meeting the additional demands of time and energy that are part of being a highly competitive student athlete. The rigorous program you pursue will give you the satisfaction of improving the environment and well being of UMass Boston and equip you to go on in life as a well-educated, dynamic leader in your community.

High performance requires the setting of personal goals and development of all your individual talents. But I want to remind you that it also requires broader attention to the collective good. Support your teammates and help them to develop. Attend as many games as possible. And remember that we must all work together to make UMass Boston Athletics one of the top programs in our region.

Finally, let me remind you of your responsibility as a role model. UMass Boston is an urban institution whose varsity intercollegiate program has been developed to provide opportunities for participation to students regardless of race or gender. Please do all you can to help us ensure a supportive, hospitable, inclusive setting for everyone. In particular, please keep in mind that, as a member of a UMass Boston sports team, you will be observed by many people throughout the community. The way you conduct yourself will reflect upon you, your team and the University. Let's work together to maintain UMass Boston's reputation.

Work hard to maximize the number of wins in 2007-2008 ...on the playing surface and in the classroom.

Sincerely

A handwritten signature in cursive script that reads "Charlie Titus".

Charlie Titus

Vice Chancellor for Athletics and Recreation

ELIGIBILITY AND ACADEMIC SUPPORT

Cheryl Aaron, Assistant Director of Athletics, 287-7807

As a student athlete, you are responsible for your education. Our staff will provide every opportunity for you to be successful in the classroom. However, it is your responsibility to both be aware of and fulfill all of your academic responsibilities within the University. In doing so, if you focus on completing all requirements for graduating and obtaining a degree, maintaining your athletic eligibility should not become an issue.

Your eligibility is based on, but not limited to, the following:

- Academic standing
- Full-time course enrollment
- Satisfactory progress toward degree
- NCAA regulations
- University policy
- Conference requirements
- Athletic department requirements

ACADEMIC STANDING

Academic standing is defined and published in the university catalogue. You are expected to familiarize yourself with the requirements within the catalogue. **It is your responsibility to know what you are required to do in order to maintain good standing.** If you are placed on probation you are not considered in good standing and will be ineligible to participate in intercollegiate athletics. You must maintain a cumulative 2.0 GPA at all times.

FULL-TIME ENROLLMENT

You must be a matriculated student enrolled in a minimum of 12 credits at any time that you wish to participate in varsity athletics. If you fall below 12 credits at any time during the season, you will become ineligible immediately.

SATISFACTORY PROGRESS

As a student-athlete, you must make satisfactory progress toward a degree in order to be eligible to participate. To do so, you must earn 24 credit-hours within the previous 12 months. Incomplete grades **do not** count toward your satisfactory progress. There is an appeal process for those student-athletes that do not meet this requirement where **extraordinary circumstances** exist. Appeals will be judged

on an individual basis, and will only be granted in rare circumstances where the failure to meet the requirement was completely beyond the student's control and can be documented.

The satisfactory progress requirement will be based upon the total credits earned during the following terms.

- If your playing season begins during the Fall 2006 term - Fall 2005, Winter 2006, Spring 2006 and Summer 2006
- If your playing season begins during the Spring 2007 term - Spring 2006, Summer 2006, Fall 2006 and Winter 2007.

The satisfactory progress requirement is not applicable to student-athletes entering their first year of participation.

ACADEMIC ADVISING

The Academic Counselor is available for advising and support for all student athletes. Starting with the recruitment of student athletes through graduation and beyond, the Academic Advisor is involved with helping student athletes achieve their academic goals while participating in a highly competitive athletic program.

The Academic Counselor works with all students, helping them choose a course of study, registering students for appropriate courses, and making students aware of various on-campus resources that are available to help them make career choices.

The role of the Academic Counselor is to serve as liaison between the athletic department and all campus wide services. The athletic department is an integral part of a vibrant UMass Boston campus. It is the philosophy of The UMass Boston Athletic Department that student athletes are students before they are athletes. The athletic department encourages all students to take advantage of the services that are available to them, and to participate in campus life whenever possible.

CLASS EXCUSES

At the beginning of each semester the SASS office supplies "Excuse Letters" for each in season team outlining the University's policy on excused absences and each specific

team's travel schedule. Student-athletes are responsible for providing each of their professors with these letters immediately upon receipt. This is an excuse for missed class time, not missed work. If the conflict occurs on a date of an exam, you will stay and take the exam. Speak with your professors early in the semester about possible conflicts.

PRIORITY REGISTRATION

Student-athletes may choose courses for the next semester one day prior to the start of registration. In order to do this, you must:

- Pull up a degree audit and print out. You must have your password to do this. If you do not have a password, you must go to the registrar's office to obtain one.
- Make an appointment with your academic advisor for your degree requirements and degree check. You must have your academic advisor complete the appropriate form then bring that form back to the Academic Counselor when you register.
- Make an appointment with the Academic Counselor to register. All student-athletes must fill out a pre-registration form prior to seeing the Academic Counselor.
- You will not be able to register without these two forms.

By using priority registration, you will minimize class/game conflicts.

FINANCIAL AID

Every student-athlete should apply for financial aid. This free application can either be done online at www.fafsa.ed.gov or you can pick up an application from the One Stop Center.

The application for financial aid is generally available by January 15 for the academic year starting the following September. **YOU MUST HAVE A COMPLETE AND ACCURATE FAFSA ON FILE BY MARCH 1ST.**

COMPUTER LAB

The Clark Athletic Center computer lab is located on the upper level in the conference room. The lab is open and available for your convenience.

If all computer units are being utilized, priority

is given to those student-athletes that are actually working on projects relative to an academic course. Student-athletes that are using email or the internet for personal use may be asked to give up their computer if the need arises. Your cooperation in this area is greatly appreciated.

STUDY HALL PROGRAM

Participation in study hall is mandatory for the following student athletes:

- **Incoming freshmen**
- **Transfer students**
- **Students with a 2.2 GPA or below**
- **Students on probation**

Study Hall sessions will be held Monday through Friday during the designated time period and assigned area. All assigned students must attend four hours per week with a two-hour maximum per day. All students will be required to show a UMass Boston or valid ID for sign-in to all study hall sessions attended. Each student is responsible for sign-in and sign-out. Attendance for study hall will be recorded and forwarded to each respective coach on a weekly basis. Study hall is required for one full academic year upon matriculation.

WRITING PROFICIENCY REQUIREMENT

Requirement for all CAS students; must be fulfilled before reaching 75 credits.

Two methods of fulfilling requirement:

- **Pass writing proficiency exam (exam given twice a year - January & June)**

5 COMMITMENT AREAS

- A) Academics
- B) Athletics
- C) Personal Development
- D) Career Development
- E) Service

• **Submit portfolio (three certified papers and one paper on given topic)**

STUDENT ATHLETE SUPPORT SERVICES/LIFE SKILLS

The SASS mission is "committed to a comprehensive program that provides educational experience and services in order to develop well balanced lifestyles for student-athletes; to encourage growth in

decision making, planning and fulfillment of career and life goals.”

The SASS program will be presented this year at UMB through the development of

workshops/guest speakers that address identified life skill needs in the five commitment areas of this program.

NCAA COMPLIANCE

Any student athlete wishing to compete in varsity athletics at UMass Boston must attend a student athlete briefing session conducted by the Director of Athletics or a representative of the athletic department prior to the season. Your head coach will inform you of the date and time of the session for your team.

In addition to meeting the NCAA requirements for academic eligibility, the following is a summary of some NCAA rules of which you should be aware during your period of eligibility.

AMATEURISM

You are not eligible to participate in intercollegiate athletics if you have ever taken pay, or promise of pay, for competing in that sport; agreed to compete in professional athletics in that sport; played on any professional athletics team; or used your athletic skill in any form in that sport.

PARTICIPATION

You are not eligible to participate in more than four seasons of intercollegiate competition in any one sport. You shall complete your seasons of participation during the first 10 semesters in which you are enrolled in a collegiate institution.

ETHICAL CONDUCT

A student athlete who is found to have engaged in unethical conduct shall be ineligible for intercollegiate competition in all sports. Unethical conduct consists of, but is not limited to:

- Fraudulence in connection with entrance or placement examinations;

- Engaging in any athletics competition under an assumed name or with intent otherwise to deceive;
- Dishonesty in evading or violating NCAA regulations;
- Knowingly furnishing the NCAA or your institution false or misleading information concerning the student’s involvement in or knowledge of matters relevant to a possible violation of NCAA regulations.

DRUG TESTING

The privilege of representing UMass Boston Athletics as a student-athlete carries the responsibility of positively representing the character of UMass Boston, as a role model and a leader, both on and off campus. The mission of UMass Boston’s student-Athlete Substance Abuse Prevention Program is to define that responsibility and to maintain the integrity of UMass Boston, both academically and athletically, while strengthening our long history of athletic excellence. The drug testing program will:

- Promote the health, safety and welfare of all student-athletes ;
- Enhance the quality and credibility of the athletics program at UMass Boston;
- Promote fair competition;
- Further develop the knowledge of the UMass Boston community on the detrimental effects of banned substances;
- Maintain an environment that encourages student-athletes to avoid the use and/or abuse of banned substances, and ensure compliance with NCAA standards.

The current NCAA policy of drug testing at all levels of Division III championships, along with the goal of UMass Boston athletics to compete at the highest level, necessitates the need for institutional drug testing policies to ensure student-athlete preparedness. The Athletic Department is taking a proactive approach to these issues by instituting a program of education, testing and support.

The Athletic Department believes that random drug testing and testing based on reasonable suspicion are appropriate to ensure the health, safety and welfare of our student-athletes. Therefore, UMass Boston Athletics will start our drug testing program this Fall (2006) and continue randomly throughout the year.

GAMBLING ACTIVITIES

Gambling has become a primary issue of emphasis within the NCAA membership. It is critical that you understand, and abide by, the regulations in this area to avoid jeopardizing your athletic eligibility. Student athletes, as well as staff members of the department of athletics, shall not knowingly:

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

Student athletes found in violation of the provisions of this regulation shall be ineligible for further intercollegiate competition.

TOBACCO PRODUCTS

The use of tobacco products is prohibited in all sports during practice and competition.

EXTRA BENEFITS

NCAA regulations prohibit UMass Boston staff members and representatives of athletics interests from providing a student athlete with any extra benefit.

Extra benefits include, but are not limited to gifts of clothing or equipment, cash or like items, any tangible items including merchandise, free or reduced-cost services, rentals or purchases of any type, or free or reduced-cost housing or employment for a prospect or a prospect's relatives.

ENDORSEMENT OF COMMERCIAL PRODUCTS

NCAA rules prohibit the use of any enrolled student athlete's name or picture to endorse a commercial product or service.

There are extremely strict guidelines involving the use of student athletes for promotional purposes. All requests for any advertisement involving an event or commercial product must have prior approval of the compliance officer. What may seem to be a harmless act can be interpreted as a violation.

OUTSIDE COMPETITION

You are not eligible in your sport if you compete as a member of any outside team in any noncollegiate, amateur competition during the institution's intercollegiate season in the sport.

CODE OF CONDUCT

The department of athletics has adopted a standard of ethical conduct and behavioral expectations which may exceed those of non-student athletes.

You are expected to abide by the UMass Boston code of student conduct and all other university policies as well as the rules of the NCAA, the Little East Conference and other respective conferences.

- Student athletes are subject to the rules and regulations specified by each head coach for team membership.
- Student athletes are prohibited from drinking alcoholic beverages while participating in UMB athletics.
- It is the policy of the department of athletics that any student athlete charged with a felony crime will be immediately suspended from athletic participation until all charges are resolved and will thereafter be eligible for reinstatement upon subsequent determination by the Director of Athletics.
- Behavior that is detrimental to the UMass Boston Department of Athletics is subject to the interpretation of the head coach and Director of Athletics.

VIOLATIONS

The head coach, subject to the review and approval of the director of athletics, may bar a student athlete from participating in team activities for violations of the code of conduct.

This sanction may be imposed as soon as the head coach notifies the student athlete of the violation, gives the student athlete an opportunity to explain what happened, and subsequently determines that a sanction is justified.

Violations resulting in permanent dismissal are reviewed by the Director of Athletics. At the request of the student athlete, the Director of Athletics will conduct a hearing to review the nature of the violation and the subsequent dismissal from the team.

SPORTSMANSHIP

Student athletes shall conduct themselves in a manner reflecting positively on the reputation of UMass Boston both on and off the field of play. Behavior at all times must reflect the high standards of honor and dignity that should characterize participation in competitive intercollegiate sports.

The objective of UMass Boston Athletics is for our student athletes to always maintain an attitude of respect toward our opponents. As a student athlete, you are expressly prohibited from engaging in the following behaviors:

- Fighting opponents, fans or officials;
- Taunting opponents;
- Inappropriate celebrations with the intent to embarrass opponents;
- Disrespectful attitude toward opponents;
- Inciting crowd hostility toward opponents in an unsportsmanlike manner;
- Profane and vulgar language.

OPPORTUNITIES FOR STUDENT ATHLETES

As a student athlete at UMass Boston, the following opportunities are available to you.

STUDENT ATHLETE ADVISORY COMMITTEE

The Student Athlete Advisory Committee (SAAC) is comprised of student athlete representatives from each of UMass Boston's teams. The purpose of the organization is to promote all UMB sports and provide student athletes an opportunity to impact those issues that affect their daily lives.

Members of each team will nominate and select an eligible student athlete to represent their sport on the SAAC. An alternate will also be selected, in the event that the designated representative cannot attend a meeting. It is expected that each team will be represented at every scheduled meeting/event.

Throughout the year, student athletes are encouraged to communicate ideas and concerns to the respective representative of their sport.

PROGRAM EVALUATIONS

At the end of the season, each student athlete will have the opportunity to complete an evaluation of the season. Student athlete feedback is important in our efforts to continually improve our programs. This

process will include assessment in the areas of:

The evaluation will be distributed and collected by an administrator in the Athletic Department. The Assistant Director of Athletics/Intercollegiate will compile the individual responses prior to sharing the information with the appropriate coach and staff members. Therefore, all individual responses will remain confidential.

SENIOR LUNCHEON

All student-athletes that have completed their seasons of eligibility will be invited to a senior luncheon in May. The purpose of the luncheon is to express appreciation for all of the time and effort that these individuals have invested in our athletic program. In addition, student-athletes will have the opportunity to give feedback to the Director of Athletics and Assistant Director of Athletics/Intercollegiate regarding their athletic experience at UMB.

Coaching Staff
Academic Advising
Sports Medicine
Strength & Conditioning
Equipment Room
Facilities

EQUIPMENT ROOM

Myles Berry, Equipment Manager, 287-7822

The intercollegiate equipment room provides game uniforms, practice clothing and protective equipment for all intercollegiate athletes. A full-time equipment manager and student work-study assistants staff the room.

Normal operating hours are from 11:30 a.m. to 8:30 p.m. For all home events, the equipment room will open a minimum of two hours prior to the start of the event.

GAME UNIFORMS

Uniforms, warmups and travel bags for away games are provided by the equipment room. Team members may pick up their assigned uniforms two hours prior to the start of a home game or a scheduled departure time for away games.

Uniforms for weekend away games should be picked up on Friday. All uniform items, including travel bags, are to be returned to the equipment room immediately following each contest. There is a laundry chute located next to the equipment room window, which can be used to drop off uniforms if a team returns after the room has closed.

Uniform numbers are assigned by the head coach.

PRACTICE ISSUE

Each student athlete is issued a practice sweatsuit, t-shirt, shorts, socks, towel, combination lock, and numbered laundry pin. The towel, lock and pin are to be returned after the season.

The equipment room uses the laundry pin system. All clothing attached to an assigned pin will be laundered and returned on the pin.

Pins should be dropped off at the equipment room window or laundry chute after each practice. Laundered clothing can be picked up two hours prior to the next scheduled practice.

PROTECTIVE EQUIPMENT

The equipment room will provide all protective equipment necessary for each sport. The equipment manager and the sports medicine staff will oversee equipment fitting. All equipment is identified by number, and each student athlete is responsible for the individual pieces of equipment issued to him or her.

RETURN OF ISSUE

It is the responsibility of the student athlete to return all issued uniform items, practice gear and protective equipment immediately following the last contest of the season. Any item not returned must be paid for in full. Failure to do so will result in the student athlete's being administratively withdrawn from the university.

LOCKER ROOMS

Each team will be assigned a locker room during the season. The key for the locker room will be available from the equipment room two hours prior to practices and games. Team members are responsible for the security of their own room. Non-team members should not be allowed in the room.

When the locker room is not in use, the room must be kept locked and the key must be returned to the equipment room.

SPORTS MEDICINE/VARSITY WEIGHT ROOM

Ed Perkins, Ath. Trainer, Shannon Soares, Asst. Ath. Trainer, 287-7818, Strength & Cond. Coach, 287-7827

SPORTS MEDICINE AREA

The sports medicine area is available to all varsity-level athletes.

The facility is designed to manage, treat and rehabilitate athletic injuries. The staff — two full-time certified athletic trainers — is present at all home contests as well as at available away games.

The staff is responsible for all medical issues as they relate to the student athlete. Referrals for follow-up care with team physician Anthony A. Schepsis, M.D., will be done through the sports medicine area.

The staff is also responsible for relaying all pertinent information to the individual coaches. Student athletes are encouraged to use the sports medicine area on a daily basis.

TRAINING ROOM GUIDELINES

- Proper dress is required and includes shorts and t-shirt
- Athletes are required to shower before treatments
- Equipment and cleats are to be left in the locker room
- Inappropriate language is prohibited



Varsity Weight Room

The Department of Athletics' strength and conditioning program is designed to enhance the physical well being of its student-athletes through strength training, flexibility, anaerobic conditioning, nutritional consultation, sports-specific physiological analysis and rehabilitation. The Strength & Conditioning Coach manages the operation of the strength and conditioning programs and reports to the Head Athletic Trainer.

All 14 intercollegiate sports teams are provided access to the Varsity Weight Room. Based on physiological evaluations, the Strength & Conditioning Coach works closely with each sport's Head Coach to design individual programs for every student-athlete. In general, each student-athlete is encouraged to complete a prescribed number of training programs during each 12-month cycle.

The Strength & Conditioning Coach retains the right of approval for all individuals using the Varsity Weight Room. The Beacon Fitness Center is available to all University of Massachusetts Boston students, including student-athletes.

Access to the Varsity Weight Room is restricted to posted operating hours. The Strength & Conditioning Coach retains authority to limit access to the Varsity Weight Room and to change hours of operation as necessary. Scheduled team workouts take priority over individual training.

Varsity Weight Room Hours

The Varsity Weight Room will be open for use at 12:30 p.m. and will close at 6:00 p.m., Monday through Friday, during the academic year. The open hours will vary, but every attempt will be made to accommodate the student-athlete. For any other use, arrangements must be made with the Strength & Conditioning Coach or Head Athletic Trainer.

ORIENTATION FOR USE OF WEIGHT ROOM

At the beginning of the academic year, the Strength & Conditioning Coach will schedule an orientation meeting for your team with your Head Coach. The orientation is designed to familiarize the student-athletes with Weight Room policies and procedures. Training schedules are disseminated during the orientation along with all rules and guidelines governing the facility. Student-athlete attendance is mandatory at the orientation session prior to any training.

RULES OF CONDUCT AND OPERATION

All student-athletes who use the Varsity Weight Room are required to comply with the rules of operation regarding conduct and equipment use. Violators of established rules are subject to discipline and possible suspension of Varsity Weight Room privileges. Respective Head Coaches are notified of all disciplinary actions. The following rules have been established to ensure a safe environment:

WEIGHT ROOM GUIDELINES

- The Varsity Weight Room is locked at all times unless a trained and authorized supervisor is present. Student-athletes are to lift only when their sports is scheduled or during open-lifting periods.
- Each weight shall be returned to the specifically marked place on the rack after use.
- Weights are not to be exchanged from one station to another. There is plenty of weight at each station for each participant's use.
- Anyone choosing to squat outside of the squat rack must have at least two spotters present.
- The rubber bumper plates are for platform use only.
- Soft drinks and chewing tobacco are

not allowed in the Weight Room.

- Every student-athlete must wear shirt and shoes at all times. No one will be allowed to lift in street clothes.
- No equipment is to leave the Varsity Weight Room for any reason unless the Strength & Conditioning Coach has checked it out.
- No spitting on the walls or floor.
- Chalk is to stay in the chalk bowl; hands should be kept over the bowl while chalking up.
- Student-athletes are to be mindful of the purpose of the Varsity Weight Room and give maximum effort during workouts.
- Individuals are expected to be courteous to others and respectful of the facility (i.e. defacing of walls or equipment is prohibited).
- Student-athletes are to consult with the Strength and Conditioning staff whenever they have a training question.
- Student-athletes are to sign in for each training session.
- Qualifying lifts will be displayed on the Beacon Record Board after testing sessions.
- No horseplay of any type will be tolerated.
- Injuries of any type are to be reported immediately to the athletic training staff.

DISCIPLINARY ACTION

Disciplinary actions are based on the severity of the rules of conduct or operation violation as appropriate. The discipline may include physical workouts or suspension from the facility. The Strength & Conditioning Coach consults with the sport's Head Coach when disciplining student-athletes.

ATHLETIC DEPARTMENT AWARDS

VARSITY LETTER

To be eligible for a varsity letter, team members must participate in at least 75 percent of all practices and contests for the season, successfully complete the season, and return all UMass Boston equipment issued to them.

The awards committee acknowledges the existence of special and extenuating circumstances (i.e., injuries) and will review any individual cases as they are reported.

MOST VALUABLE PLAYER AWARD

One MVP for the season will be selected by the head coach using any process that he or she chooses.

FRESHMAN OF THE YEAR AWARD

This award will be presented to the freshmen student athlete who displays outstanding athletic ability in positively contributing to his/her respective team. In order to be eligible, the student athlete must be in his/her first year at UMass Boston and have no more than 30 accumulated credits. Selection of the award will be made by the awards committee.

ACADEMIC TEAM AWARD

This award will be presented to the team whose players and coaches have demonstrated excellence toward academic success.

Selection of this award will be made by the awards committee.

INDIVIDUAL ACADEMIC AWARD

This award will be presented to the individual student athlete who has demonstrated excellence toward academic success. Consideration will be given to GPA for the academic year, degree of commitment to academic work and any academic recognition received. Selection of the award will be made by the awards committee.

STRENGTH & CONDITIONING AWARD

This award will be presented to the student who displays the most dedication and self-motivation in the Strength & Conditioning program. The recipient will be determined based upon attendance, effort and attitude in the weight room, and overall improvement in strength, size and technique. The Strength

& Conditioning staff will make the selection for this award.

SENIOR AWARD

To be eligible for a senior watch award, a team member must be a four-year letterwinner in one sport or a three-year letterwinner with special consideration (injury, transfer, etc.). He or she also must be a graduating senior as of May 2006 or have completed all of his or her athletic eligibility.

WILLIAM PUERTO AWARD

This award will be presented to the student athlete who displays an exemplary level of sportsmanship, ability and overall contribution to the department and athletic program at UMass Boston. The winner is a graduating senior or a student who has completed all of his or her eligibility and a three- or four-year participant in varsity intercollegiate athletics.

The awards committee accepts open nominations from the head coaches and will make a determination from the nominations received.

ATHLETIC DIRECTOR'S DISTINGUISHED STUDENT ATHLETE AWARD

This award will be presented to the student athlete who displays an exemplary academic and athletic career at UMass Boston, is a graduating senior or is a student who has used all of his or her eligibility, is a three- or four-year participant in varsity intercollegiate athletics, and has been an outstanding overall contributor to the promotion and reputation of UMB academics and athletics.

The Director of Athletics will accept nominations from the head coaches in the selection of this award.

AWARDS BANQUET

The annual athletic awards banquet will be held in May. The Athletic Department Awards will be presented at this event, as well as any conference, regional or national recognition. All UMB student athletes will be invited to attend as guests of the Athletic Department. Friends and family members may attend by purchasing tickets to the event.

APPENDIX A

ACADEMIC SUCCESS

A concrete plan for academic success will play a major role leading to your graduation.

Academic success doesn't just happen. You make it happen.

The major components that consistently appear on educators' lists for academic success are setting priorities, managing your time, and academic preparation.

SETTING PRIORITIES

The first major step in developing a plan for success is deciding exactly what you want from college. How important is college to you? How important are good grades to you? How important is your sport to you? How important is an active social life to you?

These questions need to be answered in order to develop your plan and determine your priorities.

Analyzing situations in relation to your list of priorities will direct your decisions in a positive manner. Your decisions need to be consistent with your priorities. If grades are important and a top priority, then you must act in ways that will promote academic success.

While you are developing and establishing your priorities, you should also utilize all resources and people who are available to help. There are many professional people on-campus who can assist you with your academic plan. Speak with your academic advisor about specific campus services that are available and follow through on all recommendations.

MANAGING YOUR TIME

A key factor, time must be effectively managed in order to be successful in any endeavor you choose. Being a student athlete will present a tremendous demand on your time, but being able to recognize your demands and manage your time enables you

to maximize your chances for success.

Developing a list of demands on your time (classes, studying, meals, work, practice, travel, sleep, games) and fully understanding the requirements of each will help you realize the importance of time management.

No matter how well you manage your time, an event could arise that will alter your plans. If you have followed your schedule and managed your time well in the past, the possible negative effects of these unforeseen events will be minimized.

NOTETAKING TIPS

- Read assigned material prior to classtime;
- Limit notetaking to important concepts — vocal emphasis by the instructor, discussion of concepts not covered in a textbook, or visual aids used to emphasize points provide clues as to what's important;
- Record notes in a notebook;
- Ask the instructor what is important.

EXAM PREPARATION

- Attend all classes;
- Take good notes;
- Ask the instructor what the exam will cover;
- Review all material and notes;
- Study in groups if that method is effective for you;
- Take care of yourself;
- Speak with your coach if time is needed for exam preparation;
- Know the exam format and value of the exam toward the final grade;
- Have confidence in your preparation.

APPENDIX B

STUDY HALL POLICIES

1. Attendance is Mandatory.
2. You must attend at your assigned time.
3. Within the first week of classes, you must present all of your course syllabi.
4. You must bring a copy of your syllabi to all study hall sessions.
5. You must have an updated and accurate assignment book with you at all study hall sessions.
6. You are to work only on approved assignments during your study hall hour.
7. You are only to do approved assignments in the computer lab.
8. Tutoring will be available in the study hall sessions.
9. Study hall will be for written and assignment work only; library work and required reading will be done on student-athlete's own time.
10. Permission to miss study halls will be given only in emergency situations with prior approval of the Academic Advisor. In the case of an extreme emergency, it is the student-athlete's responsibility to inform the Academic Advisor immediately
11. Students must comply with the Student-Athlete Tracking and Monitoring System.

Failure to comply with any of the above will result in an immediate review of the student athlete's privilege to participate in UMass Boston Intercollegiate Athletic Program.

APPENDIX C

NUTRITION TIPS FROM THE ATHLETIC DEPARTMENT

WATER

One of the essential elements of survival is water. Water is also the starting point for every athlete to perform better. Whether one is trying to lose, gain or maintain weight, water is the place to start!

Water acts as a catalyst in every chemical reaction that goes on in the body. In relation to food, water is the means in which food is broken down for fuel. When the body does not get an adequate amount of water, food, especially fat, gets stored instead of broken down for fuel. Taking in 64 ounces or eight 8-ounce glasses of water everyday will supply one's metabolism with the needed catalyst for using food in the most efficient manner.

Unfortunately for us, thirst is a poor indication of hydration level. When your

body tells you it is thirsty you are already in trouble and need water. Alcohol, caffeine and sodium rich products also steal water from one's system. To eliminate all of the above products from one's diet would be ideal but may not be realistic. In an effort to balance out these "water stealing" products, try drinking an extra glass of water for every cup of coffee, sodium-rich food, can of soda you drink.

BALANCING YOUR DIET

The best place to start with your own diet is to assess it now before you try to change it. Whether your goal is to lose or gain weight or perhaps to just eat healthier the starting point is to keep a record of what you eat for a day or two. Keep an accurate record that includes what you ate, when you ate and how much you ate.

For most athletes it is not decreasing or increasing the amount of food one consumes but balancing one's diet. With your food records in hand use the work sheet that follows to see how well or how poorly your diet stacks up to the American Dietetic Association's recommendations.

Using this work sheet, may help you see trends of over consumption of breads, cereals and/or pastas, not eating enough fruits and vegetables or eating a diet made up solely of fried foods. With this work sheet you can see where to start to balance your diet.

BREAKFAST

Drinking water and balancing one's diet are key components in learning to eat healthier and in enhancing athletic performance, one of the most important things overlooked in eating is breakfast. Infants eat every two hours; while adults typically eat every four or five hours. The body's metabolism increases every time food is eaten, which creates a corresponding cycle of metabolic increases every four or five hours. Even eating a last meal as late as eight o'clock, there is a time span in which the body's metabolism does not increase on the usual four or five hour cycle. Metabolism usually decreases even more because it is not getting its usual feeding and the body is resting or asleep. When you awake and do not eat breakfast your metabolism decreases in response to no food.

Breakfast boosts your metabolism and does not have to be your traditional bacon and eggs. It is, however, a time to eat whatever you like. Leftover pizza works just as well to increase your metabolism, and you will have all day to burn off the calories. If eating first thing in the morning is not for you, try eating a small amount of something. In a couple of hours after you are more awake

and your metabolism is increased, try eating some more.

AFTER PRACTICE EATING

After an intense practice or workout to facilitate better recovery eat 50 grams of carbohydrates as soon as possible. Eating as soon as possible after practice or workout helps the body replenish its glycogen stores, which are the immediate energy resources stored in the muscles. If the body's immediate energy stores are not replenished the athlete starts the next practice or workout with less energy literally. This could translate into poor practice performance. If this cycle continues over time the athlete could run out of energy.

Eating fifty grams of carbohydrates is as simple as drinking a can of apple juice or fruit punch. Other foods that measure up to the 50 grams of carbohydrate are listed at right. Pick your favorite and after practice, eat!

50 GRAMS OF CARBS

- 2 cups oatmeal
- 1 cup rice
- 1-1/2 bagel
- 2 cups corn flakes
- 1 potato
- 1/2 cup raisin
- 3 oranges
- 2 cans orange juice
- 1 cup applesauce
- 3 cups grapes
- 4 glasses of milk
- 2 English muffins
- 6 rice cakes
- 5 graham crackers
- 3 yogurts
- 2 1/2 grapefruits

EATING SMART - THE BALANCING ACT

FOODS

Bread, Pasta, Rice & Cereal	1/2 cup pasta or rice	_____
	1 slice bread	_____
	1/2 Bagel	_____
	1/2 cup cereal	_____
Servings per day 6-11	1 small roll or muffin	_____
Fruits	1 Medium sized fruit (apple, orange, banana)	_____
	1/2 grapefruit	_____
	3/4 can of juice	_____
Servings per day 2-4		
Vegetables	1/2 cup cooked / raw medium potato / yam	_____
	1 cup leafy vegetables	_____
Servings per day 3-5		
Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts	Total per day 5-7 oz.	_____
	1 egg = 1 oz.	_____
	1/2 cup cooked beans = 1oz	_____
	2 tablespoons peanut butter = 1 oz	_____
	2 1/2-3 1/2 oz meat/fish/poultry	_____
Servings per day 2-3		
Milk, Yogurt & Cheese	8 oz. skim or 1% milk	_____
	1 cup yogurt	_____
	1 1/2 oz. natural cheese	_____
	2 oz. processed cheese	_____
Servings per day 2-3		
Water	8 8 oz. glasses	_____
	1 gallon	_____
Servings per day 8		
Fat/Fried Foods		_____

Servings per day = Sparingly		_____

UMass Boston Composite Schedule 2007-08

DAY	DATE	SPORT	EVENT	TIME
Tue.	8/28		NCAA Fall Signing	12:00 p.m.
Fri.	8/31	VBALL	vs. Mount Aloysius	4:00 p.m.
		VBALL	at Johns Hopkins	6:00 p.m.
Sat.	9/1	VBALL	vs. Salisbury	10:00 a.m.
		VBALL	vs. Goucher	12:00 p.m.
Mon.	9/3		Labor Day Holiday	
Tue.	9/4		Classes Begin	
		WSOC	at Eastern Nazarene	3:30 p.m.
Wed.	9/5		Meeting with Chancellor Motley in Clark Gym	3:30 p.m.
		VBALL	at Endicott	6:00 p.m.
Thu.	9/6	MSOC	FITCHBURG STATE	3:30 p.m.
		WSOC	at Saint Joseph (CT)	4:00 p.m.
Fri.	9/7		New Student Athlete Orientation	3:00 p.m.
			Barbecue for All students	5:00 p.m.
		VBALL	vs. Rhode Island College	6:00 p.m.
		VBALL	vs. Smith	8:00 p.m.
Sat.	9/8	M&WXC	at Massachusetts Maritime Acad.	10:00 a.m.
		VBALL	at Brandeis	11:00 a.m.
		MSOC	at Newbury	12:00 p.m.
		VBALL	vs. Babson	1:00 p.m.
		WSOC	vs. Farmingdale State	2:00 p.m.
Sun.	9/9	WSOC	at Husson	1:00 p.m.
Mon.	9/10		UMass Boston Convocation	9:30 a.m.
Tue.	9/11		Add/Drop Ends	
			Study Hall Begins	10:00 a.m.
		MSOC	at Suffolk	3:30 p.m.
		VBALL	at Suffolk	7:00 p.m.
Wed.	9/12		SAAC Meeting	2:30 p.m.
		WSOC	EMERSON	3:30 p.m.
Thu.	9/13	MSOC	EASTERN NAZARENE	3:30 p.m.
		VBALL	at Wentworth	7:00 p.m.
Fri.	9/14		Study Hall	10-4:00 p.m.
Sat.	9/15		UMass Boston/Boston College High School Sports Clinic	
		M&WXC	at UMass Dartmouth Invitational	10:00 a.m.
		MSOC	at Rhode Island College	12:00 p.m.
		WTEN	WESTERN CONNECTICUT ST.	1:00 p.m.
		WSOC	RHODE ISLAND COLLEGE	1:00 p.m.
Mon.	9/17		Academic Skills Workshops begin	
Tue.	9/18		Academic Contact forms out/Subject Area Tutoring Signup	
			WPE Portfolio registration	
		WTEN	at UMass Dartmouth	3:00 p.m.
		MSOC	MASSACHUSETTS MARITIME	3:30 p.m.
Wed.	9/19	VBALL	WORCESTER STATE	6:00 p.m.
Thu.	9/20	MSOC	EMERSON	3:30 p.m.
		WTEN	at Eastern Nazarene	3:30 p.m.
		WSOC	at Worcester State	7:00 p.m.
Fri.	9/21		Academic contact letters due	
Sat.	9/22	M&WXC	at Franklin Park	10:00 a.m.
		VBALL	at Keene State	TBA
		VBALL	vs. Eastern Connecticut State	2:00 p.m.
		WTEN	at Bridgewater State	12:00 p.m.
		MSOC	SOUTHERN MAINE	1:00 p.m.
		WSOC	at Southern Maine	1:00 p.m.
Tue.	9/25	WSOC	at Fitchburg State	7:00 p.m.
		MSOC	at Salem State	6:00 p.m.
		VBALL	at Western New England	7:00 p.m.

DAY	DATE	SPORT	EVENT	TIME
Sat.	9/29	M&WXC	at Comm. Col. of Rhode Island	11:00 a.m.
		VBALL	at Salem State Invitational	9:00 a.m.
		WSOC	UMASS DARTMOUTH	12:00 p.m.
		MSOC	at UMass Dartmouth	1:00 p.m.
		WTEN	at Plymouth State	1:00 p.m.
Tue.	10/2	WTEN	RHODE ISLAND COLLEGE	3:30 p.m.
		WSOC	NEWBURY	3:30 p.m.
		VBALL	SOUTHERN MAINE	6:00 p.m.
Wed.	10/3		SAAC Meeting	2:30 p.m.
		MSOC	at Becker	3:30 p.m.
Thu.	10/4	WTEN	at Pine Manor	3:30 p.m.
Fri.	10/5	VBALL	at Regis College	6:00 p.m.
Sat.	10/6	WTEN	SALEM STATE	1:00 p.m.
		MSOC	EASTERN CONNECTICUT ST.	1:00 p.m.
		WSOC	at Eastern Connecticut State	1:00 p.m.
Mon.	10/8		Columbus Day Holiday	
Tue.	10/9	VBALL	EMERSON	6:00 p.m.
Thu.	10/11	WTEN	REGIS COLLEGE	3:30 p.m.
Fri.	10/12	M&WXC	at Emmanuel College Invitational	5:00 p.m.
Sat.	10/13		Making Strides Walk	
		VBALL	vs. Eastern Nazarene	12:00 p.m.
		VBALL	at Newbury	2:00 p.m.
		WTEN	SOUTHERN MAINE	1:00 p.m.
		WSOC	WESTERN CONNECTICUT STATE	1:00 p.m.
		MSOC	at Western Connecticut State	4:00 p.m.
Mon.	10/15		Health Insurance Deadline/Winter Preseason Begins	
			Writing research papers	
Tue.	10/16		SAAC Meeting	2:30 p.m.
		WTEN	SUFFOLK	3:00 p.m.
		VBALL	FRAMINGHAM STATE	6:00 p.m.
Wed.	10/17	MSOC	FRAMINGHAM STATE	3:30 p.m.
Thu.	10/18	WSOC	FRAMINGHAM STATE	3:30 p.m.
		VBALL	ROGER WILLIAMS	6:00 p.m.
Fri.	10/19		WPE Portfolio Due	
		WTEN	at Little East Conf. Championships	TBA
Sat.	10/20	WTEN	at Little East Conf. Championships	TBA
		VBALL	at Plymouth State	12:00 p.m.
		VBALL	vs. UMass Dartmouth	4:00 p.m.
		MSOC	KEENE STATE	1:00 p.m.
		WSOC	at Keene State	1:00 p.m.
Mon.	10/22		Mid-Semester Progress Reports out	
		WSOC	REGIS COLLEGE	3:00 p.m.
Tue.	10/23	MSOC	at MIT	3:30 p.m.
Wed.	10/24	VBALL	MASSACHUSETTS MARITIME	6:00 p.m.
Thu.	10/25	WSOC	at Lesley	7:30 p.m.
Sat.	10/27	M&WXC	at N.E. Alliance/Little East Conf. Champ.	TBA
		VBALL	RHODE ISLAND COLLEGE	TBA
		VBALL	WESTERN CONNECTICUT STATE	TBA
		MSOC	PLYMOUTH STATE	1:00 p.m.
		WSOC	at Plymouth State	4:00 p.m.
Wed.	10/31		Halloween SAAC Event	
Sat.	11/3	WHOCK	at Salve Regina	6:00 p.m.
Mon.	11/5		Mini academic meetings/Priority Registration for teams	
Wed.	11/7		NCAA Winter Signing	3:30 p.m.
Thu.	11/8		Course Withdraw Deadline/Pass Fail Deadline	
Fri.	11/9		Chancellor's Inauguration	
Sat.	11/10	M&WXC	at New England NCAA Div. III Reg.	TBA
Mon.	11/12		Veteran's Day Holiday Observed	
Tue.	11/13		Priority Registration begins	

DAY	DATE	SPORT	EVENT	TIME
Wed.	11/14		SAAC Meeting	2:30 p.m.
Fri.	11/16	WBASK	Tip-Off Classic	7:00 p.m.
		WFOCK	MANHATTANVILLE	4:00 p.m.
		MFOCK	COLBY	7:00 p.m.
Sat.	11/17	WFOCK	HOLY CROSS	12:00 p.m.
		WBASK	TIP-OFF CLASSIC CONS./CHAMP.1/3	p.m.
		MFOCK	BOWDOIN	3:00 pm.
Mon.	11/19		WPE Signup begins	
Tue.	11/20	WBASK	FITCHBURG STATE	5:30 p.m.
		WFOCK	CONNECTICUT COLLEGE	7:00 p.m.
		MBASK	FITCHBURG STATE	7:30 p.m.
Thu.	11/22-23		Thanksgiving Recess	
Fri.	11/23	MBASK	Harbor Invitational	7:30 p.m.
Sat.	11/24	MFOCK	at Southern New Hampshire	4:00 p.m.
		MBASK	HARBOR INVIT. CONS./CHAMP.	1/3:00 p.m.
Sun.	11/25	MFOCK	Consolation/Championship	1/4:00 p.m.
Mon.	11/26		Priority Registration ends/Winter Session signup begins	
Tue.	11/27	MFOCK	at Framingham State	7:30 p.m.
		MBASK	EMERSON	7:00 p.m.
Wed.	11/28		SAAC Meeting	2:30 p.m.
Thu.	11/29	MBASK	at Suffolk	7:00 p.m.
Fri.	11/30		WPE Signup ends	
		WFOCK	at Saint Michael's	7:00 p.m.
		MFOCK	at Wesleyan	7:00 p.m.
Sat.	12/1	WBASK	at Rhode Island College	1:00 p.m.
		MBASK	at Rhode Island College	3:00 p.m.
		MFOCK	at Trinity	3:00 p.m.
		WFOCK	at Norwich	7:00 p.m.
Tue.	12/4	WBASK	EMERSON	5:30 p.m.
		MBASK	WPI	7:30 p.m.
Wed.	12/5	MFOCK	BABSON	7:00 p.m.
Thu.	12/6	WBASK	SALVE REGINA	5:30 p.m.
		MBASK	at Salem State	7:00 p.m.
Sat.	12/8	M&WIT	at Northeastern Open	TBA
		WFOCK	at Middlebury	1:00 p.m.
		WBASK	at Eastern Connecticut State	1:00 p.m.
		MBASK	at Eastern Connecticut State	3:00 p.m.
Sun.	12/9	WFOCK	CASTLETON STATE	2:00 p.m.
Tue.	12/11	WBASK	MOUNT IDA	5:30 p.m.
Wed.	12/12		Community Service Events/SAAC Meeting	
Fri.	12/14		Classes End/SAAC Holiday Event	
Sat.	12/15	M&WIT	at Harvard Invitational	TBA
Mon.	12/17		Final Exams Begin	
Fri.	12/21		Final Exams End	
Fri.	12/28	MFOCK	Codfish Bowl	5:00 p.m.
Sat.	12/29	MFOCK	CODFISH BOWL CONS./CHAMP.	2/5 p.m.
Sat.	1/5	WFOCK	CORTLAND STATE	3:00 p.m.
Sun.	1/6	WFOCK	CODFISH BOWL CONS./CHAMP.	12/3 p.m.
Mon.	1/7		Classes begin for Winter Session	
Tue.	1/8		WPE Exam/WPE Portfolio	
		WBASK	at Lesley	8:00 p.m.
Wed.	1/9	WFOCK	at Saint Anselm	7:00 p.m.
Thu.	1/10	WBASK	SAINTE ELIZABETH	5:30 p.m.
		MBASK	TUFTS	7:00 p.m.
Fri.	1/11	MFOCK	at Hamilton	7:00 p.m.
Sat.	1/12	WBASK	WESTERN CONNECTICUT STATE	1:00 p.m.
		MBASK	WESTERN CONNECTICUT STATE	3:00 p.m.
		WFOCK	at MIT	3:00 p.m.
		MFOCK	at Amherst	3:00 p.m.

DAY	DATE	SPORT	EVENT	TIME
Tue.	1/15	WBASK	PLYMOUTH STATE	5:30 p.m.
		MBASK	PLYMOUTH STATE	7:30 p.m.
Thu.	1/17	M&WIT	at Tufts Invitational	TBA
		WBASK	at Bridgewater State	5:30 p.m.
		WBASK	at Bridgewater State	7:30 p.m.
Fri.	1/18	WHOCK	SOUTHERN MAINE	4:00 p.m.
		MHOCK	SAINT MICHAEL'S	7:00 p.m.
Sat.	1/19	WBASK	at Keene State	1:00 p.m.
		WHOCK	NEW ENGLAND COLLEGE	1:00 p.m.
		MHOCK	NORWICH	4:00 p.m.
		MBASK	at Keene State	3:00 p.m.
Sun.	1/20	M&WIT	at Reggie Poyau Invitational	TBA
Mon.	1/21		Martin Luther King Day Holiday	
Tue.	1/22	WBASK	SOUTHERN MAINE	5:30 p.m.
		MBASK	SOUTHERN MAINE	7:30 p.m.
		MHOCK	at UMass Dartmouth	7:00 p.m.
Thu.	1/24	WBASK	at Suffolk	6:00 p.m.
Fri.	1/25		Winter Session Ends	
		WHOCK	MIT	7:00 p.m.
		MHOCK	at Southern Maine	7:00 p.m.
Sat.	1/26	WHOCK	SALVE REGINA	12:00 p.m.
		WBASK	RHODE ISLAND COLLEGE	1:00 p.m.
		MBASK	RHODE ISLAND COLLEGE	3:00 p.m.
		MHOCK	at Salem State	4:00 p.m.
Mon.	1/28		Spring Classes Begin	
Tue.	1/29	WBASK	at UMass Dartmouth	5:30 p.m.
		WBASK	at UMass Dartmouth	7:30 p.m.
Fri.	2/1		Spring Team Pre-Season Begins	
		MHOCK	SKIDMORE	7:00 p.m.
		WHOCK	at Castleton State	7:00 p.m.
Sat.	2/2	M&WIT	at Southern Maine Invitational	TBA
		WBASK	EASTERN CONNECTICUT STATE	1:00 p.m.
		WHOCK	at Plymouth State	2:00 p.m.
		MBASK	EASTERN CONNECTICUT STATE	3:00 p.m.
		MHOCK	CASTLETON STATE	3:00 p.m.
Mon.	2/4		Add/Drop ends	
Tue.	2/5		Study Hall Begins	10:00 a.m.-6:00 p.m.
Wed.	2/6		SAAC Meeting	2:30 p.m.
			Educational Programming for Student Athletes	5:00 p.m.
Thu.	2/7	WBASK	at Framingham State	5:30 p.m.
Fri.	2/8	MHOCK	at Saint Anselm	7:00 p.m.
Sat.	2/9	M&WIT	at N.E. Alliance/Little East Champ.	TBA
		WHOCK	SAINT ANSELM	1:00 p.m.
		WBASK	at Western Connecticut State	1:00 p.m.
		MBASK	at Western Connecticut State	3:00 p.m.
		MHOCK	at New England College	3:00 p.m.
Mon.	2/11		Academic contact form out/Academic Skills begins	
Tue.	2/12	WBASK	at Southern Maine	5:30 p.m.
		MBASK	at Southern Maine	7:30 p.m.
Wed.	2/13		NCAA Spring Signing in Clark Gymnasium	3:30 p.m.
Fri.	2/15		Academic contact form due/FAFSA due/Financial Aid deadline	
		WHOCK	NEW ENGLAND COLLEGE	4:00 p.m.
		MHOCK	WILLIAMS	7:00 p.m.
Sat.	2/16	WHOCK	SOUTHERN MAINE	1:00 p.m.
		WBASK	at Plymouth State	1:00 pm.
		MHOCK	MIDDLEBURY	4:00 p.m.
		MBASK	at Plymouth State	3:00 p.m.
Sun.	2/17	M&WIT	at New England NCAA III Champ.	TBA

DAY	DATE	SPORT	EVENT	TIME
Mon.	2/18		President's Day Holiday	
Tue.	2/19		Tutor Registration signup@University Advising Center	
		WBASK	UMASS DARTMOUTH	5:30 p.m.
		MBASK	UMASS DARTMOUTH	7:30 p.m.
Thu.	2/20		SAAC Meeting	2:30 p.m.
Fri.	2/22	MHOCK	at Tufts	7:00 p.m.
Sat.	2/23	WBASK	KEENE STATE	1:00 p.m.
		WHOCK	at Holy Cross	2:00 p.m.
		MBASK	KEENE STATE	3:00 p.m.
		MHOCK	at Connecticut College	3:00 p.m.
		WHOCK	at Manhattanville	2:00 p.m.
Sun.	2/24		Academic Skills begins	
Mon.	2/25			
Fri.	2/29	M&WIT	at New England Championships	TBA
Sat.	3/1	M&WIT	at New England Championships	TBA
Wed.	3/5		SAAC Meeting	2:30 p.m.
Fri.	3/7	M&WIT	at ECAC Division III Championships	TBA
Sat.	3/8	M&WIT	at ECAC Division III Championships	TBA
Fri.	3/14	M&WIT	at NCAA III Championships	TBA
Sat.	3/15	M&WIT	at NCAA III Championships	TBA
	3/15-22	BBALL	Arizona Trip	TBA
Mon.	3/17		Spring Break Begins	
Sat.	3/22	M&WOT	at Northeastern Snowflake Classic	9:00 a.m.
Mon.	3/24		Classes Resume/Mid-Semester Progress Reports out	
		BBALL	at Bridgewater State	3:00 p.m.
		MLAX	at Curry	3:00 p.m.
Wed.	3/26		SAAC Meeting	2:30 p.m.
		SBALL	SALEM STATE (DH)	3:00 p.m.
		BBALL	at Johnson & Wales	3:30 p.m.
Fri.	3/28	BBALL	at Babson	3:00 p.m.
Sat.	3/29	M&WOT	at Rhode Island College	9:00 a.m.
		BBALL	at Western Connecticut St. (DH)	12:00 p.m.
		SBALL	E. CONNECTICUT ST. (DH)	1:00 p.m.
		MTEN	at Western Connecticut State	1:00 p.m.
Mon.	3/31		Fall Reg./Mini Academic Meetings with Fall/Winter Teams	
Tue.	4/1	MLAX	UMASS DARTMOUTH	3:00 p.m.
		BBALL	SALEM STATE	3:00 p.m.
		SBALL	at Lasell (DH)	3:00 p.m.
Wed.	4/2	SBALL	MOUNT IDA (DH)	3:00 p.m.
Thu.	4/3	MTEN	EASTERN NAZARENE	3:00 p.m.
		BBALL	at Worcester State	3:00 p.m.
		MLAX	at Salve Regina	3:00 p.m.
Sat.	4/5	MTEN	SOUTHERN MAINE	1:00 p.m.
		MLAX	at Keene State	1:00 p.m.
		SBALL	at UMass Dartmouth (DH)	1:00 p.m.
		BBALL	at Eastern Connecticut State (DH)	2:00 p.m.
Mon.	4/7		Priority Registration Begins	
Tue.	4/8	MTEN	CURRY	3:00 p.m.
		MLAX	MIT	3:00 p.m.
		BBALL	Framingham State	3:00 p.m.
		SBALL	NEWBURY (DH)	3:30 p.m.
Wed.	4/9	SBALL	BRANDEIS (DH)	3:30 p.m.
Thu.	4/10		Course Withdraw Deadline/Pass/Fail Deadline	
		MLAX	at Southern Maine	3:00 p.m.
		SBALL	MITCHELL (DH)	3:30 p.m.
		MTEN	at Suffolk	7:00 p.m.

DAY	DATE	SPORT	EVENT	TIME
Sat.	4/12	M&WOT	at UMass Dartmouth Invitational	9:00 a.m.
		BBALL	RHODE ISLAND COLLEGE	12:00 p.m.
		MTEN	BRIDGEWATER STATE	1:00 p.m.
		MLAX	at Plymouth State	1:00 p.m.
		SBALL	at Rhode Island College (DH)	1:00 p.m.
Sun.	4/13	BBALL	SOUTHERN MAINE	1:00 p.m.
Tue.	4/15	MTEN	SALEM STATE	3:30 p.m.
		SBALL	at Southern Maine (DH)	3:30 p.m.
Wed.	4/16		Community Service Event	
		BBALL	at Babson	3:00 p.m.
Thu.	4/17	SBALL	at Lesley (DH)	3:00 p.m.
		MLAX	WENTWORTH INSTITUTE	3:00 p.m.
		BBALL	at Eastern Nazarene	3:30 p.m.
		MTEN	at UMass Dartmouth	3:30 p.m.
Sat.	4/19	M&WOT	at MIT	9:00 a.m.
		BBALL	at Keene State (DH)	12:00 p.m.
		SBALL	W. CONNECTICUT ST. (DH)	1:00 p.m.
		MLAX	WESTERN CONNECTICUT ST.	1:00 p.m.
		MTEN	at Rhode Island College	1:00 p.m.
Mon.	4/21		Patriots Day Holiday	
		MTEN	at Johnson & Wales	3:30 p.m.
Tue.	4/22		Priority Registration Ends	
		BBALL	at Curry	3:00 p.m.
		SBALL	KEENE STATE (DH)	3:30 p.m.
Wed.	4/23	BBALL	at Brandeis	3:00 p.m.
Thu.	4/24	MLAX	at Massachusetts Maritime	3:00 p.m.
		SBALL	MASS. MARITIME (DH)	3:30 p.m.
Fri.	4/25	MTEN	at Little East Conf. Champ.	11:00 a.m.
Sat.	4/26	M&WOT	at N.E. Alliance/Little East Champ.	9:00 a.m.
		MTEN	at Little East Conf. Champ.	10:00 a.m.
		BBALL	PLYMOUTH STATE	12:00 p.m.
		MLAX	EASTERN CONNECTICUT ST.	1:00 p.m.
		SBALL	at Plymouth State (DH)	1:00 p.m.
		BBALL	at Southern Maine	1:00 p.m.
Sun.	4/27			
Mon.	4/28		Academic Skills Begins/Final Exam preparation begins	
Tue.	4/29	BBALL	Fitchburg State	3:00 p.m.
Thu.	5/1	BBALL	at MIT	3:00 p.m.
Fri.	5/2	M&WOT	at New England NCAA Div. III Champ.	TBA
Sat.	5/3	M&WOT	at New England NCAA Div. III Champ.	TBA
		BBALL	UMASS DARTMOUTH (DH)	12:00 p.m.
Mon.	5/5	BBALL	at Suffolk	TBA
Fri.	5/9	M&WOT	at ECAC Championships	TBA
Sat.	5/10	M&WOT	at New England Championships	TBA
Wed.	5/14		Classes End	
Thu.	5/15		All Sports Awards Banquet	
	5/15-18		Study Period	
Mon.	5/19		Final Exams begin	
Fri.	5/23		Final Exams end	
Mon.	5/26		Memorial Day Holiday	
Tue.	5/27		Summer Session begins	
Tue.	6/17		Bunker Hill Day Holiday	
Fri.	7/4		Independence Day Holiday	
Wed.	7/9		Summer Session ends	
Mon.	7/14		Summer Session II begins	
Thu.	8/21		Summer Session II ends	

Why We Play Division III Athletics

It's not about getting a scholarship, getting drafted, or making Sports Center. It's a deep need in us that comes from the heart. We need to practice, to play, to lift, to hustle, to sweat. We do it all for our teammates and for the student in our calculus class that we don't even know.

We don't practice with a future major league first baseman; we practice with a future sports agent. We don't lift weights with a future Olympic wrestler; we lift with a future doctor. We don't run with a future Wimbledon champion; we run with a future CEO.

It's a bigger part of us than our friends and family can understand. Sometimes we play for 2,000 fans; sometimes 25. But we still play hard. You cheer for us because you know us. You know more than just our names. Like all of you, we are students first.

We don't sign autographs. But we do sign graduate school applications, MCAT exams, and student body petitions. When we miss a kick or strike out, we don't let down an entire state. We only let down our teammates, coaches, and fans. But the hurt is still the same. We train hard, lift, throw, run, kick, tackle, shoot, dribble, and lift some more, and in the morning we go to class. And in that class we are nothing more than students. It's about pride in our selves and in our school. It's about our love and passion for the game. And when it's over, when we walk off that court or field for the last time, our hearts crumble. Those tears are real. But deep down inside, we are very proud of ourselves. We will forever be what few can claim....college athletes.

Author Unknown

GO BEACONS!!



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