

# STUDENTATHLETE HANDBOOK



**The Tradition of Success Continues.**

# It's ALL ABOUT TEAM!



Dear Lords Athlete:

On behalf of the DC Athletic Department, we welcome you to the 39th season of Lords Varsity sports! Congratulations on making the team! Hopefully you have had a great summer, and you're prepared for an exciting, productive and historic season. After years of hard work and dedication from our current staff and students, DC continues its tradition of excellence in intercollegiate athletics. The success of our program begins with the leadership and commitment that we will develop as a cohesive team. The Athletic staff is committed to assisting you and your coaches in continuing the Lords tradition of excellence.

The purpose of this Student-Athlete Handbook is to provide you with important information and advice to assist you in achieving your academic and athletic goals. It also outlines your responsibilities and obligations you are expected to meet as a student-athlete here at Durham College. Included in the handbook is an overview of the eligibility rules for Ontario Colleges Athletic Association (OCAA), as well as an outline of key policies and regulations for Intercollegiate Athletics at DC and the Code of Conduct for student-athletes. We ask that you take the time to familiarize yourself with the policies and the code of conduct and to make the commitment to comply with them. This is how we will ensure that our institution is well-represented at all times and that the program continues to grow alongside our established reputation of commitment to our campus.

It is an honour to wear the green & gold! This honour dates back many years and we look to you to hold this pride and tradition high in honour of those that have played before you. On behalf of the entire school, congratulations on this outstanding achievement and best wishes to you for academic and athletic success in the coming year!

Regards,

Ken Babcock  
Director of Athletics

Mike Duggan  
Athletic Coordinator

Karen Richards  
Athletic Coordinator

# LORD DURHAM'S TERRITORY

The Campus Recreation & Wellness Centre (CRWC) offers the following facilities on campus:

Five (5) full gymnasiums	Indoor Golf Practice Range
FLEX Fitness Centre 10,500 sq ft	Fifteen (15) Badminton Courts
Six (6) Year round Tennis Courts	Twin Pad NHL Ice Arena
Lockerrooms	Team Rooms
Championship Soccer Field	Fastball Diamond
Three (3) Squash Courts	Health & Wellness Centre
Athletic Therapy Clinic	200m Indoor Track

In addition to being the location for varsity practices and varsity home events, the Campus Recreation & Wellness Centre also houses many additional College and University functions: Intramurals, convocations, clinics, speaking assemblies, classes, lab time, high school and elementary school events, shows and special events.

CRWC Hours of Operation:

Regular (Sept-May)		Summer (June-Aug)	
Mon-Friday	6:00am - 11:00pm	Mon - Thursday	7:00am - 7:00pm
Saturday	8:00am - 6:00pm	Friday	7:00am - 5:00pm
Sunday	8:00am - 11:00pm	Saturday	10:00am - 4:00pm
		Sunday	10:00am - 4:00pm

When using the Campus Athletic Centre **YOU MUST SWIPE YOUR VALID STUDENT ID CARD** for access at the doors. You may also be setup at the front desk to use the HAND SCANNER. No exceptions for entry! Team rooms are available during varsity games and practices ONLY.

## ATHLETE ELIGIBILITY

### Maximum Years

An athlete shall be allowed to participate in the Ontario Colleges Athletic Association for five (5) years in all sports that lead to National Championship. Unlimited eligibility in OCAA sports that do not lead to a National Championship.

## **Student-Athlete Eligibility**

Intercollegiate athletic eligibility will be assessed for all first year students at mid-semester each term and the end of each semester. All returning students will be assessed at the end of each semester. YOU MUST BE A FULL-TIME Student to be eligible to participate on a Varsity team.

*There are three (3) categories of eligibility status for a students:*

**ELIGIBLE** - A full-time student (as defined by the College or University) whose most recent Grade Point Average (GPA) and overall GPA is 2.0 or above, and who is currently meeting the academic and attendance objectives of their program.

**PROBATIONARY** - A full-time student (as defined by the College or University) whose most recent Grade Point Average (GPA) and overall GPA is between 1.50 and 1.99, or whose overall GPA is less than 2.0, and who is currently meeting the academic and attendance objectives of their program. Probationary student-athletes are eligible to participate in Intercollegiate Athletics (practice, travel and play) once they have met with an IAASP Academic counselor to address their academic status and receive their academic plan developed and approved by an Academic counselor. Student-athletes can re-establish ELIGIBLE STATUS only after obtaining a minimum 2.0 GPA at the completion of the next academic semester and approval by the IAASP Review Committee.

**INELIGIBLE** - A full-time student (as defined by the College or University) whose most recent Grade Point Average (GPA) and overall GPA is below 1.50 , or has been below a GPA of 2.0 for two consecutive terms.

Ineligible student-athletes are not eligible to participate in Intercollegiate Athletics (which includes play and travel with the team). The student will still be entitled to practice regularly with their respective team. Ineligible student-athletes must meet with an IAASP Academic counselor to address their academic status and follow an academic plan developed and approved by an Academic counselor. Reinstatement can occur only after obtaining a minimum 2.0 GPA at the completion of the next academic semester and approval by the IAASP Review Committee. Student athletes may take applicable post-secondary summer courses in order to improve grades and improve GPA standing prior to the start of the next school year.



## CONDUCT OF ATHLETES

Student-athletes are required to represent Durham College in a mature and responsible manner in all situations. Acting in accordance with the regulations and expectations of DC as brought forth in the Students Rights and Responsibilities and subsequent code of conduct for students (found in the Student Handbook) and following the OCAA Code of Ethics.

Athletes at DC or UOIT, whether on or off the playing field, courts or ice are representatives of the College and Intercollegiate athletics as a whole.

1. Athletes are closely observed in many areas: in competition, in the classroom, on the campus, on the road, and in the community. Therefore, as a representative of your team, the Athletic Department and DC, you **MUST** be above reproach at all times with your conduct.
2. When engaging in athletic competition, Athletes are expected to demonstrate sportsmanship at all times. Athletes are expected to control themselves at all times. Profanity, illegal tactics, or loss of physical control are behaviors that will not be tolerated.
3. Each student-athlete must abide by the standards of the College (see Student Handbook) and any additional guidelines set forth by the coaching staff, both on and off campus, in-season and out-of-season for returning athletes.

4. The conduct of teams when traveling should be impeccable. Good representation by the student-athlete representing this institution is one of the fundamental reasons for the athletic program.
5. When teams are involved in events where overnight accommodations are required, a curfew shall be set by the coaching staff. This curfew shall be strictly enforced. Failure to abide by the set curfew or misconduct while representing the University will not be tolerated. Also, any incidental charges to your rooms will be paid by the athlete before checking out of the hotel.
6. Provincial laws prohibit the consumption of alcohol aboard licensed vehicles. Therefore, under NO circumstance shall alcohol be present and/or consumed on the team bus, van or any other method of team transportation. The consumption of alcoholic beverages while traveling with the school team is strictly prohibited. Any athlete who breaks this rule will be immediately dismissed from the team.
7. Durham College is committed to providing safe transportation for all teams to and from competitions. All student-athletes and coaches, due to strict liability regulations, MUST travel on the team bus/van. Those individuals on the bus/van MUST return on the bus/van as a team. Any other arrangements MUST be made through the Athletic Department with written approval from the Head Coach and Athletic Director or Coordinator. These forms are available at the Athletic Department office to complete and sign. Please submit the form signed by the Head Coach and athlete to the Athletic Director or Coordinator at least 24 hours in advance of the trip departure time.
8. Spectators, family, children or friends shall NOT be permitted to travel on the team bus or van. There may times when a member of the school paper will request to travel with a team. This will be permitted.
9. Recognizing the value of personal appearance and professionalism, student-athletes may be required to conform to a specific standard set forth by his or her coach or by the Athletic Department (i.e. specific travel dress code)
10. Acceptable conduct as a student-athlete will include the following desirable characteristics of behavior:
  - a) Dedication and loyalty to the team.
  - b) Play hard, but play fair
  - c) Determined to improve
  - d) Humble in victory, dignified in defeat
  - e) Responsible
  - f) Tolerant of others mistakes
  - g) Respects opponents, officials and others
  - h) Demonstrates good sportsmanship at all times
  - i) Enthusiastically supports all other teams!!!!

11. Student-athletes are responsible for assisting the jobs of the manager, the team therapist and coaching staff ( ie. return of uniforms and equipment following games, practices and/or trips, assist in loading and unloading the bus/van and cleaning the bus/van after use).
12. Student-athletes are expected to demonstrate 100% commitment to the team as well as full attendance at games and practices.
13. The major expenses on road trips (lodging and travel) are assumed by the College. The coach is responsible for dispersing meal subsidy when provided. Whenever your team is away, a meal subsidy amount or a travel meal will be provided to all team personnel.
14. Very important! Student-athletes are responsible for assisting with Lords home tournament events in your respective sport.
15. The captain from each team forms the make up of the Varsity Athletic Council. (VAC) This captain will work with other reps in promotion of games, tournaments, special events, booster club and the Athletic Banquet organization etc.

### **CODE OF CONDUCT**

Durham College student-athletes who participate in Varsity Athletics are representing themselves and the institution, and their conduct must properly reflect both. Should an athlete behave in a way detrimental to the sport, his/her team or college, the student-athlete will be suspended from further competition. A policy of **“zero tolerance”** will be enforced by the Athletic Department related to the following:

- \*Act of theft or other criminal offenses
- \*Use of illegal substances
- \*Acts of violence or abusive behavior on and off the field of play.

Student-athletes involved in these types of activities will be immediately dismissed from the Athletic program.

### **OCAA CODE OF ETHICS**

The OCAA has the authority to establish policies to govern its own affairs and to prescribe, monitor and enforce the conduct of its members pursuant to such policies. This Code of Ethics identifies the standard of conduct, which is expected of all members of the OCAA, including all members (administrators, coaches, officials and athletes). The Code of Ethics applies to all activities and functions of OCAA including competitions, practices, travel, accommodation, banquets, and social activities associated

with competitive events. Individuals who violate the Code of Ethics may be subject to disciplinary actions.

## **GENERAL CONDUCT**

OCAA members are expected to uphold the highest standard of ethical behavior and personal conduct at all times, and are responsible for conducting themselves in such a way as to represent their institution and the Association in the most favorable light at all times.

Members are bound to exhibit and encourage behavior, which is consistent with the Association's stated philosophies, standards of conduct, and guidelines for fair play.

The OCAA is committed to providing an environment where members respect the personal dignity of others, are free from all forms of harassment, and are free to exercise their rights under the Human Rights Code, and the Canadian Charter of Rights.

## **GAME CONDUCT**

All college competition occurs under the auspices of the OCAA and therefore must conform to the association's expectations:

THAT Athletic Directors educate their coaches and athletes to accord respect to all coaches and athletes from opposing colleges.

THAT members avoid any blatant humiliation of the opponent.

THAT members avoid any intimidation or harassment of the opponent.

THAT internal college publicity and promotion be designed to encourage positive support of the college team.

THAT host colleges provide adequate security to ensure the safety of players, spectators and officials.

## **POLICY ON PARTICIPATION ON MORE THAN ONE INTERCOLLEGIATE TEAM**

Durham College does not prohibit a student-athlete from participating on more than one intercollegiate team during the academic year. However, it is a **mandatory requirement** and the responsibility of the student-athlete to obtain the full support and partnership of both relevant coaches to gain a **clear understanding** about the terms and conditions

which will prevail in order for the student-athlete to participate in more than one sport. The student-athlete should be aware of the fact that, in some instances, it may not be possible for such an agreement to be reached. It is also strongly recommended that the student-athlete inform the Director of Athletics of he/she's desire to play for two varsity teams.

When such an agreement cannot be reached, a coach or student-athlete may formally notify in writing the Athletic Director that a satisfactory resolution has not been achieved. The author of the letter must provide a copy of the notification to the other relevant parties (i.e. other coach(es) or student athlete). The Director will then convene a meeting, or a series of meetings, in order to determine which one of three courses of action will be pursued:

1. achieving a mutually satisfactory resolution with the assistance of the Athletic Director.
2. requesting mediation from a mutually acceptable, neutral third party.
3. requesting a formal review to be conducted by the Athletic Director.

If the third course of action is taken, it will be the responsibility of the Director to notify the relevant parties what rules and procedures (i.e., order of proceedings, rules of evidence, etc.) will govern the conduct of a formal review. Upon conclusion of a formal review, the Director will issue a decision in writing to the relevant parties.

## ACADEMICS AND ATHLETICS

The Program of Intercollegiate Athletics is committed to the concept of the student-athlete. Athletes must fulfill the normal requirements of their academic program as well as by the regulations of the CCAA and OCAA (see eligibility rules online at [www.ocaa.com](http://www.ocaa.com)). It is acknowledged that athletes must devote a great deal of time to their sport in order to excel. However, you as an athlete must recognize that your first priority is your academic program.

In the event that you will be away from class due to a scheduled varsity event: **Be sure to.....**

1. Personally communicate to your professor well in advance regarding the time and day that there is a conflict.

2. Respectfully approach professors if there are any conflicts with academic classes and athletic events. It is **your** responsibility to clearly communicate in advance. You will provide each of your faculty advisors with a package that includes:
  - a. A cover letter explaining that you have made a varsity team
  - b. A schedule hi-lighting all games and where conflicts arise
 This package will be created by the Athletic Department and personally facilitated by YOU to your faculty advisor.
3. Get all important assignments, handouts and announcements from professors well in advance. As a DC student you should be familiar with your mycampus account and know how to access your class notes and assignments.

A respectful, cooperative approach will provide a positive rapport with your professors. Our faculties are excellent and very supportive. They simply need to know well in advance in order to understand the potential conflicts you may face as a Lord.

*Communication is Key!!* - The most common reason given by athletes who have done well in both is that their time was managed well and they had a strong open line of communication with their faculty advisor. Ultimately, the responsibility for academic success lies with the individual student-athlete. DC is committed to student success and therefore encourages you to familiarize yourself with the supports available to you on campus.

## **IAASP ( Intercollegiate Athlete Academic Success Program)**

Role- IAASP's primary function is to support and monitor the academic success of student athletes. Providing dedicated counseling and advising support through student services each team will have a dedicated counselor for the year.

## **WHAT HAPPENS IF...**

### *... practice conflicts with class?*

Inevitably, with the number of students and courses on the campus, there are bound to be some conflicts with intercollegiate practices. It is the policy of the Program of the Intercollegiate Athletics that you are expected to honour your academic commitment and attend class. This may result in your late arrival at practice or your early departure.

### *... practice time/scheduled interuniversity competition conflicts with a test or mid-term?*

Tests or mid-terms are sometimes scheduled outside of regular class meeting times. Once again, the academic commitment has priority. However, you may pick up an **Intercollegiate Athletic Commitment Verification Form** from the Athletics Department, have your coach and either the Director of Athletics or the Athletic Coordinator to sign it, and return it to your professor **at least one week** prior to your test or mid-term. It will be left to the discretion of your professor whether alternate arrangements can be made to write the test or mid-term. Remember that this is **NOT** your decision! It is your responsibility to inform your professor well in advance and to resolve the conflict in a cooperative manner. This form may only be used in the event that your professors as a unannounced test or midterm that was not in your original class syllabus.

## **UNIFORMS AND EQUIPMENT**

The College supplies all equipment deemed necessary for varsity competition. Student-athletes are responsible for supplying personal protective and playing equipment and practice apparel. Team members are individually allocated and assigned appropriate game uniforms, which in turn, become the responsibility of the student-athlete while it is in their possession. Once a player is allocated a uniform NUMBER, changes of individual articles or numbers (ie. jersey, shorts, etc.) is **NOT PERMITTED**. If a player has a problem with their uniform or assigned apparel he/she should notify the Athletic Coordinator.

Uniforms are collected after each game by the team manager for inventory, care and laundry purposes. **LAUNDRY LOOPS** are critical to this process and **MUST** be correctly completed each time before games and after games to insure a smooth operation. (Does not apply to rowing and tennis)

When the respective season is over, it is the student-athlete's responsibility to return his/her uniform in the same condition they received it. Failure to do so will result in an alert placed against the athlete's record. This alert will result in transcripts being withheld, scholarships or bursaries withheld and possibly other campus privileges. Uniforms are the property of the College. Any replacement cost for lost, damaged or stolen uniforms shall be the responsibility of the student-athlete.

## **LEARNING STRATEGIES FOR STUDENT ATHLETES**

What does it take to be a good student? Success in academics, much like success in sports, depends on characteristics like dedication, discipline, and drive. A strategic student, like a smart athlete, thinks about the best way to achieve a goal and develops a

realistic plan. Involvement in athletics means less time and energy than the average student to devote to academics, so a strategic approach to school is especially important. Here are some learning strategies that can help:

### **1. WORK WITH ‘COACHES’ TO STRENGTHEN YOUR THINKING SKILLS**

- As the level of competition increases, coaches play a more and more important role in helping athletes perform at their maximum potential. When it comes to education, college is the “big leagues,” and you have many “coaches” who can help students achieve their academic best.

***Know Where the Learning Resources Are and Use Them*** - get to know your professors seminar leaders and Faculty advisors. Find out if your courses offer help centres. Check out the learner support centre for presentations and seminars, drop-in help, individual counseling, self-help resources, and on-line services. Familiarize yourself with the Athletic Staff.

### **2. PLAN TO TRAIN REGULARLY**

- Just as *how* athletes train day-to-day affects their performance in sports, *what* students do day-to-day is critical to their performance in courses:

***Attend All Classes*** - a serious athlete wouldn’t miss practice, and a strategic student wouldn’t miss the learning opportunity provided by class. Maximize your learning by going to class prepared: do the readings, utilize your laptop and your my campus account.

***Establish a Weekly Routine*** - include time for coursework, tutorials and labs, practice times, game (and travel) times, and free time. Spend time on every course each week..

***Use Small Blocks of Time*** - a lot of good work can be done in those one or two hours between classes, before practice, or on the bus traveling to out-of-town competitions: e.g. review class notes, do a few problems, read some text pages, jot down ideas for an essay.

***Use a Day planner*** - keep track of assignments, labs, exams, team meetings, and competitions. Anticipate crunch times and plan ahead accordingly.

***Prioritize Academic, Athletic, and Other Responsibilities*** - not enough time to do everything thoroughly? Put your greatest effort where it counts the most. For example, spend more time studying for the exam worth 25% than the quiz worth 3%.

### **3. TRAIN STRATEGICALLY**

- Good athletes not only put in the time but know the types of training that will yield the best results. Successful students know that regular time on each course is just the start; knowing what to do and when to do it lead to quality time:

***Learn Now! Build a Strong Knowledge Base*** - don’t understand readings, lectures, or problems? Don’t wait until just before a test to learn - see the professor or TA, speak with a classmate, or drop by the learning Commons ( Computer Commons – Gordon Wiley Building)

***Learning Skills Clinic as soon as possible.*** Take the initiative: ask questions and persevere day-by-day until you understand.

***See How Information is Interrelated*** - pay attention to titles, headings, and subheadings on course outlines and in textbooks: a sense of the “big picture” helps make course material manageable and the details under them more meaningful.

***Be An Active Listener and Note taker*** - don't be passive in class. Approach classroom learning in the same way that you would approach a game. Be focused, and intend to leave the class with your goal accomplished: quality notes from which to study later. Just because your notes are online doesn't mean you don't have to go to class. Professors will expect you to be prepared for class and will elaborate on their posted notes during lecture and seminar.

***Review Your Notes Briefly After Class*** - a short (10-20 min.) and active review of lecture notes soon after class is a remarkably effective learning strategy. Without this review, forgetting occurs quickly. Reinforce the information while it's fresh in your mind.

***Set Small Achievable Study Goals*** - avoid the marathon approach to academics. Two or more hours available for coursework? Instead of planning to read for hours on end or work on an essay from dawn to dusk, set academic goals you can achieve in about 45 minutes. For example, read the first 10 pages of the economics chapter or work on five physics problems. After each 45 minute block, take a brief break and decide if you'll continue on that course for another 45 minutes or switch to another course. This structured approach helps to monitor concentration and eliminate procrastination.

#### **4. AIM FOR A TOP PERFORMANCE**

- Dedicated athletes work hard to be ready on game day or for that major competition. In the academic game, performance on exams and tests demonstrates if students have the skills and knowledge expected in the course:

***Self-Test Regularly*** - no matter how well course material is understood, some forgetting will occur. Self test by recalling key information from memory, doing practice exams, teaching one another in groups, etc. Consider organizing a study group on the team bus.

***Prepare Psychologically and Physically*** - practice self-talk and visual imagery that help to build confidence and prepare for tests and exams. Keep stress in check with proper sleep, nutrition, and exercise.

***Plan How to Write Tests*** - have an exam-writing plan that includes such things as reading instructions carefully, budgeting time according to marks, and doing less difficult questions first to build confidence. Know the strategies for different test formats; the learner support centre has seminars and session on how to prepare and succeed in tests and exams

#### **5. BEWARE OF THE END OF SEASON**

- Some student athletes find difficulties arise when their sport season ends. The weekly schedule changes dramatically - no more daily practices, no more weekend competitions, etc. Without this structure in their lives, athletes may feel at a loss and let things go. Minimize these difficulties by being ready for the change and establishing a new routine that includes some ongoing practice time in a sport or an exercise regimen.

## **ATHLETIC THERAPY**

The Athletic Department provides trained Athletic Therapists on staff to provide coverage for home practices, games and events. The Athletic Therapists operate out of the Athletic Therapy Clinic located in the new Health & Wellness Centre and are professionally certified and accredited as well as trained in the Emergency Procedures of Durham. The Athletic Therapy Clinic will operate on a booking schedule for appointments. The Athletic Therapy Clinic is a busy place and therefore is not designated as a social hangout for student-athletes.

In cases requiring a Physician's care, the Athletic Therapist in consultation with the Physician will clear the athlete to resume participation in all cases. Written clearance from a physician is required.

## **CAMPUS FOOT PATROL**

The safety of the student-athletes is of paramount concern to the Program of Intercollegiate Athletics. DC offers a foot patrol service during the evenings for personal walking escorts around the campus. Student-athletes are strongly encouraged to make use of this service during the evenings before or after practices.

## **HAZING AND ROOKIE INITIATIONS**

Hazing is a broad term encompassing any action or activity which does not contribute to the positive development of a person. These actions could inflict or intend to cause physical or mental harm or anxieties, which may demean, degrade, or disgrace any person, regardless of location, intent or consent of participants. It is an action taken or situation created, intentionally, whether on or off campus, to produce mental or physical discomforts, embarrassment, harassment or ridicule. Hazing or Rookie Initiations are NOT PERMITTED or associated with Durham or any other the varsity athletic team. There will be a "ZERO TOLERANCE" approach to any proven initiation or hazing situations or occurrences.

## **POLICY ON HARASSMENT AND DISCRIMINATION**

The Program of Intercollegiate Athletics at Durham College supports the Harassment and Discrimination Policy of the OCAA and DC. This policy is committed to providing a sport and work environment in which all individuals are treated with respect and dignity. DC recognizes that harassment is prohibited by the Canadian Human Rights Code and by human rights legislation in every province and territory of Canada. Harassment can also

be an offense under Canada's Criminal Code. Please consult the Athletic Department at DC for further information.

## **DRUG EDUCATION AND DOPING CONTROL PROGRAM**

The Program of Intercollegiate Athletics supports the position of the Canadian Colleges Athletic Association (CCAA) which states: The CCAA is unequivocally opposed to the use by student-athletes of any banned substances or methods in contravention of the rules of the National and/or International Sport Federations, the International Olympic Committee. The CCAA is unequivocally opposed to any encouragement of the use of such substances and/or methods by individuals in positions of leadership in college sport (i.e., coaches, athletic staff, medical practitioners, sport scientists, administrators, etc.) or by the athletes themselves. The provision of, or administration of banned substances and/or methods to athletes is also forbidden.

### **What is the CCAA Doping Control Program?**

- CCAA, in cooperation with the Canadian Centre for Ethics in Sport (CCES), coordinates a doping control program that incorporates both “in-competition” and “out-of-competition” testing, as well as “event” testing.
- student-athletes are tested in accordance with the rules of the Canadian Anti-Doping Program (CADP).

### **Who's eligible for testing?**

- every CCAA student-athlete is eligible for testing, with approximately 1 in 25 CCAA student-athletes being tested each year.

### **When can I be tested?**

- testing occurs in all sports, both in and out of competition, throughout the calendar year.

### **Are prescribed medications permitted?**

- while many prescription medications are permitted, some are prohibited.
- you must be very diligent to the status of any medication before you consume it.
- under certain medical conditions and circumstances, often with asthma and respiratory ailment drugs, prescribed medications containing a prohibited substance may be permitted upon declaration and approval by the CCES.
- for information regarding “Therapeutic Use Exemption” process for a prohibited substance, please contact the CCES directly at [substanceinquiries@cces.ca](mailto:substanceinquiries@cces.ca) , or 1-800-672-7775.

### **Are herbal products and nutritional supplements prohibited?**

- herbal and nutritional supplements are not subject to the same federal regulations as pharmaceutical grade products (medications), and as such it is possible for a product to contain prohibited ingredients that are not listed on the packaging. Additionally, the possibility of ‘cross-contamination’ during the manufacturing process is a concern.
- some of these products contain “natural” or botanical sources of prohibited substances without listing the substance (for instance, “ma huang” is an herbal equivalent to the banned drug ephedrine, as is “Sida Cordifolia”).
- the CCES cannot provide a guarantee on the status of these products.

#### **\*\* Please Note**

It is the athlete’s responsibility to check the status of all medications. Also be aware that, despite similar names and packaging, one or more products within a family of products may contain a banned substance while others do not (for example, Tylenol is permitted while Tylenol Decongestant is banned).

### **Where can I find a complete list?**

- for the most up-to-date listing of permitted, restricted and banned substances, please visit the Canadian Centre for Ethics in Sport (CCES) website at [www.cces.ca](http://www.cces.ca) or [substanceinquiries@cces.ca](mailto:substanceinquiries@cces.ca)
- you can also contact the CCES toll-free at 1-800-672-7775

## **FINANCIAL AID**

Financial Aid Services works closely with students to assist them in meeting their financial obligations. A significant portion of assistance comes from various government programs, including OSAP, Ontario Special Bursaries, and Ontario Bursaries for Students with Disabilities. Our financial aid counselors are trained to be knowledgeable about a variety of public and private loan programs. We attempt to assist students to plan their academic year through budget counseling and access to other forms of financial aid.

## **WORK STUDY PLAN**

DC’s Work Study program offers an opportunity for students to work part-time on campus in jobs that accommodate their studies. The objectives of the Work Study program are: to assist students in financial need with a regular source of income that does not add to their debt load, offer students training and experience that will assist them in further studies and their eventual entrance into the workforce and to help staff and faculty. It is the principle of DC’s Student Financial Services Office that no qualified student will be unable to attend or be required to withdraw from a program at DC for

financial reasons. Funds are derived largely from the required tuition set-aside revenues from tuition fee increases and are supplemented by other sources such as private donations, the College's institutional funds and special targeted government funds. Interested student athletes should go to Career and Employment Services to inquire about applying to work-study positions.

## **ATHLETIC SCHOLARSHIPS**

The object of the Athletic Scholarship program is to assist student-athletes who have demonstrated a combination of outstanding athletic ability and scholastic achievement. (in accordance with OCAA Guidelines). The Athletic Scholarships serve as a recruiting tool for the Coaching Staff and program in attracting top student-athletes.

A maximum of one (1) Athletic Scholarship can be awarded to a student-athlete (under OCAA Guidelines). Athletic Scholarships are awarded to first year students who intend on enrolling in a full-time post secondary program at Durham College or UOIT for the first time. Each program has two (2) new scholarships to offer each year to an incoming student-athlete as a recruiting tool. Once awarded an Athletic Scholarship, the student-athlete shall receive the sport specific scholarship each year they are attending full-time and remain a member in good standing of the varsity team in which they received the Scholarship. Two (2) new scholarships are awarded per year, per sport as per guidelines. Scholarships are available in the following varsity athletic programs:

Women's Fastball	Women's Basketball	Women's Volleyball
Men's Baseball	Men's Basketball	Men's Volleyball
Women's Soccer	Men's Soccer	Golf

### Value and Payment:

Scholarships are valued at \$1000 each per year (as per OCAA Guidelines - maximum is \$1000). Fifty percent of scholarship (\$500) will be paid out in January if the student obtains a minimum 2.5 GPA in the first semester and remains a member in good standing of the Varsity team in which they were awarded the scholarship. The balance will be paid out in May based on the second semester marks and the same criteria as stated above. (2.5 GPA minimum and member in good standing)

### Method of Selection

The Coaching staff make the decision on who they wish to offer an Athletic Scholarship to with subsequent approval from the Athletic Director. All recipients and

paperwork (athlete must complete a scholarship information form - available from Head Coach) must be received by the Athletic Department no later than September 1st in order to validate offer.

## **HALL OF FAME**

The school established a Sports Hall of Fame in 1997 to recognize significant athletic achievement and contributions by student-athletes, coaches and builders. One can visit and read up on our Hall of Famers in the upper Athletic Centre main hallway. The Hall of Fame annual induction ceremony takes place each year in the late fall. It is well attended by past Hall of Famers and Alumni....and all current DC team Captains play an active role at the induction ceremony.

## **ATHLETIC BANQUET**

The Annual DC Athletic Banquet is a memorable event each April presented by the Student Association and the Athletic Department. The outstanding achievements of our student athletes are recognized through a program of awards celebrated annually in a first class setting.

Varsity awards presented each year for each team are as follows:

- Rookie of the year
- Leadership award
- MVP
- Male and Female Athlete of the year
- OCAA Academic Achievement Awards
- Individual Sport Awards

There are also various awards each year presented on behalf of the OCAA. These awards will be presented at the banquet to recognize the contribution of our athletes to Intercollegiate Athletics in Ontario.