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If a special accommodation is needed, please call (309) 438-8000.

* The Student-Athlete Handbook is subject to change at any time. The most up-to-date version can be found on GoRedbirds.com. This version was updated May 1, 2015.

CODE OF CONDUCT

ILLINOIS STATE UNIVERSITY DEPARTMENT OF ATHLETICS STUDENT-ATHLETE CODE OF CONDUCT

Illinois State University student-athletes are public figures and your conduct reflects on yourself, your families, as well as your teammates, coaches and University. Therefore, as a student-athlete, your conduct is expected to be above reproach at all times.

As an Illinois State student-athlete, I agree to follow and respect the following principles: the fundamental rights of individuals, the rights of others based upon the nature of the educational process, all policies and rules established by the head coach and department of athletics, the rights of the University, and adherence to local, state and federal laws. I understand that if I am charged with a criminal offense, it is my responsibility to report the charge to my head coach immediately. Furthermore as a student-athlete, I realize that the Illinois State University athletics department values diversity on campus and offers a supportive and diverse environment for its students, faculty/staff, and visitors at all times.

I understand that as a student-athlete, I am expected to be honest in all academic work. My name on any academic exercise (theme, report, notebook, paper, examination), shall be regarded as assurance that the work is the result of my own thoughts and study. Offenses involving academic dishonesty include, but are not limited to the following: cheating on quizzes or examinations, computer dishonesty, plagiarism, lack of proper referencing, grade falsification or collusion. Penalties for academic dishonesty may be severe, ranging from failure on the particular piece of work, to failure in the course, to expulsion from the University. Additionally, you are expected to attend all classes as well as assigned academic support meetings unless you are traveling or excused by the athletic training staff. Therefore, I understand that unexcused absences from class or academic meetings will result in punishment from my coach, sports administrator or Director of Athletics.

I understand that members of the Department of Athletics Staff have the authority to view my Facebook, Twitter, or other public online journals, and profiles for appropriate content related to being a student-athlete and a public figure. I understand that possible suspension or termination from athletic teams may result for photos, "groups" or other content (including "wall-postings"), which violate the conditions of this Code of Conduct. This includes, but is not limited to, derogatory statements, depictions of drinking or alcohol use, and any reference to illicit drugs or inappropriate behavior. In addition, student-athletes will be held to the Social Network policy where student-athletes are prohibited from displaying text or pictures regarding alcohol, tobacco, and any other illegal drugs while being on an Illinois State University athletic roster.

As a student-athlete, I agree to uphold the professional standards of Illinois State University and the Department of Athletics. Additionally, I understand that I must be conscious of the way I portray myself at athletic and campus events, social events, in class, on Facebook and Twitter, as well as other internet sites and other media. As an Illinois State University student-athlete, I agree to abide by the Code of Conduct.

DEPARTMENTAL EXPECTATIONS

Illinois State University student-athletes are subject to rules pertaining to their particular sport as established by their coaches and the athletics department. The following principles are applicable to all student-athletes:

- They are expected to attend all classes as well as assigned academic support sessions unless they are traveling, ill, or excused by their coach.
- They must participate in all practices and games except when declared unfit by the athletic training staff or team physician, or are in some other way unable to participate through no fault of their own.
- It is the student-athlete's responsibility to hand-deliver their excused travel letter to each instructor during office hours or by appointment and to then complete missed assignments and class activities. In addition, the instructors will receive an e-mail from the travel team's coach detailing who will be missing class due to travel, how long they will be away from campus, and when they are due to return.
- They are expected to comply with the decisions of their coaches regarding appropriate dress, manners and behavior during practices, competitions and team travel.
- As participants in Illinois State University Athletics, it is their responsibility to maintain appropriate levels of fitness to insure that they are physically prepared to participate with minimal risk to their health and safety.

Failure to demonstrate a commitment as a student and as an athlete will result in disciplinary action which may include suspension/dismissal from the team, reduction or withdrawal of athletics financial aid, or other action deemed appropriate by their coach and the department of athletics. Student-athletes who violate the law will also be punished in accordance with the department's discipline policy. Any student-athlete no longer an active participant on the team loses access to athletics support services.

SPORTSMANSHIP

All individuals associated with Illinois State Athletics, including student-athletes, are expected to perform and conduct themselves in a sportsmanlike manner. Conference rules specifically prohibit public criticism of game or event officials. Prohibited conduct includes actions, gestures or words which constitute abuse of opponents, officials, fans or others who may attend or play a role in athletic contests. Illinois State University does not tolerate unsportsmanlike conduct and offenders may be subject to disciplinary action by the university, the conference and/or the NCAA.

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CODE OF CONDUCT

HAZING & PRE-INITIATION ACTIVITIES

All forms of hazing on the part of any individual, group of individuals or organizations are subject to disciplinary action. No initiation or other activity shall be undertaken which endangers the health or safety of an individual, or demands an individual to engage in conduct of an unbecoming or humiliating nature, or in any way detracts from an individual's academic pursuits.

For purposes of this policy and university disciplinary action, Illinois State University defines hazing to include any action taken or situation created, wherever it occurs, which includes mental or physical discomfort, embarrassment, harassment or ridicule. Such actions including paddling, creation of excessive fatigue, physical or physiological shock, wearing apparel which is conspicuous and not in good taste, public stunts or buffoonery, morally degrading or humiliating games or events, work sessions which interfere with scholastic requirements, and any other activity which is inconsistent with regulations or policies of Illinois State University or the laws of the State of Illinois.

ALCOHOL, TOBACCO & OTHER DRUGS

The use of alcoholic beverages or tobacco on property controlled by Illinois State University is restricted by the laws of the State of Illinois and the policies of the university. Faculty, staff and students shall not possess, use or distribute illicit drugs on university property. The prohibition applies to all on-campus and off-campus activities that are considered university activities. Please consult the Illinois State University Handbook for the Alcoholic Beverages Policy and other information regarding university standards of conduct in relation to alcohol, tobacco and other drugs. Student-athletes may be subjected to random drug testing by the NCAA or by Illinois State University Athletics.

When representing Illinois State University on the road during regular season or postseason competition, student-athletes are prohibited from consuming or possessing alcohol, tobacco, or any illegal drugs regardless of age.

Alcohol and/or other drug violations occurring on university property may be reported to the Director of Athletics. Arrests, convictions, or university sanctions related to alcohol and/or illegal drugs may warrant a drug test through Illinois State Athletics outside the random program. These violations will jeopardize a student-athlete's enrollment at Illinois State University.

PEER-TO-PEER (P2P) FILE SHARING POLICY

Peer-to-peer file sharing ("P2P" for short) is a network technology that allows people to download files from one another over the Internet. Examples of P2P clients include, but are not limited to: BitTorrent, Azerus, uTorrent, KaZa, Limewire and BearShare. Illinois State, like many universities, has received complaints of copyright infringement from trade organizations, like the Recording Industry Association of America (RIAA) and the Motion Picture Association of America (MPAA). To reduce the number of Digital Millennium Copyright Act (DMCA) complaints, protect Illinois State's students, and maintain the integrity of the institution, the University has opted to block peer-to-peer network traffic. The Athletic Department is in full support of this policy, and firmly upholds the ban of P2P File Sharing among student-athletes. More information on P2P File Sharing, including legal alternatives, may be found by accessing <http://www.helpdesk.ilstu.edu>.

SOCIAL MEDIA POLICY

Illinois State University student-athletes are public figures and your conduct reflects on yourself, your families, as well as your teammates, coaches and University. Therefore, as a student-athlete, your conduct is expected to be above reproach at all times. Please keep the following guidelines in mind as you participate on Facebook and other social media websites.

- Coaches, athletic study center staff and athletic department administrators can and do monitor these websites as it is required to allow these aforementioned parties access to view your social media profile(s).
- Before participating in any online community, understand that anything posted online is available to anyone in the world. Any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site.
- You should not post information, photos, or other items online that could embarrass you, your family, your team, the athletic department or Illinois State University. This includes information, photos and items that may be posted by others on your page or photos you are in.
- Exercise caution as to what information you post on your pages about your whereabouts or plans. In addition, you should not post your home address, local address, phone number(s), birth date or other personal information as you are opening yourself up to predators.
- Be aware of who you add as a friend to your pages. Many people are looking to take advantage of student-athletes and/or solicit information from them regarding competition status of yourself or the team.
- Possible suspension or termination from athletic teams may result for photos, "groups" or other content (including "wall-postings"), which violate the conditions the Illinois State Student-Athlete Code of Conduct as well the Illinois State Social Media Policy.

Local law enforcement agencies check these sites routinely to uncover illegal behavior. In addition to the unfortunate reality of online predators, potential employers and internship supervisors also use these sites to screen candidates. Many graduate programs and scholarship committees now search these sites to screen applications. The Illinois State University Athletic Department warns student-athletes to exercise extreme caution in their use of social media websites. By signing the Student-Athlete Code of Conduct you acknowledged that you have read and understand the Social Media Policy and will conduct yourselves within the parameters of the Student-Athlete Code of Conduct.

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NCAA STUDENT-ATHLETE ACADEMIC REQUIREMENTS

YEAR 1 (FRESHMAN YEAR)

- A student-athlete must always be enrolled in a minimum of 12-semester hours.
- To be eligible for competition during the second semester, a student-athlete must earn a minimum of six semester degree applicable hours in the previous term (fall semester).
- To be eligible for competition in Year 2, a student-athlete must earn 18-semester hours of degree applicable academic credit during the fall and spring semesters.
- To be eligible for competition in Year 2, a student-athlete must earn 24-semester hours (which includes summer school hours) of degree applicable credit during Year 1.
 - ** Developmental classes only count toward the 24 semester hours during a student-athlete's first year of enrollment. In addition, a student-athlete may only use six hours of developmental classes toward the 24-semester hour requirement.
 - ** Credit by Examination (CRE) hours may be used to fulfill the 6-hour, 18-hour and 24-hour requirements.
- To be eligible for competition in Year 2, a student-athlete must have a GPA that is 90 percent of the GPA required for his/her degree program and must earn a minimum of six semester hours of degree applicable credit in the spring semester of the previous academic year.

YEAR 2 (SOPHOMORE YEAR)

- A student-athlete must always be enrolled in a minimum of 12-semester hours.
- To be eligible for competition during the second semester, a student-athlete must earn a minimum of six semester degree applicable hours in the previous term (fall semester).
- To be eligible for competition in Year 3, a student-athlete must earn 18-semester hours of degree applicable academic credit during the fall and spring semesters.
- To be eligible for competition in Year 3, a student-athlete must have completed 40 percent (50 hours for a 124-hour degree program) of the requirements for his/her program.
- To be eligible for competition in Year 3, a student-athlete must have a GPA that is 95 percent of the GPA required for his/her degree program and must earn a minimum of six semester hours of degree applicable credit in the spring semester of the previous academic year.
- A student-athlete must declare a degree program at the end of his/her second year (fourth semester of enrollment).

YEAR 3 (JUNIOR YEAR)

- A student-athlete must always be enrolled in a minimum of 12-semester hours.
- To be eligible for competition during the second semester, a student-athlete must earn a minimum of six semester degree applicable hours in the previous term (fall semester).
- To be eligible for competition in Year 4, a student-athlete must earn 18-semester hours of degree applicable academic credit during the fall and spring semesters.
- To be eligible for competition in Year 4, a student-athlete must have completed 60 percent (74 hours of a 124-hour degree program) of the requirements for his/her degree program.
- To be eligible for competition in Year 4, a student-athlete must have a GPA that is 100 percent of the GPA required for their degree program and must earn a minimum of six semester hours of degree applicable credit in the spring semester of the previous academic year.

YEAR 4 (SENIOR YEAR)

- A student-athlete must always be enrolled in a minimum of 12-semester hours.*
- To be eligible for competition during the second semester, a student-athlete must earn a minimum of six semester degree applicable hours in the previous term (fall semester).

YEAR 4 (CONT.)

- To be eligible for competition in Year 5, a student-athlete must earn 18-semester hours of degree applicable academic credit during the fall and spring semesters.
- To be eligible for competition in Year 5, a student-athlete must have completed 80 percent (99 hours of a 124-hour degree program) of the requirements for his/her degree program.
- To be eligible for competition in Year 5, a student-athlete must have a GPA that is 100 percent of the GPA required for their degree program and must earn a minimum of six semester hours of degree applicable credit in the spring semester of the previous academic year.

YEAR 5 (FIFTH YEAR)

- A student-athlete must always be enrolled in a minimum of 12-semester hours.*
- To be eligible for competition during the second semester, a student-athlete must earn a minimum of six semester degree applicable hours in the previous term (fall semester).
- A student-athlete should graduate by the end of the fifth year (10th semester).
- If a student-athlete is enrolled in graduate school, he/she needs to be enrolled in a minimum of nine hours.

Year 1, Year 2, etc., refers to the number of years the student-athlete has been enrolled full-time. The number of years a transfer has been attending college will determine which category (Year 1, Year 2, etc.) he/she falls into once they transfer to ISU.

**If a student-athlete needs fewer than 12 hours to graduate with his/her undergraduate degree at the conclusion of that semester, he/she may be enrolled in less than 12 hours. If this is the case, the student-athlete must complete a Graduation Certification Form available from the Compliance Office or the Compliance Office website. This form will be reviewed and approved by the Registrar's Office confirming that the student-athlete only needs the specified number of hours to complete his/her degree at the conclusion of that semester.*

ADDITIONAL FOOTBALL ELIGIBILITY REQUIREMENTS

A football student-athlete who does not successfully complete at least nine-semester hours of academic credit during the fall semester and earn the Academic Progress Rate eligibility point for the fall semester shall not be eligible to compete in the first four contests against outside competition in the following playing season.

A football student-athlete who is ineligible to compete in the first four contests of a playing season against outside competition may regain eligibility to compete in the third and fourth contests of that season, provided he successfully completes at least 27-semester hours of academic credit before the beginning of the next fall semester. A football student-athlete in his initial year of full-time collegiate enrollment at the certifying institution may use credit hours earned at the certifying institution during the summer prior to initial full-time enrollment and credit hours earned during the summer following the regular academic year to satisfy the 27-semester credit-hour requirement.

One time during a football student-athlete's five-year period of eligibility, a football student-athlete who does not successfully complete at least nine-semester hours of academic credit during the fall term and earn the Academic Progress Rate eligibility point for the fall semester may regain eligibility to compete in the first four contests against outside competition in the following playing season, provided he successfully completes at least 27-semester credit hours of academic credit before the beginning of the next fall semester. A football student-athlete in his initial year of full-time collegiate enrollment at the certifying institution may use credit hours earned at the certifying institution during the summer prior to initial full-time enrollment and credit hours earned during the summer following the regular academic year to satisfy the 27-semester credit-hour requirement.

ADDITIONAL BASEBALL ELIGIBILITY REQUIREMENTS

A baseball student-athlete who fails to meet any NCAA eligibility requirements based on the baseball student-athlete's academic record in existence at the beginning of the fall semester shall not be eligible during the remainder of the academic year.

RECRUITING

Illinois State University Athletics is committed to providing an informative and safe environment for prospective student-athletes while visiting campus on official and unofficial recruiting visits. The following policies have been established to ensure that prospective student-athletes and student-athletes who will be serving as campus hosts, conduct themselves in a manner that is consistent with NCAA and Illinois State University regulations.

NCAA OFFICIAL & UNOFFICIAL VISIT RULES

Air Transportation

Illinois State Athletics may provide air transportation for a prospect to and from an official visit only by commercial (coach-class) rates. No upgrades are allowed.

Campus Transportation

Coaches may only transport prospective student-athletes on campus in a vehicle normally used to transport prospective student-athletes while visiting Illinois State University. It is permissible for a student host or coach to use their personal vehicles to transport prospects around campus on official visits.

Meals & Lodging

Prospective student-athletes must be housed in standard lodging that does not include special accessories (e.g.: jacuzzis, suites) that are not available generally to all guests residing at the establishment on official visits. Illinois State University may only provide standard meals comparable to meals being provided to student-athletes during the academic year. Reasonable snacks are permissible.

Personalized Recruiting Aides

Illinois State Athletics may not arrange miscellaneous, personalized recruiting aides (e.g.: personalized jerseys, personalized audio/video scoreboard presentations). No game-day simulations are permissible during a prospect's official or unofficial visit.

Student Hosts

An enrolled student-athlete may participate as a student host during a prospect's official visit to the campus. It is the responsibility of the student host to understand and abide by NCAA Bylaw 13.6.7.5, and institutional regulations.

The State of Illinois does not allow the consumption of alcohol for any individual under the age of 21. It is the responsibility of the student host to discourage and report any violations of this state law to their coach.

If a prospective student-athlete is of legal age (21) and enters a local bar, they must leave by 12:30 a.m. It is the student host's responsibility to ensure that the prospective student-athlete is aware that alcohol abuse will not be tolerated.

The use of banned substances (illegal drugs) is prohibited during any visit to the Illinois State University campus. It is the responsibility of the student host to discourage and report any violations of this state law.

These official and unofficial visit policies have been established to ensure that a prospective student-athlete's visit is a quality and informative experience. Compliance with these policies is required.

While good judgement is expected of all student-athletes and recruits, the following are some examples of impermissible activities:

- attendance at adult entertainment establishments.
- provision of alcohol to underaged recruits.
- arrangement of escort services or any other similar services.
- provision of "adult entertainment" involving exotic dancers and the like.
- participation in any unethical or illegal activity, such as provision of drugs or participation in gambling activities.

Student hosts are responsible for ensuring that prospects conduct themselves appropriately. However, the following enforcement policies will be implemented should there be any violations.

- Any recruit who violates recruitment standards will not be admitted to the University.
- Violations by current student-athletes or coaches will result in disciplinary action appropriate to the level of severity of the violation.
- Any violation of the Illinois State University Student Code of Conduct by current student-athletes will be referred immediately to the Community Rights and Responsibilities Office for prompt investigation and adjudication.

ATHLETICS POLICIES & PROCEDURES

TRANSFER POLICIES

NCAA Bylaw 13.1.1.3 specifies that athletics staff members and other representatives of the institution's athletics interest shall not make contact with the student-athlete of another NCAA or NAIA four-year collegiate institution, directly or indirectly, without first obtaining the written permission of the first institution's athletics director to do so. If permission is not granted, the second institution shall not encourage the transfer and the institution shall not provide athletically related financial assistance to the student-athlete until the student-athlete has attended the second institution for one academic year. If permission is granted to contact the student-athlete, all applicable NCAA recruiting rules apply. In accordance with NCAA legislation, Illinois State University considers each student-athlete's request to be contacted or to transfer on a case-by-case basis.

Requests for contact and/or transfer exception may be denied:

- to any Missouri Valley Conference institution, or any other institution against whom Illinois State regularly competes.
- if the request is received late in the academic year or during the summer, resulting in a situation which creates a recruiting disadvantage for Illinois State.
- to scholarship student-athletes who have been found to be deficient in fulfilling athletics related obligations (i.e., quitting the team, failing to participate in required team activities, etc.).

Extenuating circumstances which justify the need to transfer (i.e., financial need, family problems, etc.) may result in the athletics department granting exceptions to the stated policies. Illinois State University Athletics considers the welfare of the student-athlete in all of its decisions. The athletic department believes a quality student-athlete experience also includes understanding the meaning and value of commitment and responsibility.

One-Time Transfer Exception

NCAA Bylaws 13.1.1.3 and 14.5.5.2.10 specify that an institution shall grant or deny a request to contact and/or permit the use of the one-time transfer exception within seven business days of receipt of the request. The legislation also specifies that if the request is denied, the institution shall conduct the required hearing and provide written results of the hearing within 15 business days of receipt of the student-athlete's written request and that the student-athlete shall be provided the opportunity to appear in-person or via telephone and actively participate in the hearing. Finally, the legislation specifies that if the institution fails to respond to the student-athlete's written request or fails to conduct the hearing or provide written results within the specified time period, permission to contact or the transfer release shall be granted by default and the institution shall provide the written permission or release to the student-athlete.

NCAA Bylaw 13.02.1 defines a business day as any weekday that is not recognized as a national holiday, including any weekday during which an institution is closed for other reasons (e.g. holiday break).

Illinois State University Process for Requesting a Transfer Release or Permission to be Contacted by Another Institution

A student-athlete must formally request a transfer release and/or permission to contact by filling out the Athletics Department Permission to Contact Form, which is available on the Athletics Department website.

Once complete, the form should be submitted to the Compliance Office. NCAA Bylaws 13.1.1.3 and 14.5.5.2.10 specify that an institution shall grant or deny a request to contact and/or permit the use of the one-time transfer exception within 7 business days of receipt of the request. If permission to be contacted and/or utilize the one-time transfer exception is granted, the Compliance Office will prepare the necessary documents/release letters, etc., provide them to the student-athlete, and retain copies in the student-athlete's file. If the permission to be contacted and/or utilize the one-time transfer exception is denied, a formal written notice is sent to the student-athlete indicating this decision and explaining the student-athlete's opportunity to request a hearing. The written notice also includes the steps the student-athlete must take to request such a hearing and the timetable in which it must be requested. Permission to be contacted and/or utilize the one-time transfer exception shall be granted by default if the institution fails to respond to a student-athlete's initial request to be contacted and/or utilize the one-time transfer exception by the seven business day deadline prescribed by the NCAA rule.

Illinois State University Process for Appeal

To initiate the appeal process, the student-athlete should request an appeal hearing in writing (email is considered a written request) to Dr. Jeri Beggs, Faculty Athletic Representative. The student-athlete must appeal the decision within 5 business days after being denied. The student-athlete Appeals Committee then must meet and make a decision within 15 business days of the written request for a hearing.

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ATHLETICS POLICIES & PROCEDURES

COMPLIMENTARY TICKETS

NCAA rules allow for an institution to provide up to four complimentary admissions per home or away intercollegiate contest to a student-athlete in the sport in which the individual participates (either practices or competes) regardless of whether the student-athlete competes in the contest. There are some events for which complimentary admissions may not be available. Complimentary admissions are provided through a pass list for individuals designated by the student-athletes. "Hard tickets" shall not be issued. Playerguest.com is an interactive website that Illinois State uses for its student-athletes to make their own guest entries for each eligible athletics contest.

EQUIPMENT & UNIFORMS

Equipment rooms are located in Horton Field House, Kaufman Football Building and Redbird Arena. Inventory control forms are utilized when issuing uniforms and athletic equipment to student-athletes at the beginning of their seasons. All items checked out are to be turned in as soon as possible after the season ends. Student-athletes will be charged for equipment or uniforms not returned. Failure to pay for these items results in a delinquency and the student's registration is blocked.

EXIT INTERVIEWS

Each year Division I institutions are required by NCAA rules to conduct exit interviews with student-athletes in all sports who are participating in their last year of eligibility for competition. Senior student-athletes are notified about the exit interviews and asked to meet individually with a member of the Athletic Department's Executive Team or Faculty Athletics Representative. The purpose of the exit interviews is to generate responses on the experiences encountered by ISU student-athletes. This includes such things as athletic and academic experiences, player-coach relationship, etc. The information obtained from the exit interviews is used to help determine the strengths and weaknesses of the Athletics Department and help decide where changes and/or improvements should be made, if needed. Senior exit interview responses are kept confidential.

Student-athletes who are not otherwise in their final year of competitive eligibility who desire an opportunity to be interviewed may, at any time, request that one be conducted with a member of the Athletic Department's Executive Team.

NCAA COUNTABLE ATHLETIC RELATED ACTIVITIES

The NCAA has established daily and weekly time limitations on your athletics participation. During your sport's declared playing season, your participation in countable athletically related activities is limited to a maximum of four hours per day and twenty hours per week, with at least one day off (which may include a travel day). The required day off may occur on any day of the week and may change from week to week. A "week" is defined as any seven consecutive days.

Outside of your declared playing season, your participation in countable athletically related activities is limited to a maximum of eight hours per week, and you must have two days with no countable athletically related activity. During the off-season eight hours – in all sports except football – a coach may provide individual skill instruction for a maximum of 2 of the 8 hours. This individual skill instruction may be made mandatory by your coach. Coaches are permitted to work with no more than four student-athletes at any one time in any place from the first day of class in the Fall until September 15, for sports that haven't otherwise begun their season prior to the first day of classes (e.g., football, volleyball, soccer, and cross country). From September 15 until April 15, skill instruction may include more than four student-athletes. For teams no longer competing, ALL countable athletically related activities are prohibited starting one week prior to final exam periods, as listed in the official university academic calendar.

Countable Athletically Related Activities include, but are not limited to:

- Practice (not more than four hours per day)
Note: A "practice" is any meeting, activity or instruction involving sports-related information and having an athletic purpose that is held at the direction of, or supervised by, any member of the university's coaching staff. A team meeting to discuss only the drug-testing program, academic orientation, etc., would not be considered practice.
- Competition (no countable activities may occur AFTER a competition)
- Required weight training and conditioning
- Required review of athletic practice, contest films or videotapes
- Required camp, clinic or workshop participation
- Individual workouts required or supervised by a member of the coaching staff
- Mandatory captain's practices
- Athletically related meetings
- Required on-court/on-field activities

Noncountable Athletically Related Activities include:

- Training room activities (treatment, taping, and rehabilitation and medical exams)
- Study hall, tutorial or academic meetings
- Voluntary sport-related activities which are initiated by the student-athlete, no attendance is taken, and no coaches are present
- Traveling to and from the site of a competition (as long as no countable activities occur)
- Fundraising activities, public relations and promotional activities and community service projects
- NCAA compliance-related meetings, SAAC meetings, life skills meetings, drug/alcohol education meetings
- Recruiting activities (e.g., serving as a student host)

These hourly limitations are put in place to allow you to be both a student and an athlete at the Division I level. If you feel these limits are being exceeded, please speak with your coach or a staff member in the Compliance Office.

** The Student-Athlete Book Policies & Procedures are subject to change at any time. The most up-to-date version can be found on GoRedbirds.com. The version on this page is updated as of May 1, 2014.*

ATHLETICS POLICIES & PROCEDURES

Voluntary Athletically Related Activities

In order for any athletically related activity to be considered "voluntary," all of the following conditions must be met:

- The student-athlete must not be required to report back to a coach or other athletics department staff member (e.g., strength coach, trainer, manager) any information related to the activity. In addition, no athletics department staff member who observes the activity (e.g., strength coach, trainer, manager) may report back to the student-athlete's coach any information related to the activity; [Note: Coaches may not observe voluntary activities.]
- The activity must be initiated and requested solely by the student-athlete. Neither the institution nor any athletics department staff member may require the student-athlete to participate in the activity at any time. However, it is permissible for an athletics department staff member to provide information to student-athletes related to available opportunities for participating in voluntary activities (e.g., times when the strength and conditioning coach will be on duty in the weight room or on the track). In addition, for students who have initiated a request to engage in voluntary activities, the institution or an athletics department staff member may assign specific times for student-athletes to use institutional facilities for such purposes and inform the student-athletes of the time in advance;
- The student-athlete's attendance and participation in the activity (or lack thereof) may not be recorded for the purposes of reporting such information to coaching staff members or other student-athletes; and
- The student-athlete may not be subjected to penalty if he or she elects not to participate in the activity. In addition, neither the institution nor any athletics department staff member may provide recognition or incentives (e.g., awards) to a student-athlete based on his or her attendance or performance in the activity.
- The summer calendar begins the day following May commencement. In the event that a spring sport competes after the date of commencement, the summer calendar begins following the final competition. All summer activities are voluntary. Summer ends at the beginning of pre-season or the first day of fall classes, whichever comes first.

STUDENT-ATHLETE EMPLOYMENT

Earnings from a student-athlete's on-or off-campus employment that occurs at any time is exempt and is not counted in determining a student-athlete's full cost of attendance or in the institution's financial-aid limitations, provided:

- the student-athlete's compensation does not include any remuneration for value or utility that the student-athlete may have for the employer because of the publicity, reputation, fame or personal following that he or she has obtained because of athletic ability;
- the student-athlete is compensated only for work actually performed; and
- the student-athlete is compensated at a rate commensurate with the going rate in that locality for similar services.

Student-athletes must receive prior written permission to work from our compliance office. A "student-athlete employment form" must be completed and signed prior to permission being granted.

The student-athlete employment form is also available on the compliance office website at: http://goredbirds.com/documents/2014/4/15/employment_approval_form.pdf?id=47

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BOOK POLICIES & PROCEDURES

Student-athletes who receive textbooks as part of their grant-in-aid must pick up all of their books from The Alamo II bookstore near campus no later than the third Friday of the semester. The Alamo II will require student-athletes to present a credit card to be held pending return of all provided textbooks at the conclusion of the semester. If a student-athlete does not have a credit card, the department will make arrangements with The Alamo II to provide a department credit card. All books provided for the semester remain the property of the Alamo II book store. Those books must be returned directly to the Alamo II by the end of the day on Friday of finals week. Student-athletes who fail to return their books by that time will be charged on their credit card the replacement cost plus a processing fee and applicable taxes. If books are not returned and are charged to the department credit card, the amount will be transferred to the student-athlete's university account. Student-athletes wishing to purchase books at the end of a semester may do so directly with the Alamo II. Within the first 30 days of the semester, student-athletes who drop classes or who no longer need books because of section changes should return those books to the Alamo II at that time. Student-athletes are required to supply the original receipt and proof of schedule change after the first week of class.

NCAA regulations permit the provision of required course textbooks only. Textbooks listed as "recommended" or "optional" may not be provided as part of a student-athlete's athletics scholarship.

The athletics department will also distribute notices near the end of each semester reminding student-athletes to return books directly to the Alamo II bookstore and the deadline by which this must be done to avoid credit card charges being incurred.

FINANCIAL AID

SCHOLARSHIPS

Period of Institutional Financial Aid

The period of award begins when the student-athlete receives any benefits as part of the student's grant-in-aid on the first day of classes for a particular academic term, or the first day of practice, whichever is earlier, until the conclusion of the period set forth in the financial aid agreement. An athletics grant-in-aid shall neither be awarded for a period less than one academic year (except under very specific circumstances in accordance with NCAA rules); nor may a grant-in-aid be awarded for a period that would exceed the student-athlete's five-year period of eligibility. One year grants-in-aid shall be awarded in equal amounts for each term of the academic year. Athletics grants-in-aid are limited to the cost of tuition, required fees, room and board costs at the on-campus double-occupancy dormitory rate and required course books.

Reduction or Cancellation Not Permitted

In accordance with NCAA Bylaw 15.3.4.3 institutional financial aid based in any degree on athletic ability may not be increased, decreased or canceled during the period of its award:

- on the basis of a student-athlete's athletic ability, performance or
- because of an injury, illness or physical or mental condition (except as permitted pursuant to NCAA Bylaw 15.3.4.2); or
- for any other reason.

Reduction or Cancellation Permitted

In accordance with NCAA Bylaw 15.3.4.2, institutional financial aid based in any degree on athletics ability may be reduced or cancelled during the period of its award if the recipient:

- renders himself or herself ineligible for intercollegiate competition; or
- fraudulently misrepresents any information on an application, letter of intent, or financial aid agreement; or
- engages in serious misconduct warranting substantial disciplinary penalty; or
- voluntarily withdraws from a sport at any time for personal reasons.

Renewals and Nonrenewals

The renewal of institutional financial aid based in any degree on athletic ability shall be made on or before July 1 prior to the academic year in which it is to be effective. The institution shall promptly notify in writing each student-athlete who received an award the previous academic year and who has eligibility remaining in the sport in which the financial aid was awarded the previous academic year (under Bylaw 14.2) whether the award has been renewed or not renewed for the ensuing academic year (NCAA Bylaw 15.3.5.1).

Financial Aid Reduction/Cancellation Appeals Procedure

NCAA Bylaw 15.3.2.3 requires that if a student-athlete's athletics aid is reduced or cancelled – whether that be during the period of award or between academic years – that student-athlete must be provided with the right to a hearing. Jana Albrecht, Director of Financial Aid, has responsibility for overseeing the administration of the grievance and/or appeals procedures for financial aid reduction/cancellation.

Student Notification

Student-athletes whose athletics aid is reduced or cancelled during the period of award or for the following academic year are notified in writing by Jana Albrecht, Director of Financial Aid office. Prior to taking the action to reduce or cancel athletics financial aid, the Financial Aid Office provides the following items to the student-athlete whose athletics aid is being reduced or cancelled: 1) written notice of the reduction or cancellation; 2) written notice of an opportunity for a hearing; and 3) a copy of Illinois State University's policies and procedures for conducting this kind of hearing. The written notification of athletics aid reduction/cancellation and its attachments are sent via US mail to the student-athlete's local and permanent addresses as they appear on the University mainframe system. A copy of the notification letter and its attachments are copied to the Athletics Compliance Office. The written notification informs the student-athlete that if he/she elects to request a hearing that a request for such must be in writing and arrive in the Financial Aid Office in writing and that the written request for a hearing must be postmarked or received in the Financial Aid Office on or before 14 business days following the date of issuance of the notification. Barring extenuating circumstances, a student-athlete's failure to submit a written request for a hearing within the prescribed timetable shall constitute a waiver of the right to an appeal.

Acknowledgment of Hearing Request

Bridget Curl, Associate Director of Program Administration and Compliance – program administration and compliance shall acknowledge receipt of the student-athlete's request for a hearing by telephone. This communication includes a notice to the student-athlete that he/she is responsible for preparing a statement (and other documents of support) substantiating their position. The student-athlete is advised at that time that all written statements and support documents must be received in the Financial Office two days prior to the hearing. The student-athlete is informed that he/she will hear back from the Financial Aid Office with the date, time, and location of the hearing.

The Associate Director of Financial Aid shall notify the head coach (and Athletics Compliance Office) of the student-athlete's request for a hearing. In addition, the head coach will be informed that he/she shall prepare a statement, along with other support documents, to substantiate his/her decision to reduce or cancel the student-athlete's athletics aid. The head coach is advised that these materials must be received in the Financial Aid Office two days prior to the hearing. The head coach is also informed that he/she will hear back from the Financial Aid Office with the date, time, and location of the hearing.

Notification of Scheduled Hearing

The student-athlete and head coach (with a copy to the Athletics Compliance Office) are notified in writing of the scheduled date, time and location of the hearing, and of those participating in the hearing. A hearing of this kind will be scheduled at the earliest possible time.

** The Student-Athlete Book Financial Aid section is subject to change at any time. The most up-to-date version can be found on GoRedbirds.com. The version on this page is updated as of May 1, 2014.*

FINANCIAL AID

Hearing Participants

The student-athlete and head coach are instructed that the hearing panel will consist of four individuals, the chair of the committee being Jana Albrecht, director of financial aid, and that participation in the hearing is limited to the members of the panel, the student and the head coach of the relevant sport. The student is also informed that others may attend the hearing, but may not contribute or participate in its proceedings, and that Cindy Harris, associate director for NCAA Compliance will attend serving as an NCAA rules reference without a role in conducting the hearing or deliberations.

In the event the student-athlete and/or head coach is unable to attend the hearing in-person, every attempt to conduct the hearing via teleconference will be made. If this cannot be arranged, the hearing panel will make a decision on the merits of the written documents and support information received by the applicable due dates.

The chair of the panel will serve as a liaison between the panel, the student and the coach. The chair may ask questions and give opinions just like the rest of the members of the panel, but will only vote in the case of the panel not being able to come to a final decision. If a member of the hearing panel leaves the university during the academic year, the committee will not replace that individual until the following year.

Hearing Results

Upon conclusion of the hearing, the committee shall convene to deliberate in closed session. Once a decision is reached, the parties shall be notified over the phone by the chair of the panel. A formal letter confirming the decision shall be sent to all parties with a copy sent also to the Athletics Compliance Office and the Athletics Director. The decision of the panel is final.

OPTIONAL STUDENT HEALTH INSURANCE

Illinois State University assesses students a per semester fee for Student Health Insurance. This is automatically charged to the account of students who are registered for nine or more credit hours as of the 15th calendar day of the fall and spring semesters. If you are a student-athlete on an athletic scholarship that fully covers your university fees, the Student Health Insurance charge will be covered by your athletic scholarship – but only if you are enrolled in 9 or more credit hours. If you enrolled in fewer than 9 hours because that is all you need to graduate at the end of a particular semester, for instance, the Student Insurance is considered to be optional and therefore you will not automatically be signed up for the coverage, nor will the fees for the insurance coverage be automatically paid by your scholarship.

The Athletic Department strongly recommends that you obtain the optional Student Health Insurance if and when you ever fall into this category (i.e., when you are only enrolled in fewer than 9 credit hours during the fall or spring term). You must sign up for the coverage via your university portal and then pay for the coverage prior to the conclusion of the first two weeks of the semester.

For summer sessions, the university charges the Student Health Insurance fee automatically for students that pre-register for six or more credit hours. To be automatically billed, students must enroll in one hour of on-campus class (online excluded). Students who pre-register for and/or enroll in five or fewer summer credit hours must elect the Student Health Insurance coverage via the university portal system in the prescribed timetable. See the University's Student Health Services website for more information.

FINANCIAL AID

NON-ATHLETICS FINANCIAL AID

In addition to athletics financial aid, student-athletes may be eligible to receive financial assistance through grants, loans or employment opportunities. Student-athletes are obligated to report to the athletics department any financial aid received from any source other than Illinois State University unless that aid comes as a result of a student-athlete's status as naturally or legally dependent upon the provider.

All student-athletes, whether receiving scholarship aid or not, must report all forms of financial aid before they are permitted to participate in intercollegiate competition. Failure to do so could affect student-athlete eligibility.

FINAL "DROP DEADLINES" FOR CLASSES/BOOKS

Student-athletes are expected to make any necessary course drops no later than the tenth day of the semester (for fall and spring semesters). After the 10th day, refunds for tuition paid and books purchased are unavailable. For summer sessions, the drop date varies depending upon the length of the course.

SUMMER SCHOOL AID

Student-athletes may receive summer school aid, but it may only be awarded in proportion to the amount of athletically-related aid received by the student-athlete during the previous academic year. Aid cannot be awarded to attend summer school at another institution.

The specific amount of summer school aid available for all Illinois State student-athletes is determined annually. Head coaches may recommend, based on several factors, which of their team members may apply for available funds. Application for summer school aid does not guarantee receipt of funds.

FIFTH-YEAR ATHLETICS AID PROGRAM

Illinois State University offers a scholarship program to assist student-athletes who have completed their athletics eligibility and performed well enough academically to complete their bachelor's degree within the following year. To qualify, student-athletes must be within 30 hours of earning a bachelor's degree prior to their fifth year of college enrollment. Applicants must be nominated for this program by their head coach no later than December 1 of the year preceding the award. Awards are distributed in March. Whenever possible, student-athletes who are awarded fifth-year aid are expected to work in the athletics department during the terms in which they receive the award.

There is no guarantee of fifth-year aid. Additional criteria and conditions apply to this program. Student-athletes with questions about the Fifth-Year Athletics Aid Program should contact Cindy Harris, Senior Associate Athletics Director for Compliance/Certification, in 206 Redbird Arena.

NCAA STUDENT ASSISTANCE FUND

The NCAA has appropriated a fund to provide direct benefits to student-athletes or their families to assist student-athletes in meeting financial needs that arise in conjunction with participation in intercollegiate athletics, enrollment in an academic curriculum or that recognize academic achievement. The NCAA Student Assistance Fund (SAF) is administered by the Missouri Valley Conference office. Funds are available, but not guaranteed.

All student-athletes, including international, are eligible to receive SAF benefits, regardless of whether they are grant-in-aid recipients, have demonstrated need or have either exhausted eligibility or no longer participate due to medical reasons. Except for prospective student-athletes receiving summer financial aid prior to full-time enrollment, no prospective student-athlete shall be eligible to receive SAF funds.

AVOIDING "EXTRA BENEFITS"

An "extra benefit" is defined as any special gift or arrangement provided to an enrolled student-athlete or a student-athlete's parent, relative, or friend that is not available to the general student body at Illinois State University. "Extra benefit" legislation also may apply to gifts or arrangements following a student-athlete's graduation (other than legitimate employment).

If a student-athlete accepts any benefit based on his or her athletic ability, that student-athlete forfeits all eligibility for NCAA intercollegiate athletic participation. If the student-athlete has completed eligibility, the institution is still responsible and may have penalties applied to its athletics program.

Some examples of "extra benefits" to enrolled student-athletes which are prohibited by NCAA rules include receiving:

- any type of gift, gift-in-kind, or money.
- any special discount, credit, or special pay arrangements on any type of service (e.g., use of a credit card, free hair cuts, etc.)
- typing services or other expenses paid for course related papers or projects.
- use of a vehicle.
- a complimentary ticket to any athletic, institutional or community event for which a fee is normally charged.
- a special arrangement for, or co-signing a loan involving a donor.
- any entertainment provided by a donor.

Student-athletes are strongly cautioned to "ask before acting" in these situations by contacting a member of the Compliance Office with any questions involving extra benefits.

ACADEMIC POLICIES & PROCEDURES

MAJOR INFORMATION

Student-athletes may select a major field of study at the time of admission to Illinois State University unless the field they choose has special admission standards or is closed at the time of application. If they are undecided about a major field, they will be classified as Undeclared and are encouraged to select a major as soon as possible. They should consult the major program descriptions (illinoisstate.edu/majors) for any admission requirements to a particular major. In some areas, majors may be restricted by enrollment capacity or other limitations.

All major and minor changes will take place in the departments. After initial enrollment, students may apply for admission to a major by application on the "Apply to Your Program" site on the my.illinoisstate.edu system. Students are not guaranteed acceptance into the major.

To change a major to "Undeclared" status, students should contact one of the Athletics Advisors in University College Advisement (340 Fell Hall).

For eligibility calculation, student-athletes who are not officially declared in a program of study by the beginning of their fifth semester of college enrollment must complete a 'designated major' form. This form is available from their University College athletics academic advisor. The form must be signed by the student-athlete and their university college athletics advisor and placed on file in the Office of the University Registrar, University College Advisement and Intercollegiate Athletics.

REGISTRATION

Student-athletes, in order to meet NCAA regulations and accommodate practice and travel schedules, have the opportunity to register for classes before the rest of the student population. Pre-registration occurs in mid-October and mid-March. It is the student-athlete's responsibility to meet all requirements.

Registration works as follows:

- Make an appointment with an academic advisor (student-athletes who are in a declared major with 24 or more earned hours must meet with an advisor in their major department. Student-athletes who are in a declared major with less than 24 earned hours, or are Undeclared, must meet with their University College athletics advisor).
- Look up registration date and time on my.illinoisstate.edu portal.
- Clear any delinquencies (financial or non-financial records).
- Contact departments for any "permit-only" classes.
- Using go.illinoisstate.edu, register on their assigned date.
- Students must pay money due by the deadline date for each semester.

ACADEMIC "AT-RISK" STUDENT-ATHLETE GUIDELINES

Students-athletes who are "at risk" include:

- Student-athletes on academic probation.
- Student-athletes who have a diagnosed learning disability, which has been confirmed by a certified licensed professional.
- Students who have earned less than 12 credit hours during a fall semester.

Those student-athletes who meet the above criteria and are therefore at risk must follow these guidelines:

Advisement

- Athletic Academic advisors will set the student-athlete's schedule in consultation with the student.
- Changes cannot be made in the schedule after the second day of classes that semester.
- A probation appointment with the student-athlete's athletics advisor is required for every semester on probation.
- Attend two academic workshops given by University College in the Julia N. Visor Academic Center.
- Attend study skills classes given by the Athletics Study Center staff.

ACADEMIC POLICIES & PROCEDURES

PROGRAM CHANGE

With priority registration, it should not be necessary to make schedule changes. Except during advance registration periods, all program changes must have the approval and assistance of a University College athletics advisor. Student-athletes will not be permitted to withdraw from a class if it jeopardizes the student-athlete's eligibility under NCAA rules, departmental policy or university policy.

To be eligible for practice and competition, student-athletes cannot drop below 12 credit hours at any time. To meet continuing eligibility requirements each semester, student-athletes must be enrolled in a minimum of 12 hours, all of which must count within their degree programs. Failure to complete 75 percent of the hours attempted will result in loss of financial aid.

REPEATED COURSEWORK

Students may repeat a course only once; that is, if the course is completed, or dropped after the 10th day of classes receiving a grade of "WX," students may enroll in that course only one additional time. When a course has been repeated, only the second grade is included in the student's cumulative grade-point average. The credit hours will count only once toward graduation.

CREDIT/NO CREDIT OPTION

To be eligible to put a class on Credit/No Credit, student-athletes must:

- Have a minimum of 12-earned hours.
- Be in good academic standing.

Classes which cannot be put on Credit/No Credit include:

- Requirements for major.
- Requirements for minor.
- Requirements for particular categories of general education.

A class must be put on Credit/No Credit before the end of the 10th day of classes. Removing a class from Credit/No Credit status must be done according to the date specified for the semester. All courses taken Credit/No Credit must be approved by a University College athletics advisor.

EQUITABLE TREATMENT OF STUDENTS PARTICIPATING IN UNIVERSITY SPONSORED ACTIVITIES

At times it is necessary to miss classes when student-athletes are traveling with their teams. When this happens, quizzes and tests are sometimes missed. The Equitable Treatment of Students policy (University Policy 2.1.20) insures that all students are treated fairly in the classroom, including our student-athletes. Illinois State University deeply values and supports the required participation of students in Sanctioned University Activities. Instructors will provide such students with reasonable accommodations for completing missed exams, quizzes, and other required work. In courses that allow dropping a low grade or grades, faculty must offer the student reasonable accommodation for making up work missed due to a university-sanctioned activity and may not require that missed work be counted as the low grade to be dropped. The Office of the Vice President for Student Affairs will determine Sanctioned University Activities. It is the responsibility of the student to (1) inform instructors of scheduled absences in advance, (2) where possible and as soon as possible, provide a schedule of all semester absences, and (3) arrange to complete missed classroom work. Ultimately, students are responsible for material covered in class. In the event of disagreement regarding this policy, the issue will be directed to the appropriate Associate Vice President for Academic Affairs for arbitration.

For the Equitable Treatment of Students policy to be applied to student-athletes the following steps must occur: (1) student-athletes must attend all classes unless excused by competition or injury, (2) student-athletes will hand-deliver travel letter to the instructor, (3) head coaches will send each professor an e-mail detailing which student-athletes will be traveling, when the student-athlete will be leaving campus, and when they will return to campus.

TRAVEL POLICIES

Student-athletes are expected to be on time to meet their teams for required travel. Student-athletes could be left behind, or be subject to other disciplinary actions, for being late. Any departure from university-sponsored travel plans requires prior written permission from a parent/legal guardian and the head coach.

At the beginning of each semester, student-athletes should check their exam schedules against their event and travel schedules. If a conflict will result in a missed exam, the instructor should be contacted immediately to make arrangements for a makeup exam. Student-athletes are expected to make arrangements to obtain notes, handouts, etc., when classes are missed because of schedule conflicts.

INCOMPLETES

A grade of incomplete (I) will be assigned to students who are doing passing work, but find it impossible, because of reasons beyond their control (such as illness) to complete the required work by the end of the term. Students must have attended class within three weeks of the close of the semester or within one week of the close of the summer session. Students cannot graduate with incompletes on their record.

PROGRESS REPORTS

Twice each semester, the Athletic Study Center, in conjunction with University College, sends progress report requests to instructors of all classes for all student-athletes to assess the academic progress of student-athletes. These appraisals request a grade estimate and also provide room for comments on absences, student preparation and attitude in class. Each of these electronic forms is simultaneously returned to Athletic Study Center staff, athletic academic advisors and coaches. Noted problem areas are assessed in consultation between student-athletes, their coaches, Athletic Study Center staff and athletic academic advisors, at which time suggestions, recommendations and a plan of action will be given as intervention.

CLASS ATTENDANCE

Class attendance is certainly one key ingredient for a successful college career. Class attendance should be viewed with the same importance as attendance at practice sessions and team meetings. Unexcused absences will not be tolerated or permitted, and appropriate disciplinary action will be taken.

Most professors place a great deal of emphasis on class attendance; effort combined with attendance almost always results in better grades. Class attendance is an obligation as well as a privilege, and student-athletes are expected to attend regularly and punctually all classes in which they are enrolled. Excessive absences may result in lower or failing grades.

ACADEMIC POLICIES & PROCEDURES

SUMMER SCHOOL

Many student-athletes choose to take summer courses at Illinois State or other schools. Reasons for attending summer school vary: to get ahead and stay on schedule for a four-year graduation plan while allowing lighter loads in the academic year; to “catch up” on hours to maintain athletic eligibility; or to improve grade-point averages.

Student-athletes planning to take summer classes at Illinois State should work with their athletic academic advisor to review summer class offerings. Student-athletes planning to attend school elsewhere should consult with their department advisor and athletics academic advisor to make sure the course(s) will transfer appropriately to Illinois State University.

Summer School Guidelines:

- Freshmen student-athletes on scholarship can only take one online class with consent from the staff.
- Student-athletes who are staying on campus and have the choice between an on-line class or a course offered in the classroom, will be required to take the classroom course option.
- Sophomore, junior or senior student-athletes may not take two or more online classes that occur during the same summer session without permission from the head coach and athletic administration.
- Sophomore, junior and senior student-athletes will need to get permission from the head coach and athletic administration to take an online course and an in-class course during the same summer session.
- Head coaches and athletic administration must give approval for a student-athlete to take 9 or more summer school hours.
- Any student-athlete who, over the summer, could make themselves ineligible or on academic probation may not take an online class.
- All student-athletes taking summer classes will receive monitoring throughout their summer course to help ensure successful completion of the course. Student-athletes will be notified of the plan of action by the staff of the Athletics Study Center before the start of the course.

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SPECIAL OPPORTUNITIES

LEADERSHAPE

387 Student Services Building..... 438-2151

LeaderShape is an interactive, energizing and unique experience that builds leadership skills no other program can match. It is six days of non-stop self-discovery and learning from practical experiences that builds leadership concepts and abilities. Including fun, exciting challenges, meeting many new people and building new friendships, making connections with other Illinois State University student leaders and self-discovery.

HONORS PROGRAM

North/Fell Streets..... 438-2559

The Honors Program provides intellectual challenge and stimulation to academically talented and highly motivated students. Incoming freshmen who achieve a composite ACT score of 27 or higher, a high school grade-point average (GPA) of 3.30 or better, and who graduate in the upper 10 percent of their high school class are invited to apply. Incoming transfer students with a 3.30 GPA or above, or students already enrolled at Illinois State, can be admitted to the program if they attain the required 3.30 GPA or above.

COMMUNITY SERVICE PROGRAMS

Karin L. Bone Athletics Study Center..... 438-2750

For Redbird student-athletes, community service is a tradition equal to conference championships and academic achievement. Many community organizations (most frequently elementary schools) request student-athletes to speak to youngsters about important issues, including saying no to drugs and alcohol, staying in school, goal-setting and teamwork. As part of Illinois State University Athletics' "Adopt-a-Charity" program, each team dedicates volunteer services to an organization of its choice. In past years, these organizations have included the Red Cross Blood Drive and Habitat for Humanity. Volunteer programs not only enhance the image of Illinois State University and Redbird Athletics, but also give student-athletes a sense of pride in helping those who are less fortunate. Redbird student-athletes provided close to 3,000 hours of community service to the Bloomington-Normal community during the 2014-15 school year.

CAREER IN SPORTS FORUM

The NCAA Student-Athlete Sports Forum will engage a diverse and dynamic representation of student-athletes, coaches, faculty and administrators and provide pertinent and customized sessions that will enhance personal awareness and leadership skills needed to impact student-athlete development at the campus and conference level, and beyond the collegiate realm. The three-day weekend forum is provided at no cost to all institutions that are eligible to attend. The forum will focus on student-athletes who have an interest in working in athletics after their collegiate playing days are over. It is held at a designated regional site each year and requires an application in early spring. Check with your Academic Coordinator if you are interested in learning more about the Forum.

STUDENT-ATHLETE ADVISORY COUNCIL

The Student-Athlete Advisory Council (SAAC) is one of more than 200 registered student organizations on the Illinois State University campus. Two student-athletes from each sport are elected or appointed to serve on the SAAC. Meetings are held once a month to discuss issues which directly impact student-athletes and to provide advisory input into athletics department administration.

CAREER DEVELOPMENT PROGRAM FOR STUDENT-ATHLETES

Many resources and programs have been developed for student-athletes to teach students the lifelong skills of career planning. The Career Development Coordinator of the Athletics Study Center is available to help with career decisions. Services available at the Karin L. Bone Athletics Study Center include assistance with resumes and cover letters, planning internships and externships, preparing for career fairs and mock interview practice. The coordinator works closely with staff from the Student Counseling Services and Career Services Center to assist student-athletes in a variety of career development areas such as:

- Career Information Services
- Vocational Testing
- Career Plan Development
- Interview training and practice
- Professionally-sponsored seminars on career planning

ACADEMIC ASSISTANCE

KARIN L. BONE ATHLETICS STUDY CENTER

211 N. University.....438-3209

The Karin Bone Athletics Study Center is a 4,000-square-foot facility providing student-athletes with a quiet, supervised study area. Student-athletes can use the computer lab, study area, four private study rooms and conference room. Recently, a satellite location inside Horton Fieldhouse has added 1,500 square feet and 16 computers, bringing the total number of computers available to 41, in addition to wi-fi internet access at both locations. The center has eight full-time staff members and four graduate assistants. The hours of operation are:

- 8 a.m. to 10 p.m. Monday-Wednesday
- 8 a.m. to 9 p.m. Thursday
- 8 a.m. to 4:30 p.m. Friday
- 4 p.m. to 9 p.m. Sunday

The center has multiple components to assist student-athletes:

Targeting

Assisting student-athletes with time management, classroom conduct, study skills, test taking skills and note-taking techniques.

Study Hall

Freshmen, transfer student-athletes and other student-athletes deemed at-risk for progression within their major, graduation or eligibility will be required to attend study hall each week. The number of hours varies and will be set by the Academic Coordinators in consultation with head coaches of respective sports.

Career Development

A four-year program designed to effectively meet the career planning needs of student-athletes.

Personal Development

Various seminars ranging from sexual harassment, proper diet, social networking to peak performance are given throughout the student-athlete's tenure at ISU.

Tutoring

Access to one-on-one as well as group study tutors in a wide array of subjects at no cost.

Technology

Access to 25 computer stations, two printers and wi-fi internet access throughout the Athletics Study Center.

TARGETING PROGRAM

The goal of the Athletics Targeting Program is to help student-athletes make a successful transition from high school or community college to Illinois State University. Because of the many demands placed on student-athletes, the program includes as many student-athletes as possible.

Those recommended for the Targeting Program will be assigned an academics staff member who will closely monitor academic progress by meeting with the student-athlete on an individual basis one to three times per week to assist in developing various skills. Topics addressed include: time management; note-taking; reading comprehension; and test taking. Each student-athlete's "targeter" serves a supportive role in helping the student-athlete become more successful in the classroom. Student-athletes are expected to come prepared for their session including class notes, syllabi and textbooks.

ATHLETICS TUTORING

Karin L. Bone Athletics Study Center.....438-3209

The Athletics Tutoring program is designed to help student-athletes successfully combine college-level academics and athletics. Students either voluntarily contact the tutor coordinator at the Athletic Study Center or are referred by coaches or academic advisors. The majority of general education classes have available tutors. Tutors assist student-athletes by offering suggestions for improving study habits, explaining ideas, concepts and terms and helping organize and review class materials. Tutors do not serve as substitutes for attending class or serve as substitutes for daily preparation and studying, but can supplement the learning process. Tutoring is available to all student-athletes at no cost. To make an appointment with a tutor, talk with the Academic Coordinator for your sport.

LIFESKILLS PROGRAM

Illinois State's life-skills program is designed to address the 'total development' of student-athletes. The program focuses on developing well-rounded young people with the skills necessary to bridge the gap between college life and professional life as well as making meaningful contributions to their communities.

NEW STUDENT-ATHLETE ORIENTATION

The Athletics Study Center staff members conduct a fall Student-Athlete Orientation to assist new student-athletes in their adjustment to Illinois State University.

The orientation consists of a welcome by athletics administration, Athletics Study Center staff, academic advisement updates, and discussion of the following topics: Athletic Study Center/computer orientation, Class Attendance and Integrity Policy, classroom behavior and expectations, coaches' expectations, procedure for use of travel letters and review of the Student-Athlete Code of Conduct.

ACADEMIC ASSISTANCE

UNIVERSITY COLLEGE

324 Fell Hall.....438-3217

The mission of University College is to provide effective programs and services that assist students in making successful transitions into Illinois State University, achieving their educational goals, and realizing their academic potential in the first year and beyond.

University College will assist students to: make a smooth transition to college, develop educational plans, learn time-management skills, explore various academic opportunities, explain academic policies and requirements and develop good study skills.

Select offices and services provided by University College are described below.

UNIVERSITY COLLEGE ACADEMIC ADVISEMENT

340 Fell Hall.....438-7604

University College Academic Advisement provides advising services to all students with fewer than 24 earned credit hours as well as all undeclared students. Academic Advisement also serves the needs of special populations of students including University Scholars, veterans, students in transition, and student-athletes.

DEVELOPMENTAL MATH

118 Schroeder Hall.....438-3360

Developmental Math helps students develop the requisite mathematical skills to successfully complete future math courses required in the general education program. Through varied classroom activities in MAT 102, 104 and individualized academic support in Developmental Math, the program enhances students' mathematical backgrounds and abilities to become independent learners of mathematics. All tutorial services for Developmental Math courses are free to students enrolled.

FIRST YEAR LINC

12 Vrooman.....438-7100

First Year LinC is a seminar for new students to assist them in their transition to the University and provide tools to help them succeed at Illinois State. The seminar is an 8-week one-credit course offered in the fall that provides individualized instruction in a small classroom environment. LinC is designed to focus on three major themes: 1) assisting students in their transition to college; 2) helping students identify majors and careers; and 3) introducing students to opportunities for campus and community involvement. Most student-athletes participate in LinC.

SUCCESS 101

12 Vrooman.....438-7100

Success 101 is an instructional and academic support program designed for first-semester freshmen. The program includes a two credit-hour course, weekly success coach meetings, learning community of shared classes, study skills assistance and social events. Some first year student-athletes will participate in Success 101

TRIO/STUDENT SUPPORT SERVICES (SSS)

387 Fell Hall.....438-2099

TRIO/SSS at Illinois State University provides support services to individuals who are traditionally underrepresented in post-secondary education. TRIO/SSS is a federally funded program open to first-generation (neither parent earned a four-year degree) college students, students with demonstrated financial need, or students with demonstrated academic need for specialized support services. Services are designed to help program participants maximize their effectiveness as students and make successful progress toward graduation. Support services include academic and personal advisement, academic mentoring, study-skills workshops and cultural activities.

JULIA N. VISOR ACADEMIC CENTER (VISOR CENTER)

12 Vrooman Center.....438-7100

The Julia N. Visor Academic Center provides services and programs designed to assist students in their pursuit of academic excellence at Illinois State University. All of the Visor Center's programs and services further University College's goal to help students succeed, from their transition to college through graduation.

Tutor-facilitated study groups meet weekly, and are for any student who wants to succeed at a higher level than he or she might achieve alone. Tutors help students learn course content, as well as helping students to identify their strengths and develop learning strategies. Courses tutored include many general education courses such as Accounting, Biology, Chemistry, Economics, Geology, Math, Physics and Spanish.

DIVERSITY ADVOCACY

387 Student Services438-8968

Diversity Advocacy recognizes the diverse needs and contributions of students attending Illinois State University. This facility is designed to foster an atmosphere where all students can develop a better understanding of the diverse cultures represented at the university. Students find a variety of uses for the center's meeting rooms, study space, kitchen and library of multicultural resources. The availability of color televisions, videocassette recorder and cable enhance the leisure and educational offerings of the multicultural center. Other services offered include a newsletter, the "Alert" program, a film series and other multicultural programs, which enhance students' experiences at Illinois State.

STUDENT SERVICES

OFFICE OF DISABILITY CONCERNS

350 Fell Hall.....438-5853

Illinois State University provides a welcoming atmosphere for individuals with disabilities by assisting each in functioning independently within the University community and providing equal access and opportunity in accomplishing educational, professional and personal goals. As a unit of the Student Affairs Division, Disability Concerns is the designated office to provide approved accommodation services for students, faculty, staff and guests with disabilities. This is accomplished in a confidential manner to ensure equal opportunity for participation in all courses, programs, activities and employment offered by Illinois State.

Persons with disabilities are defined as individuals with sensory, physical or learning disabilities, emotional problems, chemical dependency and others.

CAREER CENTER

185 Student Services Building.....438-2200

The Career Center is an excellent resource for students and alums. Through participation in the Career Center's wide variety of events, programs and services, student-athletes will be well-prepared to begin their job/internship search or expand their career possibilities.

CULTURAL CAREER NETWORK PROGRAM

185 Student Services.....438-3245

The focus of the Cultural Career Network Program (CCNP) is to prepare students for the workplace in areas of networking and career awareness. The CCNP encourages students of diverse backgrounds to participate in a variety of events designed to connect them with employers, and to provide resources about available internship and career opportunities. CCNP embraces all Career Center services and programming and works collaboratively with other campus units. Local and statewide employers play an important and effective role as they participate and co-sponsor Cultural Career Network Program activities and events. Unique networking connections and opportunities for students in today's global society are the program goals.

MILNER LIBRARY

201 N. School St.438-3451

Milner Library is the centralized location for university library resources and services. It also provides student access to other libraries nationally through the OCLC and in Illinois through the Illinois Library Network and the Illinois Library Computer System. An interlibrary delivery system brings books from other libraries to Illinois State University. Milner Library is fully staffed with librarians who are there to work with students and answer their questions. Typically, Floor 2 is open 24 hours per day for student use, while other floors' hours are posted in the main lobby. Milner Library offers brochures about its operations and services at the information desk on Floor 2.

A valid student ID is needed to borrow materials. Reserve materials are issued from the Reserve Desk on Floor 2 and may be read anywhere in the library. Milner Library also offers a number of computerized indices and abstracts to aid students in research efforts. Overdue materials are subject to fines. Copies and color printing are available.

HOUSING

University Housing Services Building.....438-8611

University Housing Services coordinates on-campus housing assignments and housing bills for student-athletes. The university operates 10 residence halls designed to provide not only basic living requirements, but also counseling, advising, education and co-curricular programs. The university regards residence hall living as an important part of campus life. The university on-campus housing policy applies to entering freshmen and students transferring to the university as sophomores. Freshmen who have not previously attended the university must reside in university-operated residence halls for at least their first four semesters (or first two years). Sophomore transfer students must reside in university-operated residence halls for at least their first two semesters. Before allowing a student-athlete to move off campus, some coaches have established a minimum GPA and/or a required budget plan.

OFFICE OF PARKING & TRANSPORTATION SERVICES

Waller Parking Services Building.....438-8391

Parking Services regulates and enforces University parking and vehicle policies. It requires that all student vehicles, including motorcycles and bicycles, be registered through this office. All vehicles occupying University parking facilities, other than metered areas during posted hours, must display a valid parking decal.

Parking Services expects students to know the regulations regarding vehicle registration, visitor parking and temporary permits. For more information, pick up a pamphlet in the Parking Services office.

UNIVERSITY REGISTRAR

107 Moulton Hall.....438-2188

Only currently admitted students are allowed to register for classes. All registration is completed through the iCampus Portal at www.icampus.ilstu.edu. Your Personal Identification Number (PIN) & University Identification Number (UID) are used to register. Information on the start and ending dates of registration is available in the student calendar at www.registrar.ilstu.edu.

Student-athletes will be able to find their starting registration date and time in the student information channel of the iCampus Portal under the link "My Registration Date". Available course offerings can be found by at www.coursefinder.ilstu.edu.

STUDENT COUNSELING SERVICES

320 Student Services.....438-3655

The Student Counseling Center (SCC) provides a full range of personal and career counseling. The staff is professionally trained, with expertise in a wide variety of specialty areas particularly relevant to university students and their unique concerns. Counselors assist students in an unbiased, non-judgmental manner.

The SCC offers such services as: career decision-making; academically-related workshops; skill enhancement workshops; etc.

MEDICAL & HEALTH ASSISTANCE

ATHLETIC TRAINING SERVICES & POLICIES

110 Horton Field House..... 438-7246

The athletic training staff consists of eight full-time certified athletic trainers. More than 60 athletic training students are assigned to Illinois State athletic teams and to other sites in the community. There are three athletic training rooms, one in Horton Field House, one in Kaufman Football Building and one in Redbird Arena.

The medical care of all student-athletes is provided by the athletic training staff. All injuries should be reported to the athletic trainer supervising each sport or to a staff athletic trainer in the event that an athletic trainer is not available at a practice or event. Referrals to medical personnel outside the training room will be made by a staff athletic trainer.

NCAA BANNED SUBSTANCES & DRUG TESTING

Illinois State University student-athletes are subject to drug testing by the NCAA and Illinois State University Athletics. The penalties for a positive test and the substances tested differ dependent on the testing agency.

www.ncaa.org/health-and-safety
Type 'Banned Drugs' in the search bar

The NCAA's list of banned-drug classes is subject to change; however the current list can be found online at <http://www.ncaa.org/health-and-safety>. A first positive drug test in NCAA Drug Testing results in a competition suspension dependent on the banned substances. All student-athletes are subject to year round NCAA testing in addition to testing at any NCAA Championship.

Illinois State University Athletics conducts random drug tests throughout the year. Substances tested for are: marijuana, synthetic marijuana, bath salts, opiates, cocaine, amphetamines (which include ecstasy and methamphetamines) and anabolic steroids. Student-athletes have access to a copy of the Illinois State University Athletics Drug Testing Policy on the official Redbird Athletics Web site, GoRedbirds.com.

For questions about drug testing or if there is a fellow student-athlete who has a problem with substance abuse, please contact an athletic trainer.

SUPPLEMENTS

Many nutritional/dietary supplements contain substances banned by the NCAA. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA or Illinois State Athletics drug test. The use of supplements is at the student-athlete's own risk. Student-athletes are urged to contact an athletic trainer or team physician for further information prior to taking any nutritional supplement.

The following web sites provide reliable, independent information about sports nutrition:

<http://drugfreesport.com/rec>

Password is: **ncaa1**

STRENGTH & CONDITIONING

The Illinois State University Speed, Strength and Conditioning Program is charged with providing our student-athletes and their coaches with both general and sport-specific strength training, speed development, movement skill (agility), conditioning and flexibility programs designed specifically to physically and mentally develop and prepare our student-athletes and their respective sport teams to compete for and win Missouri Valley Conference and NCAA national championships. This program takes an interactive approach, working with the sport coaches, the athletic training staff and the student-athlete his or herself, to develop sound and effective programs which will allow our athlete to perform better, reduce the likelihood of injury and decrease the recovery time from injury.

NUTRITION

The Illinois State Sports Nutrition Program works in concert with the Speed, Strength and Conditioning Program, the Athletic Training staff and our sports coaches to provide our student-athletes with a multi-tiered approach to improving their nutritional habits and providing them a recovery edge to help us in our preparation for both training and competition. The first level of training is education in proper nutrition for athletes, stressing the "Fundamental Five" concepts to proper sports nutrition. The second level of training involves individual and small group counseling in weight gain, weight loss, menu prep, grocery shopping and specific nutritional plans are discussed and developed in these sessions. Additionally, we provide NCAA compliant nutritional supplements and nutritionally sound snacks designed to insure proper energy for and recovery from competition and training.

STUDENT HEALTH SERVICES

Student Services Building..... 438-2778

A fully-staffed health service is available to all students and is located on the second floor of the Student Services Building. Students must call 438-APPT (2778) for an appointment to be seen at Health Services. You must see a staff athletic trainer prior to going to Health Services so that a referral form can be sent with you. Non-athletics-related injuries or illnesses will be billed first to the parents' insurance and then to the Illinois State University Student Insurance.

STUDENT-ATHLETE ACCIDENT INSURANCE

Illinois State University provides a secondary insurance policy for injuries sustained while participating in practice, competition or travelling to and from competition. Such athletics-related injuries will be billed first to the parents' insurance and then to Illinois State University accident insurance. Non-athletics injuries or illnesses will be billed first to the parents' insurance and then to the Illinois State University student insurance.

** The Student-Athlete Medical & Health information is subject to change at any time. The most up-to-date version can be found on GoRedbirds.com.
The version on this page is updated as of May 1, 2015.*

ATHLETIC DEPARTMENT AWARDS

PARTICIPATION AWARDS

Freshman/First-Year Jacket

The head coach determines if a student-athlete was an active participant and should be awarded a letter with the necessary requirements, including having competed in at least one regular season event. A student-athlete who earns this initial award will receive a letter jacket in an awards ceremony the following fall semester if the student-athlete returns to Illinois State and continues competing on the team. If the student-athlete does not return to Illinois State or ceases competing on the team, a certificate or letter will be sent to the student-athlete.

CONFERENCE CHAMPIONSHIP AWARDS

Conference championships will be recognized at a public event, such as a halftime ceremony, if possible. The head coach is responsible for determining individual awards for members of the team.

WALK OF CHAMPIONS

A torch-guided tour of some of the historic landmarks on campus the night before fall classes start teaches new student-athletes and staff about Illinois State's proud heritage, athletically and beyond. The culmination of the ceremony is when new Redbird student-athletes receive the first half of a medallion. They receive the other half on the night of their Senior Banquet. The inscription on the medallion, which also features the Redbird logo, is the phrase from the fight song "To This Emblem We'll Be True." Each medallion piece is placed in the Chalice of Champions and displayed prominently in the Owen Strength and Conditioning Center as a reminder to Redbird student-athletes as they progress through their careers.

AFNI ATHLETICS HONOR ROLL

Established as the Athletics Director's Honor Roll in 1982, the AFNI Athletics Honor Roll recognizes student-athletes earning at least a 3.0 grade-point average for the previous semester. In addition to introduction at a halftime ceremony, qualifying student-athletes are recognized in a display case in Horton Field House and the Karin L. Bone Athletic Study Center.

THE REGGIES

Each fall, The Reggies, sponsored by State Farm Insurance serves to recognize all student-athletes who received a 3.0 or higher grade-point average in one of the two preceding semesters. Honorees may invite as a guest, a faculty member, academic advisor, department chair or dean who has had an impact on their academic career. Tickets also are available to family members and friends of the honorees. At this formal banquet event, the athletics department recognizes student-athlete dedication and commitment to academic achievement and announces select awards earned by student-athletes during the previous academic year.

ATHLETE OF THE YEAR AWARDS

The top male and female athletes of the year are recognized and awarded plaques at the Reggies. The athletes will be nominated and elected based on the following criteria: recommendations by the athlete's coach; outstanding athletic performance during the year which has resulted in recognition for the university and has demonstrated academic effort, good citizenship and team support. The award for males is named after Milt Weisbecker, a former Director of Athletics, while the women's is named in honor of Jill Hutchison, a former softball and women's basketball coach.

SCHOLAR-ATHLETE OF THE YEAR AWARDS

Each year, the athletics department elects Illinois State's top male and female scholar-athletes of the year, presenting plaques to each at The Reggies. The awards are based upon the following criteria: nomination by scholar-athlete's coach; outstanding academic and athletic performance during the year; good citizenship and team support. The award for males is named in honor of Doug Collins, a former men's basketball player, while the women's award is named after Linda Herman, a former volleyball coach and interim Director of Athletics.

TEAM ACADEMIC RECOGNITION

The respective men's and women's teams with the highest grade-point averages for each semester will be recognized on a plaque displayed in the Karin L. Bone Athletic Study Center.

ISU CREDIT UNION SENIOR BANQUET

Student-athletes who continue competing throughout their final season of collegiate eligibility at Illinois State will be recognized at the annual ISU Credit Union Senior Banquet. Senior plaques and medallions will be awarded at that time.

LAURIE MABRY AWARD

The student-athlete selected as the winner of the Mabry Award should be a senior who is exhausting athletic eligibility and generally a member or past member of one of the women's intercollegiate teams. The winner should exemplify the positive values and attitudes that can be learned through athletics.

ACADEMIC & UNIVERSITY AWARDS

ACADEMIC ALL-AMERICA PROGRAMS

Outstanding student-athletes with a minimum 3.30 cumulative grade-point average at Illinois State have the opportunity to earn district and national recognition for academic and athletic excellence through the Capital One Academic All-America program, in conjunction with the College Sports Information Directors of America (CoSIDA). The program holds district and national elections in men's and women's basketball, football, volleyball, soccer, baseball and softball, track and field/cross country, plus two "at-large" elections for students from all other sports. Illinois State boasts 48 Academic All-American student-athletes in its history.

VALLEY CONFERENCE SCHOLAR-ATHLETE TEAMS

The top scholar-athletes in the Missouri Valley Conference are given public recognition through the conference's scholar-athlete selections. It takes a minimum sophomore standing and 3.2 cumulative grade-point average to qualify, and the teams in each conference-sponsored sport are elected by member school's media relations personnel.

VALLEY CONFERENCE ACADEMIC AWARDS

The Missouri Valley Conference recognizes the academic achievements of its student-athletes with three different distinctions. The Valley presents the President's Council Academic Excellence Award to student-athletes who have a minimum 3.8 cumulative grade-point average, have participated in a Valley sport for at least two years and are within 18 credit hours of graduation. The Commissioner's Academic Excellence Award is presented to student-athletes with at least a 3.5 GPA in an academic year. The MVC Honor Roll consists of student-athletes who had a 3.2 GPA in a selected term and had at least 12 credit hours.

VALLEY CONFERENCE POSTGRADUATE AWARDS

Academic excellence as well as athletic contribution are major factors in the Missouri Valley Conference Postgraduate Award, which provides financial assistance to the selected individual to attend graduate school.

THE ELITE 18 AWARD

The Elite 18 Award Program honors the highest achievement in academics and athletics by a student-athlete in each MVC-sponsored sport. The MVC Elite 18 award is presented to the student-athlete with the highest cumulative grade-point average competing at the finals site at each of the MVC's 18 team championships. The chosen student-athlete is honored during the awards ceremony at the conclusion of their respective championship. Since its inception in the Fall of 2010, 16 Redbird student-athletes have earned this distinction, more than any other public Valley University.

PRESIDENTIAL SCHOLARSHIP

The Presidential Scholarship provides exceptional students with a premiere educational experience to enhance leadership and professional skills, and encourage civic engagement and cultural awareness. In addition to a rigorous general education program, Presidential Scholars participate in a rewarding Service Learning program and gain a global perspective through an International Component. Presidential Scholarships are available to incoming freshmen who are selected following an interview competition.

UNIVERSITY SCHOLARSHIP

The University Scholarship provides a variety of support services and academic opportunities for academically talented incoming freshmen students. The program is designed to enhance academic success and promote personal and professional growth for the scholarship recipients. University scholars are selected following an interview competition which is by invitation only.

REDBIRD ACADEMIC SCHOLARSHIP

The Redbird Academic Scholarship is available for academically talented incoming freshmen students. Redbird Scholars are selected following an essay competition.

BONE SCHOLARS

Bone Scholar is the highest academic distinction for undergraduate students at Illinois State University. Several students are designated annually as Bone Scholars, in honor of former President Robert G. Bone. Bone Scholars are students who combine superior academic records with full personal development through campus and community activities. To date, 22 Redbird student-athletes have earned Bone Scholar Distinction since the awards began in the 1970s.

DEAN'S LIST

Undergraduates who meet high academic standards, as established by the college of their major, are included in a Dean's List issued each semester. Eligible students must complete 12 or more graded semester hours. Courses completed after the official end of the semester and courses taken with a CT/NC option will not be counted for this purpose.

DEGREES WITH DISTINCTION

Students must complete at least 50 semester hours at Illinois State to be eligible for degrees with distinction. Students who have a cumulative GPA of 3.90-4.00 graduate summa cum laude; those with a GPA of 3.80-3.89 graduate magna cum laude; and those with a GPA of 3.65-3.79 graduate cum laude.

DEPARTMENTAL ACADEMIC RECOGNITION

Academic departments at Illinois State present awards and scholarships to top students based upon preset criteria and practices. Student-athletes qualify for this recognition on the same basis as other students.

ATHLETIC TRADITIONS

"Go you Redbirds onto battle! Fight for ISU. Raise the banner, Red and White; to this emblem we'll be true. So let us cheer the Redbirds on to victory! Every voice proclaim: 'We've got the fight! We've got the might! Let's win this game.'"

MASCOT

The mascot is Reggie Redbird, a student bedecked in costume. Reggie was named in 1980 after a contest among Junior Redbird Club Members. The suit is donated by Rick Percy, general manager of Clemens and Associates Insurance and a longtime member of The Weisbecker Scholarship Fund.

NICKNAME/COLORS

In 1923, athletics director Clifford E. "Pop" Horton and Pantagraph sports editor Fred Young collaborated to change the nickname from "Teachers." Horton wanted "Cardinals" because the colors were cardinal and white (set in 1895-96). Young changed the nickname to avoid confusion with the St. Louis Cardinals. Current logos are black, Pantone 186 (red), Pantone 108 (yellow) and white. Coincidentally, the cardinal is Illinois' state bird.

FIGHT SONG

"Go you Redbirds onto battle! Fight for ISU. Raise the banner, Red and White; to this emblem we'll be true. So let us cheer the Redbirds on to victory! Every voice proclaim: 'We've got the fight! We've got the might! Let's win this game.'"

The fight song was written by Kenyon S. Fletcher, formerly a teacher in industrial technology, and apparently the band director. It is believed he composed the song in 1932.

ALMA MATER

"Glory hast thou, might and power; proud the halls of ISU. Deeds that live in song and story, loyal sons and daughters true. So shalt thou in years increasing send thy grads of honest worth, forth to bear with zeal unceasing wisdom's torch throughout the earth."

The lyrics were written in 1926 by faculty members Wanda Neiswanger and Jennie Whitten as a homecoming song. It is a derivation of "Normal Loyalty" which was written by Gussie Schneider, class of '14. The original sheet music was rediscovered in an antique shop in San Francisco in 1981. It was returned by Marcia Reid, an ISU alumna. Reid's sister, Dr. Jane Chapmen-Gallon of Denver, Colo., found the music while on vacation.

THE BATTLE BIRD

Before each athletic competition, Illinois State student-athletes touch "The Battle Bird," a likeness of the Redbird logo. The ceremony signifies a dedication to Illinois State and a common bond to the school's other student-athletes, past and present.

The sculpture was created by ISU alum and Bloomington resident Rick Harney and was unveiled Oct. 21, 2000, before the Redbirds hosted Prairie View A&M in football.

ATHLETICS FUNDRAISING

THE RB4L (REDBIRD FOR LIFE) CLUB

Any individual who wears or has worn an Illinois State uniform in competition is automatically a member of The RB4L (Redbird For Life) Club and is encouraged to follow the mission of the organization and support Illinois State Athletics throughout their lives.

The primary goal of RB4L is to encourage strong and continuing ties between members and their sport programs, as well as the entire athletics department. Exclusive events and activities focus on providing opportunities for members to renew connections with current Illinois State sports teams, as well as with former teammates.

RB4L also assists in ensuring the continuation of Illinois State University's proud heritage in athletics through sponsorship of the annual Senior Banquet honoring all senior student-athletes.



THE WEISBECKER SCHOLARSHIP FUND

For the Illinois State University Athletics Department, fundraising plays an important role in maintaining the University's broad-based athletics program. With the reduction of appropriated state funding, The Weisbecker Scholarship Fund and other fundraising revenues generated are an integral part of Redbird Athletics.

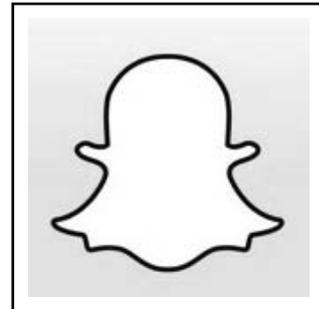
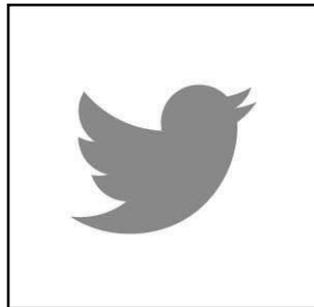
The Weisbecker Scholarship Fund membership is committed to academic and athletic excellence at Illinois State University. Private gifts obtained through The Weisbecker Scholarship Fund are used to provide athletics scholarship and offset operating costs.

Gifts to The Weisbecker Scholarship Fund are obtained through its annual campaign, special events and interest earned from endowments designated for student-athlete scholarships.

For more information, contact The Weisbecker Scholarship Fund office at (309) 438-3803 or online at www.weisbeckerfund.com.



GET CONNECTED WITH ISU ATHLETICS



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LEE GORDON'S SOCIAL MEDIA LESSONS FOR STUDENT-ATHLETES

Lee Gordon has educated the student-athletes of Illinois State University multiple times on the responsible use of social media. Lee has a vested interest in the success of our student-athletes as a 1997 graduate of ISU.

THE ABC'S OF SOCIAL MEDIA

A - APPEALING

B - BELIEVABLE

C - CONSISTENT

D - DISTINCTIVE

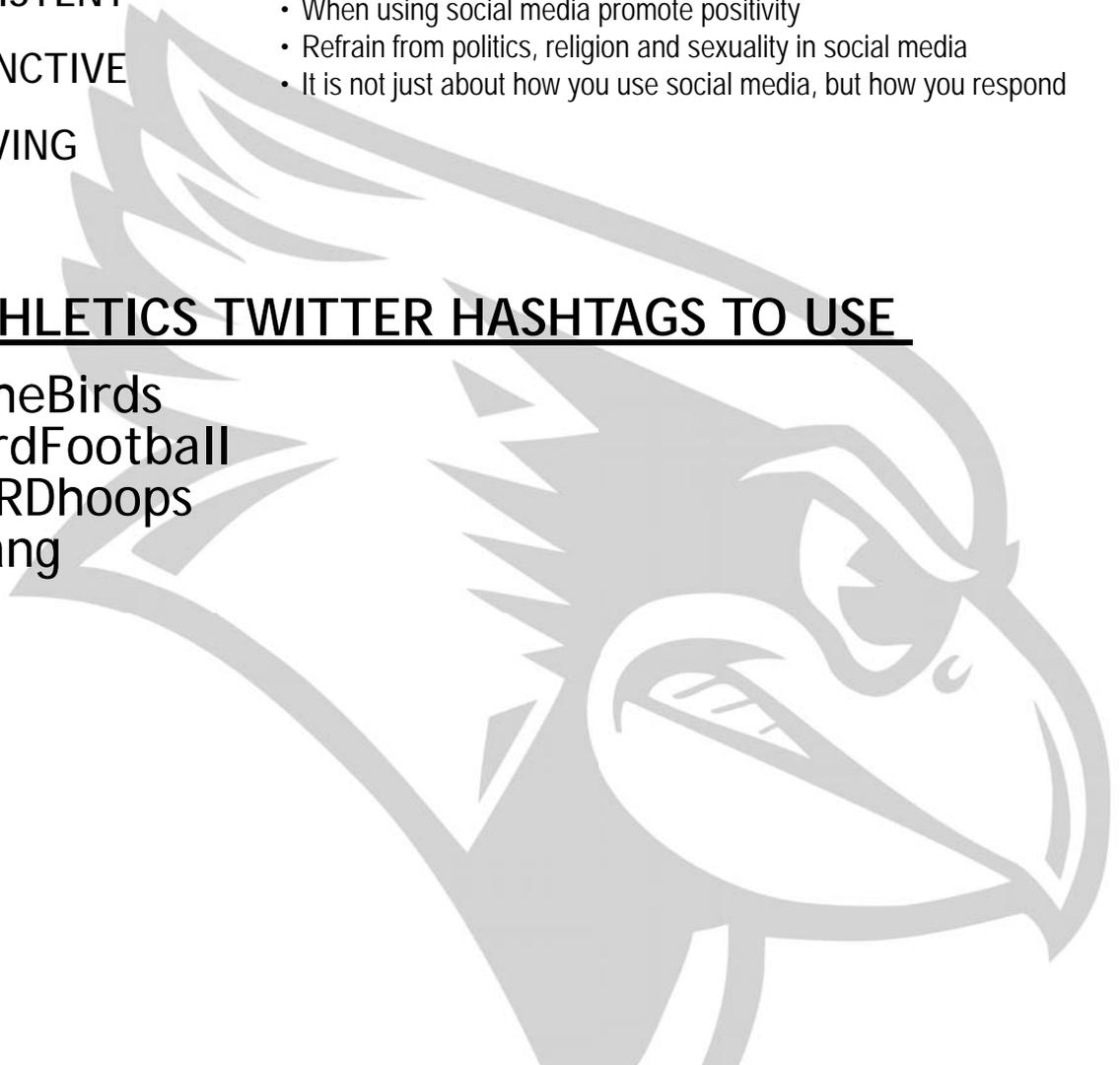
E - EVOLVING

THE RULES OF SOCIAL MEDIA

- Social Media Outlets are business opportunities to build your brand
- When using social media promote positivity
- Refrain from politics, religion and sexuality in social media
- It is not just about how you use social media, but how you respond

ISU ATHLETICS TWITTER HASHTAGS TO USE

#BacktheBirds
#RedbirdFootball
#REDBIRDhoops
#birdgang



REPORT ALL MEDICINES

DON'T PLAY WITH YOUR ELIGIBILITY



Warning: Some medications contain NCAA® banned substances. Report all over-the-counter and prescription medicines—including ADHD medications—to your athletic trainer. Visit www.NCAA.org/drugtesting for more information.



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