

2019-2020

RAZORBACKS

ACADEMIC CALENDAR & PLANNER



ONE 
RAZORBACK





Dear Razorback Student-Athlete:

Welcome to the University of Arkansas! For those of you who are returning to our program, we are glad you are back with us. For those new on campus, we are excited you are here and now officially part of the Razorback Family.

As we embark on the 2019-20 academic year, please know that more than 300 coaches, administrators, staff members and campus officials are ready to assist you along the way. Whether it is encouraging you in your academic and athletic pursuits, or helping foster your continued personal growth, the focus of our team is providing opportunities for student-athlete success. In the end, that daily commitment adds up to graduation, championships and most importantly the realization of our mission to Build Champions and Razorback for Life!

This handbook and planner will provide a framework for you regarding the the policies and services available to maximize your experience as a student-athlete, as well as a calendar to assist in your managing your day-to-day academic and athletic schedules.

If you have any questions regarding the information outlined in this handbook or about any aspect of your student-athlete experience, I encourage you to reach out to your coach, your sport administrator or any member of our athletics staff. We want to do everything we can to ensure that your experience as Razorback student-athlete experience is a rewarding and memorable one.

Good luck as the 2019-20 academic year gets underway. This promises to be another great year for Razorback Athletics.

Go Hogs!

Hunter Yurachek
Vice Chancellor
Director of Athletics



University of Arkansas
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ARKANSASRAZORBACKS.COM

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Arkansas Fight Song

Hit that line! Hit that line!
Keep on going!
Take that ball right
down the field!
Give a cheer. Rah! Rah!
Never fear. Rah! Rah!
Arkansas will never yield!
On your toes, Razorbacks,
to the finish,
Carry on with all your might!
For it's A-A-A-R-K-A-N-S-A-S
for Arkansas!
Fight! Fight! Fi-i-i-ight!

The Arkansas Alma Mater

Pure as the dawn on the brow of thy beauty,
Watches thy Soul
from the mountains of God.
Over the fates of thy children departed,
Far from the land
where their footsteps have trod.
Beacon of hope in the ways dreary lighted,
Pride of our hearts that are loyal and true.
From those who adore unto one who
adores us,
Mother of Mothers, we sing unto you.



ACADEMIC CALENDAR • VISION, FOCUS & MISSION • UNIVERSITY OF ARKANSAS DIVERSITY VALUES STATEMENT
CAMPUS RESOURCES • ATHLETIC DEPARTMENT ADMINISTRATION • OFFICE OF STUDENT-ATHLETE SUCCESS STAFF

UNIVERSITY OF ARKANSAS ACADEMIC CALENDAR

FALL

AUGUST 26	Classes Begin
SEPTEMBER 2	Labor Day Holiday
OCTOBER 21-22	Fall Break
NOVEMBER 27	Thanksgiving Break
NOVEMBER 28-29	Thanksgiving Holiday
DECEMBER 12	Last Day of Classes
DECEMBER 13	Dead Day
DECEMBER 16-19	Final Exams
DECEMBER 21	COMMENCEMENT

SPRING

JANUARY 13	Spring Classes Begin
JANUARY 20	Martin Luther King Holiday
MARCH 3	First 8-Week Session Ends
MARCH 4	Second 8-Week Session Begins
MARCH 23 - 27	Spring Break
APRIL 30	Last Day of Classes
MAY 1	Dead Day
MAY 4 - 7	Final Exams
MAY 8-9	COMMENCEMENT

SUMMER

MAY 11-22	May Intercession
MAY 25	Memorial Day Holiday
MAY 26	Summer I Classes Begin
JUNE 26	Summer I Classes End
JUNE 29	Summer II Classes Begin
JULY 3	Independence Day Holiday
JULY 31	Summer II Classes End

OUR DEPARTMENT

460+

STUDENT-ATHLETES

19

SPORT PROGRAMS

OUR VISION

TO BE THE BEST

OUR MISSION

**BUILDING CHAMPIONS AND
RAZORBACKS FOR LIFE**

OUR FOCUS

STUDENT-ATHLETE SUCCESS



UNIVERSITY OF ARKANSAS DIVERSITY VALUES STATEMENT

In order to enhance educational diversity, the University of Arkansas seeks to include and integrate individuals from varied backgrounds and with varied characteristics such as those defined by race, ethnicity, national origin, age, gender, socioeconomic background, religion, sexual orientation, disability and intellectual perspective.

UNIVERSITY OF ARKANSAS DEPARTMENT OF ATHLETICS INCLUSION STATEMENT

The University Of Arkansas Department Of Athletics is responsible and accountable for reflecting the goals and values of the University of Arkansas. The Department of Athletics will not tolerate discrimination of any form and strives to maintain an inclusive and equitable environment for student-athletes, employees, and fans.

CAMPUS RESOURCES

Academic Advising Offices

Departments	Websites	Campus Address	Phone
Dale Bumpers College of Agricultural Food and Life Sciences	bumperscollege.uark.edu/	AFLS 202	575-2252
Fay Jones School of Architecture	fayjones.uark.edu/	120 Vol Walker Hall	575-2399
J. William Fulbright College of Arts and Sciences	fulbright.uark.edu	525 Old Main	575-4801
Sam M. Walton College of Business	walton.uark.edu/	324 Walton College	575-6308
College of Education and Health Professions/BCSS	coehp.uark.edu/	324 Graduate Education	575-8208
College of Engineering	engineering.uark.edu/	4183 Bell Engineering	575-7455

Departments	Websites	Campus Address	Phone
Campus Card Office	campuscardoffice.uark.edu/	ARKU 427	575-7563
Campus Dinning	union.uark.edu/resources-and-services/retail-and-dining.php	ARKU 634	575-2146
Career Development Center	career.uark.edu/cdc/	ARKU 607	575-2805
Cashier's Office	treasurernet.uark.edu/student_accounts.aspx/	ARKU 214	575-5651
Center for Educational Access	cea.uark.edu/	ARKU 209	575-3104
Computing Services	its.uark.edu/	ADSB 220	575-2901
Enhanced Learning Center	class.uark.edu/	GREG 040B	575-2885
Financial Aid	finaid.uark.edu/	HUNT 114	575-3806
Health Center Pat Walker	health.uark.edu/	HLTH	575-4451
Housing	housing.uark.edu/	960 W. Douglas St.	575-4687
International Students & Scholars	international-students.uark.edu/	HOLC 104	575-5003
Multicultural Center	multicultural.uark.edu/	ARKU 404	575-8405
Off-Campus Connections	offcampus.uark.edu/	ARKU 632	575-7351
Office of Community Standards and Student Ethics	ethics.uark.edu	POMA 110B	575-5170
On-Campus Job Information	https://international-students.uark.edu/visas-and-immigration/f-students/employment-authorization/on-campus.php	ADMN 222	575-5351
Police Department	uapd.uark.edu/	155 S. Razorback Rd	575-2222
Writing Center	class.uark.edu/about-us.php	KIMP 316	575-6747
Razorback Tickets	arkansasrazorbacks.com/student-tickets/	1295 S Razorback Rd, Suite B	575-5151
Registrar's Office	registrar.uark.edu/	HUNT 146	575-5451
Safe Ride	https://parking.uark.edu/transit-services/safe-ride/index.php	ADSB 131	575-7233
Scholarship	scholarships.uark.edu/	HUNT 114	575-4464
Student Government	asg.uark.edu/	ARKU A669	575-5205
Transit & Parking	parking.uark.edu/	ADSB 131	575-7275
Treasurer's Office	treasurernet.uark.edu/	ARKU 214	575-5651
University Housing	housing.uark.edu/	960 W. Douglas St.	575-4687
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OFFICE OF STUDENT - ATHLETE SUCCESS (OSAS): ACADEMICS • OFFICE OF STUDENT - ATHLETE
DEVELOPMENT (OSAS): STUDENT - ATHLETE CONDUCT • TITLE IX • COMPLIANCE • COMMUNICATIONS

OFFICE OF STUDENT-ATHLETE SERVICES (OSAS)

The Office of Student-Athlete Success (OSAS) is comprised of the Student-Athlete Development and Academic Services units. Both units work collaboratively to empower Razorback student-athletes to reach their fullest potential.

OSAS Mission Statement

The Office of Student-Athlete Success (OSAS) empowers individuals through holistic programming to grow as students, athletes, and leaders by fostering an environment of integrity, diversity and achievement.

ACADEMIC SERVICES

ACADEMIC COUNSELORS AND EDUCATIONAL ENRICHMENT SERVICES (EES)

Academic Services Framework

Academic Services is comprised of two components including academic counselors and Educational Enrichment Services (EES). The academic counselors serve as a liaison between coaches, faculty, sport administrators and college advisors. The academic counselors are a resource for student-athletes in a range of areas including strategically selecting a major, tracking progress towards degree completion, communicating academic progress to coaches and following up with professors about student-athlete needs. The EES staff is composed of learning specialists, a tutor coordinator and graduate assistants. EES takes an individualized and strengths based approach tailored to the individual student athlete. EES works with all student-athletes. The tutoring program is College Reading and Learning Association (CRLA) certified. EES also provides additional support to student-athletes who may be at-risk academically, underprepared for college, have been diagnosed with a learning disability and/or are English Language learners (ELL). Our focus and passion is to build autonomy and a sense of self-efficacy inside as well as outside of the classroom.

Academic Services Policies and Procedures

The Athletic Department believes firmly that the foremost goal of every student-athlete is to reach their fullest potential and graduate. To that end, we provide our student-athletes with the necessary resources to achieve that goal.

The goal of Academic Services staff is to help students juggle the personal, social, academic and athletic demands at the University of Arkansas. The staff will assist student-athletes in the following areas:

- Finding and using the proper faculty and professional academic advisors for course registration (the role of Academic Services staff is not to be confused with that of the academic advisor in the student's chosen major)
- Monitoring general academic progress
- Receiving tutoring, if indicated
- Communicating with professors
- Setting and achieving academic goals
- Devising time management strategies
- Complying with NCAA and SEC academic progress requirements
- Receiving individual and group academic counseling, as needed
- Referral to campus support programs, such as academic and study skills labs, career and personal counseling clinics and academic administrative services

STUDENT LEARNING OUTCOMES

Throughout Student-Athlete College Experience

- Maintain good academic standing and successfully complete an average of 15 credit hours per semester

- Understand your degree requirements and track your degree progress
- Understand continuing education requirements

First Year

- Partner with your Academic Counselor to develop a graduation plan
- Meet mandatory study hall hours weekly requirements
- Complete University Year One requirements

Second Year

- Re-visit graduation plan for your remaining requirements

Third Year

- Conduct a degree audit with your on campus academic advisor to make sure you are on track to graduate

Graduating Year

- Apply to graduate on the Registrar's Website: <http://registrar.uark.edu/968.php>
- Celebrate completion of degree

Course Registration

Student-athletes must know the name and office schedule of their faculty or professional academic advisors in their degree programs. Students risk loss of academic progress toward the degree if they are advised for courses by anyone other than the faculty member or academic advisor assigned to them by their academic dean's office.

The role of the academic counselor staff in course selection and registration is to help students prepare for the faculty/professional advising session, with regard to athletic eligibility and travel. To that end, mobile advising for Fulbright College of Arts and Sciences and College of Education should be made with Academic Services staff before the advising period for semester registration.

Change of Registration/Dropping and Adding Courses/Declaring Major

The following specific procedure must be carried out **BEFORE** a student-athlete may change registration or declare a major:

1. Consult with the academic advisor and obtain proper faculty and college signatures.
2. Get approval from the academic counselor staff.
3. Consult with the student-athlete's coaching staff.
4. If both academic and athletic requirements can be met despite changes, the student may complete the process.

Failure to follow these four steps, in proper order, may result in loss of athletic eligibility, financial aid and/or degree progress.

University of Arkansas Athletic Department Class Attendance Policy

Student-athlete graduation is fundamental to the mission of Intercollegiate Athletics at the University of Arkansas. Class attendance is essential to the successful completion of all courses; therefore class attendance is expected in all classes. Travel for competition may result in a significant amount of time away from campus, making it even more important that student-athletes do not have an unexcused absence during their season of competition. *If a student-athlete is well enough to attend practice, he or she is expected to attend class.*

The Athletic Department Class Attendance Policy supersedes all instructor policies.

Class attendance monitoring will be overseen by the Academic Services staff. Monitoring will include regular class checks and communication with faculty. All information about

student-athlete class attendance will be considered and verified by Academic Services staff before departmental penalties are applied.

Academic Services staff will monitor class attendance daily for student-athletes who have been determined as at-risk by agreement of the head coach, sport counselor and sport administrator. Possible factors that would result in inclusion in this group could be:

1. Eligibility and/or financial aid at risk (GPA, Degree progress, Satisfactory Progress).
2. Poor term performance in the previous semester (low term GPA, less than 12 hours passed).
3. At-risk status indicated by educational background (low testing scores, low high school or previous school GPAs).

Penalties will be assessed based on a percentage (15%) of unexcused absences in a given class. This will vary depending on the frequency of when a given class is held. If a student-athlete has unexcused absences totaling more than 15% in a given class, the student-athlete will be suspended from 10% of the regular season competition.

- **Once a week = 2 absences – The student-athlete and head coach will be notified after the first absence.**
- **Twice a week = 5 absences - The student-athlete and head coach will be notified after the third absence.**
- **Three or more times a week = 6 absences – The student-athlete and head coach will be notified after the fourth absence.**

Each additional unexcused absence in any one class will result in suspension from 10% of the regular season competition.

Appeal process:

Student-athletes who have verified unexcused absences based on the above rule in any one course may appeal to the **Review Panel** (to be comprised of at least three of the following: Compliance Staff member, Associate Athletic Director for Academic Services, Director for Academics and Associate Athletic Director for Student-Athlete Development & Administration or designee).

The Review Panel will review the record of missed classes for the term/semester to ensure that the appropriate penalty has been imposed, and consider any alternative punishments proposed by the coaching staff. The **Review Panel** will weigh extenuating circumstances when warranted. Any appeal of penalties should be submitted to the Assistant Athletic Director for Academics Services within five (5) business days once the student-athlete has been notified of unexcused absences. Sanctions cannot be required to be levied before a student-athlete has had the opportunity to appeal. However, the student-athlete may waive the right to appeal and accept sanctions immediately.

After receiving the appeal, the Assistant Athletic Director for Academic Services or designee will convene the panel. The head coach, sport administrator, and student-athlete will be notified of the panel's decision immediately, and the sanctions will be applied if necessary.

Study Hall

General rules for study hall include:

- Be respectful to ALL staff (Contact your academic counselor if you have any problems)
- The Bogle Academic Center is for studying, not socializing

- Food is only allowed in the multipurpose room and lobby outside of the auditorium
- Cell phones: Keep them OFF or on silent and ONLY use cell phones in the lobby.
- Signing in: Sign into Grades First any time you enter the Academic Center

Tutors for Student-Athletes

Educational Enrichment Services (EES) provides tutorial support for all student-athletes. The department has a long tradition of providing a strong tutorial program that ensures the highest level of achievement for our student-athletes. We are committed to attracting and maintaining the best tutorial staff on the campus.

The tutors provided by EES are generally University of Arkansas undergraduate and graduate students. These tutors are knowledgeable of the subjects they tutor and are part of the campus community. They have gone through an application and screening process and have been approved by the Tutor Coordinator. In addition, they have received specific training that prepares them to continue our tradition of excellent service to our student-athletes that is required each semester. In addition, all tutors will receive an NCAA rules orientation each semester.

All University Core courses will be supported by both scheduled and by-appointment tutors. For more advanced and specialized courses (i.e. upper division engineering, sciences, etc.), every effort will be made to obtain a qualified tutor, but this is not guaranteed. The students making the requests are responsible for allowing staff adequate time to recruit a tutor on campus. Should a student identify a prospective tutor (teaching assistant, lab instructor, or acquaintance), an academic staff member must pre-approve that tutor's employment. Additionally, he/she must apply and go through the proper employment and screening procedures. If this policy is not followed to the letter, the Tutor Coordinator will not approve payment for that tutor.

Student-athletes may access tutors through their academic counselor in the Bogle Academic Center or through our GradesFirst software. For the convenience of student-athletes, a roster of scheduled tutors will be posted in the academic center. Students requiring or requesting tutorial sessions should contact your Academic Counselor.

If a student-athlete, coach, or other staff member has questions or concerns about the EES Tutorial Program, they should be addressed to the Associate Athletic Director for Academic Services, Director of Academics, or the Tutor Coordinator.

All tutor requests, changes to appointments, and cancellations must be submitted via email to your academic counselor by 4:00 pm the day prior to the appointment (for example, if you have an appointment at 6:00 pm on Tuesday, you must request it be cancelled by 4:00 pm on Monday). If you submit a cancellation or change request late, it will not be granted. Any cancellations will result in a no show (for example).

All student-athletes, tutors, and staff are required to carefully adhere to the following Academic Center Tutor Policies:

- Students may not make their own arrangements with prospective tutors. If a student has a suggestion for a good prospect, he/she should work through the Tutor Coordinator to enlist that tutor's help.
- A STUDENT-ATHLETE MAY NOT CONTACT a tutor make his /her own arrangements for an appointment. You must contact your Academic Counselor or Tutor Coordinator. You or your tutor cannot cancel or change the appointment. Any changes must also go through your Academic Counselor or Tutor Coordinator.
- All tutorial sessions must take place in the Bogle Academic Center.

- All tutors and students will follow the University of Arkansas policies regarding Academic Honesty. If a tutor or student fails to abide by University of Arkansas, South eastern Conference, or NCAA rules, both student and tutor will be referred to University Judicial Board and /or to the appropriate compliance staff.
- Student-athletes cannot work with any graded assignments with their tutors. This includes homework, quizzes, and tests. Open-note tests are also not allowed.
- Student-athletes are not to ask tutors to do any portion of an assignment no matter what the circumstances may be.
- Student-athletes are not to ask tutors to prepare or type any portion of a document for them. Students should not work on typing papers in tutoring sessions. Instead, students should print out a copy of their paper to review with their tutors. Tutors can only help with grammatical issues but not with actual content editing.
- Tutors employed by EES may not provide student-athletes with special study materials not otherwise available to students generally.
- Tutors are not to touch any part of the computer during a tutoring session.
- Tutors may not provide meals, photocopying, or transportation for student-athletes. To do so would constitute an "extra benefit" in violation of NCAA rules. If a student-athlete or tutor has a question about whether or not an activity constitutes an extra benefit, he/she should consult the Associate Athletic Director for Academic Services, Director of Academics or a member of the compliance staff at 575-4108.
- Student-athletes and tutors should see the Director of Educational Enrichment Services, Tutor Coordinator, the Director of Academics, Associate Athletic Director for Academic Services, or the Compliance Director whenever they have questions concerning Academic Honesty.
- Student-athletes and tutors are to maintain a professional relationship. The conduct of tutors will be monitored and must at all times meet the standards of the University of Arkansas Sexual Harassment Policy. Student-athletes and tutors are encouraged to come to the Director of Academics or Associate Athletic Director for Academic Services should any instances of misconduct arise during or around a tutorial session. Any instances of a tutor providing alcohol to underage students will result in termination in addition to Judicial Board referral.
- If you miss a tutoring appointment, resulting in a no show you will be fined \$12 per appointment missed. Your first miss will be a free miss, but any miss after the initial miss will result in a fine. If you do not arrive within the first 10 minutes of the appointment, you will be contacted.
- Please be sure to bring your book and notes to tutoring sessions. Coming unprepared sessions will result in a no show.

Grade Monitoring

Each student-athlete is responsible for knowing how grades are awarded in each course. Course syllabus should be consulted for conflicts with travel schedules. The Academic Services staff will be available to help students set grade goals for each course.

During the course of each semester, academic progress reports will be sought from the instructors of student-athletes as needed to assist in monitoring academic progress. Accurate estimation of performance is an essential element of academic success in college. It is expected that each student-athlete will keep the Academic Services staff and his/her coach fully informed of grades throughout the semester.

Confidentiality, Shared Information and Personal Counseling

Information regarding a student's academic progress or use of academic support services will be shared among parties with a "right and need to know." These persons may be coach-

es, college faculty, Academic Services staff and Athletic Department Administrators.

Students may expect that personal information shared with the Academic Services staff in a counseling session will remain confidential, provided the student is not in danger of hurting him/herself or others.

If personal counseling is requested, the Academic Services staff will immediately refer the student-athlete to the Student-Athlete Development staff who will coordinate with the Director of Clinical and Sport Psychology.

Academic Honesty

Failure to adhere to the University's policies regarding acts of academic dishonesty will not be tolerated by the Athletic Department. The definition, procedures and sanctions regarding academic honesty are outlined in the University of Arkansas Student Conduct Code and are reviewed frequently with all student-athletes.

Academic Eligibility for Intercollegiate Competition

The goal of the Athletic Department is to have each student-athlete pursue and obtain an academic degree. Each student-athlete is required to meet all general University and specific college requirements, as well as the eligibility rules of the NCAA and Southeastern Conference. Although academic progress and eligibility are monitored by the Office of the Registrar and the NCAA Faculty Representative, it is the student's responsibility to understand and follow all guidelines listed below. If questions arise, students should contact the Academic Services staff.

- Undergraduate student-athletes must be accepted for enrollment as a full-time degree student registered for at least twelve (12) semester hours. **IF YOU DROP BELOW THE MINIMUM 12-HOUR LOAD YOU IMMEDIATELY WILL BECOME INELIGIBLE TO PRACTICE AND COMPETE!**
- An entering freshman must be a "qualifier" as defined in NCAA Bylaw 14.02.11.1 in order to practice, compete and receive financial aid during the freshman year.
- Student-athletes must pass twenty-four (24) hours of degree credit prior to the start of the second year of college enrollment. Seventy-five per cent (75%) of these hours (18 credit hours) must be earned during the regular fall and spring semesters of the academic year. Only 6 credit hours (25%) may be earned in summer sessions for use toward satisfactory progress.
- NCAA continuing eligibility bylaws require that the following degree progress percentages are met during your career:
 - Student-athletes entering their second year of collegiate enrollment are required to have 90 percent of the minimum grade-point average necessary (1.80) to graduate. Upon entering the fifth semester, the student-athlete must also have completed 40% of degree requirements.
 - The student-athlete must designate a program of studies leading toward a specific baccalaureate degree by the beginning of the fifth semester of enrollment.
 - Student-athletes entering their third year of collegiate enrollment are required to present 95 percent of the minimum grade-point average necessary (1.90) to graduate. Upon entering the seventh semester, the student-athlete must also have completed 60% of degree requirements.
 - Student-athletes entering their fourth or subsequent year of collegiate enrollment are required to present 100 percent of the minimum grade point average (2.00) necessary to graduate.
 - Entering the ninth semester, the student-athlete must also have completed 80% of degree requirements.
- Student-athletes who are academically eligible during a semester are academically

eligible between semesters until the first day of classes of the succeeding term. Students who have been academically ineligible during a semester remain so until grades, which make them eligible, are officially received in the Registrar's Office.

- These requirements apply to transfer students as well as continuing students.
- Continuing student-athletes who become academically ineligible may not practice, compete or travel with the team.
- Students who plan to take courses elsewhere during the summer term, **MUST SEE THE ACADEMIC COUNSELOR STAFF AS SOON AS POSSIBLE BEFORE ENROLLING IN THOSE COURSES** to determine if such courses will count toward eligibility and to complete the proper course approval forms. The student must make arrangements for the University of Arkansas Registrar's Office to receive an official transcript of all transfer hours.
- The Southeastern Conference requires that a total of not more than six (6) semester hours of correspondence, extension course and transfer credit in any given twelve-month period may be used to fulfill the minimum satisfactory-progress requirements.
- The Southeastern Conference and NCAA require that any student-athlete must pass at least six (6) non-remedial, degree credit hours in the semester preceding SEC and NCAA Championships

University of Arkansas Academic Regulations

Each student must review the *Undergraduate Studies Catalog* for his/her year of enrollment at <http://catalog.uark.edu/undergraduatecatalog/>. All important university requirements are contained in this publication, including the academic honesty policy, rules pertaining to academic probation, suspension and dismissal.

Student-athletes are responsible for reviewing the University academic calendar as published each semester. A posted notice of important dates, such as registration weeks and drop dates will appear in the Bogle Academic Center. Please review the schedule of classes on UA Connect before advising sessions.

Regulations Concerning Academic Standing and Eligibility

Student-athletes are subject to the NCAA's bylaws governing continuing eligibility. In addition, they are subject to the Academic Standing Policies of the University of Arkansas.

To briefly summarize that policy, if a student's cumulative GPA falls to a point where he/she is placed on "Academic Warning," and he/she then fails to post the required term GPA, that student will be suspended from full-time enrollment. The student would then be ineligible for athletic competition.

A summary of the University's policy follows. Individual colleges or programs have the discretion to set academic admission and continuation standards for specific programs that are higher than University standards. If students have questions or concerns about the University's Academic Standing Policy, please see the Academic Center Staff.

University of Arkansas Academic Standing

A student's academic status at the University is determined at the end of each term of enrollment (fall, spring, or summer) on the basis of the student's cumulative and/or term grade-point average (GPA) and number of hours attempted. The student's academic status governs his or her re-enrollment status and determines any conditions associated with re-enrollment or denial of enrollment for a subsequent term. Normally, students are notified of their status individually by the University shortly after the end of each term. However, this policy statement is the formal notification to all students of the conditions that determine academic status and the consequences for each term, regardless of individual notification.

Good Status

Upon initial admission and during a student's first term of enrollment, except for students conditionally admitted on academic probation, the student is in good status. A student remains in, or returns to, good academic status at the end of any term when the cumulative GPA is at or above the required minimum of 2.0.

Academic Probation

When a student's cumulative grade-point average at the end of any fall, spring, or summer term is less than a 2.00, the student will be placed on academic probation.

Removal from Academic Probation

When a student's cumulative GPA at the end of any fall, spring, or summer term is a 2.00 or above, he or she will be removed from academic probation.

First-Year Freshmen

First-year freshmen who have less than a 2.00 cumulative grade-point average at the end of their first semester of enrollment are considered at risk. During the first six weeks of their second semester, these at risk students must, at a minimum, consult with an academic advisor to develop a plan to get off of probation before being eligible to register for their third semester courses.

Continuing on Academic Probation

The semester grade point average a student on probation must earn to continue on probation and avoid suspension depends on the cumulative grade hours attempted, and is in the probation chart.

Academic Probation Chart

Placed on Probation if Cumulative GPA is	Cumulative grade hours attempted (excludes grades of W)	To continue on Probation the student needs a:	To be removed from Probation the student needs a:
< 2.00	4 – 30	Semester GPA \geq 1.80	Cumulative GPA \geq 2.00
< 2.00	> 30	Semester GPA \geq 2.00	Cumulative GPA \geq 2.00

Academic Suspension

A student on academic probation who does not earn the minimum required term GPA will be academically suspended. No student may be suspended who has not spent the prior term of enrollment on academic probation. A student on academic suspension will be on academic leave from the university for one major semester (Spring or Fall) and all contiguous summer and intersessions from the close of the term which resulted in the suspension. Thus, a student suspended at the end of a spring semester would not be eligible to enroll until the next spring semester, and a student suspended at the end of a fall semester would not be eligible to enroll until the next fall semester. The first enrollment when returning from suspension may not be in an intersession.

A student returning to the University after a suspension period must apply for readmission. A student who has attended another institution since last attendance at the University must meet the same admission requirements as a transfer student, and must present a 2.00 cumulative GPA on all college work attempted at the other institution.

A student who returns to the University after an academic suspension is continued on probation and must make a semester grade-point average of at least 2.00 for each semester, summer or intersession until he or she is removed from probation. Failure to do so will result in academic dismissal.

Students who have set out for one major semester after the term of the suspension may apply for readmission to the University. A student who does not earn credit from another institution may be readmitted on academic probation following suspension. A student who earns credit from another institution(s) during or subsequent to the suspension must apply to the University for admission as a transfer student and, if readmitted, will be on academic probation following suspension.

Academic Dismissal:

A student who returns to the University after an academic suspension is continued on probation and must make a semester grade-point average of at least 2.00 for each fall, spring, or summer term until he or she is removed from probation. Failure to do so will result in academic dismissal.

Returning after Dismissal

The duration of dismissal is indefinite, and the student may reenter the University only by favorable action of the Academic Standards Committee. A favorable decision by the committee is unlikely within two years of the dismissal. Self-paced courses taken through the Global Campus at the University or at another university by a student who has been academically dismissed may be submitted as evidence of academic competence on a petition to the Academic Standards Committee for readmission. It is strongly recommended that students meet with an academic advisor to develop a plan for returning from dismissal.

A student who reenters the University by favorable action of the Academic Standards Committee after an academic dismissal is continued on probation and must make a semester grade-point average of at least 2.00 for each semester until the cumulative GPA reaches 2.00 and he or she is removed from probation. Failure to do so will result in academic dismissal.

Center for Educational Access

The Center for Educational Access (CEA) serves as the central campus resource for students with disabilities. Working in partnership with students, faculty, and staff, the goal of the CEA is to provide reasonable accommodation requests for qualified students with disabilities and to ensure equal access to all university programs and activities.

To be eligible for reasonable accommodations, a student must qualify as a person with a disability under Section 504 of the Rehabilitation Act of 1973 or Title II of the Americans with Disabilities Act of 1990 and be registered with CEA.

The CEA also provides other auxiliary aids and services to registered and qualified students with disabilities such as alternative print formats, sign language interpretation, and assistive computer technology equipment and training.

The CEA works closely with academic departments and other university departments to ensure that the University of Arkansas provides a welcoming, responsive, and meaningful experience for all students.

STUDENT-ATHLETE DEVELOPMENT

The mission for Student-Athlete Development is to prepare student-athletes for peak performance in life. We equip them with tangible skills and critical information relevant to their college experience and life after graduation.

Our Programming efforts include:

- Career Development
 - o Career Education
 - o Career Counseling
 - o Career Placement
- Personal Development
 - o Leadership & Character Development
 - o Health & Wellness
 - o Financial Responsibility
- Community Engagement
 - o Youth Literacy
 - o Healthy Lifestyle
 - o Underserved Communities

Our Program Promise:

“We strive to provide every student-athlete with a remarkable, meaningful experience in every program, every time.”

The staff members of the Student-Athlete Development Department are:

- Erica Nelson, *Director of Student-Athlete Development*
en006@uark.edu
479-575-4782
- Justin Johnson, *Associate Director of Student-Athlete Development – Employer Relations*
jjjohns@uark.edu
479-575-8483
- Rodger Hunter, *Student-Athlete Development Coordinator*
rhunter@uark.edu
479-575-4056
- Krista Kolbinskie, *Student-Athlete Development Assistant*
kbbkolbin@uark.edu
479-575-3073
- Brandon Floyd, *Student-Athlete Development Graduate Assistant*
bsfloyd@uark.edu
479-575-3073

STUDENT-ATHLETE DEVELOPMENT PROGRAMS

Career Development

The Career Development program is focused on career education, counseling and placement. Our staff guides, coaches and supports student-athletes to explore interests, create a course for their future, and gain practical experiences necessary to transition from

their college career into a professional career. Our Career Development programming encompasses Traditional Career, Professional Sports, and Graduate School preparation.

Our student-athletes have the opportunity to develop job searching skills leading to employment, meaningful careers and service to society. Through workshop series, onsite company visits, and networking events, student-athletes have the opportunity to practice hands-on professional skills to construct an attention-getting resume, to prepare for interviews and have success on the job. Student-athletes can also participate in dining and professional dress etiquette events to garner proper dining and dress skills while interacting with potential employers and for formal dining environments.

Community Engagement

The Student-Athlete Development program provides community engagement opportunities for student-athletes to give back to the community and to enhance relationship building skills. Our programming focuses on the focal areas of Youth Literacy, Healthy Lifestyles, and Underserved Communities. The student-athletes have impacted over 100 organizations through programs listed below.

- Book Hogs Read To Win Program: Student-athletes visit the 9-Fayetteville Elementary schools to promote reading. Student-athletes speak to K-4th graders to encourage them to read 360-minutes during the month of February to become a Book Hog member.
- Sweat Hogs Striving For Success: Student-athletes speak to 3rd & 4th graders about prioritizing their health and physical fitness within themselves.
- Shop with the Razorback SAAC: Student-athletes raise money to take 10 local elementary school kids Christmas shopping. Each kid receives a \$100.00 gift card to shop while being escorted by student-athletes. They also receive a \$25.00 Harps gift card to purchase food and each kid gets a new coat.
- Ambassadors of Compassion: Tyson Food Company donates 40,000 pounds of frozen protein and the student-athletes help to distribute the product to over 60 plus agencies in Northwest Arkansas.
- Special Olympics Area Game @ Ramay Jr. High School: Student-athletes assist the Special Olympians with stretching, helping them get each station and cheer for them during their events.
- Razorback Canned Food Drive @ Walmart Super Center: Student-athletes will select one of the four Harps stores to collect canned food products. Donations collected are distributed to local agencies that support underserved residents of Northwest Arkansas.
- Children's Fun Run: Student-Athletes volunteer passing out medals for kids participating in running events and the football throwing contest for kids ranging from 1-year old to 8th grade students.

Personal Development

The personal development program is responsible for the personal growth and character development of Razorback student-athletes. Student-athletes have the opportunity to enhance their leadership and character development skills by participating in our leadership development program (Student Athlete Advisory Committee), which focuses on developing individual and team leaders. Through additional involvement with our Student Athlete Advisory Committee (SAAC), Razorback student-athletes work to develop leadership skills, while acting as liaisons to the University of Arkansas, Athletic Department, SEC, and NCAA. The department also facilitates various other personal development programs that focus on personal health, financial education, stress management, alcohol and drug education, and diversity. Furthermore, we include programs that specifically cater to our international and female student-athlete populations.

Student-Athlete Advisory Committee (SAAC)

The Student-Athlete Advisory Committee (SAAC) is comprised of leaders from each team who represent their fellow student-athletes and act as liaisons to the University of Arkansas, Athletic Department, SEC and NCAA. Through SAAC, valuable opportunities are provided for all student-athletes to grow through personal development and community engagement, while improving the overall student-athlete experience for now and the future.

The 2019-2020 Student-Athlete Advisory Committee (SAAC) Officers are:

- President: Tamara Kuykendall – Women's Track and Field
- Vice President & Chair, HOGSPY Awards: Grant Morgan – Football
- Treasurer & Secretary: Matt Young – Men's Cross Country, Track and Field
- Marketing Chair: Lauren Evans – Volleyball
- Events Chair: TBD
- Community Engagement Chair: Joy Ripslinger – Women's Track & Field, Cross Country
- Campus Connections Chair: Jordan Silver – Football
- Health & Wellness Group Chair: Taylor Beitz – Soccer

W.H.O.L.E. (Women Helping Others Lead & Empower) Women

The group creates an environment where the female athletes can create authentic relationships that promote empowerment, self-esteem, and unity. This a group for female student-athletes facilitated by the female staff of the Office of Student-Athlete Success (OSAS).

International Hogs

We promote an engaging environment that international student-athletes can consider home. We encourage the celebration of their heritage and culture, as well as provide support by connecting our students with campus and community resources needed to successfully navigate campus.

Financial Education

Financial decisions change lives. Each student-athletes' classification will receive training in different areas of financial responsibility: debit, credit, salary based budgeting, and human resources.

Healthy Choices

Specialized programming surrounding the topics of drug and alcohol abuse, addressing risky behaviors, and sexual assault.

HOUSING AND DINING SERVICES

Student-athletes who live in on-campus housing are responsible for following the rules and policies established by University Housing. If you live in the Northwest Quad, it is important that you respect the privacy and rights of your suite mates. It is also important that you respect the authority of the Residential Assistant (RA) who is responsible for your area. At the end of the semester, be sure to follow the appropriate check-out procedure. If you have any questions regarding on-campus housing, contact Rodger Hunter, Student-Athlete Development Coordinator at 575-4056.

Failure to comply with the policies or disrespectful behavior toward another student, an RA, or any University staff member could result in you being referred to the Office of Academic Integrity and Student Conduct. Student-athletes living on campus must have a meal plan for the fall and spring semesters; it is optional for the summer.

Meal plan options include:

- Unlimited Plus, no limit on number of meals, with \$150 Flex Dollars (not included in full scholarship for student-athletes), cost \$2185 per semester
- Unlimited, no limit on number of meals, with \$50 Flex Dollars (included in full scholarship for student-athletes), cost \$2133 per semester
- 15 – Meal Plus, 15 meals per week, with \$175 Flex Dollars, cost \$2020 per semester
- 15 – Meal, 15 meals per week, with \$75 Flex Dollars, cost \$1963 per semester
- 10 – Meal, 10 meals per week, with \$125 Flex Dollars, cost \$1823 per semester
- Junior/Senior, 7 meals per week, with \$115 Flex Dollars, cost \$1270 per semester

Student-athletes that purchase a campus meal plan do not need to purchase an additional student-athlete meal plan. Student-athlete meal plans that are purchased may only be used within the Sports Nutrition Center for Training Table.

Flex Dollars can be used to purchase items at any Chartwell location on campus. FlexDollars expire at the end of the semester. If you do not use your Flex Dollars by the end of the semester, then it does not roll over to the next semester.

For students who will be living off campus, check out the website: www.offcampushousing.uark.edu for useful information.

NCAA & SEC STUDENT-ATHLETE AWARDS & GRADUATE SCHOLARSHIPS

There are many awards, postgraduate scholarships, and career forums available through the National Collegiate Athletic Association (NCAA) as well as the Southeastern Conference (SEC). Requirements for these programs vary but most of them involve accomplishments in academics, service learning, athletics and leadership. The Student-Athlete Development Assistant will provide information about these programs but feel free to ask any one of the Student-Athlete Development staff members for questions. Examples of the NCAA/SEC programs that are available include:

NCAA

- The **NCAA Career in Sports Forum** is a four-day event through which selected

student-athletes will explore and be educated on careers in sports with a primary focus on intercollegiate athletics. Student-athletes will have completed his/her sixth semester prior to the forum. This forum is provided to student-athletes at no cost. The NCAA will cover airfare, lodging and meals during the forum. Through the use of dual tracks, participants will examine key functions of a coach or administrator within sports. Foundational skills such as communication, networking, recruiting, managing culture, transitioning, and budgeting will be covered with participations. Student-athletes will also have the opportunity to network and interview key members in the NCAA and intercollegiate athletics.

- The **NCAA Elite 90 Award** recognizes the true essence of the student-athlete by honoring the individual who has reached the pinnacle of competition at the national championship level in his or her sport, while also achieving the highest academic standard among his or her peers. The Elite 90 is presented to the student-athlete with the highest cumulative grade-point average participating at the finals site for each of the NCAA's 90 championships.
- **NCAA Ethnic Minority and Women's Enhancement Postgraduate Scholarship for Careers in Athletics** is awarded to 13 ethnic minorities and 13 female college graduates who will be entering their initial year of postgraduate studies. Each award recipient will receive \$7,500 for one year of full-time graduate study at an NCAA member institution. The applicant must be seeking admission or have been accepted into a sports administration or other program that will help the applicant obtain a career in intercollegiate athletics, such as athletics administrator, coach, athletic trainer or other career that provides a direct service to intercollegiate athletics.
- **NCAA Today's Top 10 Award** honors ten outstanding senior student-athletes. The nominees must be a varsity letter-winner, have a minimum of a 3.300 GPA, and have excelled in their sport.
- The **NCAA Woman of the Year** award honors female student-athletes who have distinguished themselves throughout their collegiate career in the areas of academic achievement, athletics excellence, community service and leadership.
- The **NCAA Postgraduate Scholarship** awards up to 174 postgraduate scholarships annually, 87 for men and 87 for women. The scholarships are awarded to student-athletes who excel academically and athletically and who are at least in their final year of intercollegiate athletics competition. The one-time grants of \$7,500 each are awarded for fall sports, winter sports and spring sports. Each sports season (fall, winter and spring), there are 29 scholarships available for men and 29 scholarships available for women. The scholarships are one-time, non-renewable grants.
- The **NCAA Student-Athlete Leadership Forum** engages a diverse and dynamic representation of student-athletes, coaches, faculty and administrators in 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 Director of Athletics and Student-Athlete Development staff may select one female and one male student-athlete who is in good academic standing, demonstrates a desire to lead and has athletic eligibility within the academic year.
- The **Jim McKay Postgraduate Scholarship Program** awards one male and one female student-athlete a one-time \$10,000 scholarship in recognition for outstanding academic achievement and potential to make a major contribution in the sports communication industry. Student-athletes considered for this scholarship demonstrates the highest level of professional integrity with an element

of compassion. Must have (1) a 3.5 minimum grade point average; (2) competed as a member of a NCAA varsity team; (3) enrolled or committed to enrolling in a graduate degree program; and (4) evidenced superior character and leadership.

- The **Walter Byers Postgraduate Scholarship Program** annually awards one male and one female student-athlete a postgraduate scholarship in recognition of outstanding academic achievement and potential success in postgraduate study. The stipend for each scholarship is \$24,000 for an academic year and the grant maybe renewed for a second year. To be eligible: (1) must have a 3.5 minimum grade point average or higher; (2) be a graduating senior or enrolled, or have intentions to enroll, in graduate study at an NCAA member institution at a professional accredited law school, medical school, or the equivalent; (3) have demonstrated that participation in athletics and community service has been a positive influence on nominee's personal and intellectual development.
- The **Honda Collegiate Women Sports Award** is an annual award given to the best collegiate female athlete in each of twelve sports. There are four nominees for each sport, and the twelve winners of the Honda Award are automatically in the running for the Honda-Broderick Cup award, as the Collegiate Woman Athlete of the Year. The Honda-Broderick Cup winners are selected for superior athletics skills, leadership abilities, academic excellence and eagerness to participate in community service.
- The **John McLendon Memorial Minority Postgraduate Scholarship Award** is presented to 5 senior-level minority students who intend to pursue a graduate degree in athletics administration. Each recipient will receive a \$10,000 grant. Among the criteria will be (1) full-time status as a senior at the time of nomination OR an undergraduate degree with two years' work experience, preferably in athletics administration; (2) minimum grade point average of 3.0 (on a 4.0 scale); (3) official classification as a minority as defined by federal guidelines; (4) intention to attend graduate school to earn a degree in athletics administration; and (5) involvement on the college/university or community level.

SEC

- The **Brad Davis Community Service Postgraduate Scholarship** is awarded annually to recognize outstanding and meritorious service learning achievement to one male and one female student-athlete. The scholarship award, in a one-time, non-renewable disbursement of \$10,000. Student-Athletes are nominated by the Office of Student-Athlete Scholarship and Awards Committee. Final selections are made by SEC faculty athletic representatives from each of the SEC member institutions. In total, the SEC awards 24 Brad Davis Community Service Postgraduate Scholarships each year.
- The **H. Boyd McWhorter Postgraduate Scholarship** is awarded annually to recognize outstanding academic and athletic achievements of one male and one female student-athlete during the student-athlete's entire college career. The scholarship award, in a one-time, non-renewable disbursement of \$20,000. Student-Athletes are nominated by the Office of Student-Athlete Scholarship and Awards Committee. Final selections are made by SEC faculty athletic representatives from each of the SEC member institutions. In total, the SEC awards 28 Brad Davis Community Service Postgraduate Scholarships each year.

STUDENT-ATHLETE CONDUCT

Participation in intercollegiate athletics at the University of Arkansas is a privilege and a unique opportunity during your college experience. As a student-athlete, you benefit from athletics by developing your potential as a skilled performer, being a productive team member, and most importantly, growing emotionally, socially, and intellectually. You have the opportunity to develop the strong character traits that can come to those who successfully meet the challenges inherent in sport at the highest levels. For the purposes of this conduct code, a student-athlete is defined as any member of a Razorback team (scholarship and non-scholarship).

As it is with all privileges, there are conditions or qualifications to the exercise of the privilege to participate in athletics at the University of Arkansas. Student-athletes must conduct themselves, on and off of the field, as positive role models who exemplify good behavior. Privilege means that student-athletes are held by both the University and society-at-large to a higher and stricter code of behavior or conduct than other University students who do not participate in athletics. An inescapable part of NCAA Division I athletics is high visibility, and as a result there is a greater responsibility that goes with participation in those activities.

The University expects you to train and strive for your highest degree of athletic excellence, to demonstrate academic honesty and integrity, and to conduct yourself as a responsible citizen. You are required to comply with the National Collegiate Athletic Association (NCAA) by-laws and Southeastern Conference (SEC) rules and regulations regarding acceptable and unacceptable conduct for participants in intercollegiate athletic competition. You are also responsible for compliance with the University of Arkansas Student Code of Conduct, as well as other campus policies, governing all academic work and student conduct at the University. This policy appears in the appendix of each year's Catalog of Studies published by the University of Arkansas. Finally, being a student-athlete at the University of Arkansas presupposes and unconditionally requires a resolute commitment to the principles and policies that are embodied in the student-athlete conduct code that follows.

If you have any questions at any time about the Student-Athlete Conduct Code, contact your sport administrator or the Senior Associate Athletic Director for Student-Athlete Experiences & Administration.

Standards of Conduct

As a student-athlete at the University of Arkansas, you are a public figure often subject to much scrutiny by the public. As such, you are responsible for representing the University in the most positive way. Your behavior must be exemplary at all times and meet the expectations of your teammates, coaches, the University, and the public at-large. You must also conduct yourself in such a way as not to impair the welfare or the educational opportunities of others in the University community. Student-athletes, coaches, and all others associated with the University of Arkansas Athletic Department should adhere to such fundamental values as respect, fairness, civility, honesty, and responsibility.

The concept of "misconduct" is to be interpreted broadly and within the protective spirit of the purpose of this Code. Misconduct is subject to disciplinary action within the Athletic

Department, and includes, but is not limited to, the following specifications:

- Violation of civil or criminal laws of any State.
- Violation of the University of Arkansas Student Code of Conduct, and other campus policies, including the University of Arkansas Sexual Assault and Sexual Harassment Policy (Fayetteville Policy and Procedure 418.1)
- Gambling on athletic events of any kind, giving information about your team to gamblers or “bookies” that might be helpful to them in their illegal activities, or participation, either directly or indirectly, in bribery involving intercollegiate competition or attempting in any way to improperly or illegally influence the outcome of an athletic contest
- Noncompliance with the University’s Student Alcohol Policy as enacted by the Board of the University on February 22, 1974
- Violation of NCAA banned substances, alcohol, and tobacco policies
- Repeated violation of team rules, including but not limited to:
 - Conduct reflecting negatively on the team, athletic program and University
 - Absenteeism from practices, meetings or competition
 - Tardiness from practices, meetings or competition
 - Excessive class absences that are not the result of illness, injury or team travel which is described in the Academic Services (OSAS) attendance policy
 - Noncompliance with team dress codes
 - Failure to comply with prescribed treatment for athletic injury
 - Failure to maintain proper decorum during team travel
 - Noncompliance with team policies regarding conduct, player appearance, and the use of alcohol, drug and tobacco products
 - Noncompliance with departmental policies listed within this student-athlete handbook
 - Unethical conduct

NCAA bylaws state that unethical conduct by a student-athlete may include, but is not limited to, the following:

- Refusal to furnish information relevant to an investigation of a possible violation of an NCAA regulation when requested to do so by the NCAA or the individual’s institution
- Knowing involvement in arranging for fraudulent academic credit or false transcripts for a prospective or an enrolled student-athlete
- Knowing involvement in offering or providing a prospective or an enrolled student-athlete an improper inducement or extra benefit or improper financial aid
- Knowingly furnishing the NCAA or the individual’s institution false or misleading information concerning the individual’s involvement in or knowledge of matters relevant to a possible violation of an NCAA regulation
- Receipt of benefits by an institutional staff member for facilitating or arranging a meeting between a student-athlete and an agent, financial advisor or a representative of an agent or advisor (e.g., “runner”)

Disciplinary Procedures

1. Temporary Suspension

The Athletic Department reserves the right to take necessary and appropriate action to protect the safety and well-being of its sponsored teams and the University community.

Therefore, a student-athlete may be suspended temporarily by the athletic director or his/her administrative designee for a period of up to seven (7) business days. A temporary suspension is to be immediately effective without prior notice whenever there is evidence that the student-athlete's continued presence on the team would constitute a threat to him/her, others, or to normal team operation. During the suspension, an administrative review will be initiated and disciplinary sanction(s) imposed if warranted. The student-athlete will be notified in writing of any disciplinary sanction(s).

2. Administrative Review

If information is received by the athletic department suggesting that a student-athlete may have violated (a) civil or criminal law, (b) the University of Arkansas Student Code of Conduct, or other campus policy, (c) the Athletic Department Student-Athlete Conduct Code, or (d) NCAA or SEC rules and regulations the athletic director or his/her administrative designee will conduct an administrative review of the situation. If, upon evaluation, it appears that evidence exists to warrant further action, the athletic director or his/her administrative designee shall impose a disciplinary sanction(s).

3. Disciplinary Sanctions

Subsequent to the administrative review, the director of athletics or his/her designee will decide on a disciplinary sanction. Sanctions for violation of the Student-Athlete Conduct Code may include any one or more of the following:

- Reprimand: The student-athlete is warned in writing that further misconduct may result in more severe disciplinary sanctions. The student-athlete may also be restricted from specific activities and/or have other conditions imposed.
- Suspension: Separation of the student-athlete from the team for any or all activities for a specified period of time
- Dismissal: Permanent separation of the student-athlete from the team and intercollegiate athletics at the University. Dismissal may also ultimately include the withdrawal of the student-athlete's athletic scholarship by the University Scholarship and Financial Aid Committee.

4. Appeal Process

The athletic director or his/her administrative designee has the authority to impose sanctions for violations of the Student-Athlete Conduct Code. The following procedures shall be the appeal process for a student-athlete who wishes to oppose his/her disciplinary sanction(s). During the appeal process the sanction(s) will remain in place.

- A. The student-athlete must appeal the disciplinary sanction(s) in writing within seven (7) business days of being notified of the sanction(s). The written statement should be submitted to the athletic director's office.
- B. The student-athlete conduct appeals committee will consist of the Faculty Athletic Representative (FAR), and at least two of the following:
 - Athletic Director
 - Athletic Director administrative designee(s)
 - Sport Administrator
 - Senior Woman Administrator (SWA)
- C. The student-athlete conduct appeals committee will review the written appeal and may also schedule an in-person meeting with the student-athlete if the committee deems it necessary.
- D. The student-athlete conduct appeals committee will notify the student-athlete in

writing of its decision within seven (7) business days.

- E. The decision of the appeals committee is final. The withdrawal of an athletic scholarship may be upheld by the appeals committee, but only the University Scholarship and Financial Aid Committee may impose that sanction.

The focus of the inquiry in disciplinary proceedings shall be the innocence or guilt of the student-athlete accused of violating the Student-Athlete Conduct Code. Formal rules of evidence shall not be applicable nor shall deviations from prescribed procedures necessarily invalidate a decision or proceeding unless significant prejudice to the student-athlete or University may result.

Sportsmanship

Sportsmanlike conduct means more than the absence of negative actions in public. The NCAA bases its existence on the concept of integrity and fair competition among its membership. The University of Arkansas Athletic Department prides itself in this area as reflected by the sportsmanship of administrators, support staff, coaches, and student-athletes alike. As a Razorback student-athlete, you must continue to uphold the virtues of good sportsmanship through your approach to competitive situations, actions during contests, and attitudes toward winning and losing. Fellow students and community supporters hold you in high esteem, so the sportsmanlike manner in which you conduct yourself is an integral part of this process. Problems in this area will be dealt with individually and could result in a disciplinary sanction.

Sportsmanship guidelines include:

- Communicate appropriately with officials and opponents on routine matters during athletic events
- Maintain control during emotionally charged situations, including assisting a teammate who appears to be losing control
- React in a positive manner to an aggressive action by an opponent
- Treat all players, officials, and coaches with respect and courtesy
- Uphold all standards and regulations expected of participants
- Accept victory and defeat with class
- Respect and accept the decisions of the coach; student-athletes should direct questions to the coach in private and follow appropriate channels to voice their concerns
- Exhibit dignity in manner and dress while representing the University both on and off the playing field

Conduct, Player Appearance, and Alcohol

Player conduct and dress policies applicable to team travel and home events shall be established by the coach and ensure that student-athletes conduct themselves in a manner positively reflecting upon the reputation of the University of Arkansas.

Student-athletes shall refrain from drinking alcoholic beverages while representing the University of Arkansas at competitive events, while traveling to or from such events, or at official social events related to such competition.

Travel Rules

The head coach will establish rules for specifics of team travel. The coach will provide

these to student-athletes at the beginning of their season of competition. In general, there are certain expectations for student-athletes while representing the University away from campus.

Sports schedules are designed to provide student-athletes with the highest caliber of competition and to prepare them to compete for Southeastern Conference and NCAA national championships. As such, travel is a key part of such scheduling. Student-athletes should learn to manage their time on the road and to keep their instructors abreast of their travel schedule.

Athletes are expected to travel to and from away sites with the team. Only under special mitigating circumstances are individuals allowed to travel separately from the team. University insurance requires that student-athletes travel with the team in official vehicles at all times.

Whenever you travel as a team, you are representing the University of Arkansas. Your actions and behavior are a direct reflection on the university and the intercollegiate athletic department. Make sure you make a positive impression and promote personal integrity and ethical conduct at all times.

Grievance Policy

As a University of Arkansas student, matters involving allegations of unlawful harassment (including sexual harassment), discrimination and/or retaliation should be reported to the university's Office of Equal Opportunity and Compliance, and matters involving alleged failure to provide reasonable accommodations for a disability should be pursued through the grievance process described on the university's Center for Educational Access website.

The University of Arkansas Athletic Department is committed to resolving all complaints or grievances brought to its attention in the most equitable fashion possible for all persons concerned. Any concern that you may have will be treated seriously. The following are procedures.

1. Any student-athlete with a complaint or grievance involving an athletic team, coach, department staff member, or policy should discuss and attempt to resolve the complaint or grievance with the person(s) involved. All persons involved in the situation should make every attempt to resolve the problem as promptly as possible.
2. If a satisfactory resolution cannot be reached by the persons directly involved, the student-athlete or person with the complaint should contact their sport administrator, Senior Woman Administrator (SWA) or Assistant AD for SA Development & Administration. After discussing the situation and concerns, a resolution plan will be determined. Everyone who has been identified as being able to assist in the resolution of the conflict will be contacted and included in the procedure.
3. If the complaint is not resolved at this level, the grievant and their sport administrator, Senior Woman Administrator (SWA) or Assistant AD for SA Development & Administration will direct the grievance to the Athletic Director who will interview the persons involved. The sport administrator, Senior Woman

Administrator (SWA) or Assistant AD for SA Development & Administration may also determine that a formal meeting involving all relevant parties is necessary. Within five (5) business days the sport administrator, Senior Woman Administrator (SWA) or Assistant AD for SA Development & Administration will inform all persons in writing of the decision.

Sexual Harassment

The University of Arkansas is committed to maintaining an environment which prevents sexual harassment. Sexual harassment by any member of the University of Arkansas is a violation of both law and University policy and will not be tolerated in the University community. Both males and females can be perpetrators and/or victims of sexual harassment. It is the policy of the University of Arkansas Athletic Department that no member of the community may sexually harass another. Any student-athlete who violates this policy will be subject to disciplinary actions.

Sexual harassment is defined as unwelcome sexual advance, requests for sexual favors, and other verbal or physical conduct of a sexual nature, when any of the following occurs:

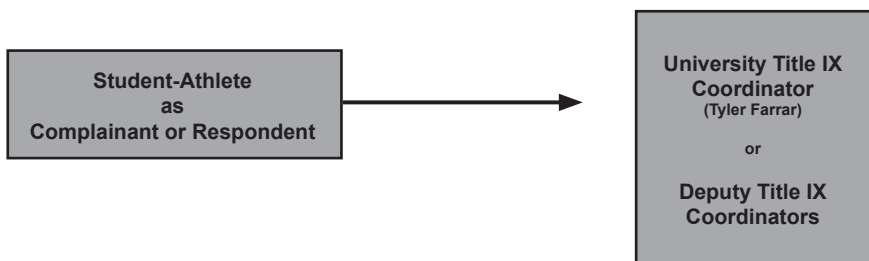
- Submission to such conduct is made either implicitly or explicitly a term or condition of an individual's employment or status in a course, program, or activity
- Submission to or rejection of such conduct is used as a basis for an academic, employment or placement decision affecting the individual
- Such conduct has the purpose or effect of unreasonably interfering with an individual's work performance or educational experience or creates an intimidating, hostile, or offensive environment for working or learning

Anyone who believes he/she has been subjected to sexual harassment and for additional information on University policies and procedures should contact the University Title IX Coordinator, or any Deputy Title IX Coordinator. Please see Title IX section of the handbook.

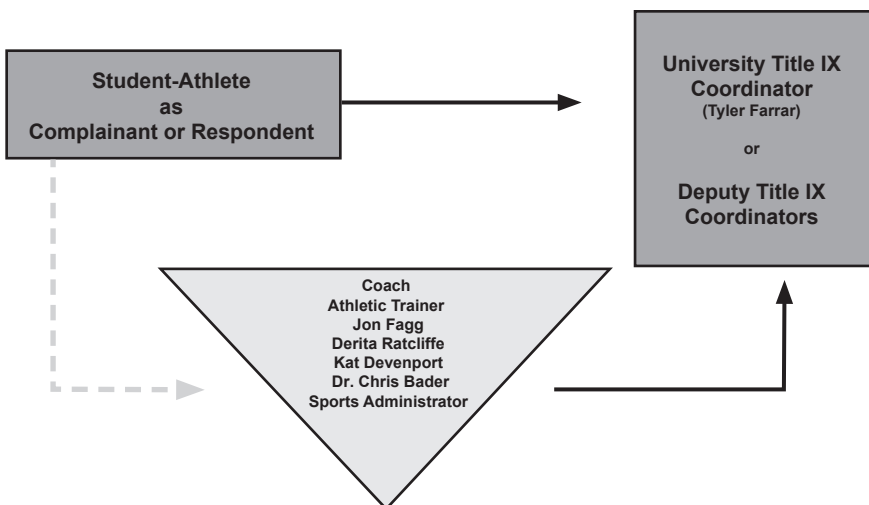
TITLE IX REPORTING PROCESS

In the case of an emergency, immediately call 911 or University of Arkansas Police Department at (479) 575-2222.

- If it is not an emergency, student-athletes are **STRONGLY ENCOURAGED** to report all Title IX related matters **DIRECTLY** to the Title IX Coordinator or designated Deputy Title IX Coordinators. (Contact Information Below)



- Student-Athletes who are not comfortable reporting incidents directly to the Title IX Office are welcome to report information to an Athletics Department Title IX Support Team Members or other campus resources.
- Students should be aware the Title IX Support Team Members and other campus resources are required by law to immediately report all matters regarding Title IX to the Title IX Office.



STUDENT-ATHLETE CAMPUS RESOURCES

<p><u>Title IX Coordinator</u></p> <p>Tyler R. Farrar, J.D. (479) 575 – 7111 tylerf@uark.edu titleix@uark.edu</p>	<p>Responsibility for oversight of the University's compliance with its obligations under Title IX, including, but not limited to, its obligations to investigate and respond to allegations of sexual harassment, assault and/or misconduct.</p>
<p><u>Deputy Title IX Coordinators</u></p> <p>Brande Flack Director of Retention Programs Center for Multicultural and Diversity Education (479)-575-5014 bmflack@uark.edu</p> <p>Danielle Dunn Assistant Director Office of Student Success (479) 575-7724 Dmd005@uark.edu</p> <p>Derita Ratcliffe Deputy AD: Student-Athlete Wellness & SWA (479)-575-7520 dratclif@uark.edu</p> <p>Kat Devenport Chief of Staff (479) 575-7953 kemoffe@uark.edu</p> <p>Dr. Shane Barker Assistant Dean and Director of Advising for Fulbright College (479) 575-3007 sxb028@uark.edu</p> <p>Liz Means Access Coordinator Center for Educational Access (479) 575-4473 edavisme@uark.edu</p>	<p>Serve as a resource for University students and staff, in conjunction with the Title IX Coordinator. For allegations of sexual assault by students, the Deputy Title IX Coordinators, in consultation with the Title IX Coordinator, coordinates with University of Arkansas Police Department and the University Health Center to ensure allegations of sexual assault reported to University officials are investigated and addressed as appropriate.</p>
<p><u>University of Arkansas Police Department</u> 155 S. Razorback Road (479) 575-2222</p>	<p>Provides safety and support related to sexual assault, sexual violence, domestic/dating violence, stalking and other crimes.</p>
<p><u>STAR Central Office</u> Pat Walker Health Center</p> <p>Dr. Mary Wyandt-Hiebert Director of STAR Central (479) 575-7252</p>	<p>Serves as the Office of Support, Training, Advocacy, & Resources on Sexual Assault and Relationship Violence coordinated through the University Health Services, Health Promotion and Education Department. Serves the University community through education programs and victim advocacy services.</p>
<p><u>Counseling and Psychological Services (CAPS)</u> Pat Walker Health Center (479) 575-4451</p>	<p>Services are provided by licensed psychologists, counselors, and social workers</p>
<p><u>Student Standards and Conduct</u> Pomfret Hall B110 (479) 575-5170</p>	<p>Support the University of Arkansas' mission by promoting a safe and orderly community through the education of students, the enforcement of behavioral standards, peer mentoring, and leadership development</p>
<p><u>U of A Cares</u> 325 Administration Building (479) 575-5004</p>	<p>Offers a supportive and encouraging partnership with students by linking them with appropriate resources that will allow them the opportunities to overcome barriers on their path to success; both personal and educational</p>
<p><u>Assistant AD for Mental Health and Performance</u> Dr. Chris Bader Student-Athlete Success Center (479) 575-5163</p>	<p>Provides psychological support for student-athletes related to physical/emotional abuse, sexual assault, and relationship matters.</p>

COMPLIANCE

The University of Arkansas Department of Athletics Compliance Office is committed to a comprehensive compliance program that educates administrators, staff personnel, coaches, student-athletes and representatives of athletic interest about the importance of adhering to NCAA, SEC, and institutional rules and regulations.

The goals of the Compliance Office are to:

- Establish institutional policies and procedures to prevent violations of NCAA and SEC rules
- Maintain a high level of integrity and ethical conduct
- Develop an atmosphere where the Compliance Office is utilized as a means of education and prevention of rule violations; and
- Establish clear lines of communication throughout the University on compliance-related issues

If you have any questions regarding any compliance-related issues, please contact the Compliance Office immediately at (479) 575-6738.

Complimentary Tickets and Admission Benefits

The University of Arkansas Department of Athletics follows NCAA and SEC rules regarding the use of complimentary tickets by student-athletes. The department may provide four complimentary admissions for each regular season home contest to a student-athlete in the sport in which the individual participates. A form designating these individuals will be issued to you prior to each home event. No changes can be made after the pass list has been approved and submitted to the ticket office. Each individual on your list must sign for admittance and show appropriate identification. Some sports may have additional requirements and guidelines.

All Razorback student-athletes may be admitted to all other athletics events by showing University I.D. and signing in at the pass gate. Please note, pass list privileges can be revoked if you allow another individual to use your student I.D. and privileges for tickets. Some sports may have additional team rules or guidelines where the use of this complimentary admission may be revoked.

All Razorback student-athletes should note the following actions are **IMPERMISSIBLE**:

- *Hard Tickets.* Complimentary admissions shall be provided only through a pass list for individuals designated by the student-athletes. Hard tickets shall not be issued.
- *Sale of Complimentary Admissions.* You may not receive payment from any source for your complimentary admissions and may not exchange or assign them for any item of value (e.g., cash, loan, free services, clothing, etc.).
- *Payment to Third Party.* Individuals designated by you to receive complimentary admissions are not permitted to receive any type of payment for these admissions or to exchange or assign them for any item of value. Receipt of payment for complimentary admissions by such designated individuals is prohibited and considered an extra benefit.
- *Sale above Face Value.* You may not purchase tickets for an intercollegiate athletics event from the University of Arkansas and then sell the tickets at a price greater than their face value.

Any of the above mentioned actions by a student-athlete could declare you ineligible for intercollegiate athletics competition.

Countable Athletically-Related Activity (“CARA”)

There are daily and weekly limitations on the amount of time a coaching staff member can require student-athletes to participate in countable athletically related activities (e.g., practice, competition, film sessions, etc.). Athletically-related activities that count toward applicable limitations include any required activity with an athletics purpose involving student-athletes and is at the direction of, or supervised by one or more of an institution's coaching staff (including strength and conditioning coaches).

Examples of Countable Athletically-Related Activities

The following activities are considered countable:

- Coach initiated athletic meetings or athletics meetings required by a coach;
- Competition and associated activities, regardless of their length, count as 3 hours;
 - o Countable athletically related activities are prohibited after competition.
- Field, floor, or on-court activity;
- Setting up offensive and defensive alignments;
- Required weight training and conditioning activities;
- Required participation in camps/clinics;
- Participation outside the regular season in required individual skill-related instructional activities with a member of the coaching staff;
- Discussion or review of game film; and
- Punishment (e.g., morning runs).

Daily and Weekly Hour Limitations—Playing Season

A student-athlete's participation in countable athletically related activities shall be limited to a maximum of four hours per day and 20 hours per week.

Required Day Off—Playing Season

During the playing season, all countable athletically related activities shall be prohibited during one calendar day per week, except during participation in one conference and postseason championship and any postseason licensed bowl games or National Invitation Tournaments, and during participation in NCAA championships.

Weekly Hour Limitations—Outside the Playing Season

Sports other than Football: Outside of the playing season, from the institution's first day classes of the academic year or September 15, whichever occurs earlier, to one week prior to the beginning of the institution's final examination period at the conclusion of the academic year, only a student-athlete's participation in required weight training, conditioning and skill-related instruction shall be permitted. A student-athlete's participation in such activities per NCAA Bylaw 17.02.1 shall be limited to a maximum of eight hours per week with not more than four hours per week spent on skill-related workouts. All countable athletically related activities outside the playing season are prohibited one week prior to the beginning of the final examination period for the applicable academic term through the conclusion of each student athlete's final exams.

Bowl Subdivision Football (FBS). Activities between the institution's last contest and January 1 are limited to required weight-training, conditioning and the review of game film. A student-athlete's participation in such activities shall be limited to a maximum of eight hours per week, of which no more than two hours per week may be spent on the viewing of film. All activities beginning January 1 and outside the playing season shall be conducted pursuant to Bylaw 17.9.6.

Required Days Off—Outside of the Playing Season

Outside the playing season during the academic year, all countable athletically related activities (per Bylaw 17.02.1) are prohibited during two calendar days per week.

As a Razorback student-athlete, it is your responsibility to help us monitor the rules and regulations regarding countable athletically related activity. During the academic year we will periodically ask you to provide us information regarding the amount of time you are putting toward the items listed above. If you ever feel as if you are going over the permissible amount of hours of countable athletically related activity, please let us know by contacting the Compliance Office.

Required Athletically Related Activities (“RARA”)

Required athletically related activities are any activities, including CARA, that are required as a student-athlete. RARA (that is not considered CARA) does not count toward the daily and weekly time limitations.

Examples of Required Athletically Related Activities include, but are not limited to:

- Compliance meetings
- Promotional activities/fundraising activities (if required)
- Required recruiting activities (e.g., student host for a recruit)
- CHAMPS/Life Skills meetings (if required)
- Community service activities (if required)
- Traveling to/from competition
- Media activities (if required)
- Team building (if required)

Student-Athlete Time Management Plan

In an effort to provide greater predictability and transparency in student-athletes' upcoming athletic schedules, coaching staffs will be responsible for distributing calendars to the student-athletes on their roster throughout the year. The calendars shall include, all CARA, RARA, and days off. If changes to the previously established calendar occur, student-athletes shall be provided adequate notice of those changes.

There will be an annual end-of-year review of each sport's time management plan. The institution's director of athletics, faculty athletics representative, the sport's head coach and at least one student-athlete representative shall be involved in the review. The review shall include, at a minimum, an evaluation of the extent to which the student-athletes were free from all athletically related activities, other than those initiated by student-athletes, during the required eight-hour overnight period and all required days off. The findings of each annual review shall be reviewed by the institution's president or chancellor.

For further information, please contact the Compliance Office.

Automobile Registration

All student-athletes must fill out an Automobile Registration Form at the University of Arkansas. This form is to be filled out in its entirety regardless of whether you have a vehicle on campus or not. All relevant information, including purchaser and insurance information should be included. You will also be required to provide proof of registration. The form should be updated if any of the originally reported information changes. In addition to the Automobile Registration Form, student-athletes must complete the Loaner Car Form if they have temporary use of a different vehicle (e.g., loaner car, rent car, borrowing a family member's car, etc.). These forms are maintained in the Compliance Office and can also be found in the ACS Student-Athlete Portal.

Student Host Responsibilities

When a prospective student-athlete visits the University of Arkansas, you may be asked to serve as a student host. If you are a student-athlete host, it is permissible to provide you with a maximum of \$75 for each day (24-hour period) of the visit (maximum of \$150 for two 24-hour periods) that you host the prospective student-athlete. If you entertain more than one prospective student-athlete, you may receive an additional \$40 for each additional prospective student-athlete. This money is to cover all actual costs of entertaining the prospect, prospect's parents, legal guardians, or spouse, excluding the cost of meals and admission to campus athletics events. These funds may not be used for the purchase of souvenirs, such as t-shirts or other institutional mementos. In addition, you cannot transport a prospect outside a thirty (30) mile radius from campus and cannot allow any in-person contacts to occur between alumnus and/or boosters.

If several students host a prospective student-athlete, the \$75 per-day entertainment money may be used to cover the actual and necessary expenses incurred by the prospective student-athlete and all hosts. Only one student host per prospective student-athlete may be provided a free meal if the restaurant facilities are used.

As current student-athletes, you are a resource who can provide valuable information about the University's campus and athletic lifestyle. Therefore, you have an important role in recruiting. ***The University of Arkansas Athletic Department does not encourage, condone, or allow the use of alcohol by a host or a recruit during a prospective student-athlete's visit to our campus.*** It is our mission to provide a safe, fun, and informative environment to all prospective student-athletes. Coaching staffs will notify prospective student-athletes prior to their campus official visit that this will be an "alcohol free" visit. When accepting the role of student host, all students are expected to comply with NCAA, SEC, departmental, and team policies. Using alcohol is neither an expectation nor a requirement for showing a prospect a "good time." Allowing or encouraging a recruit to drink alcohol, leaving him or her unattended at a social gathering, or getting into a car with someone who has been drinking is subject to disciplinary sanctions. It is very important to remember that most prospects are minors (under 21) in the eyes of the law.

Your enthusiasm for being a student-athlete at the University of Arkansas, along with your team's vision for success, is the most important thing you can share with a prospective teammate.

Amateurism

An individual loses amateur status and will not be eligible for intercollegiate competition in a particular sport if the individual:

- (a) Uses his or her athletics skill (directly or indirectly) for pay in any form in that sport;
- (b) Accepts a promise of pay even if such pay is to be received following completion of intercollegiate athletics participation;
- (c) Signs a contract or commitment of any kind to play professional athletics, regardless of its legal enforceability or any consideration received, except as permitted in NCAA Bylaw 12.2.5.1*);
- (d) Receives, directly or indirectly, a salary, reimbursement of expenses or any other form of financial assistance from a professional sports organization bases on athletics skill or participation, except as permitted by NCAA rules and regulations;
- (e) Competes on any professional athletics team per NCAA Bylaw 12.02.11*, even if no pay or remuneration for expenses was received, except as permitted in NCAA Bylaw 12.2.3.2.1*;

- (f) After initial full-time collegiate enrollment, enters into a professional draft (see NCAA Bylaw 12.2.4*); or
- (g) Enters into an agreement with an agent.

To compete as a student-athlete, it is essential that you know the NCAA rules related to professional sports and sport agents. Any violation of the following rules could produce severe negative consequences for you and the University of Arkansas:

- A student-athlete **may not** agree, either orally or in writing, to be represented by an agent or organization in the marketing of his/her athletic abilities or reputation until after the completion of his/her last intercollegiate contest, including postseason games.
- A student-athlete or representative **may not** negotiate or sign a playing contract in any sport in which the student-athlete intends to compete professionally or to market the name or image of the student-athlete.
- A student-athlete **may not** accept expenses or gifts of any kind (including meals and transportation) from an agent (or anyone else) who wishes to provide services for the student-athlete. Such payment is not allowed since it would be compensation based on athletic skills and a preferential benefit not available to other students.
- A student-athlete **may not** receive preferential benefits or treatment (e.g., loans with a deferred payback basis) because of his/her reputation, skill or potential as a professional athlete.
- A student-athlete **may not** retain professional services for personal reasons at less than the normal charge from a University of Arkansas athletic booster. If you have any questions regarding amateurism and/or professional sports agents, contact the Compliance Office.

Gambling and Bribery

Gambling on the outcome of athletic contests is all too prevalent in our society, and can have a devastating effect on student-athletes if they choose to engage in such an activity. NCAA rules prohibit student-athletes, coaches and staff members from participating in any sports gambling activities.

Specifically, the NCAA rules prohibit sports wagering on any institutional practice or any competition (intercollegiate, amateur or professional) in a sport that is an NCAA-sponsored sport.

In order to adhere to the NCAA's strict policy on gambling and to protect a student-athlete's eligibility, a student-athlete **may not**:

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

Any of the above mentioned actions by a student-athlete could declare him or her ineligible for intercollegiate athletic competition and/or permanently lose all remaining regular-season and postseason eligibility in all sports. In addition to awareness of gambling and bribery rules, student-athletes are responsible for reporting any offers of gifts, money, or favors in exchange for supplying team information or for attempting to alter the outcome of

any contest. Student-athletes should contact their coach or other departmental personnel when questions concerning appropriate release of team information occur.

Remember that participation in gambling or sports wagering/bribery can result in disciplinary actions by the University of Arkansas, NCAA, and SEC.

Extra Benefits

An extra benefit is considered to be anything that is provided to a student-athlete that is not available to the general student body of the university he/she attends. Therefore, the description of an extra benefit will change from university to university. However, you should assume the following items are extra benefits that cannot be provided to student-athletes:

- Special discounts, payment arrangements, or credit on purchases or services (e.g., airline tickets, clothing, dry cleaning);
- Arrangement for employment of relatives or friends of an enrolled student-athlete;
- Free or reduced-cost professional services;
- Use of telephone without charge for long distance phone calls;
- Free or reduced rates for services from an establishment owned by a representative of athletics interest (e.g., movie tickets, dinners, or other entertainment);
- Cash or loan of money;
- Guarantee of bail or bond;
- Use of an automobile;
- Loan or arrangements for a loan by signing or cosigning for the note;
- Preferential treatment, benefits or services for athletic skills or pay-back potential as a future professional athlete;
- Use of personal properties (e.g., boats, summer homes, private land, cars, stereos);
- Receive more than the allotted number of complimentary admissions; or
- Use of University telephones, telephone credit cards for free, fax machines and copiers.

To determine whether the benefit is permissible to receive, check with the Compliance Office or your head coach rather than putting your eligibility in jeopardy. Receipt of an extra benefit can render you ineligible for intercollegiate competition.

Financial Aid and Athletic Scholarship Policies

The goals of the athletic scholarship program at the University of Arkansas are to provide financial assistance to deserving student-athletes and to ensure that the awarding of such aid is consistent with the regulations of the NCAA, the SEC, and the primary educational values of the University. Athletic scholarships are awarded only to those individuals showing exceptional athletic promise who meet academic standards and maintain academic progress.

Financial aid may not exceed the student's total cost of attendance for each term of enrollment. Types of financial aid include athletic scholarships, any other types of scholarships, grants, loans, other federal financial aid, state aid, work-study earnings, and tuition discounts/waiver. Off-campus employment earnings are not countable as institutional financial aid.

Eligibility

To be eligible for an athletic scholarship, a student-athlete must meet all applicable NCAA and SEC requirements. Please see the section on academic eligibility for more information.

Terms and Duration

A Financial Aid Agreement defines the terms and duration of an athletic scholarship and the mutual responsibilities of the University of Arkansas and the student-athlete to the particular sport for which the aid is granted when he/she signs a financial aid agreement. An Athletic Scholarship may be awarded for a period of one year or up to five years. One-year athletic scholarships are awarded in equal amounts for each semester of the academic year, provided the student-athlete meets all NCAA, Conference and University requirements governing athletic financial aid.

Reduction or Cancellation of Athletic Scholarship

The University **MAY NOT** reduce or non-renew institutional athletic aid of a student-athlete who receives athletic financial aid in their initial year of full-time enrollment at the UA. Additionally, institutional athletic aid **MAY NOT** be reduced or canceled during the period of award on the basis of a student-athlete's athletic ability or contribution to a team's success; an injury, illness, physical or mental medical condition that prevents participation in athletics, or for any other athletics reason.

Institutional athletic aid **MAY** be reduced or canceled immediately during the period of award if the recipient:

- Renders him/herself academically ineligible for intercollegiate competition;
- Fraudulently misrepresents any information on an application, letter of intent, or financial aid agreement;
- Engages in serious misconduct warranting substantial disciplinary penalty;
- Voluntarily withdraws from a sport for personal reasons; however, the recipient's financial aid may not be awarded to another student-athlete in the academic term in which the aid was reduced or canceled. A student-athlete who voluntarily withdraws from a sport may have his/her athletic aid terminated and/or prorated immediately;
- Fails to maintain APR requirements; or
- Violates a documented institutional, athletics department or team policy.

Procedures For Renewal, Nonrenewal, or Gradated Renewal of Athletic Scholarship

A student-athlete who received a one-year athletic scholarship in the previous year and has remaining eligibility in their sport, must be issued a renewal financial aid agreement or written notification of non-renewal **on or before July 1**. In the event of non-renewal or reduction of aid, the procedures for appeal are described below. Multi-year agreements that are still in effect do not require a renewal notice unless the agreement expires and the student-athlete has remaining eligibility in their sport.

Renewal of Athletic Scholarship

An athletic scholarship may be awarded for a maximum of five years provided the student is eligible for athletic financial aid. However, athletic aid may not be awarded for a period of less than one academic year except for certain exceptions including final semester or mid-year enrollment. (Bylaw 15.3.3.1)

Reduction and Non-renewal Appeal Process

For those student-athletes whose athletic aid is recommended to be non-renewed for the ensuing academic year or reduced or canceled during the period of award, the Financial Aid Office provides written notification as well as the opportunity for a hearing and how to initiate the appeal process. Carrying out the appeal process is the responsibility of the Financial Aid Office and its standing University Financial Aid Appeals Committee (15.3.2.3).

Student-Athlete Employment

NCAA legislation allows all student-athletes the opportunity to earn legitimate employment income in combination with athletics. Earnings from a student-athlete's on- and off-campus employment is exempt and is not counted in determining a student-athlete's full grant-in-aid or in the institution's financial aid limitations (except for federal work-study), provided:

- The student-athlete is compensated only for work actually performed.
- The student-athlete is compensated at a rate commensurate with the going rate in that locality for similar services.

Athletics Reputation

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 publicity, reputation, fame, or personal following that he or she has obtained because of athletic ability.

Before any student-athlete is allowed to secure employment, employment forms (available from the Compliance Office and the ACS Student-Athlete Portal) must be completed, signed by the head coach and the employer, and submitted to the Compliance Office for approval. Failure to report employment may result in reduction or cancellation of athletic financial aid.

The student-athlete should contact the Compliance Office if there are any questions and/or to begin the employment approval process.

Transfer Process for Razorback Student-Athletes

Procedure for student-athletes to notify the UA of transfer: If a student-athlete wishes to transfer to another institution, he or she may initiate the notification of transfer process by providing the Razorback Compliance Office with a written notification of transfer at any time. The Razorback Compliance Office shall enter the student-athlete's information into the national transfer database within two business days of receipt of a written notification of transfer from the student-athlete.

Written Notification of Transfer and its Potential Impact on a Student-Athlete's Athletic Financial Aid: If a student-athlete provides written notification of transfer to the institution during a regular academic term, the institution may reduce or cancel the student-athlete's athletic financial aid at the end of the regular academic term in which written notification of transfer was received. If a student-athlete provides written notification of transfer to the institution between regular academic terms (winter break, summer break), the institution may reduce or cancel the athletic financial aid immediately.

Services and Benefits Available for student-athletes who provide the UA with a written notification of transfer: A student-athlete who has provided the UA with a written notification of transfer shall still have access to academic support services.

COMMUNICATIONS OFFICE INFORMATION

The University of Arkansas Athletics Communications office provides guidance for student-athletes, coaches and staff in the promotion of the University and Razorback brands through interaction with local, regional and national media and on social media.

Our goal includes projecting a positive image of the University, its student-athletes, the coaches and our staff.

Sometime during your collegiate athletic career you may be asked to conduct an interview with a member of the media. It may be after you've hit the winning basket, hit a game-winning home run or set a record. It may be after you've missed a putt that would have won the conference championship for your team. It may be for a feature article about you in either the local newspaper or your hometown paper. Whatever the case, dealing with the media is an important aspect of college athletics.

Media Interview Guidelines

The following guidelines have been established by the Communications Office to help you prepare and train to deal with members of the media and the interview process. Please keep in mind that members of the Communications staff are always available to assist you in matters regarding the media. We want your experiences with the media to be as positive and helpful as possible.

Here are some points to remember:

- The Communications office will schedule all interviews (phone, in person, teleconference, etc.). If the interview has not been set up by the Communications office, politely remind the reporter to call the Communications Office first and we will schedule the interview. Do not conduct any interview not arranged by the Communications Office.
- Do not agree to an interview that will conflict with class or practice. Most interviews will be attempted to be scheduled prior to or following practices or in a designated time established by your coach or what best fits your schedule. If the interview is scheduled for times other than around practice or events, be on time. If there is a problem, please let your coach or someone from the Communications staff know so the interview can be rescheduled.
- Never give out your phone number to a member of the media. The Communications staff will never release your telephone number or email address.
- Do not conduct an interview over the telephone unless you are instructed to do so by the Communications Office. In these cases, do not use your personal cell phone. The Communications staff member will make the call.
- Dress appropriately for all interviews. You should anticipate that all interviews will include a photo or video. Media are often multi-tasking and will use the interview on social media, in print and on-line, which will likely include photos or video.
- Introduce yourself to the reporter/media member (in a one-on-one interview). Understand each question and think through your reply. If you don't understand a question, ask the interviewer to repeat it or clarify it.
- Situations arise in which a student-athlete will be asked about a controversial situation, or one will attempt to be created by the reporter. The Communications contact should brief the student-athlete prior to the interview about the situation, alert them to questions that may be asked and suggest possible responses that might help. You do not have to answer a question if you do not wish to do so. A simple response such as "I'd rather not discuss that," can answer the question in a positive manner so

that it does not appear that the question is being dodged. Seek counsel from a Communications staff member if you are uncomfortable with the questions, answers or general tone of the interview.

- Do not second-guess the coaching staff or your teammates. If asked “why do you think Player X missed that shot/catch, etc.” your response might be “That might be a question better directed to Player X.”
- Do not criticize the officials, your teammates or coaching staff. First, this is just bad sportsmanship but also keep in mind that comments about officiating OF ANY KIND (positive—that was a great call; or negative—that was a terrible call) are not allowed by the Southeastern Conference. The University could be fined if you comment on officiating.
- Never criticize opponent players, coaches, arenas, schools, cities or anyone/anything about the opponent. Any joke, even if harmless sarcasm, may not appear that way in the next day’s newspaper. Remember, perception is reality, there is no sarcasm font and no one outside of the team understands your team’s inside jokes. If you are in public, assume that what you say might be repeated. You are a public figure representing the University of Arkansas and the Razorback Athletic Department and you must conduct yourself appropriately. Anytime you talk to a reporter you will be considered “on the record” and what you say may be used in print, on the air or on social media.
- If a problem with a member of the media arises, please bring it to the attention of the Communications staff as soon as possible.
- Post-event interviews are strongly recommended. Most of us are happy to talk after a great win but it is more difficult to face the media after a loss. The Communications office will make every effort to make these media appearances as brief and as positive as possible. The Communications office will try to prepare you for the difficult questions that may be asked and help you transition into talking about a positive element of the event.

For more information on dealing with the media at the University of Arkansas, please contact the Communications Staff at 479-575-2751.

Social Networking Guidelines

As you begin participation in another athletic season, the University of Arkansas Athletics Department wants to make sure you are aware of our social networking guidelines. The University of Arkansas and the Athletics Department recognize and support the student-athletes’ rights to freedom of speech, expression and association, including the use of social networks.

In this context, however, each student-athlete must remember that playing and competing for the University of Arkansas is a privilege. As a student-athlete, you represent the University of Arkansas and Razorbacks Athletics and you are expected to portray yourself, your team and the university in a positive manner at all times.

Below you will find our social networking guidelines which provide strategies for social networking site usage:

- Everything you post is public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit who can follow you. Information (including pictures, videos and comments) may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the site and may be searchable even after you remove it.
- Make sure you are the only one that has your account information. Allowing

others access to your account opens another door for something to go wrong. Changing your password once in a while is a good practice so you know you're the only one with that login information.

- What you post may affect your future. Many employers and college admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments and posters).
 - Your old posts from high school, junior high or earlier still exist so any inappropriate language or visuals that you used as a minor can be brought to light if you do not go back and delete them.
- Similar to comments made in person, the University of Arkansas Athletics Department will not tolerate disrespectful comments and behavior online, such as:
 - Derogatory language or remarks that may harm my teammates or coaches; other University of Arkansas student-athletes, teachers or coaches; and student-athletes, coaches or representatives of other schools, including comments that may disrespect our opponents.
 - Incriminating photos or statements depicting violence; hazing; sexual harassment; full or partial nudity; inappropriate gestures; vandalism, stalking; underage drinking, selling, possessing or using controlled substances; or any other inappropriate behaviors.
 - Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
 - Indicating knowledge of an unreported school or team violation—regardless if the violation was unintentional or intentional.
- A few other points to keep in mind include:
 - You cannot post any information that is proprietary to the Athletic Department which is not public information such as tentative or future schedules, or information that is sensitive or personal in nature, such as travel plans and itineraries. You are responsible for knowing the department's Confidential and Proprietary Information Policy.
 - You are personally liable for any copyright violations committed, such as posting photographs, audio or video that is not your personal property. This includes the use of the trademarks of the University of Arkansas.
 - You are personally responsible for anything you share or repost from others or other sites that is perceived as negative, illegal or inappropriate. You are subject to penalties similar in nature to those you face if you had originally posted the content.
 - You are personally liable for any violations of other student's or student-athlete's privacy rights, especially those that fall under federal privacy laws (FERPS or HIPPA) or that violate University of Arkansas student codes of conduct or codes of computing practices.
 - You should not post your home address, local address, social security number, phone number(s), birth date or other personal information such as your whereabouts or your plans.
 - Coaches and athletic department administrators can and do monitor social media.

The online social network sites are NOT a place where you can say and do whatever you want without repercussions. The information you post on a social networking site is considered public information.



**ATHLETIC TRAINING • CONCUSSION MANAGEMENT PLAN • DRUG AND ALCOHOL EDUCATION
MENTAL HEALTH & PERFORMANCE • SPORTS NUTRITION • STRENGTH AND CONDITIONING**

ATHLETIC TRAINING

The University of Arkansas Sports Medicine staff is committed to provide each Razorback student-athlete with state-of-the-art medical care. The goal of our sports medicine program is to assist every athlete in staying healthy and injury free. The athletic training staff, in conjunction with our team physicians, will coordinate the delivery of professional and comprehensive preventative, treatment, rehabilitation, and counseling services. There are specific guidelines the Athletic Department, team physicians, athletic trainers, coaches, and athletes follow to comply with NCAA, SEC and University rules and regulations. A summary of those guidelines are contained in this handbook. Please familiarize yourself with the following information and do not hesitate to ask questions if you are unsure of how to access appropriate health care.

Athletic Training Staff

The sports medicine staff is comprised of full-time certified athletic trainers, multiple certified graduate assistants/interns, and numerous student assistants. The athletic teams are covered by the following staff:

Dave England, Director of Sports Medicine
Dave Polanski, Head Athletic Trainer (Football)
Mark O'Neal, Head Athletic Trainer (Men's Basketball/Men's Golf)
Tricia Matysak, Head Athletic Trainer (Olympic Sports/Volleyball)
Natalie Trotter, Assistant Athletic Trainer (Women's Basketball/Golf)
Cole Peterson, Assistant Athletic Trainer (Men's Cross Country/Track & Field)
Mark Hinton, Assistant Athletic Trainer (Women's Cross Country/Track & Field)
Dawn Didier, Assistant Athletic Trainer (Soccer)
Dustin West, Assistant Athletic Trainer (Football)
Jon Melia, Assistant Athletic Trainer (Football)
Corey Wood, Assistant Athletic Trainer (Baseball)
Matthew Townsend, Assistant Athletic Trainer (Men's and Women's Tennis/Spirit Squads)
Andrew Kreis, Assistant Athletic Trainer (Softball)
Kim Hinton, Assistant Athletic Trainer (Gymnastics)
Katelyn Wollner, Assistant Athletic Trainer (Swimming & Diving)
Connor Whicker, Graduate Assistant Athletic Trainer (Football)
Melissa Sampson, Graduate Assistant Athletic Trainer (Football)
Kaitlyn Hocutt, Graduate Assistant Athletic Trainer (Swimming & Diving)
Jacoby Clemons, Graduate Assistant Athletic Trainer (Men's Tennis/Spirit Squads)
Amanda Dixon, Graduate Assistant Athletic Trainer (Cross Country/Track & Field)

Athletic Training Rooms

Athletic teams will receive care from the sports medicine staff in the three main athletic training rooms located in the Fred W. Smith Football Center, Barnhill Arena, and Basketball Performance Center. There are also designated satellite athletic training rooms available pre- and post-practice and during competition. Each main athletic training room provides services the following teams:

Barnhill Arena Athletic Training Room

Cross Country
Gymnastics
Softball
Swimming and Diving
Track and Field
Volleyball
Soccer

Fred W. Smith Football Athletic Training Room

Football

Basketball Performance Center Athletic Training Room

Baseball
Men's & Women's Basketball
Men's and Women's Golf
Spirit Squad
Tennis

Medical Care Providers

The University of Arkansas recognizes that it takes a TEAM of healthcare professionals across many different disciplines to work together to provide care for their student-athletes. After the athletic training staff evaluates an injured or ill athlete, specific guidelines are followed for medical referrals. ***Only athletic trainers may make referrals.***

The staff and physicians of Advanced Orthopaedic Specialists (AOS), Northwest Physicians Specialty Hospital (PSH), the University of Arkansas Medical Science (UAMS), and Northwest Cardiology have partnered together with the University of Arkansas Athletic Department to provide outstanding medical care for student-athletes. The following is a brief description of the three tenets of care and their areas of responsibilities:

Primary Care Sports Medicine / Orthopedic Physicians

AOS's primary care sports medicine and orthopaedic physicians provide the medical services for the Arkansas Razorback Athletic Department. They specialize in sports-related injuries/illnesses and orthopedic surgeries. Specifically, the following primary care sports medicine physicians and orthopaedic surgeons serve the student-athletes and the University of Arkansas athletic department:

Ramon Ylanan, MD
Larry Balle, MD
TBD, MD
Chris Tinh, MD

Chris Arnold, MD
Terry Sites, MD
Mark Powell, MD
David Yakin, MD

Primary Care, Advanced Orthopaedic Specialist
Primary Care, Advance Orthopaedic Specialist
Primary Care, Advance Orthopaedic Specialist
Primary Care (Fellow), Advance Orthopaedic Specialist, UAMS
Orthopedic Surgeon, Advanced Orthopaedic Specialist
Orthopedic Surgeon, Advanced Orthopaedic Specialist
Orthopedic Surgeon, Advanced Orthopaedic Specialist
Orthopedic Surgeon, Advanced Orthopaedic Specialist

Additionally, a Mid-level Practitioner, works on campus in the south end zone of Reynolds Razorback Stadium under the supervision of the above-named physicians to provide daily care and coverage.

The University of Arkansas Athletic Department also works with the University of Arkansas Medical Science in Little Rock's orthopaedic group with consultation specifically related to hand, wrist and hip injuries that require surgery.

Surgical Care

Northwest Physicians Specialty Hospital is one of the area's finest free-standing inpatient and outpatient surgical centers providing the UA athletes with superb confidential care.

Cardiology

Northwest Cardiology offers comprehensive testing services to the Razorback Student Athletes, including on-campus physical exams, EKG interpretation and screening echo-cardiograms. Specifically, the following cardiologists serve as cardiology physicians for the Athletic Department:

Dr. Ashu Dhanjal

Northwest Cardiology

Preseason Physicals

All entering student-athletes are required to complete several forms and have a physical examination. All student-athletes must pass the physical examination before being allowed to participate. All physicals will consist of: primary care exam (medical history, blood pressure, pulses, auscultations, etc.); vision exam; orthopedic exam; EKG; screening echo-cardiograms; blood work-up (including sickle cell testing); urinalysis (including possible drug test); SWAY baseline; and impact baseline. Other follow up medical referral and/or auxiliary services or testing may be required as per the medical staff.

All returning student-athletes will also undergo preseason physical examinations each year. They will consist of the primary care exam and any additional testing or services deemed necessary.

All student athletes trying out as a walk-on for a University of Arkansas athletic team must present a passed physical within 6 months of the try-out date and the physical must include sickle cell testing results. The University of Arkansas will not be responsible for any injury that may occur during the try-out period. The student-athlete will be responsible for any related medical bills associated with an injury during their try-out if injury does occur. If a student-athlete is accepted to the team then they must pass a physical exam given by the University of Arkansas Sports Medicine Physicians. If there are medical costs associated with this physical exam, the student-athlete will be responsible for all costs.

Injury/Illness Policy

Student-athletes must report all injuries or illnesses including those NOT athletically related to the Sports Medicine Staff. If the injury occurred during practice or competition, the athlete should see the team's Athletic Trainer as soon as possible. Student-athletes must be honest and direct with the medical staff caring for them. Costs pertaining to an injury and/or illness not reported in a timely manner may be the responsibility of the student-athlete and/or his/her parent(s) / guardian(s).

All student-athletes who are ill or injured should report to the Athletic Training Room each day for treatment at the time designated by the Sports Medicine Staff. This policy will be in effect throughout the academic year, regardless of sport and whether or not that sport is "in season." Athletes should follow the treatment and rehabilitation plan prescribed, advise the athletic trainers if there is any problem or reason why they cannot follow the plan, and report any changes in their condition.

Specialists and Second Opinions

In the instance the Team Physician and/or Athletic Training Staff feels that a student-athlete should be referred to a specialist outside of our network of physicians, the Sports Medicine Staff will make the necessary arrangements and assume any fees occurred. **Should the student-athlete decide to see another physician or obtain a second opinion without the**

prior referral from the Team Physician and/or the appropriate Head Athletic Trainer, the student-athlete is financially responsible for any fees incurred. A coach cannot refer a student-athlete to a physician. All second opinions and referrals will be handled through the University of Arkansas Sports Medicine Department **ONLY**. In addition, the final decision on whether or not an athlete may participate in either practice or competition will rest solely with the University of Arkansas Sports Medicine Staff.

Consultations between the student-athlete's parents and the attending physician will be arranged upon the parent's request. All decisions regarding medical approval for participation in athletics, however, rest with the Sports Medicine Staff.

Physicians in other specialty areas are also available to our Team Physicians for consultations. A Team Physician and a Staff Athletic Trainer will coordinate all consultation appointments. The consulting physician will evaluate the athlete's injury and prepare a report for our Team Physician who will then determine the appropriate course of action for the injured athlete to follow.

Pre-Existing Injuries or Conditions

The University of Arkansas Athletic Department **will not** be responsible for medical care related to pre-existing injuries or conditions that occurred prior to joining a University of Arkansas athletic team. The student athlete is financially responsible for any fees incurred during the physical exam process as it relates to the pre-existing injury. Disqualification from participation due to that pre-existing problem is at the discretion of the University of Arkansas Medical Staff. Failure to report and document pre-existing problems releases the University of Arkansas Athletics Department from any liability in the event of aggravation or worsening of the initial injury.

The University of Arkansas Athletic Department will not be financially responsible for medications for long term pre-existing conditions such as asthma, allergies, ADD/ADHD, diabetes and acne unless the condition affects the student-athlete's ability to participate. The sports medicine staff is available to assist the athlete in ordering and coordinating the administration of the medication, but the Athletics Department may not be financially responsible for those medications.

It's especially important for athletes that have been prescribed medication for ADD/ADHD to have proper comprehensive clinical evaluation (referencing DSM-IV criteria). The evaluation should include supporting documentation using the following ADHD rating scale(s) (Connors, ASRS, CAARS). These evaluations are necessary so that student athletes are compliant with NCAA drug testing requirements. (For more information on the ADHD/ADD referral process please consult your athletic trainer).

Close-Out Screening

Upon graduation, transferring, or otherwise terminating an athletic career at the University of Arkansas, all athletes must meet with their team athletic trainer to review their medical history. Student-athletes that have not fully recovered from an injury sustained while playing must also meet with the team physician. It is the student-athlete's responsibility to request this meeting within 15 days after their participation has been completed. Failure to do so will disallow future bills relating to existing injuries to be paid by the University of Arkansas. The student-athlete and/or athletic trainer may request an examination by a Team Physician to determine the status of the injured student-athlete. If surgery or further treatment of an athletic related injury is required, it must be performed within 6 months of leaving the team. No procedure will be paid for unless coordinated through the Uni-

versity of Arkansas Athletic Training Department. The University of Arkansas will not be financially responsible for an injury or condition that is not documented in the athlete's permanent medical file

Mental Health & Performance

The University of Arkansas Athletics Department is committed to providing the highest quality psychological care and resources to our student-athletes. The office of Mental Health & Performance (MHP) is staffed by three full-time licensed mental health clinicians who have experience working with athletes and student-athletes at the highest levels of competition. Additionally, the office will periodically include graduate student interns as trainees.

The focus of MHP is to provide individual, small group, and team psychological care and performance enhancement services to the student-athletes at the University of Arkansas. We do that by taking an outreach-based approach to our services wherein our counselors attend practices and competitions for the teams with whom they work, and they take an active role in the overall operations of the Athletic Department.

All services to the student-athletes are confidential, free, and unlimited. We begin our contact with the student-athletes when they arrive on campus, and we administer a brief pre-participation questionnaire in order to gain some insight into who our student-athletes are and what potential concerns they may have about their time at the University of Arkansas.

Additionally, the MHP staff is committed to emotional wellness education and training for the Athletics Department (staff, coaches, and student athletes). The goal of this education and training is to promote a positive attitude toward mental health within the Department, on campus, and in the larger Fayetteville community.

Student-athletes may set up meetings regarding any topic in the following ways:

1. By contacting our staff directly:
 - a. Dr. Christopher Bader, Assistant AD for Mental Health & Performance (479-409-7216; cbader@uark.edu)
 - b. Ms. Jordan Platt, Mental Health & Performance Clinician (479-799-8279; jxh090@uark.edu)
2. Through the team Athletic Trainer or Strength & Conditioning Coach
3. Through anyone on the coaching or administrative staff for their sport
4. Through the Student-Athlete Development staff, the Educational Enrichment Staff, or their Academic Counselor.

Nutritional Counseling

The Athletic Training Staff, Strength and Conditioning Staff, Performance Nutrition Staff and Director of Clinical and Sport Psychologist jointly manage the nutritional counseling needs of the student-athletes. Please refer to the nutritional guidelines section of the student athlete handbook for further details.

Dental and Eye Care

The University of Arkansas Athletic Department is only responsible for dental injuries that occur during organized practice or competition. All of such dental appointments must be made through the Athletic Training Staff.

The University of Arkansas Athletic Department will purchase contacts or sports glasses if they are needed by the student-athlete to participate in sport. Regular glasses cannot be

provided. If the student-athlete wants additional features (i.e. contact tinting), the athlete is responsible for the charges.

Medical Appointments and Excuses

The following rules apply regarding medical appointments:

- **Never** be late or miss a class, practice, or meeting because of a medical appointment unless you have been cleared to do so **prior to** such session by the Athletic Trainer for your sport
- Inform the athletic training staff if a treatment session and/or a physician appointment conflicts with class, weight room, or practice times as soon as possible so adjustments can be arranged

A medical excuse will only be issued to a student-athlete after the above process has been followed and as the care of the illness or injury dictates. When appropriate, the medical excuse should be obtained from the medical provider from which the medical excuse is needed. In all instances, the student-athlete should notify the athletic training staff of any conflicts with their academic responsibilities. If this cannot be avoided, the student-athlete should notify the appropriate personnel (teachers, academic counselors, weight room staff, etc.) as soon as possible. As per University policy, the acceptance of a medical excuse is at the discretion of the student-athletes instructor.

Medical Expenses

- Non-Sport Related Injury / Illness Procedures:

The University of Arkansas Athletic Department may assume financial responsibility for injuries and illnesses that are not directly related to participation in the intercollegiate athletics program at the discretion of the Head Athletic Trainer and/or the Director of Athletics and/or his/her designee. These injuries or procedures may include but are not limited the following elective procedures: General Dentistry, Wisdom Teeth Extraction, Orthodontics, Tonsillectomy, Cosmetic Procedures/Surgeries, Dermatological Issues/Procedures, Obstetrics, Termination of Pregnancy, Glasses if receiving contacts, Refractive Eye Surgery, Septal Deviation, Pre-existing Illnesses and Injuries, Vasectomy, Tubal ligation, Hormone treatment and Breast Procedures. Such injuries and/or illnesses must take place during the student-athlete's primary competitive in-season, non-traditional season, and/or off-season and must be serious enough to preclude the student-athlete's participation in his/her sport.

- Missed Doctor's Appointment Policy:

Student-athletes who are late and/or fail to show-up for scheduled appointments with the team physician, medical consultants, and/or diagnostic tests / procedures will be financially responsible for any and all charges resulting from the missed appointment. In addition, the student-athlete may be responsible for rescheduling the appointment and providing his / her own transportation.

- "Out-of-town" Rehabilitation / Illness Procedures:

At times, it may be necessary for a student-athletes to utilize an "out-of-town" physical therapy facility or hospital services. In such situations, permission must be granted from the Head Athletic Trainer and/or his/her designee. Such referrals must come from University of Arkansas Sports Medicine personnel. If a student-athlete decides to utilize rehabilitation / hospital services without authorization from University of Arkansas Sports Medicine personnel, the student-athlete and/or the student athlete's parent(s) / guardian(s) may be financially responsible for any and all medical bills incurred.

Changes to Primary Insurance Coverage

With any material change in coverage or expiration of coverage, the parent, guardian, or student-athlete (if self-insured) agrees to notify the University of Arkansas of this development and update the insurance information on file with the University of Arkansas. For any material changes in coverage, expiration, or lack of coverage contact the following:

Laura Jones, Insurance Coordinator
University of Arkansas Sports Medicine
P.O. Box 7777
Fayetteville, AR 72702
Office: (479) 571-6765
Fax: (479) 442-6523
E-mail: ljones@pshfay.com

Prescription Medication and Supplements

Student-athletes must report all medications taken to the Sports Medicine Staff. Your athletic training staff can assist you in filling your prescription medications. However, the University of Arkansas Athletic Department may not be financially responsible for medications prescribed for any pre-existing medical conditions or non-athletically injury or illness unless the condition affects the student athlete's ability to participate.

If you are injured or ill, do not assume that the condition is the same as someone else's. Many athletes have allergies to certain medications. Do not take anything that is not prescribed specifically for you. Medications also may react with other medicines, food, and/or alcohol. Make sure directions are followed exactly. When a medication is prescribed, it will work only if taken regularly and properly as prescribed. All questions regarding your medication should be directed to the Sports Medicine Staff.

The Registered Dietitian, Sports Medicine Staff, and Strength and Conditioning Staff work collectively to monitor Student-athlete's supplement and medication use. Student-athletes must be cautious of using supplements or medications available through commercial outlets as many contain substances banned by the NCAA. The University of Arkansas Registered Dietitian, Sports Medicine Staff and Strength and Conditioning Staff is responsible for any and all supplement recommendations. Student-athletes must not use any supplement or medication that have been purchased or given to them by someone other than the Registered Dietitian, Sports Medicine Staff or Strength and Conditioning Staff without permission from the Registered Dietitian or Sports Medicine Staff. Always report all supplements and medications you are taking to your Registered Dietitian or Sports Medicine Staff. The student-athlete is responsible for knowing what is contained in any supplement that he or she may take.

Privacy Information

The intent of the University of Arkansas Athletic Department Athletic Training Room (ATR) is to provide appropriate and necessary medical care for each student-athlete as part of our Intercollegiate Athletics Program. In this regard, communication must be open between the athletic training staff and healthcare providers allowing for continuity in the care provided to our student-athletes.

The Family Educational Rights and Privacy Act (FERPA or Buckley Amendment) is a federal law that protects the privacy of student education records. This law applies to the University of Arkansas, including personnel dealing with certain information concerning

student-athletes. The Health Insurance Portability and Accountability Act of 1996 (HIPPA) is a federal law designed to protect the privacy of the patient's health information created, received, or maintained by a health care provider. HIPPA may apply to the healthcare providers (including physicians) who independently contract with the University of Arkansas Athletic Department as well as the University Health Center. Each healthcare provider may have separate privacy procedures.

Under FERPA, you have the right to decline a request for the release of your student education records (including covered medical information), except to the extent that release of your information is required or authorized by law without your consent (See University wide Administrative Memorandum 515.1). Pursuant to your authorization, we may use or disclose your medical information for proper treatment of injury/illness by athletic training staff and healthcare providers (including physicians), for payment of healthcare services (i.e. billing information) and/or for professional development (i.e. comparison studies about injury/illness). Furthermore, with your authorization, we may release and discuss your medical information with parents, academic staff, instructors, coaches, sports information, media, talent scouts, professional and/or amateur sports organization representatives, your primary insurance company, the university's excess insurance company, business office personnel and/or university accounts payable department.

Your rights apply to all medical information acquired while you are enrolled at the University of Arkansas. You may request, in writing, that we may not disclose/release any medical information for certain cases or circumstances. However, FERPA allows the disclosure of medical records, without consent, to university officials with a legitimate educational interest, to other universities to which a student-athlete is transferring and/or to appropriate officials in cases of health and safety emergencies, among other circumstances. You have the right to request access to or a copy of your medical file. If you feel the information in the file is incorrect or incomplete, you have the right to request that we amend the records.

The athletic training staff may require from your healthcare provider certain medical information in order for our staff to continue with appropriate care necessary for any specific incidents for which you have obtained medical treatment or advice. To enable our staff to obtain the appropriate medical information about you, we will provide a Medical Referral Form to sign authorizing the release of medical records and information permitting your physician(s) to release your pertinent medical information to our athletic training staff in compliance with the HIPPA regulations. Upon completion of the medical referral form, we will assume you consent to the release of medical information to the parties indicated for the duration of your association with the Athletic Department at the University of Arkansas or until the revocation of this authorization in writing.

Pregnancy Policy

The University of Arkansas, Department of Athletics is committed to the personal health and development of all Razorback student-athletes and to the educational mission of the University of Arkansas. We strive to provide an environment that respects all pregnancy and parenting decisions and urges all participants to work cooperatively toward degree completion. This policy sets forth the protections that should be provided for pregnant and parenting students, including those with pregnancy related conditions. It also prohibits retaliation against any student or employee who expresses concerns about issues related to the enforcement of this Pregnancy Policy. We want to protect the physical and psychological health of all student-athletes, along with their ability to complete their degree programs.

In the event a student-athlete discloses a pregnancy, the student-athlete will be referred to the University of Arkansas Title IX Coordinator and to the University of Arkansas Sports Medicine Staff. The University of Arkansas Sports Medicine Staff will offer support to the student-athlete and will assist the student-athlete with referrals for further counseling and evaluations pertaining to her pregnancy. The University of Arkansas Team Physician will be responsible for coordinating medical care and determining the participation status for the student-athlete.

University of Arkansas Department of Athletics personnel, including coaches, shall not influence or give personal opinions regarding the choices a pregnant student-athlete may have or may make.

Athletic Department Contacts and University Resources

If you would like to review the Pregnancy Policy in its entirety, if you have any questions about the Pregnancy Policy, or if you are seeking resources for yourself or a pregnant student-athlete, you may contact the following Razorback Athletics personnel and University of Arkansas campus resources:

Derita Ratcliffe	Deputy AD: Student-Athlete Wellness & SWA	479-575-7520
Kat Devenport	Chief of Staff	479-575-7953
Tracey Stehlik	Associate Athletic Director for Compliance	479-575-6738
Felecia Saine	Associate AD for Academics	479-575-4026
Trish Matysak	Head Athletic Trainer: Olympic Sports	479-575-4809
Dr. Chris Bader	Director of Clinical & Sport Psychology	479-575-5163
	Pat Walker Health Center	479-575-4451
	Pat Walker Health Center Women’s Health Clinic	479-575-4478
Melissa Harwood Rom	Dean of Students	479-575-5004
	U of A Health Promotion & Education	479-575-4077
	U of A Counseling & Psychological Services (CAPS)	479-575-5276

Reporting

- Razorback Athletics will not require any student-athlete to reveal pregnancy or parenting status to coaches or teammates. Our department will work to create an environment which encourages the student-athlete to voluntarily reveal her pregnancy and his or her parenting status, in order for our institution to provide optimal support for physical and mental health with professional health care. The coach’s attitude toward pregnancy and parenting can be pivotal in creating such a safe environment.
- No athletics department personnel will publicly release personally identifiable health information about pregnancy without written, timely authorization from the student-athlete.
- Athletics personnel who suspect that a student-athlete is pregnant may report their concerns to the team physician or to a university-designated athletics department representative trained in pregnancy and parenting support options.

- Teammates of pregnant student-athletes may report their concerns to the team physician or to a university-designated athletic department representative trained in pregnancy and parenting support options.

Participation While Pregnant

- Razorback Athletics will only require a pregnant or parenting student-athlete's physician to certify physical and emotional fitness as a condition for participating in athletics when such certification is required of student-athletes who experience other temporary disabilities.
- Razorback Athletics will allow a pregnant or parenting student-athlete to fully participate on the team, including all team-related activities, unless the student-athlete's physician or other medical caregivers, including team physicians certifies that participation is not medically safe.
- Razorback Athletics will allow a pregnant student-athlete to continue to participate in a limited manner on the team, including all team-related activities, unless the student-athlete's physician or other medical caregiver, including a Team Physician, certifies that partial participation is not medically safe.
- Medical decisions regarding the need for and the nature of limitations on sports participation rest with the student-athlete and her medical professionals. Where the opinions or recommendations of these professionals differ from those of the Team Physician or athletic trainers, coaches should defer to the student-athlete's health care providers who are obstetricians or other experts in pregnancy or related conditions.
- Razorback Athletics will help the pregnant or parenting student-athlete plan for his or her continued academic progress, in accord with the university's educational mission.
- Medically necessary absences from team activities due to pregnancy shall be considered excused absences.
- No coach or other athletics department personnel shall suggest to any student-athlete that his or her continued participation on a team will be affected in any way by pregnancy or parental or marital status.

Medical Care

Razorback Athletics can provide health benefits for pregnancy, including counseling, physical examinations, medical treatment, medication and rehabilitation expenses, to the same degree that student-athletes who experience other temporary disabilities are provided these benefits.

Scholarship and Aid

- Razorback Athletics will not terminate or reduce a student-athlete's athletics aid because of the student-athlete's pregnancy, marital or parental status during the term of the award.
- Razorback Athletics will renew a pregnant, formerly pregnant, or parenting student-athlete's award, so long as the student-athlete is in good standing academically, remains engaged with our athletics department and meets NCAA eligibility standards. Returning students may be evaluated athletically in the same manner as any other team member to determine their specific position on the team.

Federal Laws

Title IX of the Education Amendments of 1972 bars discrimination on the basis of sex, which includes the guarantee of equal educational opportunity to pregnant and parent-

ing students. This means that our student-athletes cannot be discriminated against because of their parental or marital status, pregnancy, childbirth, false pregnancy, termination of pregnancy or recovery there from. In addition, a student's medical information may be protected by other federal laws. Some actions that may be permissible under NCAA rules are impermissible under federal law, and our institution adheres to federal law.

Eating Disorder Policy

Eating disorders are often an expression of underlying emotional distress. Disordered eating behaviors will likely impair athletic performance, increase the risk of injury and negatively impact one's quality of life. Decreased energy (caloric) intake and fluid and electrolyte imbalance can result in decreased endurance, strength, reaction time, speed, and ability to concentrate. Because the body initially adapts to these changes, a decrease in performance may not be seen for a few months, and athletes may falsely believe disordered eating practices are harmless. Food restriction and purging can result not only in menstrual dysfunction and potentially irreversible bone loss but also in psychological and other medical complications. This can include depression, fluid and electrolyte imbalance, changes in the cardiovascular, endocrine, gastrointestinal, and thermoregulatory systems. Psychological counseling (via the department's Director of Clinical and Sport Psychologist) and nutritional consults (via the department's Director of Sports Nutrition) are available and should be utilized.

Sexual Harassment/Assault/Misconduct

The University of Arkansas Athletics Department follows the University of Arkansas' policy on sexual harassment. The full policy may be found at <http://oeoc.uark.edu> Supervisors, administrators, and staff must report complaints by student-athletes to the University's Title IX Coordinator. Subject to the other provisions of the University's Sexual Harassment Policy and the requirements of law, every possible effort will be made to ensure that any information received as part of the University's resolution and complaint procedures is treated discreetly. All parties to the complaint will be asked to assist in treating the complaint confidentially. The University's obligation to investigate and to prevent claims of sexual harassment/assault/misconduct means that it is not possible to guarantee that complaints of sexual harassment will be handled confidentially. The student-athlete will also have access to medical care and counseling.

CONCUSSION MANAGEMENT PLAN

The following policy and procedures addressing neurocognitive baseline testing, identification, evaluation, treatment, education, return-to-play and return-to-learn guidelines for concussion management have been developed in accordance with the NCAA and the University of Arkansas' commitment to providing quality healthcare to each of our student-athletes.

By employing these protocols, the University of Arkansas Athletics Department will meet the following objectives:

- Equitable access to healthcare will be provided for all Razorback student-athletes. The University of Arkansas ensures that student-athletes have appropriate healthcare, including equitable access to athletic healthcare providers for each varsity sport.

- All athletics healthcare providers will understand and follow emergency action plans to provide a safe environment for our student-athletes. The University of Arkansas maintains an annually updated emergency action plan for each athletic venue. All athletic healthcare providers will review the plan annually.
- Appropriate medical personnel will oversee healthcare for student-athletes and will determine time lines for return-to-play and return-to-learn. The Sports Medicine team is clearly empowered to have the unchallengeable authority to determine management and return-to-play and return-to-learn of any ill or injured student-athlete.
- Clear assignment of responsibilities will ensure proper execution of medical protocols. The Sports Medicine Team has clearly defined roles related to concussion management.
- The Sports Medicine Team will practice within the standards of the 2016 Berlin Consensus Guidelines regarding concussion management and return to play.
- Selected staff members will read, understand and follow required educational materials and protocols related to concussions and will actively participate in these protocols. All members of the coaching, strength and conditioning, and athletic training staffs will receive educational materials (e.g., the NCAA Concussion Fact Sheet) to assist in identifying the signs and symptoms of concussion. Team physicians, sport administrators and the director of athletics also will receive these materials and all will acknowledge in writing that they have read and understood the materials. Coaches will be given the concussion management plan, their role within the plan will be identified and they will be required to sign an acknowledgement of their receipt and understanding of concussion education and protocols.
- All student-athletes will read and understand required educational materials related to concussions and will actively participate in these protocols. Further, they will sign a statement in which they accept the responsibility for reporting their injuries and illnesses to the medical staff, including signs and symptoms of concussions. Student-athletes will be given take-home educational materials (e.g., the NCAA Concussion Fact Sheet) and will acknowledge in writing that they have read and understand the materials.
- Baseline testing will be appropriately employed and documented as part of the required protocol for all student-athletes. All student-athletes are required to complete baseline testing prior to their first practice and the same assessment tools will be used post-injury at appropriate time intervals. These tests will include--but are not limited to--balance testing, X2 Biosystem ICE (SCAT) and computerized (IMPACT) neuropsychological screening, brain injury and concussion history, cognitive assessment and symptom evaluation. Team physicians will determine pre-participation clearance and/or the need for additional consultation or testing.
- Appropriate care and professional medical judgement will be employed to provide optimal care to student-athletes who may have suffered concussions.

Student-athletes will be removed from practice or competition when they show signs, symptoms or behaviors consistent with a concussion. The student-athletes also will be evaluated by a healthcare provider with experience in the evaluation and management of concussions. Student-athletes will be monitored for deterioration and given written instructions on management of concussions. Final authority on return-to-play and return-to-learn will reside with Dr. Ramon Ylanan.

- Appropriate recovery time will be taken for each student-athlete diagnosed with a concussion. Student-athletes diagnosed with concussions will be withheld from competition, practice and classroom activities for the remainder of the day, at a minimum. Student athletes will be evaluated by a team physician and will follow a medically supervised process for return-to-learn and return-to-play. Once asymptomatic, at or above baseline on neurocognitive baseline tests, after completion of an exertional protocol and after returning-to-learn without recurrence of symptoms, student-athletes will be allowed to full return-to-play.
- Appropriate written records must be maintained. The Sports Medicine Team will be responsible for documentation of the incident, evaluation, continued management and clearance of any and all student-athletes with concussions.
- Student-athlete safety is paramount. As a result, emphasis will be placed on following current sport rules. Purposeful or flagrant head or neck contact in any sport will not be tolerated and current rules of play will be strictly enforced. The department will take a “safety first” approach to sports, including adherence to contact guidelines, gratuitous contact and maintaining educational initiatives as safe play and proper technique protocols are identified in response to future concussion research.

CONCUSSION MANAGEMENT TEAM

A multi-disciplinary team will be responsible for employing the protocols outlined in this document are assigned respective roles in mild traumatic brain injury/concussion management. All individuals who will serve these roles will participate in education and review sessions at least once per year.

- **Primary Care / Sports Medicine Physician (Dr. Ramon Ylanan)** will have final clearance on all concussions. He will supervise stepwise progression and he will serve as the final authority on a student-athlete’s return-to-learn and return-to-play.
- **Primary Care / Sports Medicine Physicians (PCSMP) (Assigned by Team)** will diagnose and treat mild traumatic brain injuries. They will communicate with Dr. Ylanan regarding final clearance.
- **Orthopedic Medicine Doctors (Assigned by Team)** will diagnose mild traumatic brain injuries and will defer to Dr. Ylanan for final clearance.
- **Nurse Practitioner (Valerie Whitson)** will recognize mild traumatic brain injuries, will refer student-athletes to their respective team physicians if they show symptoms of concussion, and will defer to Dr. Ylanan for final clearance.

- **Athletic Training Staff (Assigned by Team)** will recognize and treat mild traumatic brain injuries, will refer student-athletes to a team physician if they show symptoms of concussion, and will defer to Dr. Ylanan for final clearance.
- **Neuropsychologist (Dr. Sarah Downing)** will consult as a specialist in IMPACT interpretation and concussion rehabilitation.
- **Neurosurgeon (Dr. J.B. Blankenship)** will consult as a specialist in brain, spinal cord and peripheral nerves injuries will be involved with complicated mild traumatic brain injuries.
- **Academic Counselor/Learning Specialist (Assigned by Team)** will help navigate return-to-learn activities with student-athletes and will coordinate compliance activities with campus disability services, ensuring ADAAA compliance.
- **Director of Clinical and Sport Psychology (Dr. Chris Bader)** will help navigate return-to-learn activities and cognitive management.
- **Faculty Athletic Representative (Dr. Gerald Jordan)** will help navigate complex return-to-learn cases, as needed.

EDUCATION

Participation in sport may result in injury or illness, including concussions. A concussion or Mild Traumatic Brain Injury (MTBI) or *comotio cerebri* is defined as a complex patho-physiologic process affecting the brain's function. It is induced by traumatic biomechanical forces after impact to the head, face, neck or body that leads to a functional, not structural, disturbance which may or may not involve LOC (Loss of Consciousness).

All student-athletes will read and understand required educational materials related to concussions and will actively participate in these protocols. Further, they will sign a statement in which they accept the responsibility for reporting their injuries and illnesses to the medical staff, including signs and symptoms of concussions (Appendix A). Student-athletes will be given take-home educational materials (e.g., the NCAA Concussion Fact Sheet) and will acknowledge in writing that they have read and understand the materials.

Student-athletes are responsible for reporting their injuries and illnesses to the medical staff; including signs and symptoms of concussions (MTBI's). Signs and symptoms include, but are not limited to:

Vomiting	Sensitivity to light	Sadness
Imbalance	Sensitivity to noise	Fatigue
Dizziness	Numbness/tingling	Difficulty remembering
Nervousness	Headache	Difficulty concentrating
Nausea	Drowsiness	Loss of consciousness

Signs and symptoms must be reported to the University of Arkansas Sports Medicine staff immediately upon onset, before the continuation of any activity. Primary care sports medicine physicians will supervise the stepwise progression through the recovery plan. The final decision for return to learn and return to play rests with Dr. Ramon Ylanan and is unchallengeable.

Selected staff members will read, understand and follow required educational materials and protocols related to concussions and will actively participate in these protocols. All members of the coaching, strength and conditioning, and athletic training staffs will receive educational materials (e.g., the NCAA Concussion Fact Sheet) to assist in identifying the signs and symptoms of concussion. Coaches will be given the concussion management plan, their role within the plan will be identified and they will be required to sign an acknowledgement of their receipt and understanding of concussion education and protocols (Appendix B). Team physicians (Appendix C), athletic trainers (Appendix D) sport administrators (Appendix F) and the director of athletics (Appendix E) also will receive these materials and all will acknowledge in writing that they have read and understood them.

PRE-PARTICIPATION ASSESSMENT

Baseline testing will be appropriately employed and documented as part of the required protocol for all student-athletes on an annual basis. All student-athletes are required to complete baseline testing prior to their first practice and the same assessment tools will be used post-injury at appropriate time intervals. These tests include--but are not limited to--balance testing, SWAY and computerized neuropsychological screening (IMPACT), brain injury and concussion history, cognitive assessment and symptom evaluation. Team physicians will determine pre-participation clearance and/or need for additional consultation or testing. If a student-athlete presents a complicated or multiple-concussion history, additional baseline testing may be conducted mid-year or at another appropriate interval as determined by the team physician.

Utilization of the X2 SWAY tool will evaluate potential signs of concussion, including brain injury and concussion history, symptom evaluation, cognitive assessment, and balance evaluation (BESS).

Further, utilization of IMPACT will evaluate potential brain injury and concussion history, symptom evaluation and cognitive assessment.

RECOGNITION AND DIAGNOSIS OF CONCUSSION

To assure appropriate recognition and diagnosis of concussion, medical personnel with training in the diagnosis, treatment, and initial management of acute concussions will be “present” at all NCAA varsity competitions in the following contact / collision sports available at the University of Arkansas: Men’s and Women’s Basketball, Football, Pole Vault and Women’s Soccer. Athletic trainers and team physicians will be on campus or arena of competition.

Further, medical personnel with training in the diagnosis, treatment and initial management of acute concussion will be “available” at all NCAA varsity practices in the following contact / collision sports available at the University of Arkansas: Men’s and Women’s Basketball, Football, Pole Vault and Women’s Soccer. Athletic trainers will be on-site during the time of practice or via telephone, messaging, email or other immediate communication means. The case can be discussed through such communication, and immediate arrangements can be made for the athlete to be evaluated.

If a student-athlete has signs, symptoms or behaviors consistent with a concussion, the student-athlete will be removed from competition and evaluated by an athletic trainer or

team physician with concussion experience. Initial assessments will include assessment of cervical spine trauma, skull fracture and/or intracranial bleeding. Utilization of the SWAY sideline assessment tool will evaluate potential signs of concussion, including brain injury and concussion history, symptom evaluation, cognitive assessment and balance evaluation (BESS). Once a concussion is suspected or diagnosed, the student-athlete will be further evaluated by a primary care sports medicine physician who is experienced and trained in the management of concussions.

In consultation with Dr. Ylanan, the athletic training staff and the primary care sports medicine physicians will work together to order additional testing (e.g. imaging, neuropsychiatric testing and referrals) as needed and outline a plan for return-to-learn and return-to-play. The primary care sports medicine physicians will supervise stepwise progression to recovery. The final decision for return-to-learn and return-to-play rests with Dr. Ylanan and is unchallengeable. In certain cases, such as extensive travel, Dr. Ramon Ylanan will be available by phone to assist the athletic training staff with decisions regarding the need for urgent evaluations.

If a student-athlete is diagnosed with a concussion, the student-athlete will be removed from participation and **shall not return** to activity on that day. The University of Arkansas will have a physician with experience in the management of concussion either on-site or on-call for all home athletic events. At all times, a physician with experience in the management of concussions will be available for phone consultation.

Student-athletes diagnosed with a concussion will be given written instructions on management of concussions and monitored for deterioration overnight. This is optimally done by roommates, significant others, family, guardians or anyone expected to be staying with student-athlete overnight.

POST-CONCUSSION MANAGEMENT

The Emergency Action Plan will be activated if the following are present during the initial evaluation of a student-athlete with a suspected head or neck injury: cervical spine injury/trauma, skull fracture, Glasgow Coma Scale < 13, prolonged LOC > 1 minute, focal neurological deficit suggesting intracranial trauma, repetitive emesis, persistently diminished/worsening mental status or other neurological signs/symptoms.

Evaluation by the athletic trainer and team physician will determine whether or not the student-athlete is safe to go home or should be taken to the hospital. Serial evaluation and monitoring for deterioration following injury will be conducted. Student-athletes diagnosed with a concussion will be given written instructions on management of concussions and monitored for deterioration overnight. Optimally, this will be done by roommates, significant others, family, guardians or anyone expected to be staying with student-athlete overnight.

Student-athletes with prolonged symptoms may require additional diagnosis and best management options. These student-athletes may need additional referral for vestibular therapy, post-concussion syndrome, mood disorders, sleep deprivation, migraines or nutritional disorders. In such instances, team physicians will conduct follow-up evaluations to consider additional treatment and management options.

RETURN-TO-PLAY FOLLOWING A CONCUSSION

The timetable for a return-to-play and return-to-learn will be individualized and dependent on numerous factors. For a student-athlete to return-to-play, he or she must at a minimum, meet the following progressive standards:

- The student-athlete must have full resolution of symptoms.
- The student-athlete must be at or above his or her previous baseline testing.
- The student-athlete has undergone an appropriate step-by-step return to activity plan and has tolerated a graded exertional protocol without symptoms returning, including the following:
 - Light aerobic exercise without resistance training
 - Sport-specific exercise and activity without head impact
 - Non-contact practice with progressive resistance training
 - Unrestricted training
 - Return-to-competition

Finally, clearance for return-to-play resides solely with Dr. Ramon Ylanan, in consultation with the other primary sports medicine physicians that will supervise the stepwise progression through the plan. As with all conditions, no one clinical factor can be used to either diagnose concussions or determine when return to activities is safe after concussion. Symptoms, clinical evaluation, diagnostic studies and testing such as neuropsychological tests all will be weighed in the decision.

RETURN-TO-LEARN FOLLOWING A CONCUSSION

Concussion or Mild Traumatic Brain Injury (MTBI) or *comotio cerebri* is defined as a complex pathophysiologic process affecting the brain's function. It is induced by traumatic biomechanical forces after impact to the head, face, neck or body that leads to a functional, not structural, disturbance which may or may not involve LOC (Loss of Consciousness). 80-90% of concussions resolve spontaneously within 7-10 days, follow a sequential course towards resolution, however, some concussions take a protracted course towards resolution.

Student-athletes are responsible for reporting their injuries and illnesses to the medical staff; including signs and symptoms of concussions (MTBI's). Signs and symptoms include, but are not limited to:

Vomiting	Sensitivity to light	Sadness
Imbalance	Sensitivity to noise	Fatigue
Dizziness	Numbness/tingling	Difficulty remembering
Nervousness	Headache	Difficulty concentrating
Nausea	Drowsiness	Loss of consciousness

After suffering a concussion, there is a brain energy crisis. Due to this crisis, cognitive rest is necessary to enhance the recovery process. A student-athlete's academic schedule may need some modification in the first one to two weeks following a concussion. In such cases, the athletic trainer and academic counselor often will be able to handle academic modifications through recovery. An individualized plan will be documented that may include remaining at home until light cognitive activity can be tolerated, along with gradual return to the classroom. More complex cases of prolonged return-to-learn will be managed by a multi-disciplinary concussion management team. If cases are prolonged, campus resources

will be identified by the learning specialist and accommodations will be made in compliance with ADA through the Office of Disabilities Services as needed.

The academic services staff will communicate with faculty to make them aware of injuries and the related symptoms that student-athletes may experience. Student-athletes will refrain from all classroom activity the same day as a concussion. Possible modification to classroom activity to allow cognitive rest, providing adequate time for recovery, while allowing the student-athlete to participate in some classroom activity, also may be necessary. When the student-athlete resumes class, faculty will be aware that their academic performance may suffer during the recovery process and that student-athletes should progress to the classroom and studying activities as tolerated. Please refer to (Appendix I) for a sample return-to-learn letter.

Final authority to return-to-learn will reside with Dr. Ramon Ylanan, who will continue re-evaluation of the student-athlete until symptoms resolve. If symptoms are persistent after a 14-day period, further modifications will be recommended by the multidisciplinary team.

STEPS TO REDUCE EXPOSURE TO HEAD INJURIES

The University of Arkansas Department of Athletics will continue to emphasize ways to minimize head trauma exposure and will expand its efforts as additional research is conducted to identify best practices for prevention and treatment of concussions. Following are examples of current efforts:

- Adherence to the Inter-Association Consensus: Year-Round Practice Contact Guideline
 - + **Preseason:** Two-a-day practices should not occur. A second session of activity can include walk-throughs or meetings. In any given seven days following the five-day acclimation period:
 - Up to three days of practice may be live contact (tackling or thud).
 - There must be three non-contact/minimal contact practices in a given week.
 - A non-contact/minimal contact practice also follow a scrimmage.
 - One day must be no football practice.
 - + **Inseason:** Inseason is defined as the period between six days prior to the first regular-season game and the final regular-season game or conference championship game (for participating institutions).
 - In a given seven days following the five-day acclimation period:
 - Three days of practice should be non-contact/minimal contact.
 - One day of live contact/tackling should be allowed.
 - One day of live contact/thud should be allowed.
 - + **Postseason:** NCAA Championships (Football Championship Subdivision), bowl (Football Bowl Subdivision)
 - If there is a two-week or less period of time between the final regular-season game or conference championship game (for participating institutions) and the next bowl or postseason game, then in-season practice recommendations should remain in place.
 - If there is greater than two weeks between the final regular-season game or conference championship game (for participating institutions) and the next bowl or postseason game, then:

- Up to three days may be live-contact (two of which should be live contact/thud).
 - There must be three non-contact/minimal contact practices in a given week.
 - The day preceding and following live contact/tackling should be non-contact/minimal contact or no football practice.
 - One day must be no football practice.
- + **Spring practice:** Of the 15 allowable sessions that may occur during the spring practice season, eight practices may involve live contact (tackling or thud); three of these live contact practices may include greater than 50 percent live contact (scrimmages). Live contact practices should be limited to two in a given week and should not occur on consecutive days. The day following live scrimmage should be non-contact / minimal contact.

Definitions

Live contact/thud: Any practice in which players are taken to the ground, “thud” sessions or drills that involve “wrapping up” irrespective of uniform worn.

- Drill is run at competitive speed through the moment of contact with no predetermined winner. Contact remains above the waist, players stay on their feet and a quick whistle ends the drill. This definition provides a foundation for differentiating the increased concussion risk in live contact/tackling versus live contact practice that does not include tackling to the ground.

Live contact/tackling: Any practice that involves tackling to the ground.

- Drill is run in game like conditions and is the only time that players are taken to the ground. This definition provides a foundation for allowances of live contact/tackling practice during the season, and differentiates live contact/tackling (which carries a higher concussion risk) from other types of contact practice.

Live contact practices are to be conducted in a manner consistent with existing rules that prohibit targeting to the head or neck area with the helmet, forearm, elbow, or shoulder, or the initiation of contact with the helmet.

Full pad practice, shell practice and helmet only practice all carry a risk of concussion. No helmet and no shoulder pad practice is the only evidence-based non-contact practice with negligible concussion risk.

- Education of football student-athletes on proper tackling techniques and practicing good sportsmanship. (Appendix J).
- Continued emphasis of student-athlete safety as a priority, including an annual meeting of the sports medicine staff and the Athletic Director, during which the unchallengeable authority of the team physicians will be clearly articulated. During this meeting, the Athletic Director and staff will discuss the culture and environment of surrounding student-athlete care and support for their well-being.
- Provide educational materials to student-athletes, coaches, athletic trainers and athletic administration to certify that they have carefully read, fully understand, and are aware of the signs/symptoms of concussions.

Sickle Cell Trait Policy

The sickle cell trait is defined as follows:

- Sickle cell trait is an inherited condition of the oxygen-carrying protein, hemoglobin, in the red blood cells
- Sickle cell trait is a common condition (more than three million Americans)
- Although sickle cell trait is most predominant in African-Americans and those of Mediterranean, Middle Eastern, Indian, Caribbean, and South and Central American ancestry, persons of all races and ancestry may test positive for sickle cell trait
- Sickle cell trait is usually benign, but during intense, sustained exercise, hypoxia (lack of oxygen) in the muscles may cause sickling of red blood cells (red blood cells changing from a normal disc shape to a crescent or “sickle” shape), which can accumulate in the bloodstream and “logjam” blood vessels, leading to collapse from the rapid breakdown of muscles starved of blood
- Likely sickling settings include timed runs, all-out exertion of any type for 2 – 3 continuous minutes without a rest period, intense drills and other spurts of exercise after prolonged conditioning exercises, and other extreme conditioning sessions
- Common signs and symptoms of a sickle cell emergency include, but are not limited to increased pain and weakness in the working muscles (especially the legs, buttocks, and/or low back); cramping type pain of muscles; soft, flaccid muscle tone; and/or immediate symptoms with no early warning signs

Sickle Cell Trait Testing

The NCAA mandates that all NCAA student-athletes have knowledge of their sickle cell trait status before the student-athlete participates in any intercollegiate athletics event, including strength and conditioning sessions, practices, competitions, etc. The University of Arkansas Athletics Department offers sickle cell trait screening in the form of a blood test to all student-athletes as part of the pre-participation physical examination process. Testing will be conducted and reported to a University of Arkansas Team Physician at a designated laboratory facility.

DRUG & ALCOHOL EDUCATION

The University of Arkansas Athletic Department believes that the use of illegal drugs and alcohol are detrimental to the welfare and health of the institution's student-athletes and promulgates this policy in an effort to prevent, deter, and eliminate such conduct. As part of this policy, the University adopts the following principles in an effort to promote the well-being of the University's student-athletes and to prevent the destructive physical and emotional effects of illegal drugs and alcohol.

- Student-athletes should be fully aware of the individual harm that alcohol and drugs, including dietary supplements, may cause, including the negative impact on each individual's performance as well as his or her physical and emotional health.
- Student-athletes who engage in athletic activity under the influence of alcohol and illegal drugs, including dietary supplements, may increase additional risk to themselves, teammates, and others. Decreased mental alertness and negative changes in behavior, whether in the form of excessive aggression or increased indifference, may expose student-athletes to physical injury and create team dissension. The risk factors are both immediate (e.g., practice injuries) and long-term such as physiological degradation and devalued self-esteem.
- Given the substantial time and energy required for participation in varsity sports,

student-athletes who use alcohol or illegal drugs, including dietary supplements with banned supplements, will likely experience an adverse impact on their athletic performance and corresponding declines in their ability and motivation to meet their basic academic responsibilities in the classroom, library and laboratory.

- The NCAA routinely requires drug testing at NCAA National Championship events. If a student-athlete tests positive for a banned substance at an NCAA Championship event, the student-athlete will experience serious consequences, including loss of eligibility. Additionally, the NCAA has a year-round (including summer) drug testing program for all Division I and Division II student-athletes. The University should engage in all possible measures, including enhancing awareness, advancing education, and developing values to foster and establish a culture where alcohol and illegal drug use do not occur or is detected and addressed in an appropriate manner with the ultimate goal of eradication all such destructive behaviors.
- The University of Arkansas fully supports and agrees with all NCAA legislation and policy in condemning the use of non-prescribed, non-therapeutic/performance enhancing drugs. It is the responsibility of the Department, through the Drug Test Administrator and Compliance, to communicate the Department's policies regarding alcohol and drug use to the student-athletes. In addition, Athletic Department staff members shall not encourage or advise any student-athlete to take any non-therapeutic/performance enhancing drugs or assist any student-athlete in obtaining any non-therapeutic/performance enhancing drugs. All staff members must play an active role in advising student-athletes against the use of non-therapeutic/performance enhancing drugs. Any staff member found to be in violation of this policy shall be subject to immediate disciplinary action including, but not limited to termination for cause.
- The Athletic Department further recognizes that the use of any non-therapeutic performance enhancing substance constitutes cheating and is antithetical to the values of the University.
- The Department of Athletics' Drug and Alcohol Education and Testing policy is separate and distinct from the NCAA's program. You may also provide a urine sample in a drug test during your preseason physical coordinated by athletic trainers. This baseline test is associated with the preseason physical is designed to provide an initial screening and assessment of incoming student-athletes. A positive test in the preseason physical does not translate into a student-athlete being subjected to Phase I sanctions. However, the student-athlete may be referred to drug and alcohol education or counseling.
- The refusal to provide a specimen according to protocol will result in an automatic positive test.
- If ever tested positive for an NCAA sanctioned test, that positive will count as a positive University of Arkansas test, in sequence. The penalty shall be reflective of NCAA policy. (Example: One (1) UA positive test result + One (1) NCAA positive test result = next UA positive test result at Phase III penalty.)
- If a student-athlete tests positive due to prescribed medication use, which is deemed medically necessary for a diagnosed condition, the NCAA Drug-Testing Exceptions Procedures will be followed.
- An individual has the right to appeal a positive test result. Appeals can be performed at any stage throughout the process, and all appeals must be made to the Deputy AD for Athletics, Academics, Integrity & Student-Athlete Development. See the appeals process guidelines in this document.
- If the athletic team completes its competition schedule while a student-athlete is

under any of the four segment penalties, the student-athlete's suspension will be carried over into next championship season's competition. If a student-athlete tests positive during a red-shirt year, the student-athlete's suspension will begin during next season's competition

- Based on NCAA Bylaw 13.1.1.3.5, the institution at which the student-athlete tested positive for use of a banned substance must report the test to the institution to which the student-athlete is transferring.

Drug Testing Program

Drug testing of student-athletes shall follow the policies and procedures adopted by the Athletic Department, including any revisions to those policies and procedures. The drug-testing policies and procedures adopted by the Athletic Department shall not be deemed, operate or construed to create any type of contractual relationship between the University and any student-athlete. The opportunity to participate in intercollegiate athletics at the University is a privilege and not a right. Among other conditions of participation in intercollegiate athletics, student-athletes shall comply with the University's policies against the use of alcohol and illegal substances, including, but not limited to complying with the Athletic Department's drug testing program. Accordingly, as a pre-condition of participating in intercollegiate athletics at the University, student-athletes agree to sign a "Consent and Notification Form" supplied by the University. By signing the Consent and Notification Form, a student-athlete shall be deemed to have agreed to the terms and conditions contained in the form and to comply fully with the Athletic Department's drug testing policies and procedures. The University may rely upon the signed Consent and Notification Forms as binding legal commitments of each student-athlete.

The University of Arkansas Athletic Department's Drug Testing Program shall be as follows:

- 1. Who can be tested:** All scholarship and non-scholarship student-athletes on the institution's squad list, spirit squad, and any former student-athlete who has exhausted his/her eligibility but is still receiving financial aid.
- 2. Consent:** Each student-athlete will receive a written copy of the Department of Athletics "Drug and Alcohol Education and Drug Testing Program" ("Policy") and a Consent and Notification Form ("Form") on which the student-athlete, through his/her signature, shall acknowledge his or her receipt, understanding and agreement to comply fully with the Policy. The student-athlete's signature on the Form shall also serve as consent to take a urinalysis as required in the sole discretion of the University, the Southeastern Conference or the NCAA and as consent to the release of the test results to a limited and pre-defined number of individuals. *Signing of the Form is a precondition for participation in intercollegiate athletics at the University.*
- 3. Methods of Selection for Testing:** Drug testing will be conducted randomly and multiple times throughout the calendar year, including summer. *Each student-athlete and any other individual subject to this policy shall be subject to drug testing at times and places as determined in the sole discretion of the University, the SEC or the NCAA, and at a minimum, no less than one time each calendar year.* Selection for drug-testing may be based upon (but is not limited to) the following examples:
 - Random Test: All student-athletes may be randomly selected by the drug test administrator or personnel designated by the Athletics Director.
 - Team Testing: A team may be tested throughout the calendar year without notice.
 - Testing for Reasonable Suspicion: A test may be given, without prior notice, to a

team or an individual on the basis of reasonable suspicion.

4. **Notification:** The Department of Athletics reserves the right to conduct drug testing without prior notice. If notification is given, it will take place no more than 24 hours before the scheduled test.
5. **Collection Methods:** The Athletic Department will be utilizing the National Center for Drug Free Sport, Inc. Sport Drug Testing Collection Procedure. You will receive a copy of this procedure in a team meeting and it is available in the Compliance Office.
6. **Confidentiality:** Every effort will be made to insure the confidentiality of the test results. Disclosure of testing results will be provided to those persons identified in the penalty phases of this Policy and as identified in the notification Form.
7. **Specimen Manipulation:** If a student-athlete is suspected of manipulation, adulteration, or dilution another specimen sample will be requested under the guidance of a certified collector immediately. Any confirmed sighting of manipulation or dilution of a student-athlete's specimen will automatically be considered a positive test.
8. **Attendance:** Failure to attend a drug test or not providing a specimen according to protocol will automatically count as a positive test.

Prohibited Substances

The student-athlete is prohibited from use, possession, manufacture, distribution, and/or sale of any substance on the NCAA banned drug class list. This list is comprised of substances that are reported to be performance enhancing and/or potentially harmful to the student-athlete. Please note, that this is not an exhaustive list of substances. For more information on banned substances, please refer to The National Center for Drug Free Sport website (www.drugfreesport.com), the Dietary Supplement Resource Exchange Center website (www.drugfreesport.com/rec), and the NCAA website (www.ncaa.org).

The following drugs and procedures are subject to restrictions:

- Blood Doping
- Local Anesthetics (under some conditions)
- Manipulation of Urine Samples
- Beta-2 Agonists permitted only by prescription and inhalation
- Caffeine if concentrations in urine exceed 15 micrograms/ml

2019-20 NCAA Banned-Drug Classes

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified. There is no complete list of banned substances. Student-athletes should not rely on this list to rule out any label ingredient. The NCAA bans the following classes of drugs as well as any substance chemically related to these classes:

1. Stimulants: amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; methamphetamine; methylphenidate (Ritalin); synephrine (bitter orange); dimethylamylamine (DMAA, methylhexanamine); "bath salts" (mephedrone); Octopamine; hordenine; dimethylbutylamine (DMBA, AMP, 4-amino methylpentane citrate); phenethylamines (PEAs); dimethylhexylamine (DMHA, Octodrine); heptaminol etc. Exceptions: phenylephrine and pseudoephedrine are not banned.
2. Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione): androstenedione; boldenone; clenbuterol; DHEA (7-Keto);

epi-trenbolone; testosterone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; stanozolol; stenbolone; trenbolone; SARMS (ostarine, ligandrol, LGD-4033, S-23, RAD140)); DHCMT (oral turanibol) etc.

3. Alcohol and Beta Blockers (banned for rifle only): alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.
4. Diuretics and Masking Agents: bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc. Exceptions: finasteride is not banned
5. Narcotics: buprenorphine; dextromoramide; diamorphine (heroin); fentanyl, and its derivatives; hydrocodone; hydromorphone; methadone; morphine; nicomorphine; oxycodone; oxymorphone; pentazocine; pethidine
6. Cannabinoids: marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073)
7. Peptide Hormones, growth factors, related substances and mimetics: growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1 (colostrum, deer antler velvet); etc. Exceptions: insulin, Synthroid are not banned
8. Hormone and metabolic modulators (anti-estrogens): anastrozole; tamoxifen; formestane; ATD; SERMS (clomiphene, nolvadex); Arimidex; clomid; evista; fulvestrant; aromatase inhibitors (Androst-3,5-dien-7,17-dione), letrozole; etc.
9. Beta-2 Agonists: bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclaurine; etc.

Additional examples of banned drugs can be found at www.ncaa.org/drugtesting. Any substance that is chemically related to the class, even if it is not listed as an example, is also banned.

Dietary Supplements

The Athletic Department shall provide dietary supplements in accordance with NCAA Bylaw 16.5.2 which states: "An institution may provide permissible nutritional supplements to a student athlete for the purpose of providing additional calories and electrolytes. Permissible nutritional supplements do not contain any NCAA banned substances and are identified according to the following classes: carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters and vitamins and minerals."

It is important for the student-athlete to understand that many nutritional/dietary supplements contain NCAA banned substances. 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 be unsafe and possibly lead to a positive NCAA drug test. The use of any supplement that does not meet the NCAA standards and not provided by the University Athletic Training Staff or Strength and Conditioning staff is at the student-athlete's own risk. Student-athletes have tested positive and lost their eligibility using dietary supplements, so before consuming any nutritional/dietary supplement product, review the product with the athletics department staff!

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

Penalties and Requirements for Positive Drug Tests (Other than Performance Enhancing Drugs)

The Athletic Department expects all student-athletes to comply with this policy. In the event that any student-athlete fails to abide by the Policy, the following sanctions will apply. Positive test penalties are summarized in four segments, as follows.

Phase I Guidelines

The following procedure occurs for a first positive result or breach of protocol from split-sampling collection method:

- A meeting will take place with the Drug Testing Administrator to evaluate and notify the student-athlete of the positive test result.
- The following individuals will be notified of the test results:
 - a. Athletic Director
 - b. Sport Administrator
 - c. Head Team Physician
 - d. Director of Sports Medicine
 - e. Parents/Guardians
 - f. Assistant AD for Mental Health & Performance
 - g. Head Coach
 - h. Other University personnel with a legitimate educational interest and/or need to know
- Mandatory drug education counseling will be arranged by the Drug Testing Administrator. This counseling shall involve an initial evaluation period along with sessions with a counselor. The duration of counseling will be determined by the Assistant AD for Mental Health & Performance. Failure to complete required counseling may result in additional disciplinary actions.
- The student-athlete will be subject to follow-up testing within 60 days of notification of the positive result and at any time for as long as is deemed appropriate by the Director of Athletics or his/her designee.
- During follow up testing within 60 days, a student-athlete must demonstrate a continual decrease in the positive substance levels to avoid this test from being interpreted and acted upon as a positive test result.
- However, a positive test for another banned substance (other than the substance previously identified in the prior test) will result in forwarding a student-athlete to the next penalty phase.
- After 60 days, the drug test results should be negative. A subsequent positive result will be considered a new positive test.
- Subject to the approval of the Athletic Director or his/her designee, each Head Coach has the right to adopt and enforce stricter penalties than those set forth in this Policy.
- The designated Head Team Physician has the right to suspend or uphold a suspension for a longer period of time if he/she deems it is necessary for health and safety of the student-athlete.

Phase II Guidelines

After a second positive test result or breach of protocol from split-sampling collection method occurs, the following procedure will apply:

- A meeting shall take place with the student-athlete and the Drug Testing Administrator to evaluate and notify the student-athlete of the positive test result.

- The following individuals will be notified of the test results:
 - a. Athletic Director
 - b. Sport Administrator
 - c. Head Team Physician
 - d. Director of Sports Medicine
 - e. Parents/Guardians
 - f. Assistant AD for Mental Health & Performance
 - g. Head Coach
 - h. Other University personnel with a legitimate educational interest and/or need to know
- The student-athlete will be suspended from competition for 10% of scheduled contests (excluding scrimmages and exhibitions) of the season. Suspension length will be rounded up at .5 (e.g., 1.5 games equals a two game suspension) and carried over to the subsequent season, if necessary. Travel with the team during suspension period will NOT be permitted. The student-athlete will be suspended from all game day privileges.
- Mandatory drug education counseling will be arranged by the Drug Testing Administrator. This counseling shall involve an initial evaluation period along with sessions with a counselor. The duration of counseling will be determined by the Assistant AD for Mental Health & Performance. Failure to complete required counseling may result in additional disciplinary actions.
- The student-athlete will be subject to follow-up testing within 30 days. The student-athlete can be re-tested at any time following reinstatement for as long as is deemed appropriate by the Director of Athletics or his/her designee.
- During follow up testing within 30 days, a student-athlete must demonstrate a continual decrease in the positive substance levels to avoid this test from being interpreted and acted upon as a positive test result.
- However, a positive test for another banned substance (other than the substance previously identified in the prior test) will result in forwarding a student-athlete to the next penalty phase.
- After 30 days, the drug test results should be negative. A subsequent positive result will be considered a new positive test.
- Subject to the approval of the Athletic Director or his/her designee, each Head Coach has the right to adopt and enforce stricter penalties than those set forth in this Policy.
- The designated Head Team Physician has the right to suspend or uphold a suspension for a longer period of time if he/she deems it is necessary for health and safety of the student-athlete.

Phase III Guidelines

If a third positive test result or breach of protocol from split-sampling collection method occurs, the following will occur:

- A meeting shall take place with the student-athlete and the Drug Testing Administrator to evaluate and notify the student-athlete of the positive test result.
- The following individuals will be notified of the test results:
 - a. Athletic Director
 - b. Sport Administrator
 - c. Head Team Physician
 - d. Director of Sports Medicine
 - e. Parents/Guardians
 - f. Assistant AD for Mental Health & Performance

g. Head Coach

h. Other University personnel with a legitimate educational interest and/or need to know

- The student-athlete shall be suspended immediately from all regular and postseason competition (excluding scrimmages and exhibitions) for 25% of the season upon notification of the positive drug test result. Suspension length will be rounded up at .5 (e.g., 1.5 games equals a two game suspension) and carried over to the subsequent season if necessary. Travel with the team during suspension period will NOT be permitted. The student-athlete will be suspended from all game day privileges.
- Mandatory drug education counseling will be arranged by the Drug Testing Administrator. This counseling shall involve an initial evaluation period along with sessions with a counselor. The duration of counseling will be determined by the Assistant AD for Mental Health & Performance. Failure to complete required counseling may result in additional disciplinary actions.
- During follow up testing within 30 days, a student-athlete must demonstrate a continual decrease in the positive substance levels to avoid this test from being interpreted and acted upon as a positive test result.
- However, a positive test for another banned substance (other than the substance previously identified in the prior test) will result in forwarding a student-athlete to the next penalty phase.
- After 30 days, the drug test results should be negative. A subsequent positive result will be considered a new positive test.
- The student-athlete will be added to all subsequent random tests following reinstatement for the remainder of his/her athletic career.
- Subject to the approval of the Athletic Director or his/her designee, each Head Coach has the right to adopt and enforce stricter penalties than those set forth in this Policy.
- The designated Head Team Physician has the right to suspend or uphold a suspension for a longer period of time if he/she deems it is necessary for health and safety of the student-athlete.

Phase IV Guidelines

A fourth positive test result or breach of protocol from split-sampling collection method will result in the following:

- The student-athlete is immediately dismissed from the University of Arkansas athletic program. The student-athlete shall be deemed athletically ineligible on a permanent basis at the University. The student-athlete will not be eligible for renewal of his or her athletic scholarship, and his or her existing scholarship may be subject to cancellation.
- The parents of the student-athlete will be notified of the dismissal.
- A student-athlete who has been dismissed may seek assistance from established University counseling and medical resources. Such services will no longer be initiated or supervised by the University of Arkansas Athletic Department since the student-athlete's affiliation with the athletic program will have ended.

Positive Result Due to Anabolic Agents, Growth Hormones, Related Compounds, or Masking Agent

A student-athlete who tests positive for either a masking agent or an anabolic agent, growth hormone, and related compounds shall incur the following penalties for each respective offense.

Phase I Guidelines

The first positive test result or breach of protocol from split-sampling collection method will result in the following:

- A meeting shall take place with the student-athlete and the Drug Testing Administrator to evaluate and notify the student-athlete of the positive test result.
- The following individuals will be notified of the test results:
 - a. Athletic Director
 - b. Sport Administrator
 - c. Head Team Physician
 - d. Director of Sports Medicine
 - e. Parents/Guardians
 - f. Assistant AD for Mental Health & Performance
 - g. Head Coach
 - h. Other University personnel with a legitimate educational interest and/or need to know
- The student-athlete will be suspended from competition immediately for a minimum of 10% of all regular and postseason contests (excluding scrimmages and exhibitions). Suspension length will be rounded up at .5 (e.g., 1.5 games equals a two game suspension) and carried over to the subsequent season if necessary. Travel with the team during suspension period will NOT be permitted. The student-athlete will be suspended from all game day privileges.
- The student-athlete test result must be negative before reinstatement shall occur.
- Mandatory drug education counseling will be arranged by the Drug Testing Administrator. This counseling shall involve an initial evaluation period along with sessions with a counselor. The duration of counseling will be determined by the Assistant AD for Mental Health & Performance. Failure to complete required counseling may result in additional disciplinary actions.
- The student-athlete will be subject to follow-up testing and at any time following reinstatement for as long as it is deemed appropriate by the Director of Athletics or his/her designee.
- During follow up testing within 30 days, a student-athlete must demonstrate a continual decrease in the positive substance levels to avoid this test from being interpreted and acted upon as a positive test result.
- However, a positive test for another banned substance (other than the substance previously identified in the prior test) will result in forwarding a student-athlete to the next penalty phase.
- After 30 days, the drug test results should be negative. A subsequent positive result will be considered a new positive test.
- Subject to the approval of the Athletic Director or his/her designee, each Head Coach has the right to adopt and enforce stricter penalties than those set forth in this Policy.
- The designated Head Team Physician has the right to suspend or uphold a suspension for a longer period of time if he/she deems it is necessary for health and safety of the student-athlete.

Phase II Guidelines

If a second positive test result or breach of protocol from split-sampling collection method, the following procedure will apply:

- A meeting shall take place with the student-athlete and the Drug Testing Administrator to evaluate and notify the student-athlete of the positive test result.
- The following individuals will be notified of the test results:

- a. Athletic Director
 - b. Sport Administrator
 - c. Head Team Physician
 - d. Director of Sports Medicine
 - e. Parents/Guardians
 - f. Assistant AD for Mental Health & Performance
 - g. Head Coach
 - h. Other University personnel with a legitimate educational interest and/or need to know
- The student-athlete shall be suspended upon notification for a minimum of one (1) calendar year from the date that the student-athlete has been notified of a positive result. Suspension length will be carried over to the subsequent season if necessary. Travel with the team during suspension period will NOT be permitted. The student-athlete will be suspended from all game day privileges.
 - The student-athlete test result must be negative before reinstatement shall occur.
 - Mandatory drug education counseling will be arranged by the Drug Testing Administrator. This counseling shall involve an initial evaluation period along with sessions with a counselor. The duration of counseling will be determined by the Assistant AD for Mental Health & Performance. Failure to complete required counseling may result in additional disciplinary actions.
 - During follow up testing within 30 days, a student-athlete must demonstrate a continual decrease in the positive substance levels to avoid this test from being interpreted and acted upon as a positive test result.
 - However, a positive test for another banned substance (other than the substance previously identified in the prior test) will result in forwarding a student-athlete to the next penalty phase.
 - After 30 days, the drug test results should be negative. A subsequent positive result will be considered a new positive test.
 - The student-athlete will be added to all subsequent random tests following reinstatement for the remainder of his/her athletic career.
 - Subject to the approval of the Athletic Director or his/her designee, each Head Coach has the right to adopt and enforce stricter penalties than those set forth in this Policy.
 - The designated Head Team Physician has the right to suspend or uphold a suspension for a longer period of time if he/she deems it is necessary for health and safety of the student-athlete.

Phase III Guidelines

A third positive test result or breach of protocol from split-sampling collection method will result in the following:

- The student-athlete is immediately dismissed from the University of Arkansas athletic program. The student-athlete shall be deemed athletically ineligible on a permanent basis at the University. The student-athlete will not be eligible for renewal of his or her athletic scholarship, and his or her existing scholarship may be subject to cancellation.
- The parents of the student-athlete will be notified of the dismissal.
- A student-athlete who has been dismissed may seek assistance from established University counseling and medical resources. Such services will no longer be initiated or supervised by the University of Arkansas Athletic Department since the student-athlete's affiliation with the athletic program will have ended.

Appeal Process

If a student-athlete believes the results of a drug test are incorrect or if he or she believes the sanctions should not be imposed, the student-athlete may file a written appeal to the Appeals Committee which will be made up of the Athletic Director, Head Team Physician, and the Athletics Department Faculty Athletics Representative. The written appeal must be submitted within 5 business days after the student-athlete has been notified of the results of the drug test. The appeal must include any information, which might change the factual findings of the test result or the sanctions. The Appeals Committee will review the information submitted by the student-athlete and may reconsider the sanctions if the Committee believes a basis exists for the appeal. The Appeals Committee shall make the final decision regarding the appeal within five (5) business days and will notify the student-athlete in writing of its decision. During the appeals process all sanctions will be deferred pending the outcome of the appeal. Should the appeal findings uphold the positive test results and sanctions, the required sanctions shall be enforced immediately.

MENTAL HEALTH AND PERFORMANCE

The University of Arkansas Athletics Department is committed to providing the highest quality psychological care and resources to our student-athletes. The office of Mental Health & Performance (MHP) is staffed by three full-time licensed mental health clinicians who have experience working with athletes and student-athletes at the highest levels of competition. Additionally, the office will periodically include graduate student interns as trainees.

The focus of MHP is to provide individual, small group, and team psychological care and performance enhancement services to the student-athletes at the University of Arkansas. We do that by taking an outreach-based approach to our services wherein our counselors attend practices and competitions for the teams with whom they work, and they take an active role in the overall operations of the Athletic Department.

All services to the student-athletes are confidential, free, and unlimited. We begin our contact with the student-athletes when they arrive on campus, and we administer a brief pre-participation questionnaire in order to gain some insight into who our student-athletes are and what potential concerns they may have about their time at the University of Arkansas.

Additionally, the MHP staff is committed to emotional wellness education and training for the Athletics Department (staff, coaches, and student athletes). The goal of this education and training is to promote a positive attitude toward mental health within the Department, on campus, and in the larger Fayetteville community.

Student-athletes may set up meetings regarding any topic in the following ways:

1. By contacting our staff directly:
 - a. Dr. Christopher Bader, Assistant AD for Mental Health & Performance (479-409-7216; cbader@uark.edu)
 - b. Ms. Jordan Platt, Mental Health & Performance Clinician (479-799-8279; jxh090@uark.edu)
2. Through the team Athletic Trainer or Strength & Conditioning Coach
3. Through anyone on the coaching or administrative staff for their sport
4. Through the Student-Athlete Development staff, the Educational Enrichment Staff, or the Student-Athlete Success staffs

UNIVERSITY OF ARKANSAS SPORTS NUTRITION

PROGRAM OVERVIEW

Proper nutrition habits are an integral part of optimal performance and overall health. The University of Arkansas Sports Nutrition Department is committed to the overall development and success of all Razorback student-athletes by providing a high level of well-rounded nutrition services.

SERVICES OFFERED

Sports Nutrition Center

The Sports Nutrition Center is a full service dining facility operated by a culinary team that is trained in understanding the nutritional needs of high level athletes. Menus are strategically designed to accommodate all University of Arkansas athletes' nutritional needs, accounting for vigorous training, competition and academic schedules. For the student-athletes on the go, The Sports Nutrition Center is also equipped with a Grab'N'Go Window which allows student-athletes to not only pick up items to take with them, but also preorder items in advance.

In addition to the service offered within the Sports Nutrition Center, student-athletes also have access to additional fueling programs, including weight room performance fueling stations and the Red Card restaurant plan. These are facilitated by the Sports Nutrition Staff and are available to all competing student-athletes.

Nutritional Counseling

Nutritional counseling is available on an individual or team basis. Individual appointments, team seminars, and team workshops with the Sports Nutrition Staff can be coordinated and arranged through the sports nutrition staff. Student-athletes may be referred for nutritional counseling by members of the Sports Medicine, Strength and Conditioning and team staffs. Student-athletes may also request nutritional counseling at any time.

Nutrition Education

The University of Arkansas Athletic Department is committed to the education of student-athletes in nutrition for optimal performance and overall health. Providing our student-athletes with the knowledge to make sound nutrition decisions will not only impact their athletic performance, but also their academic success. Nutrition education, in the form of grocery store tours, cooking classes, and team presentations are available to all student-athletes and teams. During these sessions, topics such as pre work out fueling, post work out recovery nutrition, hydration, and meal planning will be covered.

Special Dietary Needs

The Department of Sports Nutrition acknowledges there are individuals with specific dietary needs and is currently equipped to accommodate those dietary needs. In order to best provide the necessary nutrition to those student-athletes, a student-athlete should contact a member of the Sports Nutrition staff to discuss his/her individual needs.

DIETARY SUPPLEMENT POLICY

The University of Arkansas Athletic Department is committed to providing student-athletes resources for questions related to the use of dietary supplements and banned substances. All student-athletes inquiring about the personal use of dietary supplements should be encouraged to consult with their Sports Dietitian, his/her sport athletic trainer or strength coach to discuss the potential uses, benefits and side effects of the supplement. Student-

athletes who choose to individually purchase and use dietary supplements should know that nutritional supplements carry a risk of contamination and the potential for a failed drug test which may result in the loss of eligibility.

Disclaimer: In recognition of the support provided by the NCAA, the University of Arkansas Athletic Department utilizes Drug Free Sport as a resource for further information on dietary supplements.

Sports Nutrition Staff:

- Karla Horsfall, Director of Sports Nutrition
- Whitney Stone, Sports Dietitian
- Kristin Jakus, Sports Nutrition Intern
- Abbie Herkelman, Sports Nutrition Graduate Assistant
- Lauren Lyons, Sports Nutrition Graduate Assistant

STRENGTH AND CONDITIONING POLICIES

A. STRENGTH AND CONDITIONING FACILITIES

Strength and conditioning facilities, including Walker Indoor Pavilion, Sutton Weight Room, Basketball Performance Center Weight Room, Tyson Weight Room & Walker training centers, are to be monitored by assigned strength and conditioning coaches or alternate strength and conditioning coaches at all times when athletes are present.

No incoming student-athlete will be allowed to participate in any activity within the strength & conditioning facilities until they have been cleared by Sports Medicine staff, Compliance staff and an Equipment Manager (issued gear).

Former University of Arkansas athletes that are currently on a professional roster or preparing for training camp/competition will not be permitted to train during current student-athlete training hours. The designated time will vary by semester and is at the discretion of the strength and conditioning facilities supervisor. Professional athletes will be required to sign a form releasing the university and employees of any liability, should injury occur while training in University of Arkansas facilities.

Former University of Arkansas athletes that have no future in professional sports and have not been placed on a coaching staff at the University of Arkansas must find an alternate facility for their fitness training at the end of the academic year following completion of their eligibility.

1. Scheduling Walker Indoor Pavilion

The indoor facility will be scheduled through Coach Trumain Carroll and Scott Sargent. Teams using the indoor facility must do so with the understanding that if inclement weather forced football practice/ workout inside, they would need to relinquish the facility for the remainder of said practice/workout. Student-athletes must make sure that all equipment is returned to its proper place and any trash left behind is picked up.

2. Walker Training Center

The Walker weight room will be closed during football practice. Olympic sports may utilize the Walker training center if the workout was scheduled through the Head

B. STUDENT-ATHLETE CONDUCT

Every training center on campus has inherent risks, and student-athletes must follow all rules of conduct to insure a safe training environment. The right to use these facilities and receive expert instruction from strength and conditioning staff is a privilege and is contingent on the acceptance/adherence to the following policies:

Workout Guidelines:

- Prior to participation, all athletes must attend an orientation on common risks involved in strength training, the proper execution of various exercises, and the possible consequences if proper technique is not employed.
- If an athlete has an injury that inhibits a portion of the workout, the athlete must receive a modified program outlining which movements are to be avoided and which ones may be substituted.

Lifting Reminders:

- Athletes should never place bars, plates, dumbbells, etc. on any upholstery.
- Athletes are required to use collars on the end of the bars and pins on all Hammer machines.
- No one should barbell back squat outside the multi-rack and must be over the spotter bars on the double-sided racks.
- Bumper plates are required when outside the rack and on the platforms for all exercises.
- The Jumps Stretch Bands that are attached to equipment will not be placed on sharp edges.
- Athletes must not wear leather weight belts when the belts could contact equipment upholstery.
- Athletes should never set plates or DB's on the floor or lean them against equipment or walls. Athletes should return dumbbells to the rack in the proper order. Athletes should not drop or throw either weights or dumbbells.
- Athletes should wear proper training attire, particularly athletic shoes, at all times.
- Metal jewelry such as loose necklaces, bracelets, hanging earrings, and watches should not be worn unless needed for workout.
- Athletes should provide support and safety to other athletes by spotting any multi-rack or dumbbell exercises (as designated by strength coach).
- Athletes should attempt to minimize chalk powder on the floor.
- No headgear, hats, bandanas, etc..

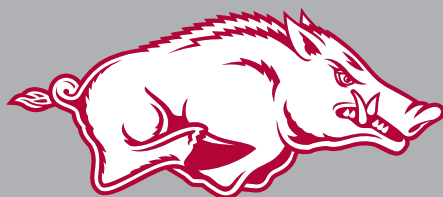
Weight Room Reminders:

- No student-athletes will park in staff lot.
- Athletes will not have electronic communication devices in the weight room.
- Athletes should show respect for equipment and facilities at all times; spitting in weight room or defacing the facility is not tolerated and will result in immediate consequence to be determined by the strength and conditioning coach.
- The weight room requires concentration. Horseplay, loud or offensive language, or temper tantrums are to be controlled.

- The staff offices and telephones are off limits to athletes unless permission is given.
- Only The University of Arkansas issued clothing is acceptable. All shirts must be tucked in (if team rule) and shoes tied. Sports bras are not to be worn as tops. All shorts must be an appropriate length as determined by the strength coach.
- Athletes should immediately report any facility-related injury, or facility/equipment irregularity to the supervisor.
- Tobacco, food, chewing gum, glass bottles, cans, alcohol, drugs and banned substances are not allowed in the weight room; plastic water bottles with caps are acceptable and encouraged.
- Supervisors are not responsible for users' personal belongings; either lost or stolen items. Any items left in the cubby area will be removed at the end of each day and placed in a lost & found. Items left in the lost & found at the end of the semester will be sent to Goodwill.
- Equipment leaving the weight room must be checked out from and recorded by the supervisor.
- The use of headphones is permitted in the cardio area only.
- Athletes should keep feet off the walls.

ONE

RAZORBACK



**2019 - 2020
PLANNER CALENDAR
SECTION**

AUGUST 2019

Nutrition Facts: Don't forget to set up a meeting with your team's Sports Nutrition staff member! They translate the latest scientific evidence into practical sports nutrition recommendations for athletes.



Notes:

MONDAY

26

Fall Classes Begin

TUESDAY

27

WEDNESDAY

28



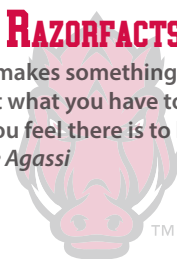
JULY 2019

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7	8	9	10	11	12	13
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21	22	23	24	25	26	27
28	29	30	31			

RAZORFACTS:

"What makes something special is not just what you have to gain, but what you feel there is to lose."

– Andre Agassi



SEPTEMBER 2019

	1	2	3	4	5	6	7
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30						

	THURSDAY
	29
	FRIDAY
	30
SATURDAY	SUNDAY
31	1

SEPTEMBER 2019

Nutrition Facts: What are macronutrients? The word “macro” means large, indicating that these nutrients are needed in large quantities, providing energy for the body.



Notes:

MONDAY

2

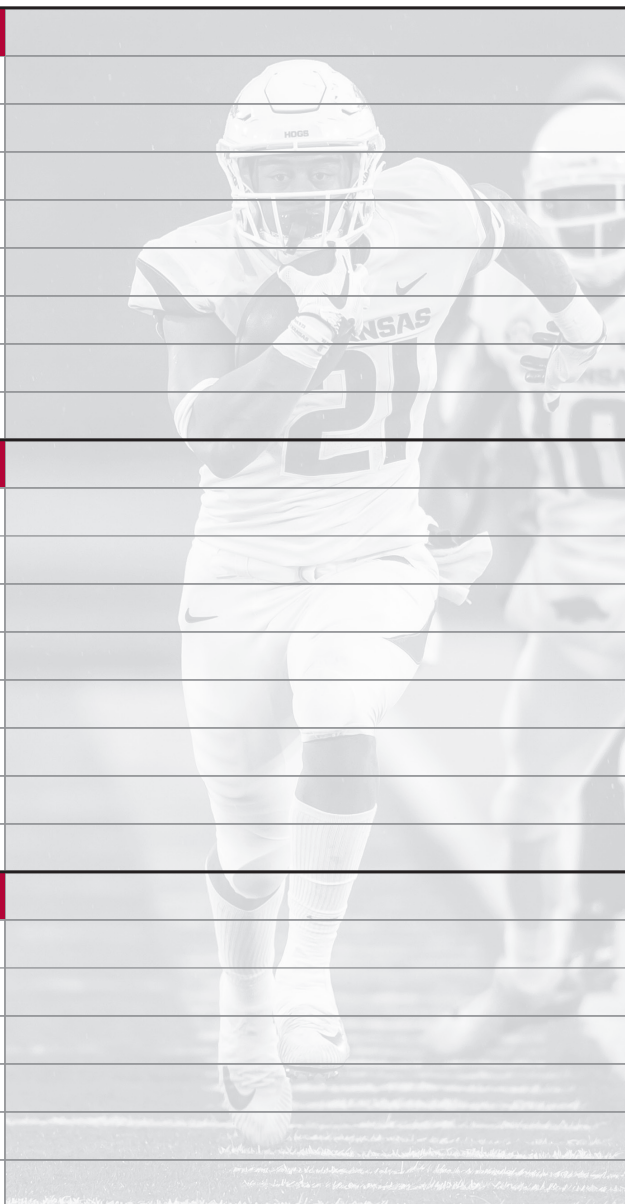
Labor Day
Holiday

TUESDAY

3

WEDNESDAY

4

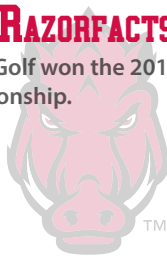


AUGUST 2019

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RAZORFACTS:

- Men's Golf won the 2019 SEC Championship.



OCTOBER 2019

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20	21	22	23	24	25	26
27	28	29	30	31		

THURSDAY

5

FRIDAY

6

SATURDAY

7

SUNDAY

8

SEPTEMBER 2019

Nutrition Facts: Nutrition Tip for Away Competition: Plane travel may lead to water losses of 3-10 oz per hour. Drink at least 8 oz. of water and electrolytes per hour while traveling



Notes:

MONDAY

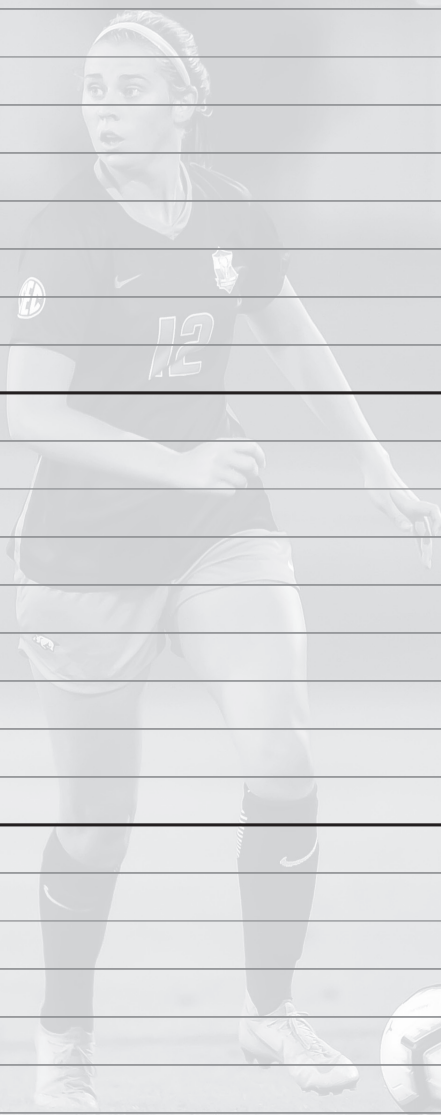
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TUESDAY

10

WEDNESDAY

11

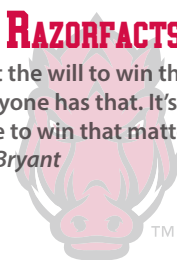


AUGUST 2019

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RAZORFACTS:

"It's not the will to win that matters — everyone has that. It's the will to prepare to win that matters." – Paul "Bear" Bryant



OCTOBER 2019

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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

THURSDAY

12

FRIDAY

13

SATURDAY

14

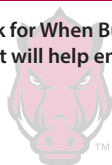
SUNDAY

15

SEPTEMBER 2019

Nutrition Facts: What to Look for When Buying Produce? Choosing seasonal produce at the grocery store or farmers market will help ensure that it not only tastes great but is full of quality micronutrients.

Notes:



MONDAY

16

TUESDAY

17

WEDNESDAY

18

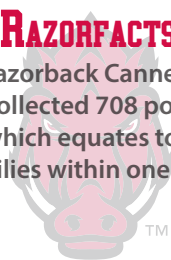


AUGUST 2019

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18	19	20	21	22	23	24
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RAZORFACTS:

- The Razorback Canned Food Drive collected 708 pounds of food, which equates to feeding 70 families within one day.



OCTOBER 2019

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6	7	8	9	10	11	12
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27	28	29	30	31		

THURSDAY

19

FRIDAY

20

SATURDAY

21

SUNDAY

22

First Day of Autumn

SEPTEMBER 2019

Nutrition Facts: When reading a nutrition facts label, make sure to read the serving size first. You may be surprised about how many servings there are in foods and drinks.



Notes:

MONDAY

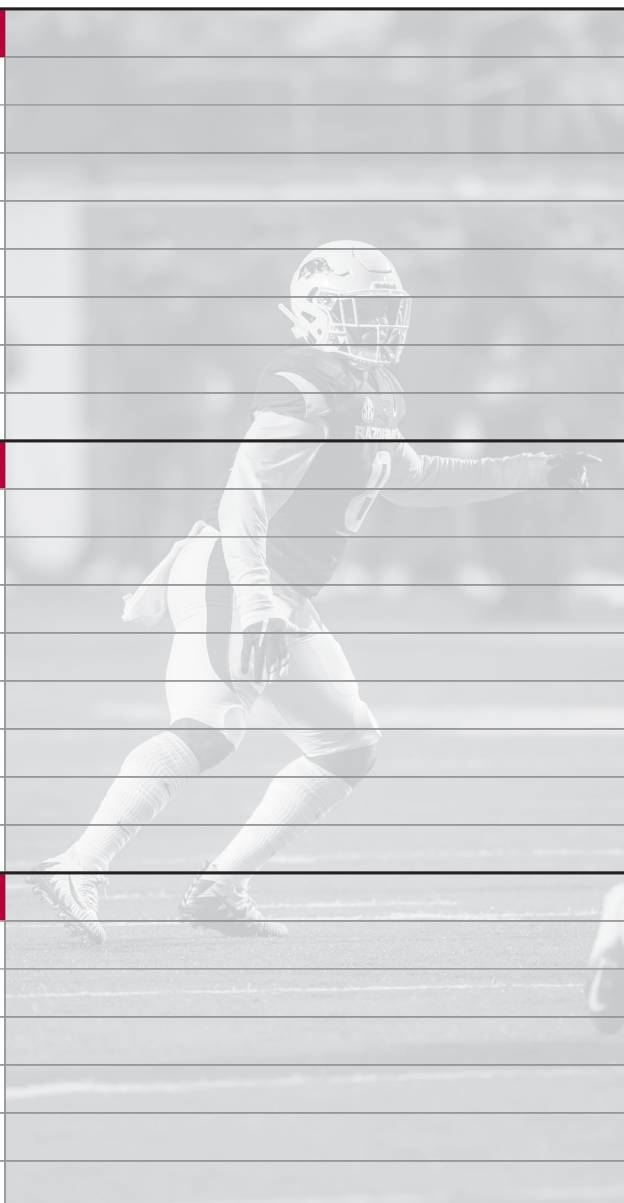
23

TUESDAY

24

WEDNESDAY

25

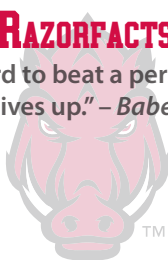


AUGUST 2019

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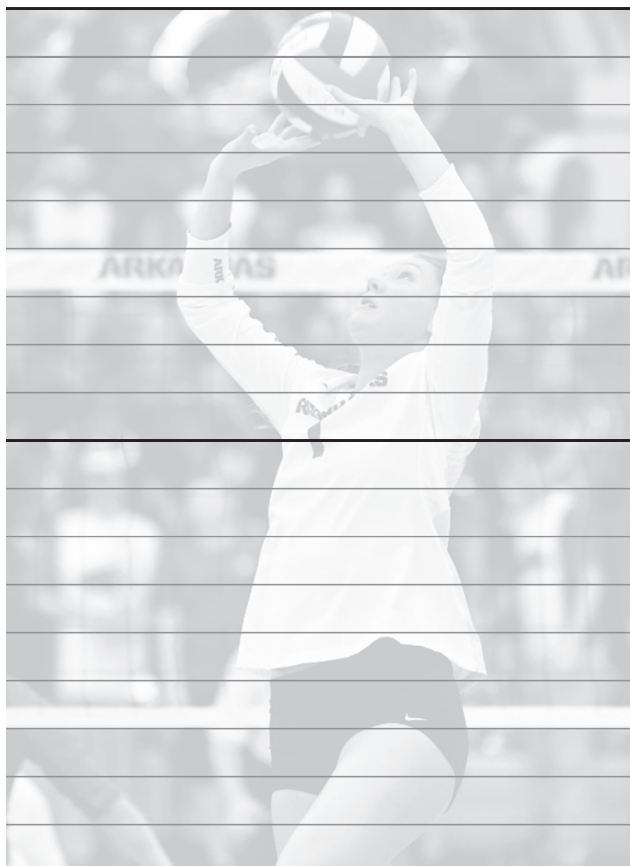
RAZORFACTS:

"It's hard to beat a person who never gives up." – *Babe Ruth*



OCTOBER 2019

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13	14	15	16	17	18	19
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THURSDAY

26

FRIDAY

27

SATURDAY

28

SUNDAY

29

SEPTEMBER 2019

Nutrition Facts: What does energy availability mean as an athlete? Energy availability refers to the amount of energy leftover and available for your body's functions after the energy used for training is subtracted for the energy you intake from food (food energy intake – exercise energy expenditure + energy availability)

Notes:



MONDAY

30

TUESDAY

1

Fall 2019

Graduates:

Graduation

Application Due

WEDNESDAY

2

AUGUST 2019

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

RAZORFACTS:

- Razorback Athletics
partnered with Ambassadors
of Compassion and gathered
41,000 pounds of food that fed
63,000 people.



OCTOBER 2019

		1	2	3	4	5
6	7	8	9	10	11	12
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		THURSDAY 3
		FRIDAY 4
SATURDAY 5	SUNDAY 6	

OCTOBER 2019

Nutrition Facts: How can nutrition in _____ reduce inflammation? Omega-3 Fatty Acids are essential fats that not only support brain health but can reduce inflammation as well.



Notes:

MONDAY

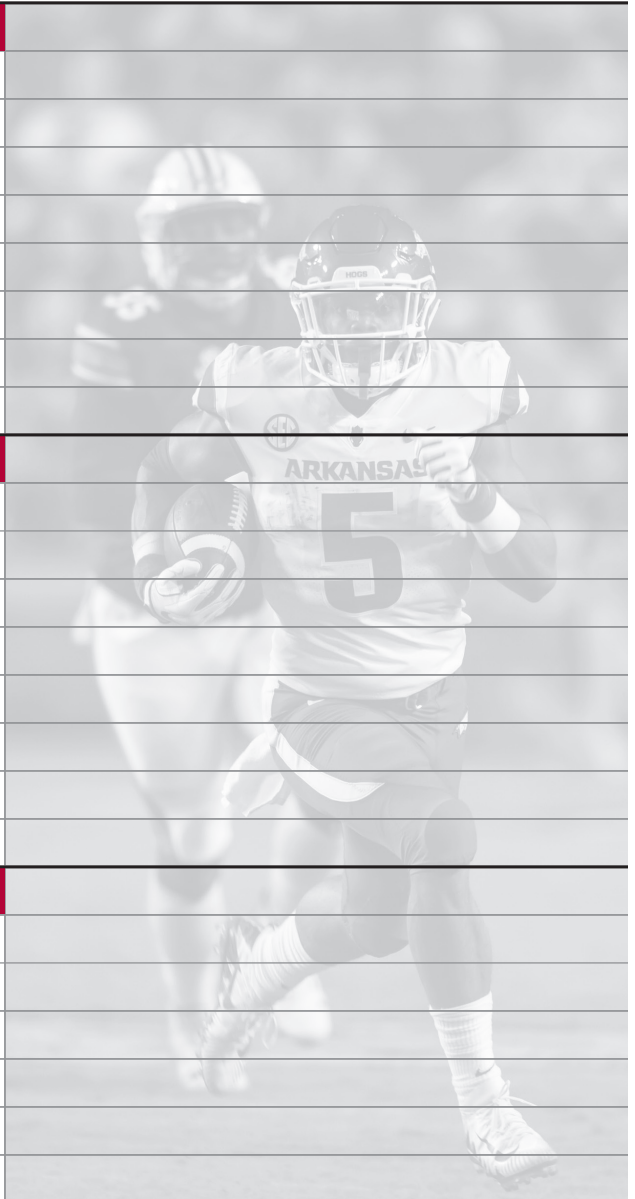
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TUESDAY

8

WEDNESDAY

9

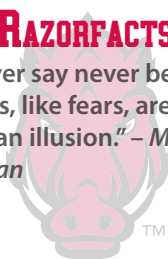


SEPTEMBER 2019

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29	30					

RAZORFACTS:

"Never say never because limits, like fears, are often just an illusion." – Michael Jordan



NOVEMBER 2019

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THURSDAY

10

FRIDAY

11

SATURDAY

12

SUNDAY

13

OCTOBER 2019

Nutrition Facts: Why is meal prepping ideal? Preparing your own meals gives you control over your nutrition. You control the ingredients, the portions, and the food combinations.



Notes:

MONDAY

14

TUESDAY

15

First 8-week
classes end

WEDNESDAY

16

Second 8-week
classes begin
Boss's Day

SEPTEMBER 2019

1	2	3	4	5	6	7
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RAZORFACTS:

- Women's Golf won the 2018-19 Lee Spencer Cup.



NOVEMBER 2019

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		THURSDAY
		17
		FRIDAY
		18
SATURDAY	SUNDAY	
19	20	

OCTOBER 2019

Nutrition Facts: Tart cherries are high in anthocyanins, the antioxidant found in purple and red produce. Tart cherries are shown to maintain muscle strength and pain by reducing inflammation and oxidative stress



Notes:

MONDAY

21

Fall Break

TUESDAY

22

Fall Break

WEDNESDAY

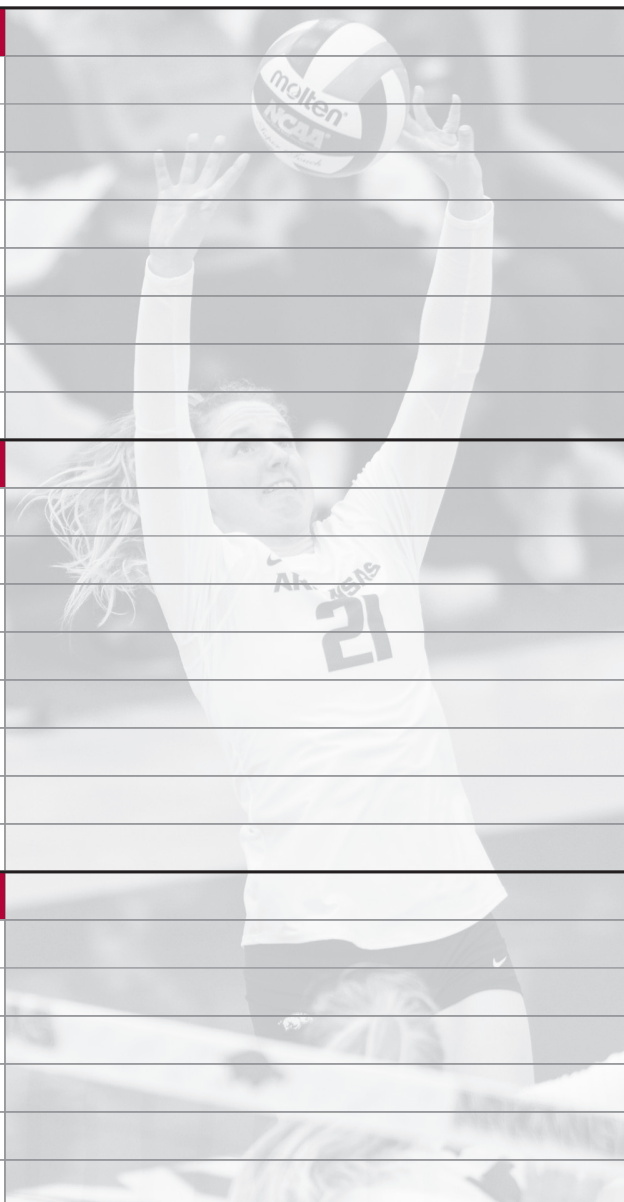
23

Early Progress

Reports for

1000 & 2000

level classes



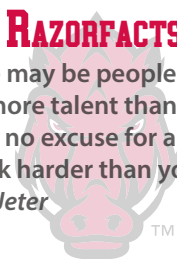
SEPTEMBER 2019

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RAZORFACTS:

"There may be people that have more talent than you, but there's no excuse for anyone to work harder than you do." –

Derek Jeter



NOVEMBER 2019

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THURSDAY

24

FRIDAY

25

SATURDAY

26

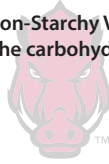
SUNDAY

27

OCTOBER 2019

Nutrition Facts: Starchy vs. Non-Starchy Veggies? Starchy vegetables such as potatoes, corn, and peas are often included in the carbohydrate portion of a performance plate as they provide energy.

Notes:



MONDAY

28

TUESDAY

29

WEDNESDAY

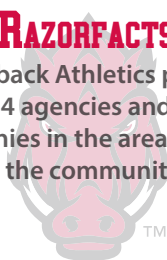
30

SEPTEMBER 2019

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RAZORFACTS:

- Razorback Athletics partnered with 114 agencies and companies in the area to give back to the community.



NOVEMBER 2019

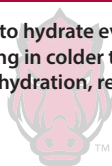
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		THURSDAY 31 Halloween
		FRIDAY 1
SATURDAY 2	SUNDAY 3	

NOVEMBER 2019

Nutrition Facts: Don't forget to hydrate even when the temps start dropping! Dehydration is still possible, even when training in colder temps throughout the winter. Cold weather diminishes the body's response to dehydration, reducing thirst and increasing urine output.

Notes:



MONDAY

4

Priority Registration
begins for currently
enrolled students

TUESDAY

5

WEDNESDAY

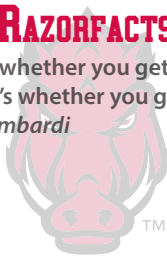
6

OCTOBER 2019

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RAZORFACTS:

"It's not whether you get knocked down; it's whether you get up." – Vince Lombardi



DECEMBER 2019

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22	23	24	25	26	27	28
29	30	31				

THURSDAY

7

FRIDAY

8

SATURDAY

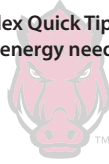
9

SUNDAY

10

NOVEMBER 2019

Nutrition Facts: Glycemic Index Quick Tip - Low GI foods provide sustainable energy, whereas High GI foods provide quick energy needed right before a workout.



Notes:

MONDAY

11

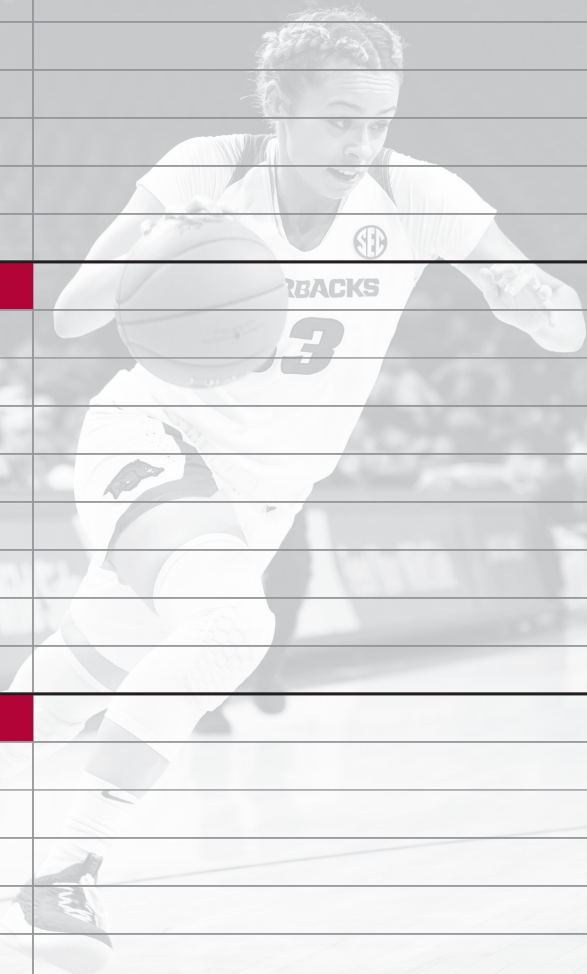
Veterans' Day

TUESDAY

12

WEDNESDAY

13



OCTOBER 2019

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27	28	29	30	31		

RAZORFACTS:

- We have the only Razorbacks mascot in the country



DECEMBER 2019

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THURSDAY

14

FRIDAY

15

SATURDAY

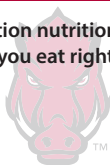
16

SUNDAY

17

NOVEMBER 2019

Nutrition Facts: Pre-competition nutrition is key! What you eat the day before a competition is just as important as the food you eat right before a competition.



Notes:

MONDAY

18

Veterans' Day
(Observed)

TUESDAY

19

WEDNESDAY

20

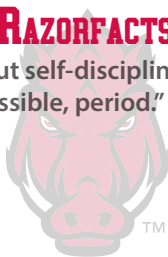


OCTOBER 2019

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RAZORFACTS:

"Without self-discipline, success is impossible, period." – Lou Holtz



DECEMBER 2019

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
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THURSDAY

21

FRIDAY

22

Last day to drop a full semester class or classes with a "W" (no fee adjustment).

SATURDAY

23

SUNDAY

24

NOVEMBER 2019

Nutrition Facts: Pumpkins are rich in nutrients such as vitamin A, C, and E and iron which all help support a healthy immune system.



Notes:

MONDAY

25

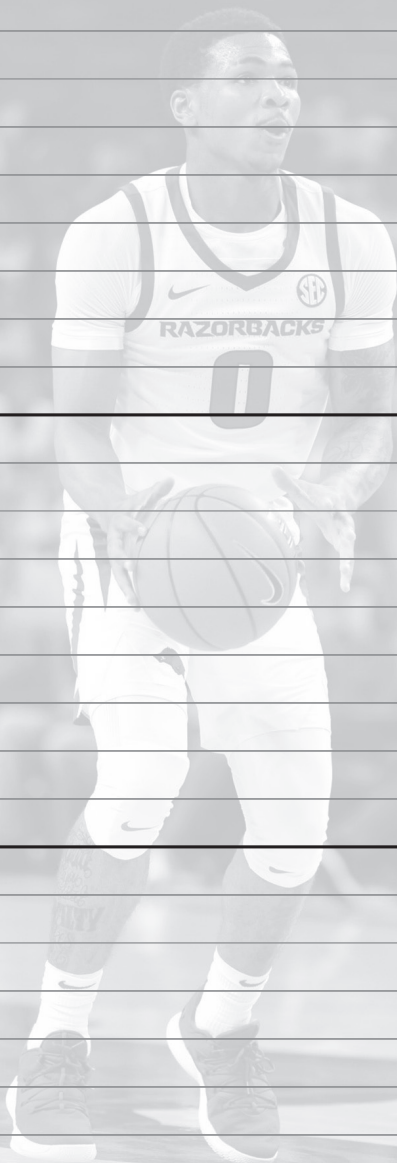
TUESDAY

26

WEDNESDAY

27

Thanksgiving Break
for Students



		1	2	3	4	5
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- The “Wooo! Pig! Sooie!” Fan Call was trademarked by Razorback Athletics in 2014, but has been chanted at UARK games since the 1920’s.

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29	30	31				

28

Thanksgiving Day

29

University Holiday

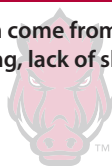
30

1

DECEMBER 2019

Nutrition Facts: Fatigue can come from a number of sources including suboptimal nutrition, poor nutrient timing, lack of sleep and recovery, and overtraining.

Notes:



MONDAY

2

TUESDAY

3

WEDNESDAY

4

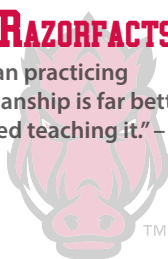


NOVEMBER 2019

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RAZORFACTS:

"One man practicing sportsmanship is far better than a hundred teaching it." – Knute Rockne



JANUARY 2020

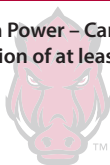
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		THURSDAY
		5
		FRIDAY
		6
SATURDAY	SUNDAY	
7	8	
Pearl Harbor		
Remembrance		
Day		

DECEMBER 2019

Nutrition Facts: Fueling Brain Power – Carbohydrates are the main source of fuel for the brain, with a minimum recommendation of at least 150 grams per day to support optimal function.

Notes:



MONDAY

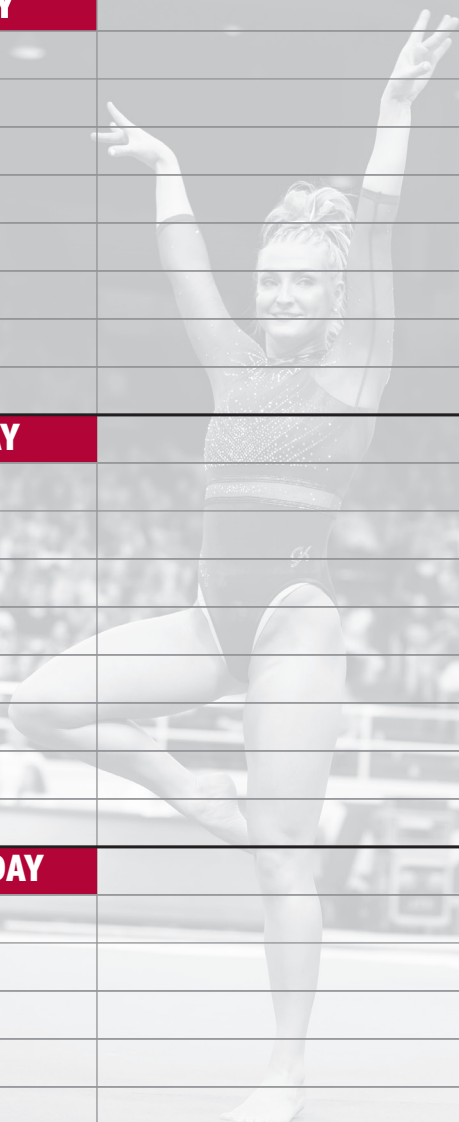
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TUESDAY

10

WEDNESDAY

11



NOVEMBER 2019

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

RAZORFACTS:

- The University of Arkansas student body voted to change the name of the school mascot from the Cardinals in 1910 to the Razorbacks after a hard fought battle against LSU in which then football coach, Hugo Bezdek, said they were playing like a "wild band of Razorback hogs."

JANUARY 2020

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

THURSDAY

12

Last Day of Classes

Last Day of 8 week
Classes

FRIDAY

13

Dead Day

SATURDAY

14

SUNDAY

15

DECEMBER 2019

Nutrition Facts: Nutrition Tip: Don't use energy drinks to make up for under-fueling. These empty-calorie beverages are not a sufficient replacement for energy obtained through food.



Notes:

MONDAY

16

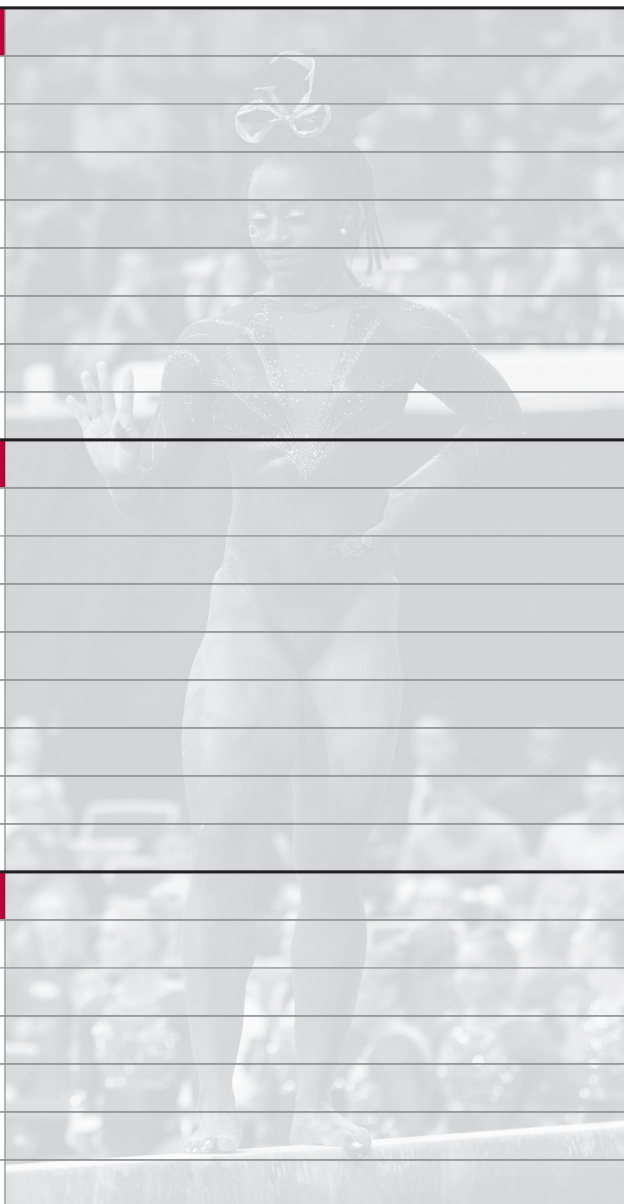
Final Exams Begin

TUESDAY

17

WEDNESDAY

18

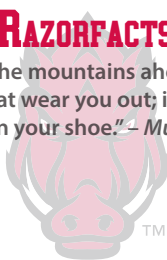


NOVEMBER 2019

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17	18	19	20	21	22	23
24	25	26	27	28	29	30

RAZORFACTS:

"It isn't the mountains ahead to climb that wear you out; it's the pebble in your shoe." – Muhammad Ali



JANUARY 2020

			1	2	3	4
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

THURSDAY

19

Final Exams End

FRIDAY

20

SATURDAY

21

Commencement

SUNDAY

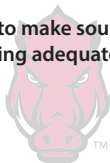
22

First Day of
Winter

DECEMBER 2019

Nutrition Facts: Don't forget to make sound nutrition choices even when you are out of your normal routine. Focus on getting adequate fruits and vegetables, whole grains and lean proteins.

Notes:



MONDAY

23

TUESDAY

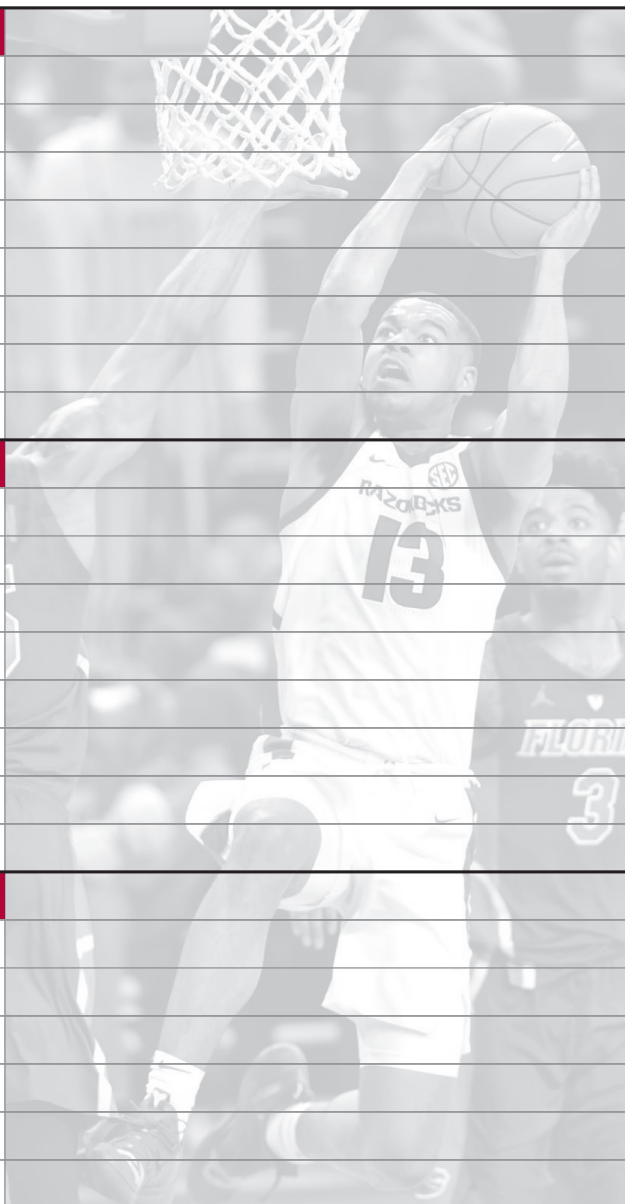
24

Christmas Eve

WEDNESDAY

25

Christmas Day



NOVEMBER 2019

					1	2
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24	25	26	27	28	29	30

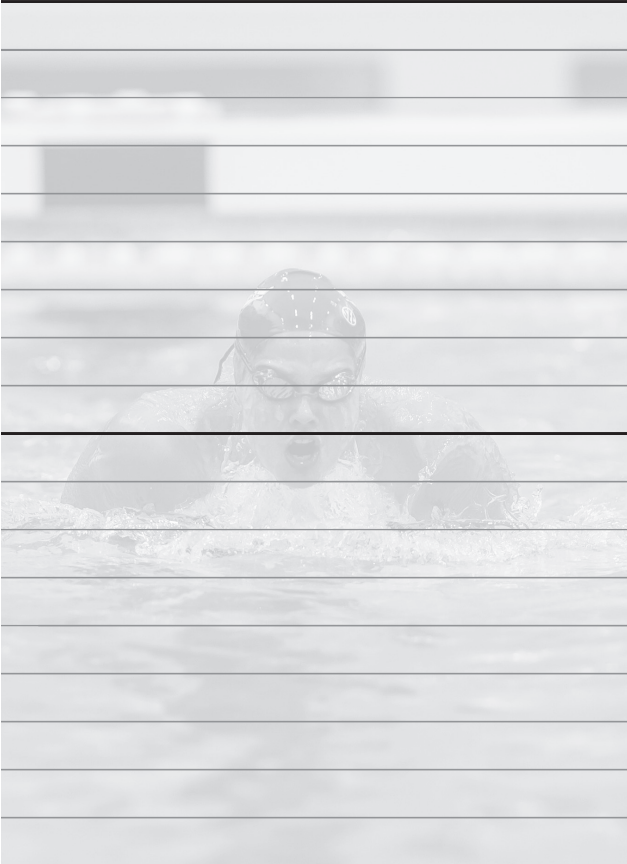
RAZORFACTS:

- A total of \$89,000 was given back to the community through community service and engagement by Razorback Athletics.



JANUARY 2020

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THURSDAY

26

FRIDAY

27

SATURDAY

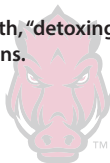
28

SUNDAY

29

DECEMBER 2019

Nutrition Facts: Nutrition Myth, “detoxing” is needed to stay healthy. Fact: Our bodies are properly equipped to remove toxins.



Notes:

MONDAY

30

TUESDAY

31

New Year's Eve

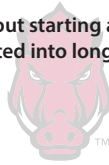
WEDNESDAY

1

New Year's Day

JANUARY 2020

Nutrition Facts: Thinking about starting a new diet? When starting any nutrition plan, focus on behaviors that be incorporated into long term plans.



Notes:

MONDAY

6

TUESDAY

7

WEDNESDAY

8

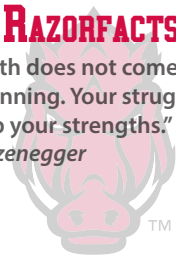


DECEMBER 2019

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29	30	31				

RAZORFACTS:

"Strength does not come from winning. Your struggles develop your strengths." – Arnold Schwarzenegger



FEBRUARY 2020

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16	17	18	19	20	21	22
23	24	25	26	27	28	29



THURSDAY

9

FRIDAY

10

January
Intercession ends

SATURDAY

11

SUNDAY

12

JANUARY 2020

Nutrition Facts: Sleep for Success - Irregular sleep patterns have been shown to diminish performance in both school and athletics.



Notes:

MONDAY

13

Spring Classes

Begin

First 8-week
classes begin

TUESDAY

14

WEDNESDAY

15

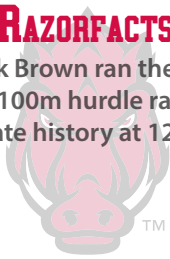


DECEMBER 2019

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22	23	24	25	26	27	28
29	30	31				

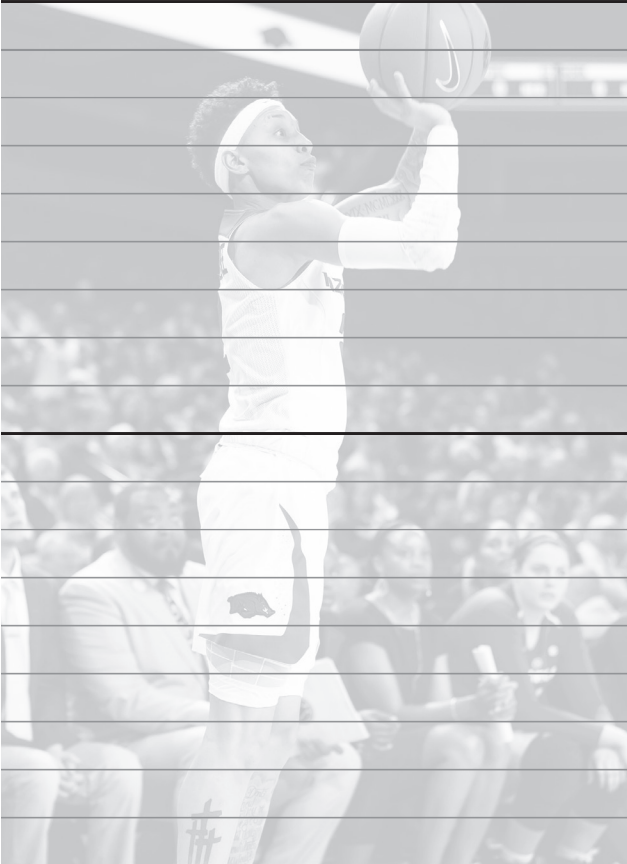
RAZORFACTS:

- Janeek Brown ran the second fastest 100m hurdle race ever in collegiate history at 12.40.



FEBRUARY 2020

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23	24	25	26	27	28	29



THURSDAY

16

FRIDAY

17

SATURDAY

18

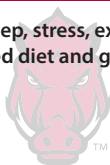
SUNDAY

19

JANUARY 2020

Nutrition Facts: Nutrition, sleep, stress, exercise, among other factors, all play a role in immune health. Eating a well-balanced diet and getting enough sleep will help keep your immune system strong.

Notes:



MONDAY

20

Martin Luther

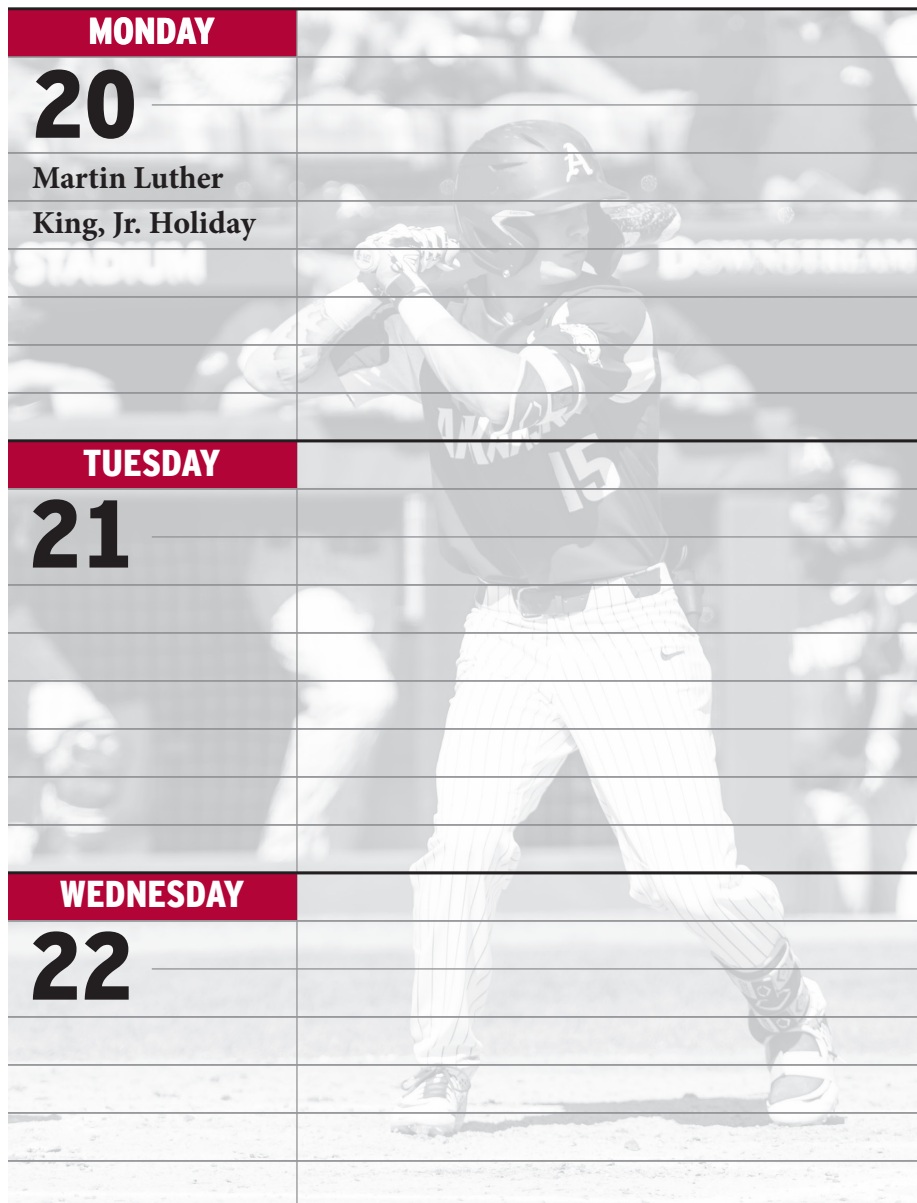
King, Jr. Holiday

TUESDAY

21

WEDNESDAY

22

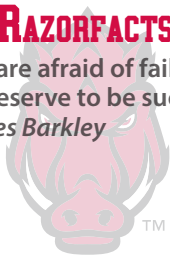


DECEMBER 2019

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29	30	31				

RAZORFACTS:

“If you are afraid of failure, you don’t deserve to be successful.”
– Charles Barkley



FEBRUARY 2020

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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29



THURSDAY

23

FRIDAY

24

SATURDAY

25

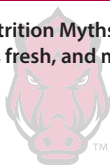
SUNDAY

26

JANUARY 2020

Nutrition Facts: Common Nutrition Myths vs. Facts - Frozen and canned fruits and veggies provide just as many nutrients as fresh, and may even contain more due to being picked at peak freshness and then preserved.

Notes:



MONDAY

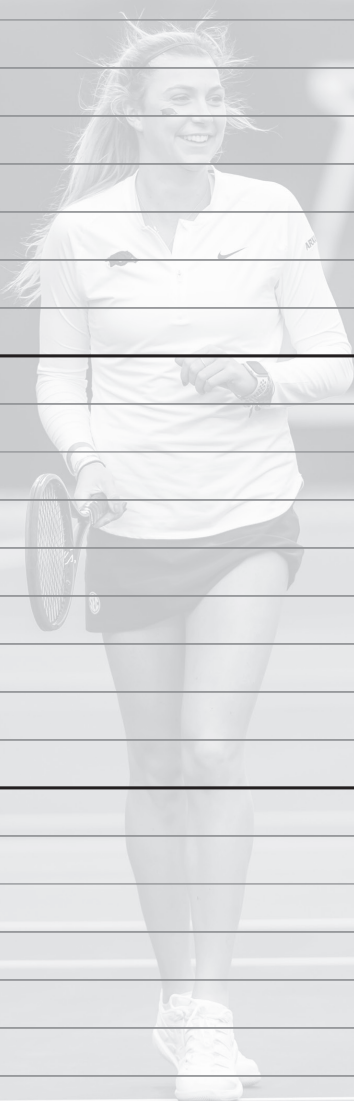
27

TUESDAY

28

WEDNESDAY

29



1	2	3	4	5	6	7
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- Lexi Jacobus and Tori Hoggard are the only sisters in NCAA history to win National championships in the same event in the same year.

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30

31

1

2

Groundhog Day

FEBRUARY 2020

Nutrition Facts: Vegetarian Protein Options- Hard-boiled eggs are a great snack and a protein powerhouse. They contain all of the essential amino acids the body needs to repair/rebuild tissue.

Notes:



MONDAY

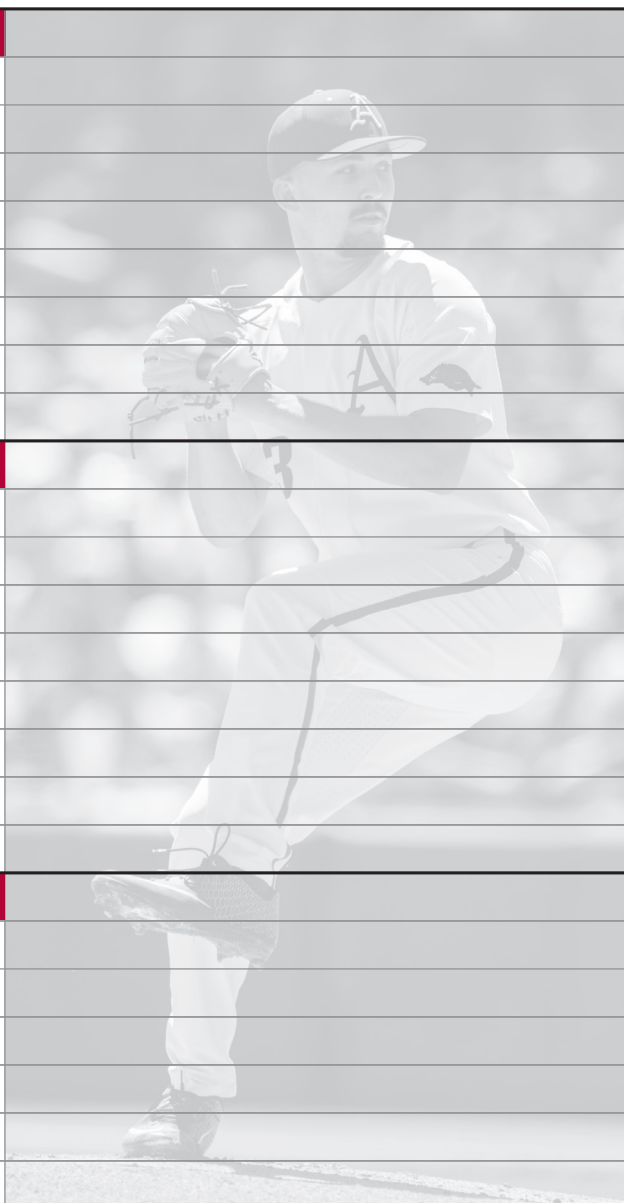
3

TUESDAY

4

WEDNESDAY

5

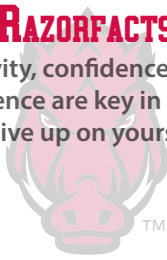


JANUARY 2020

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RAZORFACTS:

"Positivity, confidence, and persistence are key in life, so never give up on yourself." -
Khalid



MARCH 2020

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THURSDAY

6

FRIDAY

7

SATURDAY

8

SUNDAY

9

FEBRUARY 2020

Nutrition Facts: Healthy Substitutions - Greek yogurt contains as much as 17 grams of protein, compared with an average of 9 grams of protein in regular yogurt.



Notes:

MONDAY

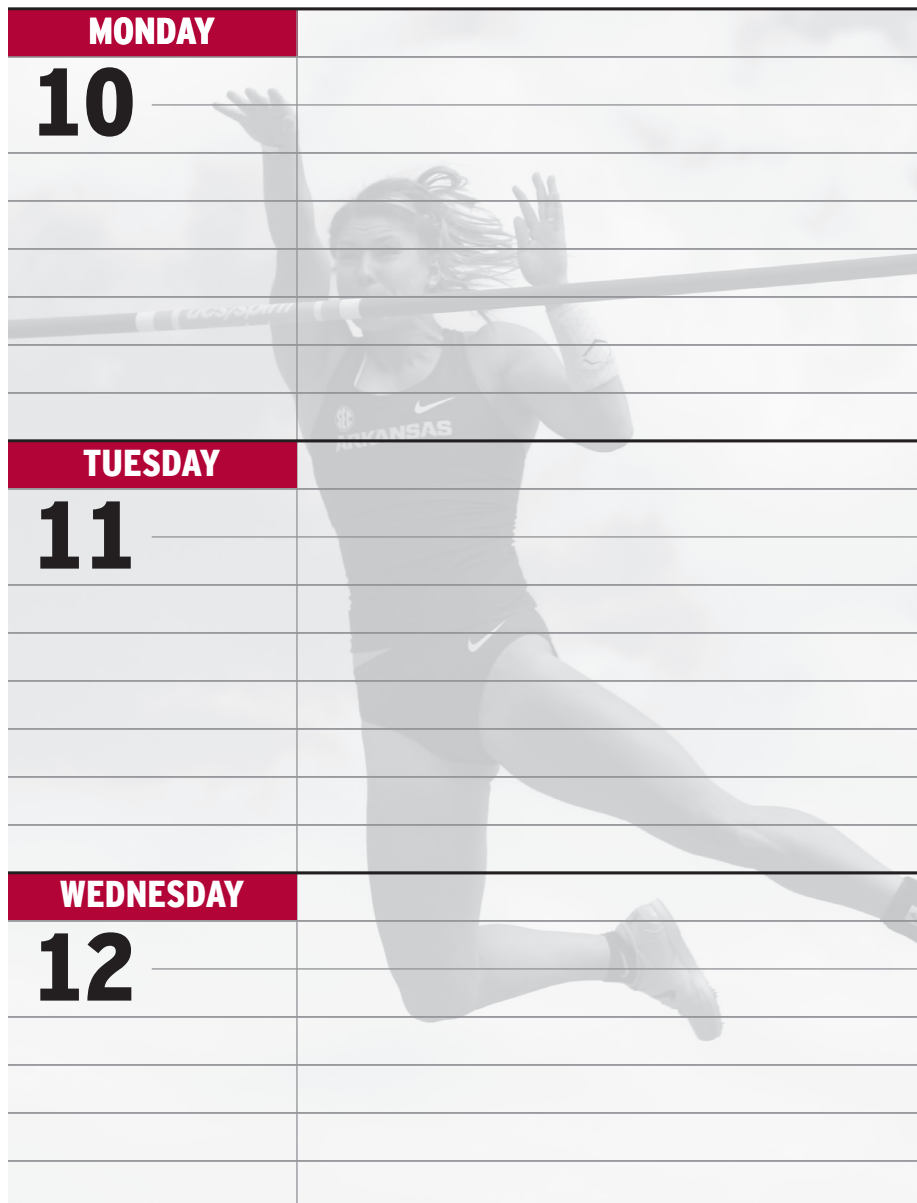
10

TUESDAY

11

WEDNESDAY

12



JANUARY 2020

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12	13	14	15	16	17	18
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RAZORFACTS:

- Since the Razorbacks entered the Southeastern Conference in 1992, we have hosted 101 conference and NCAA regional, & national competitions.

MARCH 2020

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22	23	24	25	26	27	28
29	30	31				

THURSDAY

13

FRIDAY

14

Valentine's Day

SATURDAY

15

SUNDAY

16

FEBRUARY 2020

Nutrition Facts: Shopping Quick Tip – Stock up on frozen foods such as fruits, veggies and lean proteins. They are great ingredients to use when needing to prepare a quick, nutrient dense meal.

Notes:



MONDAY

17

President's Day

TUESDAY

18

WEDNESDAY

19

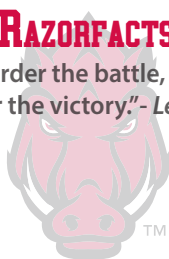


JANUARY 2020

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
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RAZORFACTS:

"The harder the battle, the sweeter the victory."- Les Brown



MARCH 2020

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22	23	24	25	26	27	28
29	30	31				

THURSDAY

20

FRIDAY

21

SATURDAY

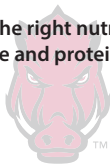
22

SUNDAY

23

FEBRUARY 2020

Nutrition Facts: Looking for the right nutrition bar? Choose one that has minimal ingredients and matches your carbohydrate and protein needs.



Notes:

MONDAY

24

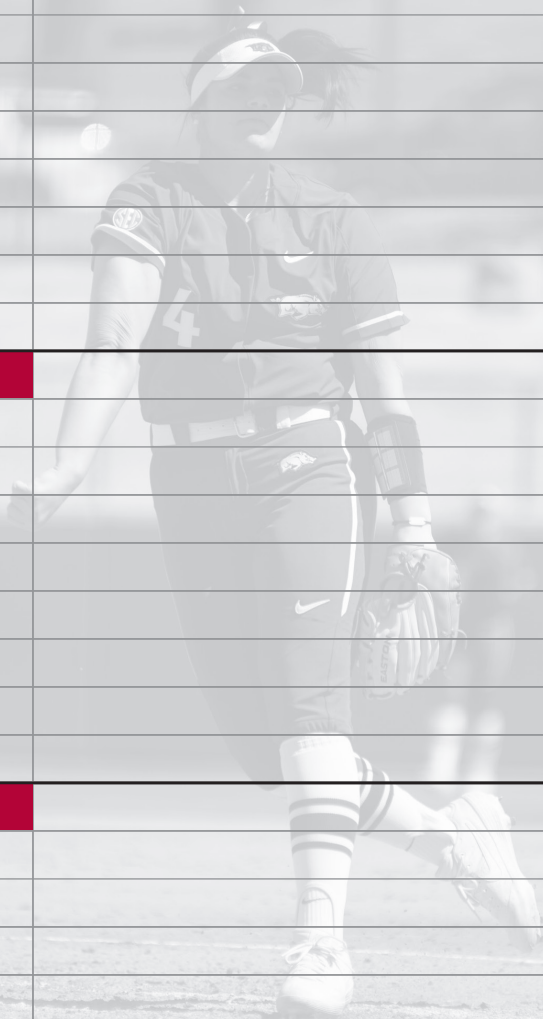
TUESDAY

25

Mardi Gras

WEDNESDAY

26



JANUARY 2020

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RAZORFACTS:

- More than 90% of student-athletes participated in Student-Athlete Development events and initiatives in the 2018-2019 academic year.

MARCH 2020

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

THURSDAY

27

FRIDAY

28

SATURDAY

29

SUNDAY

1

Spring 2020

Graduates:

Graduation

Application Due

MARCH 2020

Nutrition Facts: March is National Nutrition Month! National Nutrition Month was first introduced in 1973 as National Nutrition Week. The campaign focuses on the importance of making informed food choices and developing sound eating habits.

Notes:



MONDAY

2

TUESDAY

3

First 8-week
classes end

WEDNESDAY

4

Second 8-week
classes begin

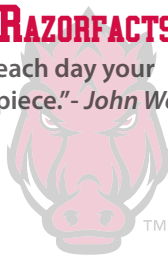


FEBRUARY 2020

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RAZORFACTS:

"Make each day your masterpiece." - John Wooden



APRIL 2020

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THURSDAY

5

FRIDAY

6

SATURDAY

7

SUNDAY

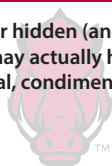
8

Daylight Saving Time Begins

MARCH 2020

Nutrition Facts: Watch out for hidden (and unnecessary) sugar in food and drinks. Some foods that are considered “healthy” may actually have lots of added sugar. These foods include certain kinds of yogurt, granola, cereal, condiments, and drinks.

Notes:



MONDAY

9

TUESDAY

10

WEDNESDAY

11

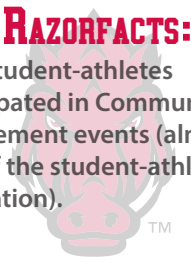
Early progress
grades e-mailed for
1000 & 2000 level
classes

FEBRUARY 2020

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RAZORFACTS:

- 365 student-athletes participated in Community Engagement events (almost 80% of the student-athlete population).



APRIL 2020

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5	6	7	8	9	10	11
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THURSDAY

12

FRIDAY

13

SATURDAY

14

SUNDAY

15

MARCH 2020

Nutrition Facts: 3 Spring Break Tips to use while you're at the beach or vacationing: 1) Hydrate, 2) Avoid foods high in sugar and saturated fats 3) Eat more fruits and vegetables.

Notes:



MONDAY

16

TUESDAY

17

St. Patrick's Day

WEDNESDAY

18

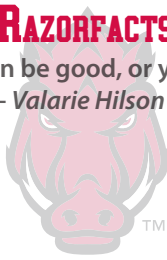


FEBRUARY 2020

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23	24	25	26	27	28	29

RAZORFACTS:

"You can be good, or you can be great." - Valarie Hilson



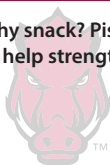
APRIL 2020

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12	13	14	15	16	17	18
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26	27	28	29	30		

	THURSDAY
	19
	FRIDAY
	20
SATURDAY	SUNDAY
21	22

MARCH 2020

Nutrition Facts: Need a healthy snack? Pistachios are a great source of fiber, contain no cholesterol and contain vitamins that help strengthen the immune system.



Notes:

MONDAY

23

Spring Break

TUESDAY

24

Spring Break

WEDNESDAY

25

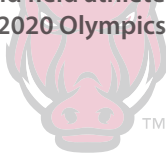
Spring Break

FEBRUARY 2020

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9	10	11	12	13	14	15
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23	24	25	26	27	28	29

RAZORFACTS:

- Matt Young is the youngest track and field athlete to qualify for the 2020 Olympics trials.



APRIL 2020

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12	13	14	15	16	17	18
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THURSDAY

26

Spring Break

FRIDAY

27

Spring Break

University Holiday

SATURDAY

28

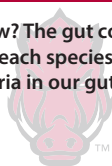
SUNDAY

29

MARCH 2020

Nutrition Facts: Did you know? The gut contains about 100 trillion bacteria. Each group of bacteria has different species, and each species has different strains. Consuming a probiotic can help to increase the “good” bacteria in our gut.

Notes:



MONDAY

30

Priority

Registration for
currently enrolled
students starts

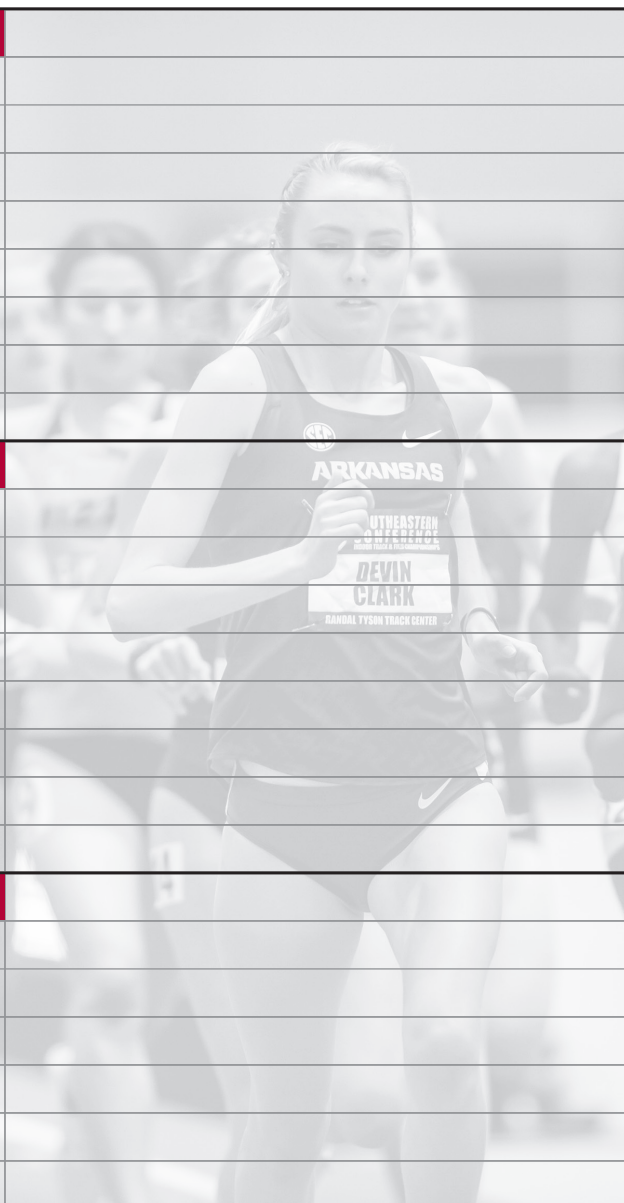
TUESDAY

31

WEDNESDAY

1

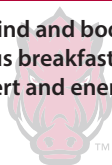
April Fool's Day



APRIL 2020

Nutrition Facts: A strong mind and body are essential for student-athletes. Starting your day with a nutritious breakfast increases performance of the brain and body allowing you to be more alert and energized throughout the day

Notes:



MONDAY

6

TUESDAY

7

WEDNESDAY

8



MARCH 2020

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

RAZORFACTS:

- Maria Fassi was the 2019 NCAA Individual National Champion for women's golf.



MAY 2020

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

THURSDAY

9

FRIDAY

10

SATURDAY

11

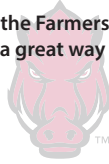
SUNDAY

12

APRIL 2020

Nutrition Facts: Shopping at the Farmers' Market - Buying food at the Fayetteville Farmers' Market (or other local markets) is a great way to consume freshly picked and in-season fruits and vegetables!

Notes:



MONDAY

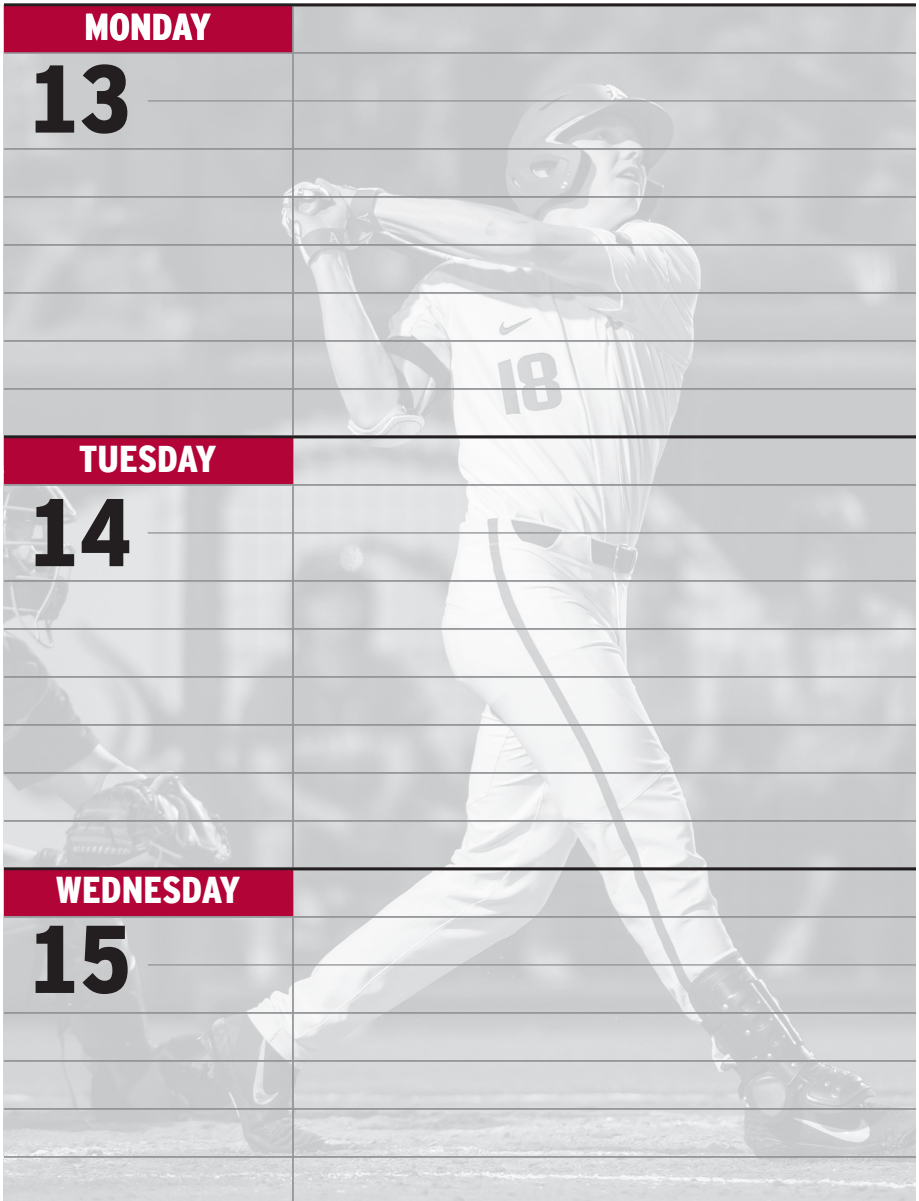
13

TUESDAY

14

WEDNESDAY

15

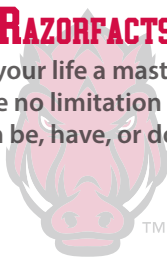


MARCH 2020

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

RAZORFACTS:

“Make your life a masterpiece,
imagine no limitation on what
you can be, have, or do.” - Brian
Tracy



MAY 2020

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
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31						

THURSDAY

16

FRIDAY

17

Drop with W
Deadline: Full
Semester Classes

SATURDAY

18

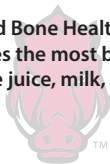
SUNDAY

19

APRIL 2020

Nutrition Facts: Sunshine and Bone Health - Vitamin D is needed for optimal muscle recovery. Exposure to the sun provides the most bioavailable source of Vitamin D. Healthy food choices include fortified 100% orange juice, milk, and salmon, although

Notes:



MONDAY

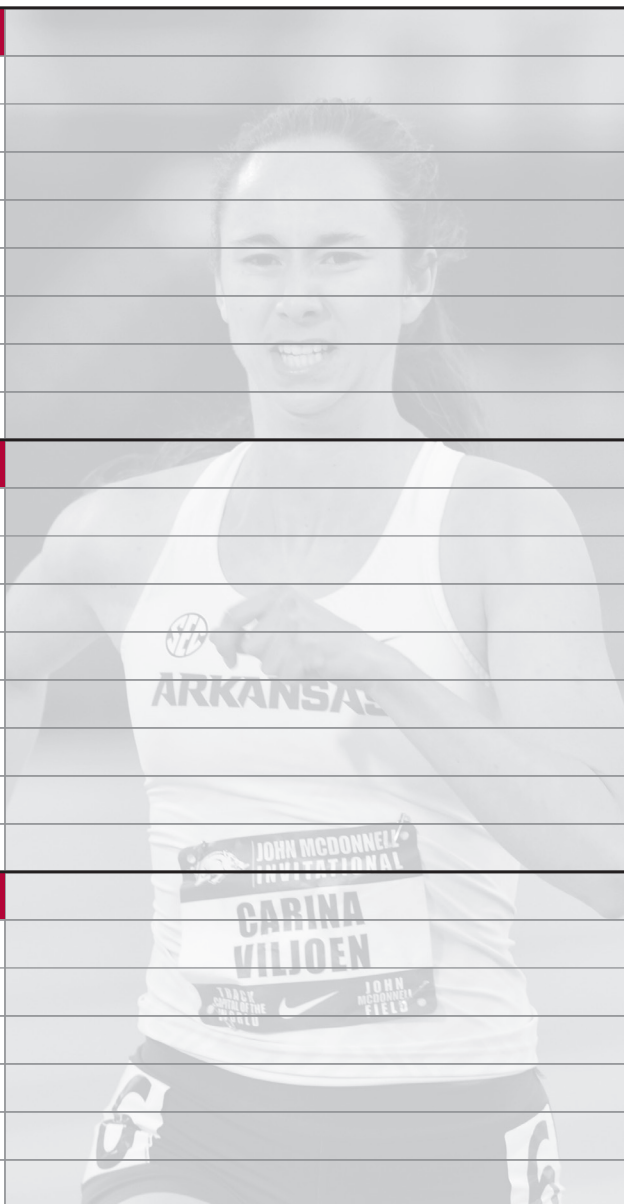
20

TUESDAY

21

WEDNESDAY

22



MARCH 2020

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

RAZORFACTS:

- The Razorback foundation raised a total of \$34.6 million.



MAY 2020

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

THURSDAY

23

FRIDAY

24

SATURDAY

25

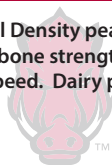
SUNDAY

26

APRIL 2020

Nutrition Facts: Bone Mineral Density peaks in your early to mid 20's. Calcium and Vitamin D provide a synergistic effect on bone strength. Maximize your bone strength to improve your overall strength, stamina, and speed. Dairy products, kale, and broccoli are excellent sources of calcium.

Notes:



MONDAY

27

Earth Day

TUESDAY

28

WEDNESDAY

29



MARCH 2020

1	2	3	4	5	6	7
8	9	10	11	12	13	14
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22	23	24	25	26	27	28
29	30	31				

RAZORFACTS:

"Don't let yesterday take up too much of today." – Will Rogers



MAY 2020

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31						

THURSDAY

30

- Last day to make up incomplete marks for the previous semester attended
- Last Day of 2nd 8 weeks classes.
- Last Day of Classes

FRIDAY

1

Dead Day

SATURDAY

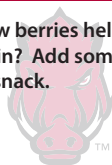
2

SUNDAY

3

MAY 2020

Nutrition Facts: Did you know berries help boost memory function because they contain a flavonoid called anthocyanin? Add some to your oatmeal or cereal; toss some in your salad; or simply enjoy a handful as a snack.



Notes:

MONDAY

4

Final Exams Begin

TUESDAY

5

Cinco de Mayo

WEDNESDAY

6

APRIL 2020

			1	2	3	4
5	6	7	8	9	10	11
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26	27	28	29	30		

RAZORFACTS:

- The Academic GPA for the 2018-2019 academic year for athletics was a 3.24 GPA, making it the 18th consecutive semester for student-athletes to earn a 3.00 or higher GPA.

JUNE 2020

	1	2	3	4	5	6
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21	22	23	24	25	26	27
28	29	30				

THURSDAY

7

Final Exams End

FRIDAY

8

Commencement

SATURDAY

9

Commencement

SUNDAY

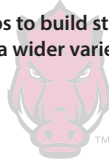
10

Mother's Day

MAY 2020

Nutrition Facts: Calcium helps to build stronger bones. Calcium is abundant in dairy products, but make sure to consume a wider variety of foods containing calcium such as dark green leafy vegetables.

Notes:



MONDAY

11

First day of May

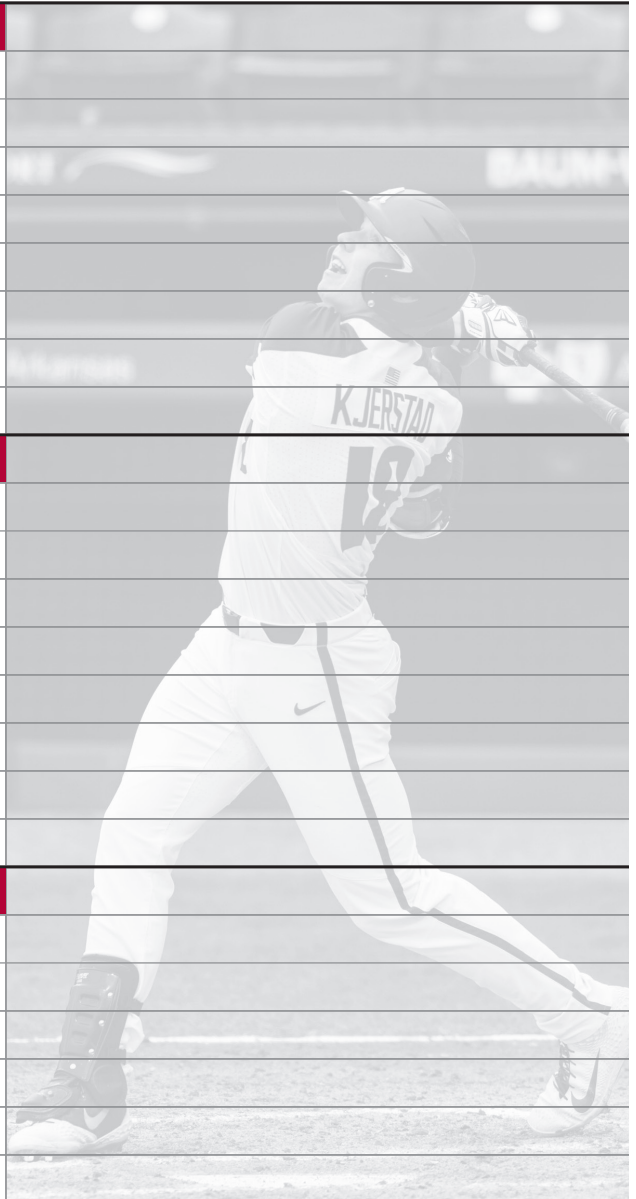
Intersession

TUESDAY

12

WEDNESDAY

13

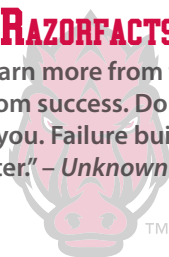


APRIL 2020

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RAZORFACTS:

"You learn more from failure than from success. Don't let it stop you. Failure builds character." – Unknown



JUNE 2020

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28	29	30				

THURSDAY

14

FRIDAY

15

SATURDAY

16

Armed Forces Day

SUNDAY

17

MAY 2020

Nutrition Facts: Increase the amount of fiber in your diet by choosing more fruits, vegetables, beans, and whole grains. Aim for 30 grams of fiber per day.

Notes:



MONDAY

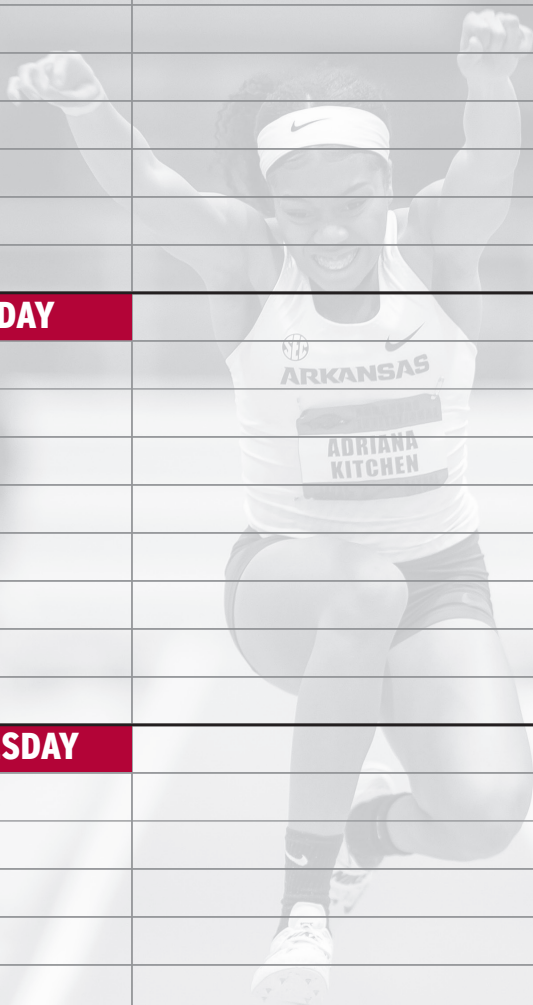
18

TUESDAY

19

WEDNESDAY

20



APRIL 2020

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RAZORFACTS:

- Razorback Athletics has an annual economic impact of more than \$160 million.



JUNE 2020

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THURSDAY

21

FRIDAY

22

Last day of
classes for May
Intersession

SATURDAY

23

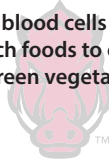
SUNDAY

24

MAY 2020

Nutrition Facts: Healthy red blood cells are rich in iron and carry oxygen to your working muscles. Consume iron-rich foods to ensure your muscles have plenty of oxygen and energy – Foods include leafy green vegetables, red meat, egg yolks, and fish.

Notes:



MONDAY

25

Memorial Day
Holiday

TUESDAY

26

1st five week
session classes
begin (Summer I)

WEDNESDAY

27

APRIL 2020

			1	2	3	4
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RAZORFACTS:

"Watch your thoughts, they become your words; watch your words, they become your actions; watch your actions, they become your habits; watch your habits, they become your character; watch your character, it becomes your destiny." – Lao Tzu

JUNE 2020

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THURSDAY

28

FRIDAY

29

SATURDAY

30

SUNDAY

31

JUNE 2020

Nutrition Facts: Vitamin A has been shown to improve vision, immune health, and decrease inflammation. Low-fat dairy products, carrots, sweet potatoes, and green leafy vegetables are packed with vitamin A.

Notes:



MONDAY

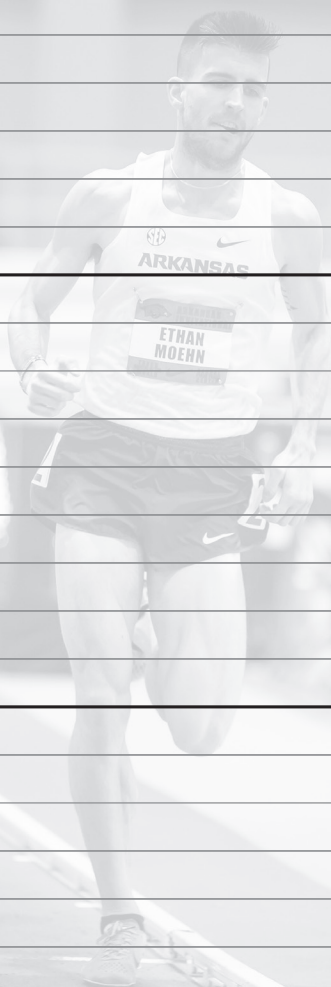
1

TUESDAY

2

WEDNESDAY

3



MAY 2020

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RAZORFACTS:

- Even with its rich tradition of hosting the penultimate rounds of NCAA competition, the University of Arkansas made history in 2018-19 by hosting the longest and most comprehensive NCAA event in its history. The 2019 NCAA Men's and Women's Golf Championships coming to Northwest Arkansas was the result of a shared vision by John Tyson, Owner of Blessings Golf Club and the University of Arkansas.

JULY 2020

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THURSDAY

4

FRIDAY

5

SATURDAY

6

SUNDAY

7



JUNE 2020

Nutrition Facts: Magnesium increases energy, aids in digestion, promotes bowel movements, and relieves muscle aches.



Notes:

MONDAY

8

TUESDAY

9

WEDNESDAY

10

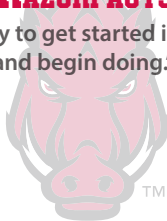


MAY 2020

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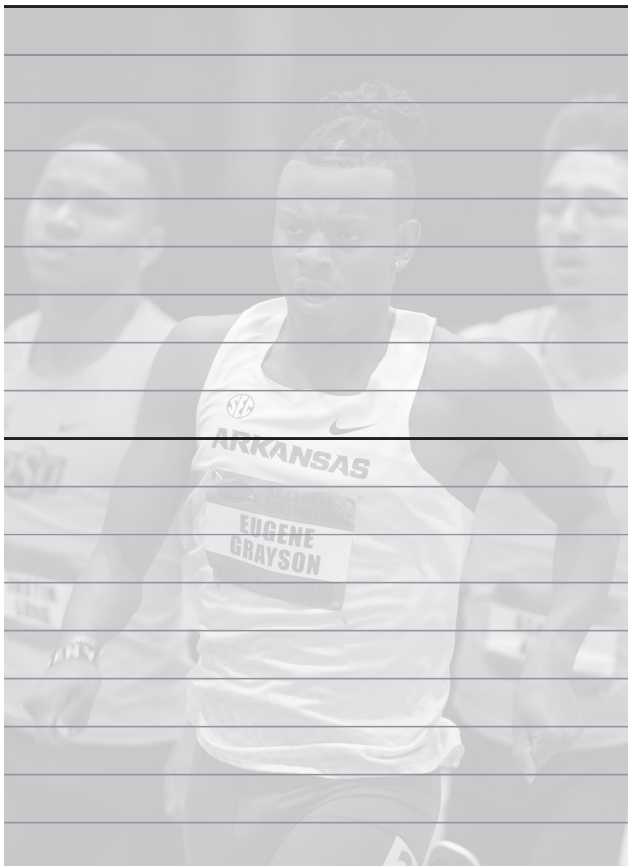
RAZORFACTS:

"The way to get started is to quit talking and begin doing." – Walt Disney



JULY 2020

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26	27	28	29	30	31	



THURSDAY

11

FRIDAY

12

SATURDAY

13

SUNDAY

14

Flag Day

First Day of Summer

JUNE 2020

Nutrition Facts: Potassium improves muscle function and prevents muscle cramps while also boosting metabolism and enhancing muscle strength.



Notes:

MONDAY

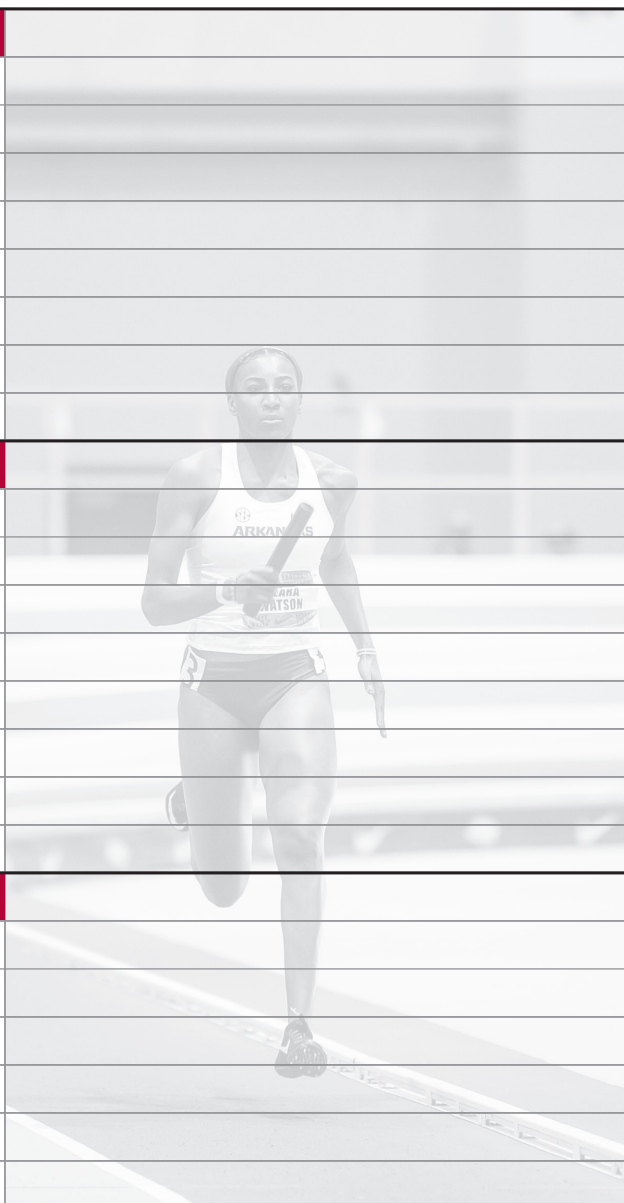
15

TUESDAY

16

WEDNESDAY

17



MAY 2020

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RAZORFACTS:

- We bid adieu to Tusk IV as he finished his reign as our live mascot at the end of the 2018-19 year. As Tusk IV enjoys the fruits of retirement at his home on the Stokes Family Farm in Dardanelle, his son Tusk V is primed and ready to take over the family tradition beginning this fall.

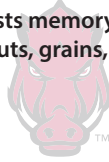
JULY 2020

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		THURSDAY 18
		FRIDAY 19
SATURDAY 20	SUNDAY 21 Father's Day	

JUNE 2020

Nutrition Facts: Niacin boosts memory, promotes healthy brain functioning, and aids in digestion. Found in fish, nuts, grains, and more.



Notes:

MONDAY

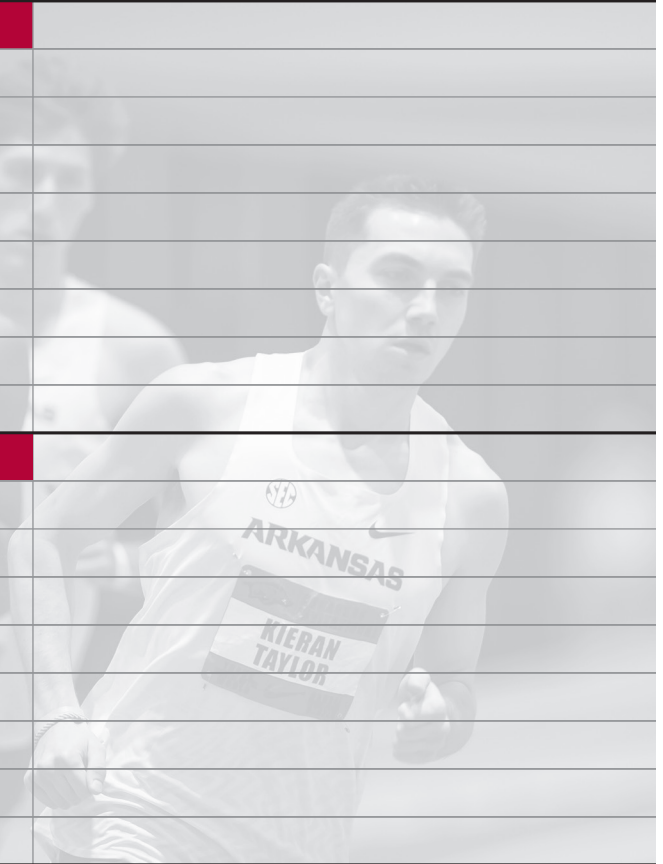
22

TUESDAY

23

WEDNESDAY

24



MAY 2020

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17	18	19	20	21	22	23
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RAZORFACTS:

"The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty." – Winston Churchill



JULY 2020

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THURSDAY

25

FRIDAY

26

Last day of classes
1st 5-week session
(Summer I)

SATURDAY

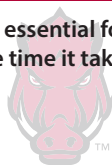
27

SUNDAY

28

JUNE 2020

Nutrition Facts: Nutrition is essential for injury recovery, and poor nutrition will impair recovery and lengthen the time it takes an athlete to return to play.



Notes:

MONDAY

29

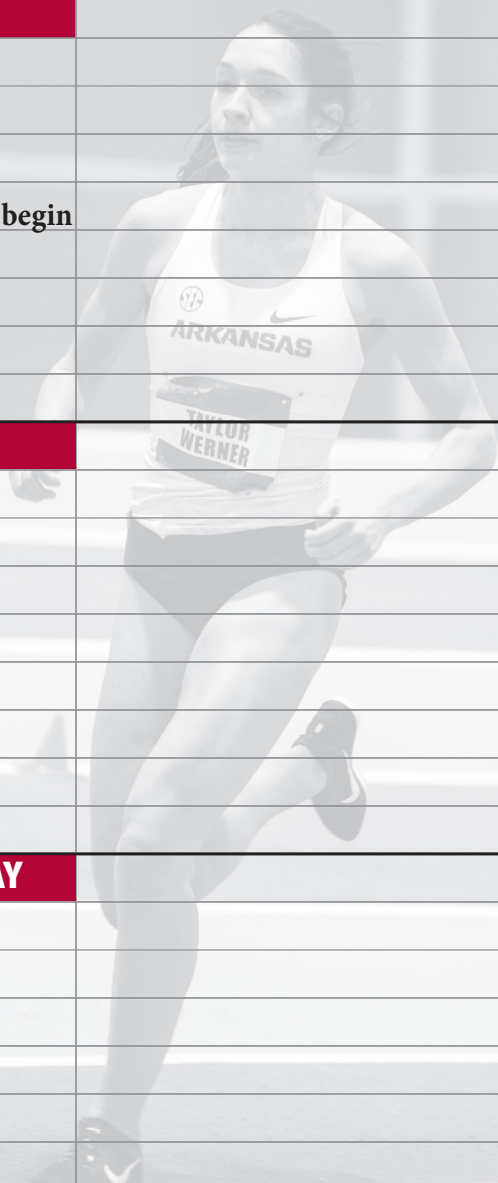
2nd 5-week
session classes begin
(Summe II)

TUESDAY

30

WEDNESDAY

1



JUNE 2020

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RAZORFACTS:

- 4 student-athletes became NCAA National Champions throughout the 2018-2019 year, including Janeek Brown, Maria Fassi, Tori Hoggard, and Lexi Jacobus.

AUGUST 2020

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16	17	18	19	20	21	22
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30	31					

THURSDAY

2

FRIDAY

3

University Holiday
for Independence
Day

SATURDAY

4

Independence Day

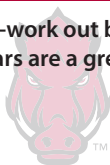
SUNDAY

5

JULY 2020

Nutrition Facts: Need a mid-work out boost? Gummies, chews, gels, and goos that are composed of simple sugars are a great way to get a quick boost of energy during your workouts!

Notes:



MONDAY

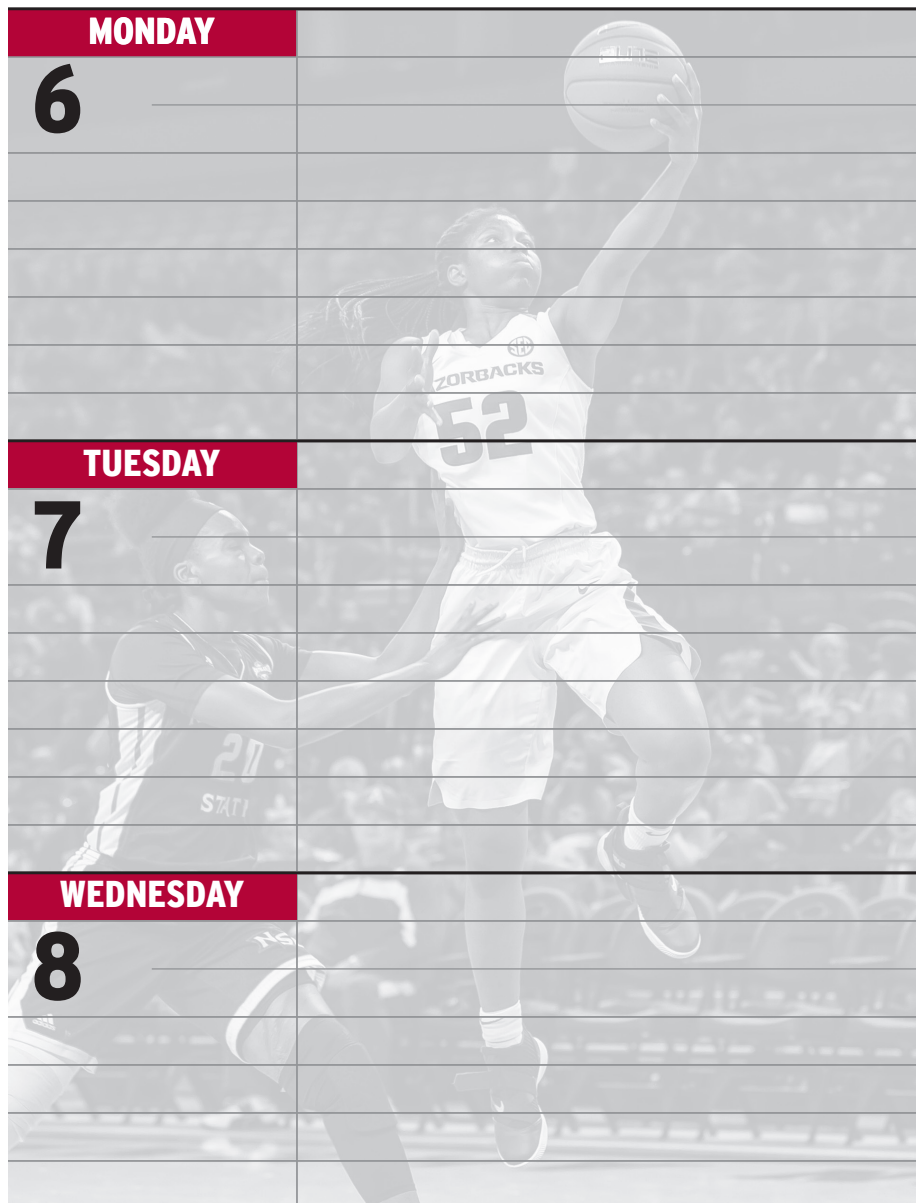
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TUESDAY

7

WEDNESDAY

8

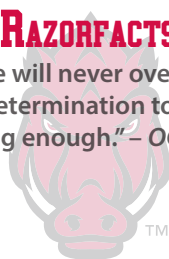


JUNE 2020

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RAZORFACTS:

"Failure will never overtake me if my determination to succeed is strong enough." – OG Mandino



AUGUST 2020

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THURSDAY

9

FRIDAY

10

SATURDAY

11

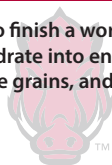
SUNDAY

12

JULY 2020

Nutrition Facts: Struggling to finish a workout? You might need more vitamin B. This micronutrient helps convert carbohydrate into energy and produce red blood cells. Some options include tuna, black beans, whole grains, and peanuts.

Notes:



MONDAY

13

TUESDAY

14

WEDNESDAY

15

Last day of classes

8-week session

JUNE 2020

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7	8	9	10	11	12	13
14	15	16	17	18	19	20
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28	29	30				

RAZORFACTS:

- In 2018, on Friday, August 31st, the inaugural ONE Hog Call gathered fans to participate from 40 states, 16 countries, 62 schools, 65 Arkansas businesses, plus the inclusion of over 19,000 students in Arkansas.

AUGUST 2020

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30	31					

THURSDAY

16

FRIDAY

17

SATURDAY

18

SUNDAY

19

JULY 2020

Nutrition Facts: The proper recovery nutrition includes carbohydrates to replenish glycogen stores and protein to rebuild muscle tissue.



Notes:

MONDAY

20

TUESDAY

21

WEDNESDAY

22

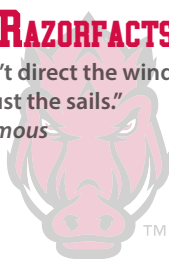
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JUNE 2020

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21	22	23	24	25	26	27
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RAZORFACTS:

"We can't direct the wind, but we
can adjust the sails."
- Anonymous



AUGUST 2020

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THURSDAY

23

FRIDAY

24

SATURDAY

25

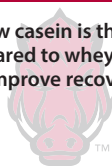
SUNDAY

26

JULY 2020

Nutrition Facts: Did you know casein is the most abundant protein in milk? Casein is a slower digesting protein when compared to whey. In recent studies, consuming 20-25 grams of protein before bed has shown to improve recovery times and muscular strength in resistance trained athletes.

Notes:



MONDAY

27



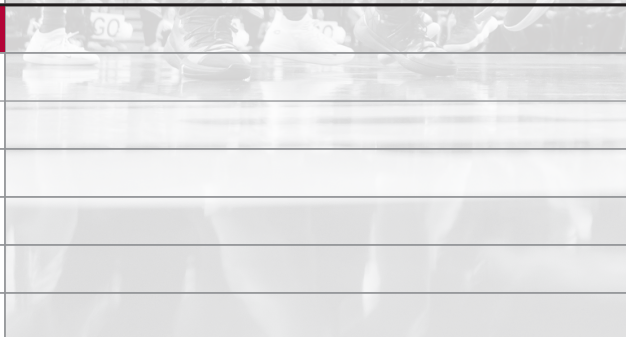
TUESDAY

28



WEDNESDAY

29



JUNE 2020

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RAZORFACTS:

- During the 10th annual Shop with Razorback SAAC raised \$1,837 to provide 10 local elementary kids with toys, gift cards, and winter jackets during the holiday season. TM

AUGUST 2020

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30	31					

THURSDAY

30

FRIDAY

31

Summer II classes
ends

SATURDAY

1

SUNDAY

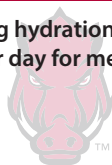
2

2nd 5-week
session classes ends

AUGUST 2020

Nutrition Facts: Maintaining hydration is key to maximum performance. The minimum daily value of fluids per day for men is 3.7 L (1 gallon) and 2.7 L for women.

Notes:



MONDAY

3

TUESDAY

4

WEDNESDAY

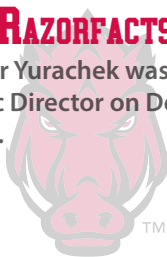
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JULY 2020

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RAZORFACTS:

- Hunter Yurachek was named Athletic Director on December 4, 2017.



SEPTEMBER 2020

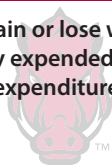
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27	28	29	30			

		THURSDAY
		6
		FRIDAY
		7
SATURDAY		SUNDAY
8		9

AUGUST 2020

Nutrition Facts: Trying to gain or lose weight? If weight loss is your goal, caloric intake must be lower than energy expended. If weight gain is your goal, your caloric intake must exceed your energy expenditure.

Notes:



MONDAY

10

TUESDAY

11

WEDNESDAY

12

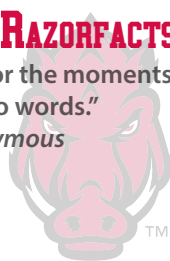
JULY 2020

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RAZORFACTS:

"Live for the moments you can't put into words."

- Anonymous



SEPTEMBER 2020

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THURSDAY

13

FRIDAY

14

SATURDAY

15

SUNDAY

16

AUGUST 2020

Nutrition Facts: Daily intake of vitamins and minerals can all be found in a well-balanced diet.

Notes:



MONDAY

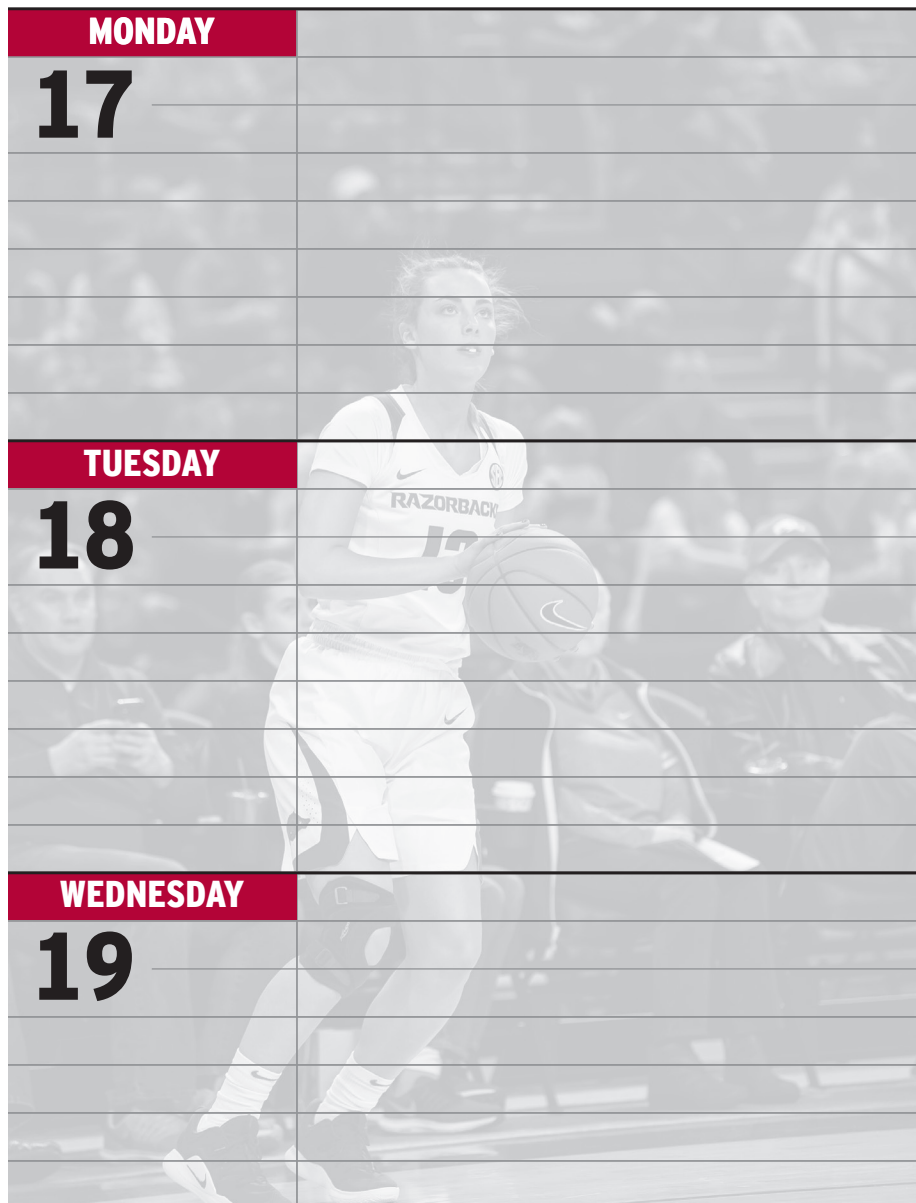
17

TUESDAY

18

WEDNESDAY

19



JULY 2020



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RAZORFACTS:

- Following a first-place finish at the 2018 NCAA South Central Region Championship, the Arkansas men's cross country head coach Chris Bucknam was recognized for his team's dominance this season and named the NCAA Men's South Central Coach of the Year by the USTFCCA .

SEPTEMBER 2020

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	THURSDAY
	20
	FRIDAY
	21
SATURDAY	SUNDAY
22	23



ONE

RAZORBACK





ARKANSAS RAZORBACK WOMEN'S GOLF TEAM 2019 LEE SPENCER CUP CHAMPIONS

Credits

*This handbook was produced by
University of Arkansas Intercollegiate Athletics*

*Design and printing by
University of Arkansas
Print • Mail • Copy Solutions*



**RAZORBACK GRADUATES
FALL CLASS OF 2018
SPRING CLASS OF 2019**