Quinnipiac University Athletics
2019-2020

Department of Athletics and Recreation
Student-Athlete Handbook

The information in this book was the best available at press time. Watch for additional information and changes.
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August 2019

Dear Quinnipiac Student-Athletes,

On behalf of the Quinnipiac Athletics administrative staff and coaches, welcome to a new academic year and another athletic season! We celebrated some outstanding achievements last year and look forward to what the new year will bring for you both in the classroom and competitively in your sport.

As we embark on this new year, I want to remind you that as a student-athlete at Quinnipiac you represent yourself, your family, your team, and the University at all times. Whether you are interacting with the campus community or attending a social activity off-campus, make wise and safe decisions regarding your behavior.

All students at Quinnipiac have a responsibility to follow the policies and procedures laid out in the Student Handbook. However, because you are a varsity student-athlete here at Quinnipiac, you have an added responsibility to also act within the policies and procedures set forth by the NCAA, your sport’s conference, and the Department of Athletics and Recreation. The content found within this student-athlete handbook presents information to help you understand the scope of what it means to be a student-athlete at Quinnipiac.

This handbook is meant to act as a guide for you as you make decisions throughout the year. We have many resources and support services to assist you. Use this handbook to find the resources available and to take the appropriate course of action. If you have any questions about what is contained in this handbook, ask your captains, coaches, academic support staff, compliance staff members, or the athletics administrator who functions as your sport’s supervisor for help in understanding your obligations as a student-athlete.

We have high standards for excellence, and your goal should be to push yourself to be the best you can both academically and athletically. We look forward to watching you compete this season. Best wishes for the year ahead! Go Bobcats!

Sincerely,

Greg Amodio
Director of Athletics and Recreation
UNIVERSITY POLICIES & ETHICAL CONDUCT

STUDENT-ATHLETE CONDUCT

All students at Quinnipiac must adhere to the University’s Student Code of Conduct policy, which can be found in the Student Handbook. In addition, as a student-athlete you represent not only yourself and your team, but your school, and your family as well. As a student-athlete you are an ambassador of Quinnipiac University, the athletic department, the conference your team competes in, and your team. Student-athletes are expected to:

• Conduct yourself in a manner reflecting positively on you and on the reputation of the University, both on and off the “field of play”, at home and on away visits.
• Adhere to the applicable NCAA rules and policies addressed in the NCAA student-athlete statement signed each year.
• Comply with specific team rules, as established by the team and head coach and/or athletic administration: dress code, curfew, alcohol/drug, travel, etc.
• Conduct yourself with honesty and good sportsmanship during games, competition, and travel.
• Maintain an attitude of respect toward opponents, officials and spectators.

ACADEMIC RESPONSIBILITY

The athletic department is committed to the development of our student-athletes on the field and in the classroom. It is our goal that every student-athlete graduates with a degree from Quinnipiac. While there are many support programs on campus to help achieve this expectation, ultimately you must take responsibility for your academic endeavors. During your championship season, it is likely that class absences will occur. However, the athletic department will make every attempt to minimize the amount of missed class time. For more information related to academic responsibilities and policies, including the University’s Academic Integrity Policy please see the Academic Services section.

HAZING

Student-athletes are advised that Quinnipiac University policy and Connecticut statutes prohibit a student organization, student, or alumnus from conducting or condoning hazing activities. Hazing activities are defined by the Quinnipiac student handbook as any action taken or situation created intentionally as a method of initiation into any student organization, student athletic team or group of students, whether on or off campus, to create mental or physical discomfort, embarrassment, harassment, ridicule, physical or psychological shock or possibly mental or physical injury.

The expressed or implied consent of the person being hazed is not a defense. Knowledge of, apathy toward or acquiescence in the presence of hazing are not neutral acts and will be construed as violations of this standard.

Activities not consistent with student organization procedures, fraternity/sorority rituals or policies, Connecticut State Hazing Law (Sec. 53-23a. Hazing), student athletic policies and/or Quinnipiac policies will not be condoned or supported by the university. The University’s athletics and recreation staff will report any hazing activity. Violators are subject to the full range of sanctions, including dismissal or expulsion, as well as criminal prosecution. Under Connecticut statute, student organizations which engage in hazing forfeit all rights and privileges to operate.
BIAS, HARASSMENT AND DISCRIMINATION POLICY

Quinnipiac University values diversity, multiculturalism, and respect for others in an environment free from bias. The university is committed to providing a safe and respectful educational and work environment that prohibits discrimination and harassment on the basis of race, religion, ethnicity, ability, national origin, age, gender identity, gender expression, sex, sexual orientation or veteran status. Such behaviors or attitudes undermine the environment of equity and mutual respect that is essential to fulfill the university’s mission as articulated in the university’s Strategic Plan for Inclusiveness, Multiculturalism and Globalism in Education (IMaGinE).

Discriminatory or bias-related acts by students, faculty or staff will be addressed through the appropriate disciplinary processes. Any act of reprisal, interference, restraint, penalty discrimination, coercion or harassment against the university community for using these policies responsibly interferes with free expression and openness and violates this policy. Accordingly, members of the university community are prohibited from acts of reprisal against those who report incidents to the university, are involved as witnesses or otherwise try to responsibly use this policy. This policy will help to create an atmosphere in which allegations of discrimination or harassment are dealt with in a timely, private, fair and effective manner.

TITLE IX POLICY AGAINST GENDER-BASED DISCRIMINATION AND SEXUAL HARASSMENT

Quinnipiac University is committed to the equitable treatment of male and female student-athletes. This includes, but is not limited to, equitable allocation of athletic participation opportunities, scholarships, and benefits. The associate vice president of operations serves as the university Title IX coordinator and manages the University’s compliance with Title IX. When a student, faculty or staff member, or another participant in the University’s programs and activities feel that she or he has been subjected to discrimination on the basis of sex, she or he may contact the Title IX coordinator or utilize the Title IX grievance procedures to bring concerns forward for the purpose of obtaining a prompt and equitable resolution.

Prohibitions against discrimination and harassment do not extend to statements and written materials that are germane to the classroom or academic course of study. The Title IX Policy Against Gender-Based Discrimination and Sexual Harassment is intended to define university standards and to outline the investigation and grievance processes when those standards are violated.

General Title IX Grievance Procedures

Any Quinnipiac student, faculty or staff member who believes that s/he has been subjected to discrimination prohibited by Title IX, or that the University has failed to meet its Title IX obligations regarding equity in athletics, may bring such concerns to the attention of the University’s Title IX coordinator to obtain a prompt and equitable resolution.

The University’s Title IX coordinator is:

Catlin Wells, Title IX Coordinator
CCE 180 B
Catlin.wells@qu.edu 203-582-7327
Students, faculty and staff may bring concerns to the University Title IX coordinator on an informal basis. Where appropriate, the Title IX coordinator will provide counseling and advice and may attempt to facilitate an informal resolution. The University Title IX coordinator also is available to receive and address such allegations through the formal grievance procedures described in the Title IX Policy. Complainants who are considering bringing a formal grievance may at any time meet with the University Title IX coordinator, who will discuss the matter and describe the formal grievance process. Where appropriate and with prior notice where applicable, these grievance procedures may be modified or amended by the University Title IX coordinator.

The University Title IX coordinator has the authority to investigate allegations of discrimination prohibited by Title IX even absent the filing of a formal grievance, or after its subsequent withdrawal. Additionally, the University Title IX coordinator may proceed with investigating a formal or informal grievance even if a complainant specifically requests that the matter not be pursued.

A brochure “TITLE IX POLICY” Quick Reference Guide for Student Athletes” can be found on the Department of Athletics and Recreation at Gobobcats.com.

**NCAA SEXUAL VIOLENCE EDUCATION POLICY**

Effective as of the 2017-18 academic year, the NCAA Board of Governors adopted an Association-wide policy to address campus sexual violence. Specifically, each university chancellor/president, director of athletics and Title IX coordinator must attest annually that:

1. The athletics department is fully knowledgeable about, integrated into, and compliant with institutional policies and processes regarding sexual violence prevention and proper adjudication and resolution of acts of sexual violence.
2. The institutional policies and processes regarding sexual violence prevention and adjudication, and the name and contact information for the campus Title IX coordinator are readily available within the department of athletics and are provided to student-athletes.
3. All student-athletes, coaches, and staff have been educated on sexual violence prevention, intervention and response, to the extent allowable by state law and collective bargaining agreements.

The department of athletics will provide education annually to student-athletes. Training sessions or online modules are a requirement for participation in your sport and must be completed within the timeframe set by the department.

**TRANSGENDER AND GENDER IDENTITY**

What does “Transgender” mean? “Transgender” describes an individual whose gender identity (one’s internal psychological identification as female, male, neither or both) does not match the gender they were assigned at birth. For example, a male-to-female (MTF) transgender person is someone who was considered male at birth, but who identifies as a girl or a woman. A female-to-male (FTM) transgender person is someone who was considered female at birth, but who identifies as a boy or a man.

Individuals can have a non-binary gender identity; their gender identity is neither male nor female, or is a blend of genders. An increasing number of people are publicly identifying as transgender (or “trans”), meaning that their internal sense of their gender identity is different from the gender they were assigned at birth.
The medical community (and increasingly, employers, schools, and courts) now recognize that it is essential to the health and well-being of all people to be able to live in accordance with their internal gender identity, whether that reflects their gender assigned at birth or not, in all aspects of life—restroom usage is an example and is a necessary part of that experience.

What happens if I am being harassed or bullied because of my sexual orientation, gender expression or gender identity?

There are many people on campus who are trained and ready to help. You can reach out to the following individuals for assistance, or if you have questions about QU's policies:

- **Associate VP and Chief Diversity Officer, Don Sawyer III, 203-582-8964**
- **Title IX Coordinator, Catlin Wells, 203-582-7327**
- **Vice President and Dean of Students, Monique Drucker, 203-582-8753**
- **Dean for Graduate Student Affairs, Gina Frank, 203-582-3542**
- **Executive Director of Health and Wellness, Kerry Patton, 203-582-3087**
- **Prevention and Wellness Educator, Kevin Parker, 203 582 7436**

**TRAVEL POLICIES**

If an athlete desires to travel separately from his/her team, to or from competition, the following applies:

Initial authorization must be granted by the Head Coach, based on individual team travel policies. After permission is gained from the head coach, the student must return the completed Request to Travel Independent From a Team form found on the gobobcats.com website and return it to the appropriate individual prior to the team’s departure. If a student-athlete is under 18 years of age, it must also be signed by a parent/legal guardian.

**CONFLICT RESOLUTION**

The athletic department encourages open and honest communication between coaches and student-athletes. There may be a time during your athletic career that you seek resolution for a student-welfare issue specific to athletics that has developed. In most cases, individuals can resolve conflicts or differences of opinion by directly confronting issues and jointly seeking resolution. Your communication strategy should first include communicating within the confines of your team, and your head coach. If, however, you have tried and you don’t feel your concerns have been addressed through these avenues, other options are available. All sports have been assigned an athletics administrator who functions as a sport supervisor. Your sport supervisor can act as a third party to assist in an informal conflict resolution process if necessary. If after bringing your concerns to the coach and going through the informal process with your sport’s supervisor you are still not satisfied with the resolution you have the right to appeal the matter to the Director of Athletics, or his designee, the decision of which is final.

**STUDENT FEEDBACK**

At the conclusion of each competitive season, each member of a varsity team will receive an email to complete a program evaluation survey. This information is gathered annually and provides the Athletic Director and administrative staff another perspective of the student-athlete experience. The surveys are anonymous, and as appropriate information may be shared with coaches in aggregate form. If you wish to see a copy of the survey questions, please contact your team’s administrative sport supervisor.
SPORTS WAGERING
Student-athletes, coaches and all other athletic and recreation department personnel are prohibited by NCAA rules from participating in gambling activities associated with any sport in which the NCAA also sponsors at the collegiate level. This restriction includes gambling activities associated with professional sports.

- Sports wagering activities not permitted per the NCAA rules include:
  - Placing bets with a “bookie” for college or professional games
  - Betting via internet sports sites
  - Playing in a fantasy football league which requires a fee to join and the winner(s) earn a prize;
  - Casually betting with family or friends on sporting events such as the Super Bowl or March Madness;
  - Sharing “insider” information about college games to people associated with organized crime.

The consequences for a student-athlete found to be involved in impermissible gambling activities ranges from a suspension from participating in college athletics for one year and a loss of a season of competition to a permanent ban as a student-athlete.

ALCOHOL CONSUMPTION
Alcohol consumption by a student-athlete, regardless of age, is not permitted in conjunction with any athletic department functions. This includes, but is not limited to team banquets, team travel, and tailgate parties at home or away games.

COMPLIMENTARY ADMISSIONS/TICKETS
Student-athletes may be provided up to 4 complimentary tickets in their sport for home or away games in which they participate, regardless of whether they actually play in the game, meet, or match. Quinnipiac reserves the right to limit the number of tickets to less than the maximum allowed by this rule. Complimentary admissions shall be provided only through a pass list for attendees designated by the student-athlete at the time of the game, meet, match.

Student-athletes are not allowed to accept payment or any other item of value from someone whom they have listed as a complimentary ticket recipient. NCAA rules do not allow colleges and universities to make special arrangements for student-athletes to buy tickets for an event in which they or their team is not a participant. However, the university may arrange for a student-athlete to purchase tickets for a postseason athletic event in which his or her team participates.

ATHLETIC/PEER FRATERNIZATION POLICY
It is mandatory that all coaches and staff (paid, graduate assistants, volunteers) do NOT date, drink, or do drugs with student-athletes. It is the responsibility of the immediate supervisor of staff (Head Coaches) to inform their staff that this policy exists in and out of the season. Any staff member violating this policy will be immediately terminated.
ELIGIBILITY

ATHLETIC ELIGIBILITY
NCAA, conference, university and departmental regulations determine that no member of a varsity team may participate in either a practice or competition until the student-athlete has completed several steps at the beginning of every academic year.

To practice, a student must:
1. Be cleared by the Athletic Training Room for participation
2. Sign the NCAA Drug Testing Consent Form
3. Sign the NCAA Student-athlete statement
4. Complete a Sports Information Questionnaire

To travel with your team and compete, a student must:
1. Meet all the requirements to practice, and;
2. Be certified academically as eligible by the Registrar’s Office
3. Be certified by the NCAA Eligibility Center (freshmen and first-time athletes)

It is the student-athlete and the head coach’s responsibility to know your eligibility status for practice and competition. Each head coach works with the Athletic Department’s Compliance Office to know the eligibility status of every team member. Coaches and the compliance staff are in constant communication at the beginning of every semester.

MANDATORY MEDICAL EXAMINATION
Any student wishing to participate in intercollegiate athletics at Quinnipiac must be cleared medically. Prior to participation in any practice, competition or out-of-season conditioning activities (including before permissible voluntary summer conditioning or individual workouts, or permissible required summer athletic activities in basketball take place) the athletic training room must confirm that you have had a medical physical within the past 12 months and have been granted permission by a medical doctor to practice and compete in a varsity sport. Upon enrollment, all Division 1 student-athletes, as part of the required medical examination, must be tested for sickle cell trait, provide the institution with proof of prior testing, or sign a waiver declining to be tested. Additionally, you must show the training room that you have medical insurance which covers athletic injuries sustained while attending Quinnipiac.

ACADEMIC ELIGIBILITY RULES
General Rules
The NCAA academic rules are based on semester of attendance rather than the number of years a student-athlete has been in school.

For a student-athlete to be academically eligible to compete, he/she must meet the University’s requirements for good academic standing AND meet NCAA academic requirements.

The NCAA requires the University to conduct an annual academic certification process for student-athletes prior to the start of each academic year and again mid-year. The academic eligibility of every returning student-athlete and first-semester student-athlete (including transfers) is determined by an eligibility team consisting of the University Registrar, Sr. Associate AD for Compliance and Student Development, and the Associate AD for Academic Services.

This same certification process is also conducted for students who are entering their 3, 5, 7 or 9th semester at the start of the spring semester.
Student-athletes who were academically ineligible to compete during the fall semester may have their academic records reviewed at the conclusion of the semester to determine if their most recent academic efforts have helped to regain their eligibility to compete for the spring semester.

The NCAA also requires colleges and universities to conduct an academic review at the conclusion of the fall and spring semesters to verify that a student-athlete has passed a minimum of 6 credits and has met the required grade point average to be eligible to compete during the next semester.

**Full-Time Enrollment**

All students must be enrolled full-time to practice and compete on a varsity team. At Quinnipiac, full-time enrollment means being enrolled in at least 12 credit hours as an undergraduate, or at least 9 credit hours as a graduate student. Student-athletes in their final semester who need less than 12 credits to graduate are permitted to take less than 12 credit hours in a given semester. If a student meets this criterion, they must fill out a form which is required to be signed by the academic advisor for their major, the financial aid office, the international office (if an international student), and residential life (if student lives on campus) and returned to their academic advisor in athletics.

**Good Academic Standing at Quinnipiac**

To be in Academic Good Standing at Quinnipiac, undergraduate students must meet both minimum grade point average and completed credit requirements.

A student fails to meet Academic Good Standing requirements if his or her:

1. cumulative GPA is below 2.0
2. semester GPA is below 2.0 in any two consecutive semesters.

Any first-time, full-time student or first-time, full-time transfer student earning a GPA less than 2.0, but 1.2 or more, will be placed on Academic Warning in his or her first semester. Any first-time, full-time student or first-time, full-time transfer student earning a GPA less than 1.2 will be placed on Academic Probation. Students on Academic Warning are required to follow the same requirements as those on Academic Probation.

A student placed on academic probation is not considered to be in good academic standing by the University, and thus would not be eligible for competition per NCAA rules.

[Quinnipiac University's Academic Good Standing Policy can be found here:](https://catalog.qu.edu/university-policies/academic-good-standing-policy-undergraduate-students/)

Quinnipiac University's academic requirements may match or exceed NCAA academic eligibility requirements. A student-athlete must meet the highest standard in each requirement area.

**Semester by Semester - NCAA Academic Requirements**

The academic record of every student-athlete is reviewed at the conclusion of each semester (fall and spring) to verify that a **minimum of six semester credits has been earned**. Additionally, a student-athlete, who is in their third semester or more of full-time enrollment, must meet the cumulative minimum grade point average and number of credits earned as outlined in the following table.
<table>
<thead>
<tr>
<th>Certification Questions</th>
<th>. . 3rd semester</th>
<th>. . 5th semester</th>
<th>. . 7th semester</th>
<th>. . 9th semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have 18 credits been earned during the fall + spring + January term?</td>
<td>All credits earned during academic year count.</td>
<td>All credits earned during academic year count.</td>
<td>All credits earned during academic year count.</td>
<td>All credits earned during academic year count.</td>
</tr>
<tr>
<td>Has 24 credits been earned during the fall + spring + January term + summer school</td>
<td>All credits earned during academic year plus summer school count.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Has a major been declared?</td>
<td>Required</td>
<td>Required</td>
<td>Required</td>
<td>Required</td>
</tr>
<tr>
<td>Has 40% credits required for the major been earned?</td>
<td>Credits earned in major from any college.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Has 60% of credits required for major been earned?</td>
<td></td>
<td>Credits earned in major from any college.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Has 80% of credits for major been earned?</td>
<td></td>
<td></td>
<td>Credits earned in major from any college.</td>
<td></td>
</tr>
<tr>
<td>Has 90% of the required GPA for graduation been earned?</td>
<td>2.0 cumulative GPA or greater (University requirement greater than NCAA rule).</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Has 95% of the required GPA for graduation been earned? University requirement is higher</td>
<td>2.0 cumulative GPA or greater (University rule)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Has 100% of the required GPA for graduation been earned?</td>
<td>2.0 cumulative GPA or greater</td>
<td>2.0 cumulative GPA or greater</td>
<td>2.0 cumulative GPA or greater</td>
<td></td>
</tr>
</tbody>
</table>
SEASON OF COMPETITION

Five Year Rule

A student-athlete has four seasons of intercollegiate competition in any one sport which must be completed within five continuous calendar years from the beginning of your first semester of full-time enrollment at any collegiate institution. You are considered to have used a season of eligibility if you represent Quinnipiac in competition against another team.

Medical Hardship Waiver

For student-athletes who have a season ending injury, the compliance office may apply for a medical hardship waiver to the conference office on behalf of the student-athlete seeking to earn his/her season of competition back. In order to qualify for a waiver:

a. A doctor must certify that the injury or illness prevents the student from participating in the rest of the playing season;

b. There must be contemporaneous medical documentation of the seriousness of the injury;

c. The injury or illness must have occurred prior to the second half of the playing season;

d. The student-athlete must not have competed in more than 3 or 30% (whichever is greater) of the total number of contests actually played in that season.

A student-athlete who thinks he/she may qualify for a waiver should contact his/her coach, athletic trainer or the compliance office.

NOTIFICATION OF TRANSFER POLICY

This Notification of Transfer Policy summarizes the Quinnipiac Athletics and NCAA's regulations and procedures associated with a Quinnipiac University student-athlete's Notification of Transfer. While this policy seeks to clarify the regulations and conditions of the Notification of Transfer (formerly permission to contact), it should be noted there have not been any legislative amendments associated with transfer eligibility per NCAA bylaw 14.5.1.

In accordance with NCAA bylaw 13.1.1.3.1, a Quinnipiac student-athlete may initiate the notification of transfer process by providing the compliance office with a written notification of transfer by way of the Quinnipiac Athletics Notification of Transfer Form. In order to initiate this process, the student-athlete must first communicate with their head coach. Once that communication has occurred, the student must notify the compliance department of their intent to transfer by filling out the “Notification of Transfer Form” located within student-athlete’s form library in Jump Forward. The contents of this form shall include the following data, required by the national transfer database: full student-athlete name, email, mobile phone number, and sport. The student-athlete shall retain the right to choose if he/she wants to be contacted by other institutions per the database. Once the Notification of Transfer form has been submitted, the compliance office will electronically receive notification of the submission from Jump Forward.

Pursuant to the expectations set forth in NCAA bylaw 13.1.1.3.1, a Quinnipiac compliance administrator has two business days to add the student-athlete’s name to the NCAA’s transfer database after receiving the Notification of Transfer Form. Once the student’s information has been uploaded into the national transfer database, the NCAA shall notify the student-athlete via email a date stamp record. Once the student-athlete receives this formal confirmation from the NCAA, the student shall be permitted to communicate with other institutions regarding his/her intent to transfer. The student-athlete’s notification to transfer expires at the time in which he/she withdraws the notification or begins classes at his/her original institution or at another institution during the subsequent academic year.
Athletics Aid

Per bylaw 15.3.5.1 and institutional policy for non-MAAC sports (Acrobatics & Tumbling, Women’s Rugby, Men’s and Women’s Ice Hockey, Field Hockey), the student-athlete’s financial aid will be canceled or non-renewed at the conclusion of the academic term in which the notification of transfer was requested. If a student-athlete provides written notification of transfer to the institution between regular academic terms (winter break, summer break) the institution will reduce or cancel the financial aid immediately. If the student-athlete will be a graduate transfer, the coach retains the right not to cancel or non-renew the student-athlete’s aid.

Non-renewal or cancelation of athletics aid shall be initiated by the head coach as per the Quinnipiac Athletics non-renewal/cancelation process. If student does not transfer, the head coach may recommend that athletics aid be awarded in subsequent terms or years. All non-renewals and cancelations are subject to a hearing opportunity per NCAA bylaw 15.3.5.1.1.

Support Services

Quinnipiac Athletics is committed to assisting student-athletes as they pursue their academic degree. As such, student-athletes who submit a Notification of Transfer Form shall retain the right to utilize Academic Support Services through the end of the regular academic term in which written notification of transfer is received.

Roster

Submission of the Notification of Transfer Form may be treated as an immediate and voluntary withdrawal from any sport the student-athlete is participating in for personal reasons.

Withdrawal

If the student wishes to withdraw his/her name from the transfer portal an email must be sent by the student to the Sr. Associate AD for Compliance and Student Development, Deputy AD, and the Head Coach. If the student withdraws his/her name from the Notification of Transfer inside of the two business days and the institution has not yet uploaded the name onto the Transfer Portal, the student’s name will not be entered into the portal. If the student’s name has been entered, the student’s record will remain in the transfer list with a “withdrawn” next to his/her name. While this action serves to withdraw the student-athlete’s name from the transfer database it does not obligate Quinnipiac Athletics to re-instate athletics aid, a roster spot, or any other student-athlete benefit that may have been revoked due to the notification of transfer. However, the coach may recommend that athletics aid be re-awarded in subsequent terms or years.

Impermissible Contact

Contact with another institution’s coach that occurs prior to notification from the NCAA of placement on the transfer portal represents behavior that may constitute a significant breach of conduct. Such impermissible action(s) shall be subject to any/all penalties associated with a Level II violation of the NCAA enforcement structure.

TRYOUTS

If a student wishes to tryout for a team, he/she should contact the coach of the sport in which they are interested in trying out for. To be eligible for a tryout, a student must be accepted to Quinnipiac and must have eligibility remaining in their five-year clock. Additionally, before a student can tryout, he/she must meet all of the items listed to practice under the Athletic Eligibility section. Teams are not required to conduct tryouts.
QUINNIPIAC DRUG TESTING
Beginning fall 2018, Quinnipiac began a random institutional drug testing program of all Quinnipiac student-athletes. Any student-athlete appearing on an official squad list will be subject to random drug testing. Student-athletes may be selected for drug testing at any point during either traditional or non-traditional seasons. Student-athletes may be tested for any combination of drugs listed on the NCAA banned substance list. The complete Drug Testing Policy and applicable sanctions can be found online at gobobcats.com.

NCAA DRUG TESTING
The NCAA's method of testing is random mandatory urinalysis. NCAA banned drug classes are the same as those included in the World Anti-Doping Agency (WADA) list of prohibited substances, except for glucocorticoids. The Committee on Competitive Safeguards and Medical Aspects of Sports (or a designated subcommittee) may identify specific banned drugs and exceptions within each banned drug class. An institution and student-athletes shall be held accountable for all drugs within the banned-drug classes regardless of whether they have been specifically identified. If you participate in any NCAA-sponsored sport at Quinnipiac, you may be tested by the NCAA at any time during the year on a random basis. Also, if your team qualifies for a post-season NCAA championship event you could be tested anytime following the competition. The NCAA may also drug test during the summer months. If you refuse to be tested, this is considered the same as a positive test and you will be ineligible until you present a negative test. Non-NCAA sports will not be tested.

Under NCAA bylaw 18.4.1, a student-athlete who tests positive for a banned drug class other than cannabinoids or narcotics will be ineligible to participate in regular season and postseason competition for one calendar year (i.e. 365 days) after the positive drug test and shall be charged with the loss of a minimum one season of competition in all sports. To regain eligibility, the student-athlete must retest negative and be reinstated by the Student-Athlete Reinstatement Committee. If a student-athlete tests positive a second time for the use of a substance in a drug class other than cannabinoids or narcotics, he or she shall be ineligible for competition for the equivalent of 50 percent of a season in all sports (50 percent of the Bylaw 17 maximum championship segment regular-season contests or dates of competition). The student-athlete shall remain ineligible from the time the institution is notified of the test result until the prescribed penalty is fulfilled and he or she tests negative pursuant to the policies and procedures of the NCAA Drug-Testing Program.

A student-athlete who, as a result of a drug test administered by the NCAA, is found to have used a substance in the banned drug classes cannabinoids or narcotics (in accordance with the testing methods authorized by the Executive Committee) shall be charged with the loss of competition during a minimum of 50 percent of a season in all sports (at least the first 50 percent of regular season contests or dates of competition in the season following the positive test). The student-athlete shall remain ineligible until the prescribed penalty is fulfilled, the student-athlete tests negative (in accordance with the testing methods authorized by the Executive Committee) and his or her eligibility is restored by the Committee on Student-Athlete Reinstatement.
If a student-athlete who previously tested positive for use of a substance in the banned drug classes cannabinoids or narcotics tests positive a second time for use of a substance in the banned drug classes cannabinoids or narcotics, he or she shall be charged with the loss of one season of competition in all sports, in addition to the use of a season, if he or she has participated in intercollegiate competition during the same academic year. The student-athlete shall remain ineligible for all regular-season and postseason competition during the time period ending one calendar year (365 days) after the collection of his or her second positive drug-test specimen or until the period of ineligibility for any prior positive drug tests has expired, whichever occurs later. If a student-athlete who previously tested positive for use of a substance in the banned drug classes cannabinoids or narcotics tests positive for use of a substance in a banned drug class other than drugs cannabinoids or narcotics, he or she shall be charged with the loss of one season of competition in all sports, in addition to the use of a season, if he or she has participated in intercollegiate competition during the same academic year. The student-athlete shall remain ineligible for all regular-season and postseason competition during the time period ending one calendar year (365 days) after the collection of the student-athlete’s positive drug test specimen and until he or she tests negative (in accordance with the testing methods authorized by the Board of Governors).

In addition, the penalty for missing a scheduled drug test is the same as the penalty for testing positive for the use of a banned drug. If a student-athlete tests positive for an illicit drug after being restored eligibility, he or she shall be charged with the loss of a minimum of one additional season of competition in all sports and also shall remain ineligible for regular season and postseason competition at least through the next calendar year. Any student-athlete who is found to have clearly manipulated a NCAA drug test sample will lose a minimum of two seasons of competition in all sports.

**Prescription Drugs**

Some prescription medicines may contain banned substances such as, but not limited to, narcotics, asthma medications and medications for treatment of ADHD. Please notify your team athletic trainer if you are taking any prescription medication. The sports medicine department will work with the NCAA medical representatives to determine the appropriate actions that need to be taken if a prescription containing a banned substance is prescribed for a student-athlete by a medical doctor.

The NCAA enforces a strict rule in reporting medications for the treatment of Attention Deficit/Hyperactivity Disorder (ADHD). The medications, which are classified as stimulants, are banned by the NCAA without a proper diagnosis to take such medication by a medical doctor. It is the responsibility of the student-athlete to follow the rules and regulations of the NCAA.

**Nutritional Supplements**

All student-athletes should be aware that nutritional supplements are not regulated by the Food and Drug Administration. Meaning they are not required to prove the efficacy of their claims or their ingredients. Some nutritional supplements may contain NCAA banned substances. It is the responsibility of the student-athlete to know what substances are banned by the NCAA on an annual basis. Information can be found at NCAA.org or drugfreesport.com. All student-athletes should confer with their athletic trainer prior to consuming any nutritional supplement. All student-athletes who consume nutritional supplements do so at their own risk. Nutritionist Dana White serves as Quinnipiac’s designated supplement resource. She can be reached at Dana.White@qu.edu
2019-20 BANNED SUBSTANCES

NCAA banned drug classes are the same as those included in the World Anti-Doping Agency (WADA) list of prohibited substances, except for glucocorticoids. The Committee on Competitive Safeguards and Medical Aspects of Sports (or a designated subcommittee) may identify specific banned drugs and exceptions within each banned drug class. An institution and student-athletes shall be held accountable for all drugs within the banned-drug classes regardless of whether they have been specifically identified.

The use of the following drugs and/or procedures is subject to certain restrictions and may or may not be permissible, depending on limitations expressed in these provisions and/or quantities of these substances used:

(a) Blood Doping. The practice of blood doping (the intravenous injection of whole blood, packed red blood cells or blood substitutes) is prohibited, and any evidence confirming use will be cause for action consistent with that taken for a positive drug test.

(b) Gene Doping. The practice of gene doping (the non-therapeutic use of cells, genes, genetics elements or of the modulation of gene expression, having the capacity to improve athletic performance) is prohibited, and any evidence confirming use will be cause for action consistent with that taken for a positive drug test.

(c) Local Anesthetics. The Board of Governors will permit the limited use of local anesthetics under the following conditions:

1. That procaine, xylocaine, carboncaine or any other local anesthetic may be used, but not cocaine;
2. That only local or topical injections can be used (intravenous injections are not permitted); and
3. That use is medically justified only when permitting the athlete to continue the competition without potential risk to his or her health.

(d) Manipulation of Urine Samples. The Board of Governors bans the use of substances and methods (e.g., diuretics, probenecid, bromantan or related compounds, epitestosterone) that alter the integrity and/or validity of urine samples provided during NCAA drug testing.

(e) Beta 2 Agonists. The use of beta 2 agonists is permitted by inhalation only.

(f) Additional Analysis. Drug screening for select nonbanned substances may be conducted for nonpunitive purposes.

It is the student-athlete’s responsibility to check with the appropriate or designated athletics staff before using any substance.

NOTE: Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting the Resource Exchange Center, REC, 877-202-0769 or www.drugfreesport.com/rec password ncaa1, ncaa2 or ncaa3.

It is your responsibility to check with athletics staff before using any substance!

USE OF TOBACCO PRODUCTS

The use of tobacco products is PROHIBITED by all game personnel (e.g., coaches, trainers, managers and game officials) in all sports during practice and competition.
PLAYING AND PRACTICE SEASONS

The NCAA has regulations that limit the length of the season for all Division I sports. Each sport must declare an official playing and practice season at the beginning of each academic year. These guidelines have been established to balance athletic requirements with the demands of your academic program. They are as follows:

THE “IN-SEASON”

During the playing season, or “In Season”, a student-athlete’s participation is limited to a maximum of four hours per day and a total of 20 hours per week. In addition, during the season you must have one day off per week. The one day off must be provided within every seven-day period and is meant to provide you with a day where you are not required nor expected to either practice or compete. If your team participates in 3 contests or dates of competition in a 7 day period, the one day off per week requirement may be waived provided you have two days off during either the preceding or following week. For fall sports, these limitations do not apply to preseason practice, and for all sports, these restrictions are not applicable during vacation periods when you are “in-season”. A day of competition is equivalent to a three-hour block of time, no matter how long or short the actual duration of the competition.

THE “OUT-OF-SEASON”

Outside of the playing season (Out-of-Season), a student-athlete’s participation is limited to a total of eight hours of required weight training, conditioning, and skill-related instruction. Within the eight hour limit, student-athletes may not participate in more than four hours per week spent on skill-related workouts. Student-athletes must be given a minimum of two days off during this segment.

Throughout the academic year, student-athletes will be randomly asked to sign a weekly practice log for all required, countable, permissible, athletically related activities that take place during each seven day period. By signing the practice log, the student-athlete verifies that the activities required are permissible.

Final-Examination Period

When in-season, daily and weekly hour limitations apply to countable athletically related activities beginning with one week prior to the start of the final examination period through the conclusion of final exams. No regular season contest may occur during exam period, however, conference and NCAA championship contests may.

When out-of-season, the NCAA prohibits all countable athletically related activities beginning with one week prior to the start of the final examination period through the conclusion of final exams.
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<td>Competition (and associated activities, regardless of their length, count as three hours). No countable athletically related activity may occur after the competition.</td>
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<td>Participation outside the playing season in individual skill-related activities with a member of the coaching staff</td>
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<td>Discussion or review of game film (even if initiated by the student)</td>
<td>Attending banquets (e.g. awards or postseason banquets)</td>
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**OUTSIDE COMPETITION**

A student-athlete in any sport, other than basketball, who participates during the academic year as a member of an outside team in any non-collegiate, amateur competition becomes ineligible for intercollegiate competition in that sport. Students are permitted to **practice only** on such a team during the academic year (when you are out of season).

Students are permitted to compete outside of their sport’s playing and practice season (except for basketball) as a member of an outside amateur team during any official vacation period published in Quinnipiac’s academic catalog. In the sports of soccer, women’s volleyball, and field hockey you are permitted to participate on a team after May 1.

A basketball player who participates in any organized basketball competition during the academic year, except while representing Quinnipiac becomes ineligible for any further intercollegiate competition in the sport of basketball.

It is imperative that you check with your coach and see the Compliance Office prior to any participation with an outside team, whether you are enrolled in school or not. If you compete for an outside team while not enrolled, you may become ineligible upon your return to Quinnipiac. There are some exceptions to the outside competition rule specific to National Team participation. If this applies to you, check in with the compliance office for more information.
SUMMER COMPETITION
Student-athletes in all sports, except basketball, may practice and compete with outside amateur teams during the summer but may not play or practice with a professional team. Please notify the Compliance Office if you plan to participate on an outside team during the summer. The NCAA has strict guidelines for summer competition in basketball. Participation in leagues in the sport of basketball must be approved by the compliance office prior to participation.

SUMMER WORKOUTS
During the summer, returning student-athletes in sports other than basketball may participate in voluntary strength and conditioning activities with a strength coach. However, students may not participate in skill instruction with coaches. Coaches may provide student-athletes with a workout plan for the summer, however, may not require you to report back on your progress.

In basketball, a student-athlete who is enrolled in summer school may engage in required weight training, conditioning, and skill instruction for up to eight weeks. Participation in such activities is limited to a maximum of eight hours per week with not more than four hours per week spent on skill-related instruction. Students who meet an academic exception in the sport of basketball are not required to be enrolled in summer classes to participate in the required activities.

Please note that incoming freshmen are not permitted to use the weight room or other athletic facilities in the summer unless they are enrolled in summer school and are cleared by the compliance office and athletic training room. Incoming freshmen are still considered prospects under NCAA rules until the day they enroll in school or return for preseason, so providing them access would be an extra benefit.
AMATEURISM

Only an amateur student-athlete is eligible for intercollegiate athletic participation in a particular sport. A student-athlete loses amateur status and shall not be eligible for intercollegiate competition in a particular sport if he or she:

- Is paid (in any form) or accepts the promise of pay for participation in an athletic contest;
- Signs a contract or verbally commits with an agent or professional sports organization;
- Requests that his or her name be placed on a draft list or otherwise agrees to negotiate with a professional sports organization (note: there are some exceptions);
- Uses his or her athletic skill directly or indirectly for pay in any form (TV commercials, skills demonstrations);
- Competes on any professional athletics team even if no pay or remuneration for expenses was received; or
- Participates on an amateur sports team and receives, directly or indirectly, any salary, incentive payment, award, gratuity, educational expense or expense allowance (other than playing apparel, equipment, actual and necessary travel, and room and board expenses for practice and games).

The list above is not exhaustive. To avoid the risk of jeopardizing future eligibility, a student-athlete should always check with the compliance office prior to participating in any contest which in which prizes are to be given and/or beginning any employment related to his or her sports skills.

COMMERCIAL ENDORSEMENTS

NCAA rules do not permit student-athletes to use their name, image or likeness to promote a commercial service or product. If you accept payment for your use of a commercial product or service, or if you permit your name or picture to be used to advertise, recommend, or promote the sale or use of a commercial service or product you will be deemed ineligible. It is permissible to engage in some modeling activities, only if such activities began prior to your enrollment at Quinnipiac. They may be continued only at the same level, and any continuation of such activities must be approved by the compliance office. Additionally, there are exceptions for involvement in charitable organizations which also must be approved by the compliance office.

PROMOTIONAL ACTIVITIES

The Athletics and Recreation Department is very supportive of student-athletes who wish to participate in community service or promotional activities with teammates or friends. The NCAA has rules in place to safeguard student-athletes’ amateur status. The department requires student-athletes to complete a “Promotional Activity Request” form prior to their actual participation in the activity or event. Other requirements per NCAA rules are:

- Student-athletes cannot miss class for the activity or event.
- The student-athlete’s name, picture or appearance cannot be used to promote a commercial activity.
- They are also required to obtain written approval from the director of athletics or an athletic administrator he designates PRIOR to their involvement in the activity.

This form can be found online at:
AGENTS

NCAA rules are strict in regards to agents. If an agent contacts you, please notify the Compliance Office as soon as possible. The department has policies that require a prospective agent to register with Quinnipiac Athletics. Student-Athletes in sports other than men’s basketball will lose their eligibility to participate in intercollegiate athletics if any of the following occur:

- A current or future agreement (contract) to be represented by an agent is entered into by the student-athlete verbally or in writing.
- A current or future agreement (contract) to be represented by an agent is entered into by the family members of a student-athlete on his/her behalf verbally or in writing.
- A student-athlete, their family members, or their friends accept any benefit from an Agent, Advisor or any individual who works in conjunction with or for the like.

The sport of men’s basketball has specific rules as they pertain to agents that apply to them. Specifically, men’s basketball student-athletes can be represented by an NCAA-certified agent only after they have requested an evaluation from the NBA Undergraduate Advisory Committee. Any student-athlete wishing to be represented by an agent must meet with compliance and their coach before agreeing to anything orally or in writing.
EXTRA BENEFITS

A student-athlete who receives an award, benefit, or expense allowance not authorized by NCAA rules will be deemed immediately ineligible for athletic competition in the sports for which the improper benefit, award, or expense was received.

An extra benefit is any special arrangement by an institutional employee or a representative of the institution’s athletics interests to provide a student-athlete or the student-athlete’s relative or friend a benefit that is not available to all other students at the institution. Examples of extra benefits include, but are not limited to:

- Cash or merchandise (or cash equivalent)
- Free memberships
- Tickets to a pro sporting event, movie, concerts, etc.
- Athletic equipment or clothing (outside of regular team apparent from your team)
- Any type of benefit from a booster or an alum
- Loan of money
- Use of automobile or free/reduced travel
- Any type of benefit from a former teammate/student-athlete beyond those similar in nature to what occurred while both were in college (move, meal, etc).
EMPLOYMENT

COACHING, TEACHING, AND INSTRUCTION
After enrolling at Quinnipiac, you may receive compensation on a fee-for-lesson basis for teaching, instruction, or coaching. However, no institutional facilities may be used and compensation must be paid by the lesson or their family and not another individual or entity. Additionally, a fee-for-lesson form must be completed and filed with the compliance office.

CAMPS/CLINICS
Student-athletes may not own or operate their own camp/clinic, but maybe employed at a private camp/clinic or by the institution’s camps/clinic provided he or she is being paid the going rate for work actually performed (e.g. prior camp work experience), and the student is not compensated only for lecturing or demonstrating at the camp. A student-athlete may not run their own concession stand at the camp, however, they can work the camp’s concession stand as any other counselor would be required to do. Additionally, a student-athlete’s name and photo may only appear in the camp counselor section of the advertisement.

INTERNSHIPS
Alums and boosters are permitted to employ a student-athlete for summer internships. However, the student may not be hired based on their athletic ability and the student must be hired on the same basis as any other intern. Additionally, the student-athlete must be paid for work actually performed, commensurate with the going rate.

BRAND MANAGERS/CAMPUS REPRESENTATIVES
A student-athlete may obtain a job with a business, or may establish his/her own business, provided the student-athlete is not using his/her name, photograph, appearance or athletics reputation to promote/endorse the product or business. “Brand Manager” and “Campus Rep” positions for college students are becoming more and more prevalent in today’s business and marketing world. While we want our students to have the ability to be employed and gain experience, we also have to be aware of their status as student-athlete and the publicity that they can garner for the employer based on that status. If you plan to be employed by a company that will require you to be on social media, attend public events, and otherwise use your name or image to help market their product please check with the compliance office before doing so. Before accepting any offer of employment during the academic year, a student-athlete must visit the Compliance Office to complete an employment registration form. It is important that both the student-athlete and the employer are aware of the NCAA rules related to the student-athlete’s employment. Failure to complete the appropriate paperwork before beginning to work could affect a student-athlete’s eligibility and may result in an NCAA violation.

The employment registration form is intended to educate both the student-athlete and the employer that
• The student-athlete’s compensation does include any extra money or benefit due to his or her athletic ability; and,
• The student-athlete is compensated only for work actually performed; and
• The student-athlete is compensated at a rate commensurate with the going rate in that locality for similar services
• The Student-Athlete Employment Registration form can be found on the gobobcats.com website.
FINANCIAL AID

A student-athlete must meet applicable NCAA, conference and university regulations to be eligible for institutional financial aid. To be awarded financial aid during the academic year (fall or spring semester), the student-athlete must be enrolled full-time: minimum number of credits for undergraduate students is 12 credits; minimum number of credits for graduate students is 9 credits. An exception to the full-time enrollment rule may apply if a student-athlete is in their final semester and needs less than 12 undergraduate credits or 9 graduate credits to complete their degree. If a student-athlete is enrolled in less than a full-time number of credits, the Financial Aid Office will look at reducing the student’s athletic scholarship accordingly.

An athletic scholarship is considered an award of institutional financial aid. It is awarded by the University’s financial aid office based on a recommendation from the Athletic and Recreation Department and a team’s head coach. Although there are a few exceptions which apply, when an athletic scholarship is awarded it is issued for a period of one year, for the upcoming academic year. Financial aid awarded to an incoming student-athlete may not be based on the recipient reporting to the institution in satisfactory physical condition. During the period of the award, institutional financial aid may be increased for any reason at any time. It may also be decreased during the period of the award under certain conditions. Those conditions are listed below:

Reduction or Cancellation Permitted During Period of Award

An athletic award can be reduced or canceled during the period of the award or reduced or not renewed for the following academic year or years of the student-athlete’s five-year period of eligibility if the recipient:

• Renders himself or herself ineligible for intercollegiate competition; or
• Fraudulently misrepresents any information on an application, letter of intent or financial aid agreement; or
• Engages in serious misconduct warranting substantial disciplinary penalty; or
• Voluntarily withdraws from a sport at any time for personal reasons; 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 cancelled; or
• Violates a nonathletically related condition outlined in the financial aid agreement or violates a documented institutional rule or policy (e.g., academics policies or standards, athletics department or team rules or policies); or
• Provides written notification of transfer (see Notification of Transfer Policy) to the institution; however, the student-athlete’s financial aid may not be reduced or canceled until the end of the regular academic term in which written notification of transfer is 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 financial aid immediately

A student-athlete’s athletic aid cannot be reduced or canceled until he or she has been provided an opportunity for a hearing. If a student’s aid is reduced or canceled, the student will receive written notice of the pending reduction or cancellation from the Financial Aid Office with an explanation of the hearing process. This process is outlined later in this section.
Reduction or Cancellation of Athletic Aid – Non-permissible reasons

An athletic award may not be reduced or canceled during the academic year if the decision is made:

• On the basis of a student’s athletic ability, performance or contribution to a team’s success; or

• Because of an injury that prevents the recipient from participating in athletics; or

• For any other athletics reason.

Fraudulent Misrepresentation

If a student-athlete is awarded institutional financial aid on the basis of declaring intention to participate in a particular sport by signing a letter of intent, application or tender, action on the part of the grantee not to participate (either by not reporting for practice or after making only token appearances as determined by the institution) would constitute fraudulent misrepresentation of information on the grantee’s application, letter of intent or financial aid agreement and would permit the institution to cancel or reduce the financial aid.

Renewals, Non-renewals, and Reduction of Athletic Aid & Hearing Opportunity

The renewal of institutional financial aid based in any degree on athletics ability shall be made on or before July 1 prior to the academic year in which it is to be effective. Coaches do not award athletic scholarships; they forward their scholarship recommendations to the Department of Athletics and Recreation. Once the recommendations are reviewed, they will be forwarded to the Financial Aid office for approval.

• If a coach recommends that your athletics scholarship not be renewed, the Deputy Director of Athletics must approve that recommendation before it is sent to the Financial Aid Office.

• If a non-renewal recommendation is sent to the Financial Aid office, that office will send you a letter announcing that your athletics scholarship will not be renewed AND explaining the process if you wish to appeal this decision per NCAA rules.

• If you decide to appeal the decision to not renew your scholarship, the university has established procedures for promptly hearing such a request which includes convening a committee to hear the appeal. The members of the committee consist of faculty, administrators, and staff of the university. The Senior Associate AD for Compliance and Student Development shall attend the hearing as a resource individual to provide rules guidance to the committee as needed. That individual shall not serve as a member of the committee nor has voting rights at the hearing. A decision made by the hearing committee is final.

FINANCIAL AID REDUCTION OR CANCELLATION APPEAL

A student-athlete may wish to appeal the University’s decision to reduce or cancel their athletic scholarship: 1) during the current academic year or, 2) for the following academic year. Athletic scholarships may be canceled per NCAA bylaw 15.3.5.1.

The University’s financial aid office has an appeals committee to review athletic scholarship reductions and non-renewals. The Financial Aid Office coordinates this process. An outline of the process follows:

A student-athlete may appeal the decision made to not renew their athletically related financial aid by requesting a hearing before the University’s Financial Aid Appeals Committee.
If a student-athlete wishes to appeal the decision, he/she is required to submit a written request within 15 days of the issuance of the non-renewal letter. A student-athlete’s written request must include the following:

- Name, student identification number, year in school, sport.
- List the amount of the athletic grant-in-aid during the previous academic year.
- Reason(s) for wish to appeal the Department of Athletics and Recreation’s recommendation.
- Copies of any relevant documents you wish to have the Financial Aid Appeal committee review.

Once the written request has been received in the Financial Aid Office, a hearing will be scheduled on the student-athlete’s behalf and the student-athlete will be notified of the date and time. The Director of Athletics (and/or designee) and/or coach will also be notified of the student-athlete’s decision to appeal and will be offered the opportunity to appear before the committee. The appeals committee is comprised of members of the University community. The Senior Associate AD for Compliance and Student Development shall attend the hearing as a resource individual to provide rules guidance to the committee as needed. That individual shall not serve as a member of the committee nor has voting rights at the hearing.

Both the student-athlete and the Department of Athletics and Recreation will have a separate opportunity to present respective opinions regarding the cancellation of your award. Within 10 business days, the financial aid appeals committee will issue their decision in writing and inform both the student-athlete and the Department of Athletics and Recreation. The appeals committee’s decision is final.

JANUARY TERM & SUMMER SCHOOL SCHOLARSHIPS

Enrollment in either of these non-academic year terms requires a separate scholarship award. An athletic scholarship awarded for the academic year, fall and spring semesters, does not include athletic aid to pay for January Term and summer school classes and other related costs. If a student-athlete wishes to register for a January Term class or summer school classes, he/she must meet with their head coach to discuss the possibility of being recommended for an athletic scholarship for these sessions. Student-athletes who fail to obtain a recommendation for an athletic scholarship for January Term and/or summer school prior to the first date of classes during these sessions will be responsible for paying all cost incurred with their registration for the session.

QUINNIPIAC FINANCIAL AID LOGISTICS

Per NCAA rules, an athletics scholarship can pay or defray the cost of tuition and fees, room and board and course books based on the value of a student-athlete’s scholarship award.

- **Full Athletic Aid Recipients:** A full grant-in-aid award is based on the average cost depending on what class you’re in (incoming students, returning students, students renting from a landlord). The actual cost of an athletic aid recipient’s scholarship will be adjusted by the Financial Aid Office after the start of each semester to match the actual cost of tuition (up to 16 credits) and fees, room and board and books.

- **Partial Athletic Aid Recipients:** The University applies one-half of your athletic scholarship, per semester, to defray or pay your tuition. If there is remaining athletic scholarship money from your award, the money is applied to the cost of your fees, then housing, meals; in this order.

- For example, if your athletic scholarship for the year is $38,000, the University will apply $19,000 to your fall semester’s tuition charge. You and your family would then be responsible for the remaining costs of tuition and fees, room and board and books for the semester.
Disbursement Checks

If your athletic scholarship includes enough money to pay part or all of your rent and meals for a semester, a disbursement check request will be submitted to the Bursar’s Office on your behalf by Tracey Flynn, Associate Athletics Director.

- Your disbursement check is typically available in the afternoon of the first day of school for each semester. It can be picked up in the Athletic Department’s administrators’ office suite, MT Carmel Campus RM 200, located in the Athletics Center, 2nd floor, at the end of the hallway closest to the large parking lot.
- The Bursar’s Office makes the checks payable to you and in an amount equal to the room and board portion of your athletic scholarship for the semester.

PELL grant

- A PELL grant is a US federal government grant program which provides money to students who wish to or are attending college AND who have an extremely high level of financial need. A student and their parents or legal guardians must file information electronically at the federal government’s website, www.fafsa.ed.gov, to learn if they qualify for this grant.
- International students attending US colleges are not eligible to apply for US government funding which includes the PELL grant program.
HOSTING A RECRUIT

Recruiting prospective student-athletes is an important process for both the prospect and Quinnipiac Athletics. NCAA and Quinnipiac policy regulate the responsibilities and actions of a student host and prospective student-athlete on an official visit. Both the student host and the prospective student-athlete act as official representatives of their respective educational institutions. Several students may host a prospect, but only one student host per prospect may be provided a free meal if restaurant facilities are used.

In accordance with NCAA rules, Quinnipiac University has instituted guidelines designed to ensure a quality, healthy, and safe experience for all individuals involved in the recruiting process. Although a student host is not held directly responsible for the behavior of his or her prospective student-athlete, the behavior and actions of the student host can impact the prospect’s experience during his or her visit. The actions of a host directly impact not only themselves, but also their team and coaches. If a student host witnesses or suspects that a violation of the following occurs, it is the host’s responsibility to report such activity to his or her coach.

ENTERTAINMENT

Entertainment for a prospect and the prospect’s family may be provided only within a 30-mile radius of Quinnipiac’s campus. Entertainment and contact by representatives of athletics interest during the official visit are prohibited. In addition, a maximum of $40 per day may be provided to the student host to cover the entertainment costs of the host, multiple hosts, the prospect and up to four family members accompanying the prospect. These funds may be used for additional meals, snacks, or entertainment excluding the cost of admission to campus events. These funds may not be used to purchase souvenirs or other institutional mementos. It is permissible to provide the student host with an additional $20 per day for each additional prospect the host entertains.

A student host may use only his or her own transportation and may not use a vehicle that is provided or arranged for by any institutional staff member or booster of the athletics program. A coach can, however, provide the host and the prospect with a ride during the official visit. A host may never allow the prospect to operate or use your vehicle.

The student-athlete host and prospective student-athlete are expected to behave morally and responsibly when making decisions about the prospect’s entertainment. Per NCAA rules, the entertainment provided is to be reflective of Quinnipiac student activities. Student hosts and/or the prospective student-athletes are forbidden from committing acts that violate criminal law. Neither the prospect or the student host may consume alcohol as part of entertainment activities even one or both are over the age of 21. Additionally, Quinnipiac will not tolerate sexual harassment by anyone associated with our athletic teams. Student hosts must be aware of the sexual harassment policies of the University and work to ensure that the prospect and the host conduct themselves appropriately. No gambling or gaming activities are permitted during official visits, and the use of strippers of gentlemen’s clubs (or the equivalent) is strictly forbidden.

Student hosts are required to submit receipts and complete an Official Visit Summary form that outlines how the host money was spent during the recruiting visit. The form should be signed by both the prospect and the host before the prospect departs campus and returned to the coach at the completion of the visit. Any student-athlete who fails to turn in receipts and the Official Visit Summary form to their coach will not be permitted to receive host funds for future visits.
COMPLIMENTARY ADMISSIONS
Up to six complimentary tickets to a home sporting event may be provided to a prospect and those persons accompanying a prospect via an institutional pass list. Tickets may not be provided for postseason competition, including conference and NCAA play.

WORKING OUT ON CAMPUS/RECREATIONAL ACTIVITIES
Prospective student-athletes on an official visit may participate in physical workouts while visiting campus that are organized by the coaching staff as long as the prospect or any student-athletes are not required to report back to a coach or other athletic department staff member (i.e., strength coach, trainer, team manager) any information related to the activity. Prospects may only use facilities that are available to student guests. As a host, you may workout with a prospect, but you may not report back to coach on the prospect’s ability level. Recreation permits a student to bring a guest for no charge to use the workout facilities.
UNIVERSITY ACADEMIC INTEGRITY POLICY

In its mission statement, Quinnipiac emphasizes its commitment to the academic community. As an academic community, our students, faculty, and staff work together to acquire and extend knowledge, develop skills and competencies, and serve the greater good of our nation and local communities. Our individual and collective inquiry and pursuit of knowledge are only possible when each of us in the community is aware of and strives to maintain a code of ethical practice and integrity. All communities, though diverse in their individual members, are based on a shared set of beliefs and values that serve as their foundation.

At Quinnipiac, our community has chosen integrity as one of its guiding principles.

Integrity means upholding a code or standard of values. In its most general sense integrity also means being complete. As an academic community, the completeness that we seek includes asking each individual to see her or his life as a whole, and to understand how the actions he or she takes affect self, others and the community. Individual actions also affect the community of higher education as a whole. In keeping with this commitment to the Quinnipiac community and the larger community of higher learning, Quinnipiac is a member of the Center for Academic Integrity (CAI), a consortium of institutions of higher education committed to the principle of integrity. Our Academic Integrity Policy is based on the five fundamental values outlined by the CAI: honesty, trust, responsibility, fairness, and respect.

Quinnipiac expects all members of our community, student, faculty, and staff, to uphold these five standards of integrity and to contribute to our larger culture of integrity.

To read the entire Academic Integrity Policy and learn of its associated processes visit.
https://catalog.qu.edu/university-policies/academic-integrity-policy/

UNIVERSITY’S LEARNING COMMONS

The Learning Commons is a group of academic programs that provide support to members of the Quinnipiac community. On the Mount Carmel Campus, the Learning Commons is located in the north wing of the Arnold Bernhard Library. Please call reception with questions: 203-582-8268. On the North Haven Campus, the Learning Commons is located on the second floor of the School of Law Center. Please call reception with questions: 203-582-7616. The Learning Commons offers the following support services:

Peer Academic Support

At Quinnipiac, the work a student does with his or her professor is complemented by a strong peer support system.

- A Study Table Program serves students enrolled in various 100-level courses, such as Mathematics and Chemistry. Held in our Common Room, a study table is a venue of support where students can drop in with questions they may have on homework or an upcoming test. Study Table peers can support both individuals and groups. Different from the more sustained individual tutorials, students visiting a study table should bring prepared questions on specific topics so that there is a focus for the visit. Study tables are also useful for guided group support when students have similar questions in the same class. Study Table schedules are posted on our web page and are also available at our reception desks.
• A Peer Tutoring Program, certified by the College Reading and Learning Association, provides individual tutoring for the great majority of 100-level courses, many 200- and 300-level courses and supports many of the graduate degree programs. Students meet with peer tutors on an appointment basis to address material in a specific course. Tutors also can help students improve study skills, time and task management and academic goal-setting.

• A Peer Fellow Program, developed from the supplemental instruction model by a certified coordinator, provides weekly study groups for various classes. Trained in group dynamics and Socratic questioning, Peer Fellows attend each class meeting, develop a weekly agenda with the professor, and meet with interested students to work on topics and challenges.

OFFICE OF STUDENT ACCESSIBILITY

The Office of Student Accessibility (OSA), located in the Learning Commons on both campuses, provides students with disabilities equal access to all University activities and programs. Individuals with documented disabilities are connected to the resources and supports needed to achieve equal access. OSA serves prospective and current students with disabilities affecting mobility, vision, hearing, learning, physical and mental health.

If you are seeking accommodations for a documented disability, please access the Accommodation Request Form for Students with Disabilities located at https://myq.quinnipiac.edu/Academics/LearningCommons/Pages/StudentAccessibility.aspx. Students must request accommodations at the beginning of each semester.

Contact: Matthew Cooper, Director at (203) 582-7600, ABL North Room 112

TRAVEL LETTERS AND CLASS ABSENCE POLICY

Class attendance is a student-athlete's first priority. Quinnipiac University adheres to the NCAA rules that prohibit student-athletes from missing class due to conflicts with a team's practice. NCAA rules permit student-athletes to miss class to participate in a home or away contest. During the season of competition, it is likely that class absences will occur. Every attempt is made to keep missed classes to a minimum.

It is Quinnipiac's academic policy that should a class or test be missed for in-season athletic competition, the student-athlete be given the chance to make up the work provided he/she notifies the professor in advance and makes appropriate arrangements. It is the student-athlete's responsibility to communicate with their professors PRIOR to a class being missed.

1. Student-athletes are expected to personally deliver their travel letters, signed by the Athletic Academic Support office and the Faculty Athletic Representative, to each professor at the beginning of each semester.

2. Arrangements for make-up exams and quizzes MUST be handled before traveling to an athletic event, not after returning from the trip. Make-up exams should be taken with the professor. If this is not possible, the student-athlete should schedule an appointment to take the exam at the Learning Commons.

3. In the event that an affiliated conference of NCAA Championship occurs during final exam time, the student-athlete is required to contact the appropriate faculty member at least two weeks before the scheduled examination or when the conflict is recognized.
Instructions for Handing out Travel Letter to Professors

1. Review your travel letter and the course syllabus to determine which dates you will miss class and what assignments will be due. Also, review the course syllabus to determine the attendance policy and class participation policy. While the attendance policy may indicate that you ‘get 3 free absences’, as a student-athlete you often cannot afford to take these at your leisure – go to all of your classes and only miss if you need to for travel and competition.

2. Introduce yourself to your Professor (name, team you compete for, hometown, major, other relevant information) and let them know you will be missing class time in the future for competition.

3. Give the Professor your travel letter and point out the dates you will be missing their class and the corresponding assignments. Ask if this will pose a problem for your successful completion of their course.

4. Let your Professor know you will **follow up with them one week prior** to each absence with a plan to turn in any missed work.

5. Make a friend in each class, that is not on your team, and plan to call/text/snapchat them to find out what you missed in each class on game days. DO NOT walk into the class after your absence unprepared!
ATHLETIC ACADEMIC SUPPORT SERVICES

The primary goals of the Athletic Academic Support Services Offices are to assist student-athletes in their efforts to complete their degree requirements and develop the skills necessary to be successful in their future endeavors. Programs and services include:

- Study Hall Program: monitored study sessions
- Weekly Meetings: one-on-one academic coaching sessions
- Referrals to The Learning Commons for tutorial services
- The Academic Equipment Loan Program & Book Distribution Policy

STUDY HALL PROGRAM

The Athletic Department sponsors monitored study hall. Participation in this program is based on a student-athlete’s cumulative grade point average from the previous semester. Study hall commitments are recalculated prior to the start of each semester. The number of study hall hours a student-athlete is required to complete each week of the semester is as follows:

All new freshman and transfer students (1st Semester) 6 hours
Freshman with a cumulative GPA between 2.99 and 2.60 2 hours
Student-Athletes with a cumulative GPA between 2.20 and 2.59 4 hours
Student-Athletes with a cumulative GPA of 2.19 and below 6 hours

Study times for freshman student-athletes be scheduled for you and appear on your class schedule as a ZZ code. Your attendance is mandatory.

Students will receive **DOUBLE** credit for meeting with Learning Center tutors and attending Learning Center workshops. Students must identify themselves as student-athletes to receive credit.

The study hall week runs from Sunday - Friday. Reports will be distributed to coaches on Friday afternoon.

Students that are not productively studying (sleeping, being disruptive, active on instant messaging....) will be asked to leave and will not receive credit for their time. **Students that do not sign in or out will not receive credit.**

Library Check-In Procedure: The Academic Monitor will be located at the table across from the Circulation Desk in the library entrance. Library personnel have no affiliation with study hall. Questions should be directed to the Academic Monitor or the Athletic Academic Support Staff.

You must have your Quinnipiac ID in order to check-in for study hall. You must also remain present in the Library to get credit for study hall.

WEEKLY MEETINGS

Students with a cumulative GPA of 2.2 and below will be required meet with an assigned athletic academic support staff member once per week. The purpose of these meeting is to develop strategies for academic success and come up with a plan to accomplish academic goals each week.
REFERRALS TO THE LEARNING COMMONS FOR TUTORIAL SERVICES

The Athletic Academic Support Office works closely with the Learning Commons and the Office of Student Accessibility to support student’s academic needs. The Athletic Academic Support Staff will be in communication with your Professors throughout the semester to solicit feedback on your performance. Our office is also alerted to issues through the University’s retention alert system. Feedback may result in a referral to the Learning Commons for peer tutoring, study tables or consultation with a learning specialist. If you have trouble scheduling a peer tutor or feel you need additional support, please come in to speak with an athletic academic support staff member.

THE ACADEMIC EQUIPMENT LOAN PROGRAM

All student-athletes who have been awarded a full athletic scholarship are eligible to obtain a computer as part of their scholarship. This can be picked up in the athletic academic support office at the start of either the second summer session or the first week of classes in the fall semester. At the end of the student-athlete’s time at the University, they can return the computer to athletic academic support or purchase it at a price determined by the University’s business office. Failure to return or purchase your computer will result in a hold placed on your account.

BOOK DISTRIBUTION POLICY

Based on your coach’s recommendation, full scholarship student-athletes who have been awarded a full athletic scholarship are eligible to obtain course-related books as part of their scholarship. Books are for the student-athletes’ use for the semester and must be returned to the Athletics Department at the end of each semester.

Student-athletes who qualify for books will have an account set up at the campus bookstore. Student-athletes should proceed to the campus’ book store with a copy of their schedule to get their books. Only books required by a class may be purchased. Purchase of optional study guides is the responsibility of the student-athlete. For textbooks or required course material not available at the bookstore, please speak with a member of the Athletic Academic Support Staff.

Books may be purchased during the first two weeks of a semester. After this point, purchase of textbooks is the responsibility of the student-athlete. These books must be returned to Athletic Academic Support by the last day of finals in the semester. Student-athletes failing to return their books will not be eligible to obtain books for the following semester. Books will need to be purchased at the student-athlete’s own expense.
ADDITIONAL DEPARTMENT SERVICES

MEDICAL ROOM/ POLICY ON INSURANCE COVERAGE

• Quinnipiac University requires all students to have a personal medical insurance policy.

• A student-athlete’s personal medical insurance policy must be valid prior to the day the student-athlete begins participating in any required athletically-related activities (e.g. practice, strength and conditioning activities, captains’ practices, etc.). The medical insurance policy must cover any claims made while attending school in Connecticut and practicing and competing as a student-athlete. Federal or state subsidized insurance plans, as well as some HMO’s do not cover students for anything but emergency care in Connecticut. If you have one of these plans, please check what your coverage includes. These plans can prevent the student-athlete from receiving timely medical treatment.

• Student-athletes are required to maintain their personal medical insurance policy throughout the academic year as well as any time a team’s season extends beyond the academic year. A student-athlete is required to immediately inform the Sports Medicine staff of any change in their personal, medical insurance coverage. Failure to do so could result in the student-athlete being financially responsible for costs incurred as a result of an athletically related injury.

• A student-athlete’s personal medical insurance policy is required to cover activities and injuries relating to intercollegiate athletics participation. If the personal medical insurance policy does not cover activities and injuries related to intercollegiate athletics participation, the student-athlete is required to obtain another policy that will cover such activities.

• Student-athletes who do not have primary medical insurance coverage may qualify to have the Department of Athletics & Recreation purchase insurance on their behalf, in accordance with NCAA rules. Please contact your team’s athletic trainer or your head coach to discuss your needs.

EQUIPMENT ROOM & LAUNDRY

Athletic Equipment Operations and Services are responsible for overseeing the procurement, inventory, distribution, and return of equipment/apparel as well as the laundry operations for the athletic department and some adjunct groups. The equipment staff strives to improve the student-athlete experience by providing support services to coaches, staff, Quinnipiac administration and the student-athletes themselves with the goal of helping students to enhance their athletic experience at Quinnipiac University. If you are unsure about equipment or apparel issues speak directly to the equipment staff for clarity on the subject.

Quinnipiac Department of Athletics is contracted through Adidas team sports. This sponsorship comes with strict guidelines that must be followed by coaches, athletes, and staff at all times. As outlined in the contract, this is an agreement with Quinnipiac Athletics and Adidas. As a representative of the Varsity Athletics Programs, you will be expected to adhere to the guidelines of the contract as follows:

“Quinnipiac Athletics shall be held responsible to advise each team (including coaches, athletic staff, and players) to use or wear Adidas products if purchased by the school whenever the school’s athletic teams or coaches are:

• Traveling to or playing games
• Being filmed by motion picture or video tape
• Posing for photographs
• Conducting or participating in QU athletic camps, clinics, and team practices/workouts
• Recruiting
• Engaged in athletic activities where such attire is appropriate. QU athletics further agrees that it will prohibit players, coaches or staff from altering the Adidas logo in any way.”
APPAREL AND EQUIPMENT

The apparel and equipment needed to participate and practice varies from sport to sport. Each head coach must determine which sport-specific items to issue to the student-athletes on his or her respective teams. The head coach also must determine which items are reusable the subsequent season and as such need to be returned by the student-athletes after the season. The head coach will provide the equipment staff with a list of sport-specific apparel the equipment room is to issue each team member. All issued apparel and equipment is the property of Quinnipiac University Athletic Department.

ISSUE AND RETURN OF APPAREL

All equipment and apparel that is issued to a student-athlete will be accounted for by the Equipment Staff. In the event an item is misplaced, lost or stolen, the equipment manager will consult the head coach (or the designate from the coaching staff) to determine the replacement process. Following the completion of the season, each team must return all apparel that the head coach determines to be reusable, as well as all equipment, at a specific time and date designated by the head coach in consultation with the equipment staff. Each head coach may determine how his or her team is to return these items (i.e. directly to the equipment room, to the coach at a team meeting, etc.). At the discretion of the head coach, sport-specific apparel may be used for team practice sessions throughout the academic year, including out of season practice and non-championship seasons. If any of your equipment rips, tears, or becomes unusable please DO NOT THROW IT AWAY. Please return it directly to the equipment staff so it can be exchanged and also so it can be recorded into proper inventory systems and documented accordingly. Each student-athlete is responsible for returning the equipment that was specifically issued to them. Do not leave apparel or equipment unsecured at the equipment room door or at any of the athletic laundry rooms. ALL EQUIPMENT MUST BE RETURNED DIRECTLY TO THE EQUIPMENT STAFF.

REMOVAL FROM A TEAM (VOLUNTARY OR INVOLUNTARY)

Student-athletes who voluntarily leave or are dismissed from a team, or render himself or herself ineligible to remain a member of a team, are required to turn in ALL items of apparel and equipment immediately upon removal from the team roster (this excludes any items the student-athlete may have purchased personally). Together, the equipment staff and head coach will monitor the situation and apprise the designated athletic department administrator on any further action needed until the outstanding items are returned (i.e., financial hold placed on student account).

RETENTION OF APPAREL AND EQUIPMENT AT THE END OF COLLEGIATE PARTICIPATION

The head coach of each team has the discretion to allow those student-athletes who reach the end of their collegiate participation through exhaustion of eligibility to retain sport-specific apparel. Student-athletes may purchase used equipment on the same cost basis as anyone else interested in purchasing used equipment.

BILL FOR EQUIPMENT AND APPAREL

Student-athletes who are required to return these items but fail to do so will be billed for their replacement. Due to the discounts received on orders placed in large quantity and by a certain date, the price for replacing individual items increases in this type of case. Therefore, the replacement rate that will be billed is full retail price plus embellishment costs. If equipment or apparel is not returned, a hold will be placed on the student-athlete’s account until the items are returned or paid for in full.

The Assistant Athletic Director of Equipment Services will determine replacement cost based on current market pricing and the time frame for which the item(s) are needed.
ATHLETIC LAUNDRY PROCEDURES

Laundry service should be viewed as a privilege and treated as such. It is critical in helping maintain cleanliness and in preventing certain types of disease and other medical conditions. Student-athletes must have items used for practice and competition laundered after each use before using them again.

Laundry service for teams will be provided during the academic year and will be extended into the summer months (summer laundry policies). Laundering of gear will be provided for items used for practice and competition only, via the use of individually assigned laundry loops. Each athlete will be provided at least one laundry loop. No personal laundry will be permitted on loops. Laundry loops must be placed in the designated blue or yellow laundry bins. Only laundry placed in designated blue laundry bins {laundry loops and towels together} will be laundered; loops left on locker room floor, “near” designated area or loose items not on a laundry loop will not be laundered. Please note all team laundry bins will be marked accordingly with the specific sport on the front side of the bin. Each team is responsible for making sure their designated bin is brought down to the equipment room or laundry room. Please make sure bins are placed in designated areas marked (CLEAN) and (DIRTY). Laundry loops are considered equipment and are governed by the same policies. In order to receive a new loop, the old loop must be presented for inspection. If a loop breaks, DO NOT THROW IT AWAY. Requests for a new loop, particularly those without an old loop for exchange, will be handled on a case-by-case basis. Please note that laundry bags are no longer an acceptable means of having clothes laundered for student-athletes.

Competition items will be issued or packed, and subsequently returned by the student-athlete, in a manner and timeframe agreed upon by the head coach and equipment staff. Gameday uniform items are to be placed in the yellow laundry bin, team bags, or silver basket hanging rack immediately following the game/meet/match or upon return to campus and brought down to the equipment room to be laundered that same day/night. Any athlete failing to return his or her game uniform items with the rest of the team will be responsible for washing them on their own and holding onto them until the next competition or returned to the equipment room upon completion of the season. If that item is lost, he or she will be responsible under the department billing policy.

TOWELS

Each student-athlete will be provided at least one department issued towel with his/her name or jersey number upon request. The equipment staff will have documentation of towels that are issued to each student-athlete. These are the only towels to be placed in the designated blue laundry bins. Personal towels can be used but they will not be laundered by the equipment room and should not be placed in laundry bins. Personal towels found in laundry bin are subject to confiscation at the equipment department’s discretion. New laundry loops and towels are not provided each academic year. Replacements will be issued on a case by case basis at the discretion of the equipment room staff. Please contact the equipment staff or your coach directly for a replacement. PLEASE DO NOT REQUEST REPLACEMENTS FROM EQUIPMENT STUDENT STAFF. It is strongly suggested by the equipment room that towels do not leave your locker room area other than for laundry purposes.

The Athletic Training and Strength and Conditioning departments have towels for its own use. These towels are to only be used for athletic training/strength and conditioning purposes, and they are laundered and cared for separately. DO NOT use these towels outside of their intended purpose, including for showers.

IMPORTANT PHONE NUMBERS-EQUIPMENT ROOM

Dan McGrath, Assistant Equipment Manager  (203) 582-3698
SPORTS INFORMATION

Overview
The Quinnipiac Sports Information Office serves as the intermediary between the Bobcats’ 21 varsity programs and local, regional and national media outlets.
Quinnipiac Sports Information works closely with Quinnipiac’s coaches, student-athletes and administrators to publicize the accomplishments of all Bobcats student-athletes. In addition to publicity, Quinnipiac sports information also coordinates all statistical compilation, photography, video streaming, broadcasting, graphic design and publications, social media and website maintenance for the Official Website of Quinnipiac Athletics, GoBobcats.com.
Quinnipiac Sports Information is at the service of coaches, student-athletes and members of the media 24 hours a day, seven days a week. For credentials to Quinnipiac athletics events, please contact the sports information contact for the specific sports. Please see the contact directory below for more information.

Quinnipiac Athletics Interview Policy
All interviews with Quinnipiac student-athletes, coaches and administrators must be coordinated with a member of the Quinnipiac Sports Information Office. Should a Quinnipiac student-athlete be approached by a member of the media, they are asked to please direct the member of the media to the appropriate sports information contact.

Media refers to technologies used to communicate messages and whose mission is to serve or engage a public. Public media domains include print outlets, traditional broadcasts, and digital. When utilizing any public media outlet, student-athletes are expected to conduct themselves responsibly as members of their respective team, the Athletics Department, the University and the community.

www.GoBobcats.com
GoBobcats.com is the only Official Website of Quinnipiac Athletics. Student-athlete bios, coaches’ profiles, as well as game notes, schedules and results, statistics and up-to-the-minute Quinnipiac Athletics news, are maintained by sports information and publicized at GoBobcats.com. Should a Quinnipiac student-athlete find inaccurate information on GoBobcats.com, they are urged to contact the appropriate sports information contact to correct the mistake.

Biographical Information Usage
At the beginning of every academic year, all Quinnipiac student-athletes will receive a link to complete an online form containing biographical information that will be utilized to develop the student-athlete’s online bio at GoBobcats.com. Quinnipiac student-athletes are urged to complete these forms as thoroughly as possible so that Quinnipiac Sports Information has as much information as possible in order to publicize that student-athlete. By completing the form and submitting, the student-athlete gives their consent to Quinnipiac Sports Information to use that information for publicity purposes.

Student-Athlete Likeness Usage
At the beginning of each academic year, Quinnipiac Sports Information will coordinate photo sessions to shoot student-athlete head shots and promotional shots for use on GoBobcats.com and other publications. In addition, Quinnipiac Sports Information will coordinate in-game photography to capture action shots of student-athletes in competition. By completing the online biographical information form, student-athletes give their consent to Quinnipiac Sports Information to use their likeness for promotional purposes.
QUINNIPIAC ATHLETICS SOCIAL MEDIA
OVERVIEW

Social Networks
Social network sites such as Facebook, Twitter, Snapchat, Instagram, Blogs, and other new digital platforms facilitate students communicating with other students. Participation in such networks has both positive appeals but potentially negative consequences. It is important that Quinnipiac student-athletes be aware of these consequences and exercise appropriate caution if they choose to participate.

Student-athletes are not restricted from using online social network sites and digital platforms. However, users must understand that any content they make public via online social networks or digital platforms is expected to follow acceptable social behaviors and also to comply with federal government, State of Connecticut, Quinnipiac University, MAAC/ECAC, and NCAA rules and regulations.

Facebook and similar directories are hosted outside the Quinnipiac server. Violations of university policy (e.g., harassing language, university alcohol or drug policy violations, etc.) or evidence of such violations in the content of online social networks or digital platforms are subject to investigation and sanction under the University’s Student Code of Conduct, and other University and department policies. They are also subject to the authority of law enforcement agencies.

It is the responsibility of the student-athlete to be aware of university regulations. Ignorance of these regulations does not excuse student-athletes from compliance.

Quinnipiac Athletics Social Media Guidelines for Student-Athletes

The following guidelines are intended to provide the framework for student-athletes to conduct themselves safely and responsibly in an online environment. As a student-athlete at Quinnipiac University you should:

1. Be careful with how much and what kind of identifying information you post on online social network sites. Virtually anyone with an .edu e-mail address can access your page. It is unwise to make available information such as full date of birth, social security number, address, residence hall room number, phone number, cell phone numbers, class schedules, bank account information, or details about your daily routine. All can facilitate identity theft or stalking. Facebook and other sites provide numerous privacy settings for information contained in its pages; use these settings to protect private information. However, once posted, the information becomes the property of the website.

2. Your site is available to potential current and future employers. You should think about any information you post on Facebook, Twitter, and any other digital media, or similar directories potentially providing an image of you to a prospective employer. The information posted is considered public information. Protect yourself and your team by maintaining a self-image that you can be proud of in years to come.

3. Understand that freedom of speech is not unlimited. The online social network sites are NOT a place where you can say and do whatever you want without repercussions.

4. Refrain from posting content online that would constitute a violation of NCAA rules, such as commenting publicly about a prospective student-athlete, providing information relating to sports wagering activities or soliciting impermissible extra benefits. Likewise, information that is sensitive or personal in nature or proprietary to Quinnipiac Athletics or the University and is not public information, such as tentative or future team schedules, student-athlete injuries and eligibility status, travel plans or information, should not be posted on any student-athletes social networks.
Prohibited Conduct

Student-athletes are highly visible representatives of the University and are expected to uphold the values and responsibilities of the University while meeting all requirements set forth by the MAAC, ECAC Hockey, the NCAA, Quinnipiac University, and the Quinnipiac University intercollegiate athletics program. The Quinnipiac University Department of Athletics prohibits malicious and reckless behavior when utilizing public media outlets. It is important that student-athletes recognize the power of public media domains and the potentially negative image that they can portray about student-athletes, coaches, the athletics program, and the university.

Sanctions

Any inappropriate activity or language in violation of the above prohibitions, including civil authorities.

Sanctions imposed by the Director of Athletics may include, but are not limited to, the following:

• Written notification from the Director of Athletics or designee to the student-athlete outlining the policy and requiring that the unacceptable content is removed or the social network account.
• Suspension from all team activities (contests, practices, meetings)
• Indefinite suspension from the team.
• Dismissal from the team.
• Non-renewal of athletic grant-in-aid.

Student-athletes receiving a computer through our loan program as part of their athletic scholarship should only use this computer resource for the purpose for which it was intended. Users must not intentionally damage the system that is checked out to them. Posting inappropriate content, emails, and images from laptops provided by the University is prohibited.

Bottom line: YOU are accountable for your social media presence. Understand that inappropriate postings can follow you for life. Do not post anything that would embarrass Quinnipiac, your team or your family. If you believe something you posted would upset your parents, then know that it is going to upset the university, too.
Q-MMUNITY SERVICE

Quinnipiac’s Community Service initiative (Q-mmunity Service) is based on Quinnipiac’s Core Value; creating a strong sense of community. This is achieved through participation in community service by the University’s student-athletes, coaches, and administrators. Activities that provide an opportunity for increased interaction among students, faculty, and staff help the Athletics Department achieve this goal.

Quinnipiac Athletics has partnered with Helper Helper to track student-athlete participation in community service events. To track student-athlete participation, all student-athletes will need to download the app and complete the registration.

Helper Helper will be the central location for all things Q-mmunity Service. A calendar of events will be housed there as well as check in/check out capabilities.

We encourage and challenge each and every one of you to get involved, contribute to the QU community, and to participate in an experience that will uplift others outside of the playing field.
STUDENT-ATHLETE ADVISORY COMMITTEE

The Student-Athlete Advisory Committee (SAAC) is an organization run by student-athlete representatives from every intercollegiate team at Quinnipiac University. The mission of Quinnipiac SAAC is to enhance the total student-athlete experience.

What SAAC does:
• Provide a communication link between the student-athlete population and the Department of Athletics and Recreation.
• Protect and promote student-athlete welfare through discussion and education about NCAA, MAAC, and Quinnipiac rules and legislation.
• Foster a positive student-athlete image by creating opportunities for student-athletes to give back to the community.
• Promote Quinnipiac Athletics and unity among teams by supporting fellow Bobcats at their intercollegiate competitions.

How to join SAAC:
At least two representatives are chosen from each intercollegiate team to be SAAC representatives. Applications for SAAC are sent out via email every April for the following academic year.

Supporting SAAC:
Keep an eye out for SAAC events throughout the year. Your team’s SAAC representatives should be reporting back to your team and letting you know about different events that are going on. Come to those events, meet some other student-athletes, and show your QU pride!

Athletic Department Contact: Casey Stark, Assistant Athletic Director of Academic Support. Casey.Stark@qu.edu; 203-582-7211
The NCAA Student Assistance Fund (SAF) is intended to provide direct financial benefits to student-athletes. The money comes annually from the NCAA Revenue Distribution Program which determines the use of the funds. The money from this fund can be spent in four broad areas as defined by the NCAA:

- **Education Expenses and Fees**
  - Examples: tutoring, educational or course supplies, costs associated with required class activities

- **Health and Safety Expenses**
  - Examples: medical insurance premium for student-athletes, medical-dental-vision expenses not covered by another medical insurance policy

- **Personal or Family Expenses**
  - Example: clothing, personal toiletries, travel to and from home, emergency expenses related to illness, injury, death

- **Institutional Academic or Programming Enhancements**
  - Examples: academic achievement or graduation award programs

Decisions on how to spend the money are made at the institutional level with approval from the conference office.

Quinnipiac’s priority is to support as many of our student-athletes who are financially unable to meet their personal needs that are not otherwise covered by their athletic grant-in-aid and/or any of the athletics department’s budgets. Student-athletes who are a recipient of a PELL grant and international student-athletes are given first priority to available funds.

Quinnipiac’s additional priority is to support the academic needs of our student-athletes. This is to be accomplished at both the individual student-athlete level as well as through event programming for groups of student-athletes.

Finally, the level of funding in any given year will dictate Quinnipiac’s ability to support requests for team-based initiatives.

*Athletic Department Contact: Alyssa Budkofsky, Associate Director of Athletics, Rm 229 MT Carmel Campus*
The NCAA sponsors several scholarship programs to assist student-athletes with their postgraduate academic endeavors as well as a degree completion scholarship program. For more detailed information, visit the NCAA website at www.ncaa.org Your team’s academic counselor can also assist you in locating this information on the NCAA website.

**Walter Byers Postgraduate Scholarship Program.** Awarded in recognition of outstanding academic achievement and potential for success in postgraduate studies. Recipients: one male and one female graduating undergraduate.

**NCAA Postgraduate Scholarship Program.** Awarded to graduating undergraduates and based on athletic and academic achievement, campus and community involvement, volunteer activities and demonstrated leadership. Recipients: 29 male and 29 female student-athletes representing fall sports; and then winter sports; and, then spring sports.

**Ethnic Minority and Women’s Enhancement Postgraduate Scholarship Program.** Awarded for graduating undergraduates who intend to pursue graduate studies in sports administration or other field leading to a career in intercollege athletics.

**Jim McKay Scholarship.** Awarded in recognition for outstanding academic achievement and potential to make a major contribution in the sports communication field. Recipients: one male and one female student-athlete graduating undergraduate.

**Degree-Completion Scholarships.** Awarded to Division I undergraduate student-athletes who have exhausted their athletic eligibility.

**NCAA Postgraduate Internship Program.** A salaried internship program for college graduates with an interest in pursuing a career in intercollegiate athletics.
CAMPUS RESOURCES

CARE
Guided by university values of a student-oriented environment and a strong sense of community, the CARE (Community, Assessment, Response, and Evaluation) team employs a caring, preventive, early intervention approach with students who exhibit concerning or disruptive behaviors. The multidisciplinary team meets weekly to review and discuss new referrals, ongoing cases and the best course of action to support the student of concern. CARE team members are trained through the National Behavioral Intervention Team Association (NaBITA) in both behavioral intervention and threat assessment. Objective risk rubrics are utilized for consistent and objective assessments of potential risks and emerging threats toward self or others. By partnering with members of the Quinnipiac community, the CARE team works to promote student well-being and success in the context of community safety. More information about the CARE team, behaviors of concern, how to make a referral, and answers to frequently asked questions can be found on the CARE page on MyQ.

Career Development
Career development services at Quinnipiac are provided within each individual school and college to give students targeted, specialized information. The Schools of Business, Communications, Engineering, Health Sciences and Nursing and the College of Arts and Sciences each have a career development office to help students navigate the career exploration process. From selecting a major and evaluating interests to writing a resume and preparing for interviews, staff members assist students every step of the way with developing a career plan and achieving their goals. Programs and services include individual career counseling and advising sessions; connections with alumni and employers; career fairs and on-campus recruiting; panels and workshops; job and internship listings; and graduate school information. The focus is on offering personal attention and a wide range of useful resources.

Student Health Services
Common uses of student health services include confidential low-cost STI screenings, asking general questions of a healthcare provider, and getting treatment when you’re feeling sick. Make an appointment at studenthealthservices.qu.edu.

Counseling Services Groups
The counseling service can provide individual confidential therapy, or you can participate in a group therapy setting. Go to the Student Support Services section of the Quinnipiac mobile app for more info. Or, on MyQ, select Counseling Service from the Student Life tab.
CAMPUS PHONE NUMBERS

Emergency, Fire................................................................. 111
Public Safety................................................................. 203-582-6200
Weather Line ................................................................. 203-582-8989
Bobcat Den................................................................. 203-582-8396
Bursar’s Office ............................................................ 203-582-8650
Campus Copy.............................................................. 203-582-8246

Campus Ministry
  Catholic Chaplain .................................................. 203-582-8257
  University Rabbi ..................................................... 203-582-8206
  Protestant Chaplain ............................................. 203-582-6477
  Muslim Advisor ..................................................... 203-582-6479

Center of Cultural & Global Engagement ................. 203-582-8246
Counseling Center ...................................................... 203-582-8680
Financial Aid Office ............................................... 203-582-8750
Health and Wellness Center .................................. 203-582-8742
Learning Commons Office ..................................... 203-582-8617
Arnold Bernhard Library ....................................... 203-582-8529
Quinnipiac Book Store ............................................. 203-582-8278
Financial Aid Office ............................................... 203-582-8750
Main Information Center ....................................... 203-582-8351
MVP Laundry Service ............................................... 203-848-1606, 888-687-7839
Post Office (Carl Hansen)........................................ 203-582-8772
Post Office (York Hill) ............................................. 203-582-3526
Registrar Office ....................................................... 203-582-8695
Residential Life ......................................................... 203-582-8666
Student Affairs ......................................................... 203-582-8753
Peoples United Center ............................................. 203-582-3350
LOCATION OF OFFICES AND MEETING ROOMS ON THE MOUNT CARMEL CAMPUS

Athletic Conference Room  
Athletics & Recreation Center  
Rm 233

Athletic Department’s Administrative Suite  
Athletics & Recreation Center  
Rm 200

Buckman Theater  
Buckman Center, building #4, the building’s hallway is circular

Bursar’s Office  
Arnold Bernhard Library, building #8  
– right side of building

Burt Kahn Court  
Athletics & Recreation Center, adjacent to main lobby

Campus Copy  
Faculty Office Building, #12, basement level

Dean of Student’s Office  
Student Affairs Building, #19, above/behind the Bobcat Den

Financial Aid Office (undergraduate)  
Echlin Hall, building #3, left side of building, first floor

Kreske Foundation Lecture Hall  
Echlin Hall, building #3, left side of building, first floor

Learning Commons  
Arnold Bernhard Library, building #8, left side of building

Registrar’s Office  
Arnold Bernhard Library

Residential Life Office  
Building #19, above/behind the Bobcat Den
1. Hartwood Gate is the visitors entrance and parking lot for the admissions office.

2. The School of Law Center contains classrooms, faculty offices, law admissions, academic and development offices, the Faculty Commons meeting room, a comprehensive law library, clinics, the Grand Courtroom, the venue for mock trials and special programs, and adjoining courtyard.

3. The Edible Center houses the offices of Undergraduate (and Graduate) Admissions and Financial Aid, faculty offices and classrooms. The Krueger Foundation Lecture Hall and Perlroth Boardroom are located here.

4. The Charles L. Buchman Center contains classrooms, faculty offices and the Bristol-Myers Squibb Center for Science Teaching and Learning. In the center is the Charles L. Buchman Theater, used for guest lectures and campus productions.

5. Tane Hall houses engineering and other classrooms, laboratories, faculty offices and the Learning Center.

6. The newly renovated Carl Hansen Student Center contains a bookstore, post office, bank and student lounge areas. Office of Campus Ministry, student media and government, and other campus organizations are on the second floor.

7. The Dining Hall is open from early morning to midnight, with food served from a variety of specialty stands and waiting for more than 1,000.

8. The Arnold Bernhard Library, marked by the clock tower with the Nils Sahlin Carillon, forms part of the University Quadrangle. The library provides more than 750 seats with data/power connections, 13 group study rooms, a 30-seat instructional room and more than 60 public computers. The library also contains the Lender Family Special Collection Room with artwork from The Great Hunger. The building also houses the Benton Registrar, Student Administrative Services, Information Services, Technology Center and the Executive Office Suite.

9. The Lender School of Business Center contains the School of Business, case study classrooms, seminar and computer rooms, Academic Affairs, faculty and administrative offices, the Manhattan Executive Seminar Room and the Terry W. Goodwin ’87 Financial Technology Center.

10. The Ed McMahon Mass Communications Center houses state-of-the-art technology for television and radio production, including a professional-level newsroom technology center, classroom, and offices for the School of Communications.

11. The Main Entrance serves the Arnold Bernhard Library, Faculty Office Building, Athletic and Recreation Center, Lender School of Business Center, Ed McMahon Mass Communications Center, School of Law, the North Parking Lot and athletic fields.

12. Additional faculty offices are housed in the Faculty Office Building.

13. The Athletic and Recreation Center houses the Burt Kahn Court, locker rooms, training rooms and athletics staff offices. It also includes a multipurpose surface used for volleyball, tennis and basketball; suspended walking track; combination large weight room and exercise center; and two multipurpose dance/aerobics studios. Six lighted tennis courts and a range of outdoor courts and fields are nearby. The offices of Multicultural and Global Education are located here as well.

14. The Health and Wellness Center offers 24/7 health care during the academic year and personal counseling weekdays by appointment.

15. The Commons buildings are traditional-style residence halls.

16. The Hill buildings offer apartment-style housing, including kitchens.

17. Inagawa-Tuttle Residence Hall, a traditional-style residence hall, also is the site of Public Safety.

18. Dana English Residence Hall is a traditional-style residence hall.

19. The Student Affairs Center contains the offices of the Vice President of Student Affairs and Residential Life. Students gather to eat and socialize in the Bobcat Den, on the lower level.
From New York City and west, or Hartford and east, via the Wilbur Cross (Merritt) Parkway: Take the Parkway (Route 70) to Exit 60 from the west end of Exit 62 (from the north). Turn right onto Whitney Avenue (Route 10) and proceed north three miles to Mount Carmel Avenue. Turn right onto Mount Carmel Avenue and go 0.3 miles to campus.

From Northern New Jersey: Take I-95 south to Exit 10 (Route 40). Follow Route 40 approximately three miles to its end at Whitney Avenue. Turn right onto Whitney Ave. (Route 10) and proceed north for 1.4 miles. Turn right onto Mount Carmel Avenue, and go 0.3 miles to campus.

From Waterbury and New York State, via I-94: Take I-94 to Exit 28. At the end of exit, bear right on Route 70 toward Cheshire. Continue on Route 70 to Route 10. Turn right on Route 10 and go about three miles to Whitney Avenue. From Mount Carmel Avenue, turn right onto Whitney Avenue. From the North Haven Campus: Follow Ohio State Route 68 north, go straight to the first traffic light. Take left onto Whitney Avenue. From the North Haven Campus: Follow University Road north, go straight to the first traffic light. Take left onto Whitney Avenue. From the North Haven Campus: Follow U.S. Route 1 north, go straight to the first traffic light. Take left onto Whitney Avenue.

The Village residence halls have split-level apartments, each with three bedrooms, a living room and bathroom.

Take our virtual campus tour
www.quinnipiac.edu/tour

The Village residence halls have split-level apartments, each with three bedrooms, a living room and bathroom.

21, 22, 23 Perkins, Larson and Tempel manses consist of four-bedroom units.

24 The Complex buildings offer apartments, including kitchens.

25 The Lodges is a traditional-style residence hall.

26 Mountainview Residence Hall consists of four-bedroom units.

27 The Pat Abbott ’88 Alumni House and Gardens, on Hogan Road, houses Development and Alumni Affairs.

28 The Development and Public Affairs Building, on Hogan Road, houses Public Affairs, a call center and the Alumni Board of Governor Room.

29 Service Entrance

30 Mail Services Center and Facilities

31 The Dean Robert W. Evans College of Arts and Sciences Center, buildings 1, 2 and 3, houses class- rooms, faculty offices and the Black Box Theater.

32 New Road Entrance

33 Hillside House, 560 New Road, features a kitchen, a lounge, study space and a large social room for fitness services and traditional meals, and the office of the University rabbi.

34 Albert Schweitzer Institute at Quinnipiac University, 440 Old Road, enhances the student experience through alternative spring break service trips, hosting world leaders on campus, and exploring issues related to the Schweitzer philosophy.

35 The Office of Human Resources is located at 534 Mount Carmel Ave.

P Parking A Athletic Fields

Other Locations

The Quinnipiac University Polling Institute, at 20-40 West Woods Road, regularly surveys residents in Connecticut, New York, New Jersey, Pennsylvania, Florida, Ohio, Virginia and nationally about political races and issues of local, regional and national concern.

Quinnipiac University Online, 3085 Whitney Ave., expands Quinnipiac’s educational offerings for adult learners with online master’s degrees and certificate programs as well as online summer classes.

AM 1220 WQUN, the University’s radio station, at 3085 Whitney Ave., provides local news, interviews, national news and live coverage of Quinnipiac sports.

Whitney Village, 3075 Whitney Ave., is an apartment-style residence hall with fully equipped kitchens.

Ireland’s Great Hunger Museum (opening Fall 2012), 3081 Whitney Ave., is home to the world’s largest collection of art relating to the famine that occurred throughout Ireland from 1845–52.

The Center for Psychological Research is located at 485 Sherman Avenue.

Directions to the Mount Carmel Campus

From Providence and east, or New York City and west, via I-95 (Connecticut Turnpike): Take I-95 to New Haven. Then take I-91 north to Exit 18 (Route 40). Follow Route 40 approximately three miles to its end at Whitney Avenue. Turn right onto Whitney Avenue (Route 10) and proceed north for 1.4 miles. Turn right onto Mount Carmel Avenue, and go 0.3 miles to campus.

From New York City and west, or Hartford and east, via the Wilbur Cross (Merritt) Parkway: Take the Parkway (Route 70) to Exit 60 from the west end of Exit 62 (from the north). Turn right onto Whitney Avenue (Route 10) and proceed north three miles to Mount Carmel Avenue. Turn right onto Mount Carmel Avenue and go 0.3 miles to campus.

From Northern New Jersey: Follow Route 287 north to the Sagemove Drive exit and continue on Route 287 to Merritt (Hutchinson River) Parkway. Exit 99. Follow above directions from Parkway (Route 95).

From Hartford, Boston and upper New England, via I-91: Take I-91 south to Exit 15 (Route 44). Follow Route 44 approximately three miles to its end at Whitney Avenue. Turn right onto Whitney Ave. (Route 10) and proceed north for 1.4 miles. Turn right onto Mount Carmel Avenue, and go 0.3 miles to campus.

From Waterbury and New York State, via I-94: Take I-94 to Exit 28. At the end of exit, bear right on Route 70 toward Cheshire. Continue on Route 70 to Route 10. Turn right on Route 10 and go about three miles to Whitney Avenue. From Mount Carmel Avenue, turn right onto Whitney Avenue. From the North Haven Campus: Follow Ohio State Route 68 north, go straight to the first traffic light. Take left onto Whitney Avenue. From the North Haven Campus: Follow University Road north, go straight to the first traffic light. Take left onto Whitney Avenue.