



**DARTMOUTH COLLEGE ATHLETICS  
STUDENT-ATHLETE  
HANDBOOK AND PLANNER  
2016-2017**

<b>Name:</b>
<b>HB:</b>
<b>Phone:</b>



## **ATHLETIC DEPARTMENT**

**DARTMOUTH COLLEGE - 6083 ALUMNI GYM  
HANOVER - NH - 03755**

August 2016

Dartmouth Student-Athletes,

As we start the 2016-2017 school year, we in the Athletic Department want to wish you much success. You will be challenged in the classroom and in your athletic pursuits, but through these challenges will come victory and accomplishment.

Entering our sixth year of Dartmouth Peak Performance (DP2), we know you will be able to find the support you need in any aspect of your life as a student-athlete. Whether it is choosing the best classes, connecting with alumni to find an internship, or rehabbing from an injury, DP2 is there to help. As we continue to grow our leadership program, we strive to provide every Dartmouth student-athlete with an “unfair competitive advantage” in life.

As you know, you and your Big Green teams are highly visible members of the Dartmouth community, and with visibility comes responsibility. We expect that you will work closely with your coaches, professors, and other College staff to ensure that your academic and civic responsibilities as a Dartmouth student and community member are top priorities.

I strongly recommend that you review the policies in this handbook to ensure a thorough understanding of the relevant rules, regulations, and expectations. But more than that, I challenge each of you to take full advantage of your opportunities here, while always taking pride in representing Dartmouth Athletics in an exemplary way.

All of us who work in Athletics are here to make your Dartmouth experience the best it can be. We are happy to answer questions you have and our doors are always open.

GO BIG GREEN!

Sincerely,

A handwritten signature in black ink that reads 'Harry C. Sheehy'.

Harry Sheehy  
Director of Athletics & Recreation

**DARTMOUTH COLLEGE**  
**STUDENT-ATHLETE PLANNER**  
**2016-2017**

**DARTMOUTH COLLEGE PRINCIPLE OF COMMUNITY**

In June of 1980, the Board of Trustees endorsed the following “Principle of Community” for Dartmouth College:

The life and work of a Dartmouth student should be based on integrity, responsibility and consideration. In all activities, each student is expected to be sensitive to and respectful of the rights and interests of others and to be personally honest. He or she should be appreciative of the diversity of the community as providing an opportunity for learning and moral growth.

This statement provides a basis for interaction between and among all members of the College, and each of us is expected to be mindful of it while pursuing our own interests as members of this community. (The Committee on Standards has ruled that the Principle of Community cannot be the basis of a disciplinary hearing before the COS.)

Dartmouth continues to work to create an inclusive environment for all Dartmouth Community members, and is actively committed to being an anti-racist, anti-sexist and anti-homophobic institution, as reiterated by a May 2001 letter from President James Wright to the Dartmouth Community.

**DARTMOUTH ATHLETICS MISSION STATEMENT**

Vision, Mission and Values

Our Vision

The Dartmouth College Department of Athletics and Recreation aspires to provide the best student athlete experience in the Ivy League and the nation.

- We see staff, coaches and teams that consistently develop and improve their skill, preparation and mental toughness.
- We see teams that display resilience, and play with humility, integrity, fortitude and passion.
- We see teams that display ingenuity and creativity.
- We see teams of valor and courage placing the greater good above the individual.
- We see teams displaying comprehensive excellence, marked by students who actively engage academically on our campus, and are competitively strong vying successfully in the Ivy League and nation.
- We intentionally produce leaders of character who have a positive campus-wide impact.

This is the Dartmouth way.

Our Values

Development      Resilience      Ingenuity      Valor      Excellence

Our Mission

To develop teams of comprehensive excellence in order to build a championship culture and Dartmouth leaders for life

**DARTMOUTH POLICIES ON CONDUCT**

As a student-athlete, you not only represent the Big Green, but also the Dartmouth College community. We expect you to abide by the Dartmouth Standards of Conduct, the Athletic Department’s policies on sportsmanship and ethics, and any rules established by your respective varsity team. The Department recognizes that, on occasion, student-athletes may engage in activities detrimental to the student-athlete, Dartmouth Athletics, and the College. When such an activity occurs, it is your responsibility to inform your coach of the incident within twenty-four hours, particularly when campus Safety & Security and/or local or state law enforcement is involved; this also holds true for any transgressions that occur during off-campus or leave terms. The athletic director, in consultation with the head coach and program administrator, will review instances of inappropriate student-athlete behavior and determine whether an athletic sanction is warranted. Sanctions, including temporary or permanent removal from the team, may be applied in addition to College penalties.

**DRUG AND ALCOHOL POLICY**

Purchase or use of alcohol or any other drugs by student-athletes during any Dartmouth sponsored athletic trip or event is prohibited. This policy also pertains to students who are of legal drinking age, and includes all trips, even those trips for which student-athletes may have paid part of the expense.

- No alcohol is to be served at team meals, team functions or team banquets.
- No alcohol or any other drug should be used on any buses or vans transporting Dartmouth student-athletes to and from athletic contests and Dartmouth sponsored events. No alcohol or any other drug may be purchased with money allocated for team travel; this pertains to coaches and staff as well.

Additionally, individual teams and their respective coaching staffs may implement a drug and alcohol policy as well.

**GAMBLING**

In recent years, there have been increased occurrences of illegal gambling activities in NCAA schools. In an effort to limit the problems associated with student-athletes becoming involved with illegal gambling and the NCAA sanctions that are imposed when illegal activities are discovered, the NCAA and the Ivy League have instituted additional regulations with regard to gambling. We are listing here the NCAA regulations about the involvement in gambling activities as well as what you may and may not do as a Dartmouth/NCAA student-athlete:

- (a) Provide information to individuals involved in organized gambling activities concerning intercollegiate athletics competition;

- (b) Solicit a bet on any intercollegiate team;
- (c) Accept a bet on any team representing the institution;
- (d) Participate in any gambling activity that involves intercollegiate or professional athletics through a bookmaker, a parlay card or any other method employed by organized gambling.

If you have any questions about the information listed here, or about gambling activities, please contact a member of the Compliance office.

### **GROUP DISCIPLINARY PROCESS**

In cases where a student organization or team may have violated a departmental standard or regulation, the department head responsible for oversight of the organization will consult with the UJAO but will normally be responsible for adjudicating the matter according to normal departmental practice. Such violations of departmental standards, however, may be referred to the OAC. Where the behavior in question may also have violated a College Standard of Conduct, the matter will be referred to the OAC for investigation and adjudication.

### **HAZING**

Hazing is strictly prohibited at Dartmouth College, by College policy and New Hampshire law. Violation of the student hazing policy may subject an individual or recognized organization or team to disciplinary action. No student, College employee, College volunteer, student organization, athletic team or other College-recognized group or association shall conduct or condone hazing activities, “consensual” or not. **Please see the Dartmouth College Hazing and Group Accountability Policies.**

### **SPORTSMANSHIP**

The Department embraces, affirms and maintains standards of conduct for responsible student behavior, ethical conduct and good sportsmanship that are appropriate for our campus community and the expectations of the Ivy League and the National Collegiate Athletic Association. The Department encourages the highest level of conduct and performance in athletic endeavors and in all phases of campus life as participants in our programs are highly visible representatives of the College and, in many respects, important role models.

## **STUDENT-ATHLETE SOCIAL MEDIA POLICY**

Dartmouth College student-athletes are representatives of the College and community. The athletic department requires student-athletes to exercise good judgment in their use of social media websites, and to conduct these activities in a responsible and respectful manner.

- It is impermissible for student-athletes to post information, photos, or other representations of sexual content, inappropriate behavior (e.g., drug or alcohol use), or items that could be interpreted as demeaning or inflammatory.
- Student-athletes are required to abide by all team policies, athletic department policies, and NCAA rules when utilizing social media websites.
- Student-athletes are not permitted to initiate communication with a prospective student-athlete as a result of the prospective student-athlete’s recruitment by Dartmouth College.
- It is not permissible to comment on injuries, officiating, or team matters that could reasonably be expected to be confidential to team members.
- Student-athletes are required to follow all respective social media website rules.

### **Best Practices and Reminders**

- Think twice before posting. If you wouldn't want your coach, parents, or future employer

- to see your post, don't post it.
- Be respectful and positive.
- Remember, many different audiences view your posts including fans, alumni, kids, local authorities, parents, faculty, etc.
- The internet is permanent. Even if you delete something, it's still out there somewhere.
- Be in the right state of mind when you make a post. Do not post when your judgment is impaired.
- Coaches and administrators monitor social media websites.
- Potential employers use these social media websites to screen candidates.
- Use the privacy/security settings made available on these sites.

Violation of the Student-Athlete Social Media Policy may result in disciplinary action--including temporary or permanent suspension from the team--as determined by athletic director and head coach.

## **STUDENT-ATHLETE GRIEVANCE POLICY & PROCEDURE SUMMARY**

The Dartmouth College Athletic Department is committed to protecting the health, safety, welfare, and fair treatment of student-athletes at all times. This policy describes the process available to student-athletes who believe that they have been subject to inappropriate, unprofessional or unfair conduct by a coach. As a general policy, a student-athlete should follow the guidelines below to resolve an issue with a coach:

### **Informal Grievance Process:**

#### **Step 1:**

In many cases, informal discussion can be useful in resolving perceived or real issues with coaches. Whenever possible, a student-athlete should attempt to resolve the issue directly with the coach. Team captains are often a good resource to help mediate an issue.

#### **Step 2:**

If the student-athlete cannot reach a satisfactory resolution of the issue through direct communication, or is uncomfortable making direct contact with the coach, the student-athlete should report the grievance to their sport administrator. In an effort to resolve the matter, the sport administrator may pursue a number of informal options such as providing advice or facilitating a conversation between the involved parties.

### **Formal Grievance Process**

#### **Step 3:**

If the issue cannot be resolved informally, or if a student-athlete is uncomfortable pursuing their concerns with the coach or sport administrator, the student-athlete may report their grievance to the director of athletics in writing. The student-athlete should write the statement by him or herself; the director of athletics will not accept statements written by others on behalf of the student-athlete. The student-athlete's statement should include the nature of the concern, the steps that have been taken, and the outcome that the student-athlete is seeking.

The director of athletics will determine the individual(s) best suited to formally review the issue. Upon receiving the student-athlete's written grievance, the reviewer will show a copy of the statement to the coach but the coach will not be provided a copy of the statement.

The coach will be given the opportunity to provide his or her own statement in response to the student-athlete's statement within a time frame set by the reviewer. The coach's statement will be shown to the student-athlete, but a copy will not be provided.

After reviewing the statements of the student-athlete and the coach, the reviewer will investigate the allegations and responses. The reviewer will draft a report summarizing the review for submission to the athletic director.

**Step 4:**

The report will normally not be shared with either the student-athlete or coach.

The athletic director will determine any action(s) to be taken as a result of the report and his/her decision on the matter is final.

\* The complete policy is available on-line on the Compliance website via <http://www.dartmouthsports.com/compliance>

Choose "Current Student-Athletes" tab from the upper link menu

Scroll to "Resources" menu

Choose "Grievance Policy" link

## **ACADEMICS**

### **ACADEMIC HONOR PRINCIPLE**

The faculty and students of Dartmouth College recognize the Academic Honor Principle as fundamental to the education process. Any instance of academic dishonesty is considered a violation of the Academic Honor Principle and may subject a student to disciplinary action, up to and including, separation.

Fundamental to the principle of independent learning is the requirement of honesty and integrity in the performance of academic assignments, both in the classroom and outside. Dartmouth operates on the principle of academic honor without proctoring of examinations. Students who submit work which is not their own or who commit other acts of academic dishonesty forfeit the opportunity to continue at Dartmouth.

The Academic Honor Principle depends on the willingness of students, individually and collectively, to maintain and perpetuate standards of academic honesty. Each Dartmouth student accepts the responsibility to be honorable in the student's own academic affairs, as well as to support the Principle as it applies to others.

Any student who becomes aware of a violation of the Academic Honor Principle is bound by honor to take some action. The student may report the violation, speak personally to the student observed in violation of the Principle, exercise some form of social sanction, or do whatever the student feels is appropriate under the circumstances. If Dartmouth students stand by and do nothing, both the spirit and operation of the Academic Honor Principle are severely threatened.

A number of actions are specifically prohibited by the academic Honor Principle. These focus on plagiarism and on academic dishonesty in the taking of examinations, the writing of papers, and the use of the same work in more than one course. For further information, please consult your Dartmouth College Student Handbook.

## **CLASS ABSENCE POLICY**

The Dartmouth Faculty approves of student participation in athletic activities and wishes to encourage students to take advantage of opportunities at the College in both intramural and intercollegiate athletics. Student-athletes must keep in mind, however, that their primary objective here at Dartmouth is learning. They are students first and athletes second. Dartmouth coaches, as well as faculty, accept this proposition. They also understand that each student must make his/her own decision about the importance of participation in sports and the demands it makes on his/her time.

With respect to practices or athletic meetings, it is understood by both the faculty and coaching staff that class attendance takes precedence over participation in athletics. Furthermore, full participation in classes which leads to the missing of practices may not, in itself, prejudice the coaches in the selection of team participants.

Although academic schedules may sometimes conflict with College sponsored athletic activities there are no automatically excused absences for participation in such activities. Students who participate in athletics should check their calendars to see that events do not conflict with their academic schedules. If conflicts occur, each student is responsible for discussing the matter with his/her professors at the beginning of the appropriate term. Professors may be accommodating if approached well in advance of the critical date, but they are under no obligation to make special arrangements for make-up opportunities.

## **ACADEMIC RESOURCES**

### **SEAVER PETERS STUDENT-ATHLETE STUDY LOUNGE**

The Seaver Peters Student-Athlete Study Lounge is located on the 3<sup>rd</sup> floor of the Floren Varsity House. The study lounge is open Monday through Friday and is equipped with study tables, chairs, couches, and Dartmouth GreenPrint.

### **FACULTY ADVISORS.**

Faculty advisors are valuable resources for student-athletes when they have questions about how to approach a coach or a course professor about a concern related to balancing their academics and athletics at Dartmouth. In addition, many Faculty Advisors serve as the Pre-major advisor for the first-year students on a respective team.

### **NCAA LAPTOP CHECK-OUT PROGRAM**

A limited number of laptop computers are available to student-athletes traveling to and from a college-sponsored competition. Students must normally reserve a computer by notifying the Asst. AD for Peak Performance at least two days prior to the pick-up date and must return the computer within one day of returning to campus from the event.

## **ATHLETIC DEPARTMENT RESOURCES**

### **EQUIPMENT ROOM**

Personal athletic equipment is issued for the season. There are two major prerequisites for issuing equipment to student-athletes:

1. Being on the official team roster and being certified by the Athletics Compliance Office as being eligible for participation. This allows the orderly assignment of lockers and establishment of individual accountability.

2. Certification by the Dartmouth Health Service that a student-athlete is in satisfactory physical condition.

### **Responsibility for Equipment**

It is the individual's responsibility to protect the equipment that has been issued to him/her. Student-athletes will be charged the replacement cost for any item which they lose or damage through neglect.

### **Turning in Equipment**

Student-Athletes have three working days at the end of the season to turn in their equipment and clear their account. If, during the season, a student-athlete decides not to (or cannot) participate in a sport, he/she must turn in all equipment immediately.

## **SPORTS MEDICINE DEPARTMENT**

The Sports Medicine Department provides athletic health care for all men and women intercollegiate student-athletes. The main sports medicine facility—"The Training Room"—is located in Davis Varsity House, which is adjacent to Alumni Gym. The training room is staffed by certified athletic trainers, each of whom is assigned to various athletic teams. The athletic trainers work in conjunction with the College Health Service and the orthopedic physicians at Dartmouth Hitchcock Medical Center to provide comprehensive athletic health care, ranging from emergency first aid and injury evaluation to rehabilitation of athletic injuries.

***Injuries and Illness*** - All injuries, illnesses or other medical problems, which may affect a student-athlete's participation in intercollegiate athletics, should be reported immediately to the athletic training staff. Injured student-athletes will be evaluated initially by the athletic training staff and referred, as needed, to the appropriate medical care provider. Student Athletes should follow up with their team's assigned athletic trainer after any physician visit or consultation to ensure that proper treatment and rehabilitation is carried out.

For those student-athletes who have suffered significant injuries that have limited athletic participation, approval for returning to practice and competition is required from both a physician and athletic trainer assigned to his/her particular sport.

***Insurance Information*** - Student-athletes **must** have health insurance to participate in intercollegiate athletics at Dartmouth. Please be advised that not all insurance plans cover injuries that occur as a result of participation in intercollegiate or club sports. Please make sure that if you are using your own insurance it adequately covers any potential intercollegiate or club-sport injury. The Dartmouth Student Group Health Plan (DSGHP) covers sport injuries the same way it covers other medical conditions.

It is imperative that you completely understand Dartmouth's policy regarding medical insurance coverage for athletic injuries. Dartmouth does not carry an insurance policy, specifically for student-athletes. The only exception to this policy is in case of a catastrophic injury in which medical expenses exceed \$90,000. In this case, the NCAA Catastrophic Insurance Program would be utilized. Otherwise, all medical expenses incurred are the responsibility of the student-athlete. This includes all the exams and rehabilitation processes that can be associated with athletic injuries. This policy applies regardless of whether or not the injury was sustained in a formal practice or competition while representing Dartmouth, either on our campus or a competitor's campus.

We recommend that student-athletes strongly consider the DSGHP in order for our sports medicine staff to provide the most efficient care. **Please remember when purchasing the DSGHP that co-payments/coinsurance and deductibles still apply.** Also note that the DSGHP now has a PPO. This means that if the treatment occurs in Hanover, New Hampshire with an out-of-network healthcare provider, that the percentage and maximum out of pocket contribution will change. For complete coverage details please visit the DSGHP site: [www.dartmouth.edu/~health/insurnace.htm](http://www.dartmouth.edu/~health/insurnace.htm). To receive information via the phone, please contact the DSGHP/Insurance Information Office at: 603-646-9438.

Although Dartmouth does not provide specific athletic injury medical insurance coverage, we do have a limited ability to help student-athletes defray medical expenses incurred as the result of an injury directly related to their participation in varsity athletics. **For student-athletes who are enrolled in the DSGHP, Dartmouth Athletics will reimburse all out-of-pocket costs for injuries resulting from participation in intercollegiate athletics, including the DSGHP deductible, up to a maximum of \$2,000 annually.**

DSGHP has a \$1,000 individual maximum annual out of pocket for in-network care and \$2,000 of the usual and customary fees for out of network care. The DSGHP will cover up to the \$90,000 NCAA's catastrophic injury insurance program deductible (DSGHP deductible, coinsurance and out pocket maximums will apply.)

**For student-athletes who choose not to enroll in the DSGHP, we will reimburse 50% of out-of-pocket medical expenses related to injuries resulting from participation in intercollegiate sports, up to a maximum of \$2,000 annually.** Please be mindful, however, that while Dartmouth Athletics has been able to satisfy all such reimbursement requests in recent years, our resources to do so are limited and **we are only able to provide such reimbursements while adequate funding remains available.**

#### **STUDENT-ATHLETE ADVISORY COMMITTEE (SAAC)**

The Dartmouth Student-Athlete Advisory Committee (SAAC) was established in the summer of 2002. The group was created to provide student-athletes with a voice in the Dartmouth College Athletic Department (DCAD), as well as foster communication regarding issues that impact the student-athlete experience. Student-athletes involved in SAAC represent most, if not all, of Dartmouth's thirty-four varsity athletic teams. Members of the SAAC are assigned to and actively participate in one or more designated committees; they also report back to respective teams with information, updates, and upcoming events. For more information about SAAC, please e-mail the SAAC g-mail account: [Dartsaac@gmail.com](mailto:Dartsaac@gmail.com).

#### **STUDENT-ATHLETE ASSISTANCE FUND**

If you are a varsity student-athlete and receive a Pell Grant as part of your financial aid package, or if you are a foreign student who is "Pell Eligible," you are eligible to take advantage of the NCAA Student-Athlete Assistance Fund. Certain expenses that fall within the categories covered may be reimbursed to those student-athletes who qualify for the fund. Those categories are medical expenses, clothing and other essentials, academic course supplies, and certain travel expenses.

#### **STUDENT-ATHLETE OPPORTUNITY FUND**

The NCAA Student-Athlete Opportunity Fund was created in 2003 to assist athletic departments in providing for individual needs on each campus. Dartmouth has chosen to use these funds for, among other things, extraordinary opportunities for student-athletes outside the competitive arena,

uncovered medical expenses, graduate school entrance exam fees and travel to see ailing or deceased family members.

### **PE CREDIT**

Varsity athletes will receive PE credit for participating in their sport. It is up to the athlete to sign up for their sport through banner student at the beginning of each term. Athletes may receive credit for two competitive seasons as well as one off-season to complete the degree requirement.

## **COMPLIANCE**

By making student-athletes aware of NCAA and Ivy League rules and by asking for student-athlete cooperation to ensure that NCAA and Ivy League rules are followed, Dartmouth is in the best position to achieve institutional and departmental goals. Failure to comply with NCAA or Ivy rules will result in consequences for the student-athlete and Dartmouth College.

All of the following information, forms, and more can be found at [dartmouthsports.com/compliance](http://dartmouthsports.com/compliance).

### **INTERCOLLEGIATE ATHLETICS PARTICIPATION REGULATIONS**

#### **IN-SEASON**

Student-athletes may:

- Participate in a maximum of **4 hours** of countable athletic activity **daily** (exception: golf practice rounds may exceed 4 hours in a day under certain conditions).
- Participate in a maximum of **20 hours** of countable athletic activity weekly (no exceptions). **Countable athletic activity includes:**
  - Team conditioning/fitness activities
  - On-court or on-field activities
  - Setting up defensive or offensive alignments
  - Chalk talk
  - Lectures or discussions relating to strategy
  - Any activity utilizing sport equipment
  - Discussion or review of film related to the sport

\*TEAMS MUST HAVE ONE "OFF" DAY WEEKLY THAT INCLUDES NONE OF THE ABOVE MENTIONED ACTIVITIES.

Daily and weekly hour limitations do not apply when classes are not in session, except for certain fall preseason sports.

#### **COMPETITION DAYS**

All competitions are regarded as 3 hours of countable athletic activity, regardless of the actual time that has elapsed during the competition.

NO PRACTICE SHALL TAKE PLACE FOLLOWING COMPETITIONS. The only exception to practice between competitions and rounds is during a multi-day or multi-event competition. (Examples: Batting practice between a double-header or putting between rounds of golf.)

#### **FINAL EXAM PERIODS**

For in-season sports, daily and weekly hour limitations ARE APPLICABLE during all exam periods and official reading days. Teams may not conduct mandatory practice during exam periods. Out-of-season teams may not engage in ANY athletically related activity with their coaching staff during reading or exam periods.

## **OUT-OF-SEASON**

Outside of the playing season, participation in countable athletic activity is limited to **6 hours per week**. A maximum of **2 hours per week** can be used for skill instruction with the coach.

### **FALL SPORTS**

- May have 12 practice sessions in the spring. Two of the 12 practice sessions may be used for contests provided there is no missed class time involved.
- **Overnight travel is not permitted.**

### **SPRING SPORTS**

- May have 12 practice opportunities in the fall and up to four of those opportunities may be contests, provided those dates involve no missed class time and no overnight travel.

## **IVY LEAGUE REST PERIOD REGULATIONS**

Each sport will designate a “rest period” totaling 49 days during the academic year. These periods shall have no required athletic activity, no voluntary activity under the supervision of a team coach, no team athletic activities (e.g. captain’s practices), and no team or team-member athletically-related activities resulting from encouragement by the coaching staff to engage in such activity. Under no circumstances will any athletically-related activity involving team members be supervised by a team coach, nor will facilities be reserved for team activities.

## **DRUG TESTING POLICY**

The NCAA conducts year-round drug testing for all sports. Failure to submit to the test is considered a positive test, and the accompanying sanctions dealt to anyone who tests positive for drug use will be applied. Sanctions associated with a positive test:

- Declared ineligible for competition for one year
- Re-instatement for eligibility requires a negative drug test according NCAA standards.
- Sanctions associated with a 2nd positive test:
- Permanently ineligible for competition in all sports.

**Prescription Drugs** - Some prescription drugs contain steroids. If you are taking prescription drugs on a regular basis, please notify your team’s athletic trainer so he or she can list your medication as part of your medical records. Your trainer will work with the NCAA drug testing representatives to ensure that the prescribed medication will be correctly noted.

**NCAA Banned Substances** - The NCAA bans substances that are performance enhancing and/or harmful to health. It is the student-athlete’s responsibility to be familiar with the NCAA’s drug policies and programs—check before taking any medication or supplement. The following are the categories of drugs that the NCAA bans:

- Stimulants
- Anabolic Agents
- Diuretics/Manipulators
- Street Drugs
- Peptide Hormones

To see the complete Banned Drug List, visit the NCAA website: NCAA.org + About Us + Health & Safety.

The NCAA does not consider ignorance as a valid excuse for a positive drug test. It is imperative to check with the appropriate athletic department staff members before utilizing any supplements. Failure to do so could jeopardize your eligibility as well as your health.

### **SENIOR QUESTIONNAIRES AND EXIT INTERVIEWS**

The athletic administration is very interested in learning more about your experience as a student-athlete at Dartmouth. All student-athletes at Dartmouth are provided the opportunity to complete a written questionnaire. Additionally, some senior members of each team will be randomly asked to participate in an oral interview. The quality of the facilities, equipment, and coaching are a few of the areas that a student-athlete would be asked to evaluate. If a student-athlete is selected, he/she will have an opportunity to share, first-hand, his/her experiences as an intercollegiate student-athlete at Dartmouth with a member of the athletic administration. All information a student-athlete provides would remain confidential although some of the answers and suggestions would be compiled, without names attached, and discussed among the members of the athletic administration.

### **OFFICIAL VISITS FOR PROSPECTIVE STUDENT-ATHLETES**

An official visit to Dartmouth College by a prospective student-athlete is a visit financed in whole or in part by Dartmouth College. Official visits are regulated by NCAA Bylaw 13.6 and by the institutional policies outlined below.

### **PHILOSOPHY**

Dartmouth subscribes to the philosophy that a recruiting visit is an opportunity for a prospective student-athlete and his/her family to evaluate the academic, athletic, and social opportunities available both at Dartmouth and in the community at large. The visit should reflect, as closely as possible, the actual environment and climate in which the student will live and learn during his/her undergraduate experience. Dartmouth is committed to providing an informative and safe atmosphere during a prospect's visit. The College is committed to preventing and eliminating recruiting practices that are inconsistent with NCAA Bylaw 13. In the event that recruiting abuses are alleged, Dartmouth will take immediate action to investigate the allegations and deliver appropriate disciplinary sanctions for violations of institutional and NCAA policies.

### **EXPECTATIONS**

It is the expectation of Dartmouth College and its officers that all College personnel, current students, and prospective students will abide by all rules and regulations (including state and federal laws and College policies). Further, all College personnel and current students are expected to report any known or suspected violations to a department administrator immediately.

### **STAFF RESPONSIBILITY**

Coaches and athletic department staff members are expected to enforce this policy by proactively monitoring official visits, including engaging in an exit meeting with each prospect before they leave campus and each host after the conclusion of the visit. Exit meetings with prospects and hosts should be conducted separately and should include a general review of the activities during the visit. Coaches and athletic department staff members are responsible for immediately reporting any alleged or suspected violations of this policy to an appropriate athletic department administrator.

### **ACTIVITIES**

An institution may not arrange miscellaneous, personalized recruiting aids (personalized jerseys, personalized audio/video scoreboard presentations) and may not permit a prospect to engage in any game-day simulations (e.g., running onto the field with the team during pre-game instructions) during an official or unofficial visit.

#### **ENTERTAINMENT**

Entertainment may only be provided to the prospect and the prospect's parents (or legal guardians), and the prospect's married spouse only within a 30-mile radius of the institution's campus. Entertainment and contact by boosters or a non-athletics staff member during the official visit are prohibited. An entertainment allotment may be provided to the student host to cover all the actual costs of entertaining the prospect, excluding the cost of meals and one snack. The institution and/or the student host are strictly prohibited from purchasing souvenirs such as clothing or other institutional mementoes for the prospect or their parent's during the official visit.

#### **LODGING**

Only a prospect and the prospect's parents (or legal guardians), and the prospect's married spouse shall be provided reasonable lodging. Local commercial facilities may be used but at a scale comparable to that of normal student life and only within a 30-mile radius of the institution's campus. Lodging may not include special accessories (e.g., jacuzzis, suites) that are not available generally to all guests residing at the establishment.

#### **MEALS**

In the sport of football Dartmouth may provide meals to the prospect and up to four additional family members (e.g., parent, grandparent, uncle, sibling), accompanying that recruit. In all other sports Dartmouth may only pay for the meals of a prospect, the prospect's parents (or legal guardians), the prospect's married spouse and the prospect's children. Those individuals may receive up to three meals and one snack per day. Meals must be comparable to those provided to student-athletes during the academic year.

#### **COMPLIMENTARY ADMISSIONS**

Up to three complimentary admissions to a home sporting event may be provided to a prospect and his/her accompanying guests via a pass list (no hard tickets may be issued). Tickets may not be provided for any other post-season or away competition. Prospective student-athletes are not permitted to receive complimentary tickets to professional sporting events, even if tickets are provided free of charge.

#### **PRE-VISIT**

Coaches are expected to cover the Official Visit Policy with all recruits prior to their visit. In addition, coaches will email, mail, or fax a summary of this policy to the prospect in advance of their visit. In a situation where that is not possible, the recruit will be provided with the policy at the beginning of their visit. In addition to the summary, coaches will provide prospects with an evaluation form that can be used to provide feedback following the visit.

#### **STUDENT HOSTS**

Each student-athlete host will be provided with a detailed Student Host Information Form, Student Host Meal Card Information, and a meal card. Student-athlete hosts will be required to sign the Student Host Verification Form acknowledging receipt of these documents. **THE MEAL CARD IS FOR THE USE OF THE PROSPECT ONLY, AND ONLY WORKS AT '53 COMMONS.**

#### **ALCOHOL AND DRUGS**

DRINKING ALCOHOL OR THE USE OF ILLEGAL DRUGS BY PROSPECTS IS PROHIBITED AND A VIOLATION OF THIS POLICY. DRINKING ALCOHOL OR THE USE OF ILLEGAL DRUGS BY A STUDENT-HOST AT ANY TIME IS ALSO PROHIBITED AND A VIOLATION OF THIS POLICY.

**REPORTING A COMPLAINT OR ALLEGATION**

Student-athletes and prospects are expected to report any alleged or suspected violations of this policy to an appropriate athletic department official. For prospective student-athletes, the appropriate officials include, but are not limited to the Director of Athletics and Recreation, a Senior Associate Directors of Athletics, the Director of Compliance or the NCAA Faculty Athletics Representative.

**Sanctions**

If an individual is determined to have violated any of these policies, he or she will be sanctioned. Applicable sanctions will be determined on a case-by-case basis by the Head Coach in the involved sport and either the Director of Athletics and Recreation or the Senior Associate Directors of Athletics (sport administrators).

**Prospective Student-Athletes**

Any violation of the rules in this policy may impact a decision on the prospect's application.

**Student Hosts**

Violations of this policy involving a student host will be judged individually, but will range from a written warning to suspension from competition. Other possible sanctions include the loss of complimentary admissions or reductions in access to athletic department services. Any failure to comply with the Dartmouth College Standards of Conduct will result in disciplinary action.

**Staff Member**

Sanctions for staff members involved in violations of this policy range from written warning to reduction in recruiting activities.

Repeat offenses by specific individuals and/or sports will result in progressively greater sanctions. The Compliance Office will keep a written record of violations and sanctions. These sanctions do not apply to any violations of NCAA or Ivy League rules. Those violations will be dealt with separately

**NCAA REGULATIONS OF PARTICULAR IMPORTANCE TO STUDENT-ATHLETES**

**EXTRA BENEFITS**

The NCAA defines an extra benefit as any special arrangement by an institution or a representative of the institution's athletic interests ("booster") to provide a student-athlete (or a student-athlete's relative or friend) a benefit that is not generally available to other Dartmouth College students and their relatives and/or friends. Acceptance of extra benefits is an NCAA violation that could jeopardize a student-athlete's eligibility.

## **AMATEURISM**

To ensure an equitable playing field for all student-athletes, the NCAA states that professional athletes may not compete in collegiate competition. This means that a student-athlete is ineligible to play once he or she loses his or her amateur status.

A student-athlete loses his or her amateur status immediately upon:

- Negotiating, signing, or entering into any written or oral agreement with an agent.
- Accepting or receiving any extra benefits (including family members) from an agent or anyone who wishes to represent the student-athlete.
- Using athletic skills for pay, or promise of pay.
- Competing with professional sport teams or receiving any compensation from a professional sports team.
- Receiving an extra benefit that is not available to the general student population.

NOTE: The Ivy League, unlike other NCAA athletic conferences, prohibits the participation of any professional in any sport regardless if he/she is deemed professional in a sport other than the one in which he/she wishes to compete. For example, an athlete who signs a minor league baseball contract may not participate in Ivy League hockey.

## **PROMOTIONS**

It is not permissible under NCAA rules to endorse a commercial product or service. After becoming a student-athlete, an individual shall not be eligible for participation in intercollegiate athletics if the individual:

- (a) Accepts any remuneration for or permits the use of his or her name or picture to advertise, recommend or promote directly the sale or use of a commercial product or service of any kind; or
- (b) Receives remuneration for endorsing a commercial product or service through the individual's use of such product or service.

## **OUTSIDE COMPETITION**

Student-athletes are not permitted to engage in any outside competition or any non-collegiate, amateur competition during the academic year. Student-athletes must submit a pre-approval for outside competition form prior to participating in outside competition.

## **PLAYER AGENTS**

Ivy League and NCAA rules prohibit student-athletes from being represented by agents. Student-athletes should consult their coach or a member of the Compliance staff if contacted by an agent.

## **TOBACCO PRODUCTS**

The use of tobacco products by student-athletes, coaches, officials and game personnel during practice and competition is prohibited.

## **STUDENT-ATHLETE EMPLOYMENT**

*Fees for Lessons.* A student-athlete may receive compensation for teaching or coaching sport skills or techniques in their sport on a fee-for-lesson basis if the following occurs:

- Institutional facilities are not used.
- Playing lessons are not permitted.
- The institution obtains and keeps on file documentation of the recipient of the lessons provided during any time of the year.

- The compensation is paid by the lesson recipient and not another individual or entity.

*Sport Camp Employment.* Both Ivy League and NCAA rules permit employment in summer camps, including specialized sport camps with certain limits. A student-athlete may be employed by his or her institution, by another institution, or by a private organization to work in a camp or a clinic as a counselor. The general rules for employment at a sports camp are as follows:

1. Compensation shall be commensurate with the going rate for camp or clinic counselors, and the student-athlete shall not be paid based upon his/her reputation, fame, or skill level.
2. A student-athlete with remaining eligibility is not permitted to conduct his/her own camp or clinic.
3. If a student-athlete is working at his/her own institution's camp or clinic, he/she must receive approval from the Director of Athletics or see signee prior to working the camp or clinic.

**NOTE: In some sports camps, there are limits to the number of team members who may be employed at one camp.**

Under NCAA regulations, student-athletes are permitted to receive compensation for employment (on-or off-campus) provided that the student-athlete is compensated only for work actually performed, the student-athlete is compensated at a rate commensurate with the going rate in that locality for similar services, and the student-athlete does not obtain the position because of athletics ability.

#### **GAMBLING**

Ivy League and NCAA rules prohibit student-athletes from wagering on sports both the NCAA and Dartmouth College sponsor, at any level. The NCAA defines a wager as any agreement in which an individual or entity agrees to give up an item of value (e.g., cash, shirt, dinner) in exchange for the possibility of gaining another item of value.

Examples of sports wagering include, but are not limited to, the use of bookmaker or parlay card; Internet sports wagering; pools or fantasy leagues (daily or season-long), etc.

The prohibition against sports wagering applies to practice or competition.

#### **REQUIREMENTS FOR VARSITY LETTERS**

Please see [DartmouthSports.com](http://DartmouthSports.com) for the varsity letter requirements.

## **DARTMOUTH COLLEGE HAZING AND GROUP ACCOUNTABILITY POLICY**

Hazing is strictly prohibited at Dartmouth College, by both College policy and New Hampshire law. Dartmouth College is first and foremost an educational institution. College hazing prevention policies and response procedures for hazing incidents are based on that educational mission.

#### **DEFINITION**

Dartmouth College's definition of hazing includes but is not limited to activities that would fall within the New Hampshire statutory definition of hazing (RSA 631:7). Under New Hampshire law and College policy, hazing is defined as: "any act directed toward a student, or any coercion or intimidation of a student to act or to participate in an act, when

(1) such act is likely or would be perceived by a reasonable person as likely to cause physical or psychological injury to any person; and

(2) such act is a condition of initiation into, admission into, continued membership in or association with any organization."

Dartmouth's definition of hazing also includes the following activities if they occur as part of initiation or admission into an organization, group or team, or are required for continued membership in an organization, group or team:

- the consumption of alcohol, drugs, or other substances;
- removing, damaging or destroying property;
- behavior that disrupts College or community activities;
- violating any Standard of Conduct or College policy.

The definition of hazing applies whether or not the participants or others perceive the behavior as "voluntary." The implied or expressed consent of any person toward whom an act of hazing is directed is not a defense. Assertions that the conduct or activity was not part of an official organizational event or was not officially sanctioned or approved by the organization are also not a defense. This definition applies to behavior on or off College property or organization premises.

#### **ACCOMPLICE RESPONSIBILITY**

No student, College employee, College volunteer, student organization, athletic team, or other College-recognized group or association should participate in, solicit, direct, aid, conduct or participate as a witness in hazing.

A student is responsible for behavior when he or she solicits, aids or attempts to aid another person in planning or committing the behavior.

#### **GROUP ACCOUNTABILITY**

An organization or team can only haze through the actions of individual students. However, as outlined in the Group Accountability Statement, (<http://www.dartmouth.edu/~uja/account.html>), organizations have an obligation to uphold the Standards of Conduct and applicable policies, including the Hazing Policy. Organizations that engage in hazing can expect to be held accountable as an organization or team for that activity.

Additional sanctions may apply to an organization; group or team which fails or refuses to identify individual members involved in hazing and/or retaliates against anyone who acts to stop or report hazing activity.

#### **EDUCATION AND PREVENTION**

Dartmouth Athletics, the Office of Greek Letter Organizations and Societies, Outdoor Programs, Student Activities, Residential Education and other departments responsible for overseeing student organizations and groups are conducting ongoing educational activities to promote positive group identity and prevent hazing behavior. Educational activities will occur throughout the academic year.

#### **PRE-CLEARANCE OF NEW MEMBER EDUCATION ACTIVITIES**

All new member education programs must be approved in advance by the appropriate department responsible for overseeing the organization, group or team involved. In deciding whether to approve the program, the department will consider whether the proposed activity constitutes hazing as defined above and also whether the activity is likely to produce or would be perceived by a

reasonable person as likely to produce mental or physical discomfort, stress, embarrassment, harassment, or ridicule. Organizations, groups and teams may not engage in any new member activities that have not been approved by the responsible department.

### **SAFETY AND SECURITY WALK-THROUGHS**

To promote student safety throughout the year, Safety and Security will conduct unscheduled and unannounced walk-throughs, similar to those currently conducted under the SEMP policy. Random walk-throughs will follow existing protocols, but will be unscheduled and unannounced.

These walk-throughs will cover common spaces in all Dartmouth residential buildings, including residence halls, affinity houses and fraternities and sororities. Private rooms will not be subject to walk-throughs, consistent with current practice, and student guides will accompany officers at walk-throughs conducted in fraternities and sororities whenever possible. Random walk-throughs of common residential spaces will occur several times a week across the campus, throughout the year.

### **HAZING REPORTS**

Allegations of hazing, including anonymous allegations, may be reported 24 hours a day to the Hanover Police by calling 911, or to Safety and Security by calling 646-4000 or sending an email to [Safety.and.Security@dartmouth.edu](mailto:Safety.and.Security@dartmouth.edu).

Beginning in the 2012 fall term, students will be able to download a smartphone application from iTunes that will enable them to report incidents of hazing or other violations of college policy. The application will allow students to report by name or anonymously. If the student's GPS is activated, the application will provide DOSS the best available location of the caller (GPS is not always exact). This application will supplement reporting options that currently exist, but does NOT substitute for 911 in an emergency. In the event of an immediate emergency, students and community members should dial 911.

Dartmouth students and employees are required to notify appropriate College officials of any perceived instance of hazing, as defined by College policy and/or New Hampshire law. Reports may be made directly to the Department of Safety and Security or local law enforcement, or to coaches, advisors, undergraduate deans or other College officials who have responsibilities for student organizations. Employees receiving such reports must share them with the Department of Safety and Security, which is responsible for determining whether the alleged behavior must be reported to law enforcement authorities. Under state law, the College is obliged to report hazing to law enforcement. Any Dartmouth undergraduate identified as a potential witness must cooperate fully in the course of the investigation or disposition of possible violations of this policy or any Standard of Conduct. Cooperation may include meeting or communicating with Safety and Security, the Office of Undergraduate Judicial Affairs, deans, or other College officials as requested. It is an expectation of citizenship in this community that students with information about possible violations of community standards respond and participate when called. Failure to do so may result in disciplinary action.

### **INDIVIDUAL STUDENT REPORTING AND IMMUNITY**

A student who reports activity that may fall within the definition of hazing and who cooperates fully as a witness in the investigation and disciplinary process will not be subject to College disciplinary sanctions if his or her own conduct violated the hazing policy, unless the conduct the student engaged in contributed to causing harm. Students who choose to report and request immunity for their own conduct under this policy should know that they may be liable for criminal and civil penalties that are beyond Dartmouth's control.

### **FRESH START ORGANIZATIONAL AMNESTY POLICY**

Members of an organization, group or team who are concerned that some of the organization's activities do not comply with Dartmouth's hazing policy may consult their supervising department head (e.g. Athletics, Collis, GLOS, OPO) confidentially for guidance. Under the Fresh Start program, an organization that fully discloses past or recent behavior in violation of the Hazing Policy will receive assistance as the group develops a new plan to replace the activities in question. With this disclosure, and full implementation of the program, the organization will not face College disciplinary action for the activities disclosed, unless the conduct contributed to causing harm. Organizations, groups or teams who choose to report and request amnesty for their conduct under this policy should know that they may be liable for criminal and civil penalties that are beyond Dartmouth's control.

### **HAZING OUTCOMES AND ACCOUNTABILITY**

Students and organizations may be subject to criminal prosecution for violation of the New Hampshire law prohibiting hazing. Conduct or events that may constitute hazing and that could result in disciplinary sanctions will be referred to the Undergraduate Judicial Affairs Office for possible adjudication by the Committee on Standards and/or the Organizational Adjudication Committee.

Individual undergraduate students found responsible for violations of this policy should be prepared for significant individual sanctions, up to and including suspension or permanent separation from the College.

Student organizations, groups or teams found responsible for violations of this policy should be prepared for significant organizational sanctions, which may include

- Multiple terms of Social Probation, during which the organization will be prohibited from hosting any social events or events with alcohol and will be required to comply with educational and other conditions specific to the case, and/or
- Loss of new member recruitment privileges for a period of a minimum of one year, and/or
- Loss of competition, travel, programmatic and other privileges associated with acting in the name of the College or representing the College in competitions, events or other activities for a specified period appropriate to the facts and circumstances of the case.

The most serious violations of this policy are likely to result in suspension or revocation of organizational recognition. The full range of possible sanctions for individual and organizational violations of this policy and the College Standards of Conduct can be found in the 2012-2013 Student Handbook.

### **OUTCOME REPORTING**

As a further means of holding an organization or team that hazes accountable for its actions, the details of hazing violations, and the consequences to the organization or team, will be reported publicly on a termly basis, provided that a public report would not cause additional harm to the students who have been hazed.

### **HAZING POLICY COMMENTARY**

Hazing is an unproductive and hazardous custom that is incongruous with organizational and community values. It has no place in college life, either on or off campus. No policy can address, in specific fashion, all possible situations which may take place. Students and organizations are

expected to conduct themselves and their activities in a spirit of social responsibility and respect for others.

Even when demeaning or embarrassing behaviors do not appear overtly harmful in themselves, as where the participants appear to engage in them willingly, they may constitute hazing if they are part of an organization's initiation or activities involving members and if they are likely to produce mental or physical discomfort, stress, embarrassment, harassment, or ridicule. The determination of whether a particular activity constitutes hazing will depend on the circumstances and context in which that activity is occurring.

Students should ask themselves if they could satisfactorily explain a questionable activity to parents, the parents of a fellow-student, a College official, a police officer, or a judge. If not, then the activity probably constitutes hazing. When in doubt about an activity, students should ask a dean, coach, or other College employee who works with student organizations, groups or teams. They can provide additional examples of behaviors that might constitute hazing, examples of positive group-building activities, assistance with organizing legitimate events to foster teamwork and cohesiveness, and other relevant information and support.

### **FACULTY ATHLETICS REPRESENTATIVE (FAR)**

The Faculty Athletics Representative (FAR) promotes the student-athlete experience, with a primary focus on academic integrity and student-athlete welfare. In addition, the FAR helps ensure institutional control of intercollegiate athletics.

Specifically, the Faculty Athletics Representative works with the President and the Director of Athletics by:

- Maintaining appropriate University oversight of intercollegiate athletics;
- Assisting the President and Director of Athletics in determining institutional positions on proposed NCAA and conference legislation;
- Serving on select search committees for senior athletics administrators and head coaches;
- Participating in the eligibility process of student-athletes;
- Remaining visible and available to student-athletes; and
- Collaborating with appropriate staff on investigations and reports of serious NCAA violations.

The Faculty Athletics Representative will have ability to maintain direct contact with the student-athlete experience through invitations to the following mechanisms:

- Meetings with the Student-Athlete Advisory Committee
- Access to season-end student-athlete exit interviews
- Bi-monthly Coaches Meetings
- Meetings with appropriate senior athletic staff

The FAR will also review and monitor the variety of academic services available to student-athletes. The FAR will bring his experience as an educator and an understanding of faculty values to influence the delivery and effectiveness of services such as tutoring, study skill development,

academic advising, and other services designed to promote the academic achievement of student-athletes.

The FAR is John Carey, the John Wentworth Professor in the Social Sciences and the current chair of the Government department.



## DIRECTORY

The Dartmouth Athletics staff is easily accessed and contacted via DartmouthSports.com and the Staff Directory found at [www.dartmouthsports.com/staffdirectory](http://www.dartmouthsports.com/staffdirectory).

Sport Supervisors				
Brian Austin	Megan Sobel	Wendy Bordeau	Richard Whitmore	Drew Galbraith
Baseball	Equestrian	Women's Track/XC	Men's Soccer	Football
Field Hockey	Men's Skiing	Men's Swimming	Men's Golf	
Heavyweight Rowing	Men's Squash	Men's Track/XC	Women's Golf	
Lightweight Rowing	Men's Tennis	Volleyball		
Men's Basketball	Softball	Women's Ice Hockey		
Men's Ice Hockey	Women's Basketball	Women's Lacrosse		
Men's Lacrosse	Women's Skiing	Women's Swimming		
Sailing	Women's Soccer	Women's Rugby		
Women's Rowing	Women's Squash			
	Women's Tennis			

## DARTMOUTH PEAK

### Dartmouth Compliance

Jake Munick, Assistant AD for Compliance | Alumni 176 | 603-646-1378

Emily Cummings, Compliance Specialist | Alumni 176 | 603-646-8810



“CONNECTING EXCELLENCE FOR TODAY’S STUDENT ATHLETE”

**MISSION:** Our Purpose is to position students to achieve the highest levels of physical, intellectual and personal growth during their careers as student-athletes. Dartmouth Peak Performance serves as the umbrella for services and resources that help every Big Green athlete pursue excellence. Our academic commitment is to work collaboratively with faculty and staff to foster the opportunity for students’ intellectual growth and enhance the College’s academic support resources. Our athletic commitment is to position our student-athletes to achieve excellence in the Ivy League and nationally, our commitment to students’ personal growth is to develop skills and knowledge in leadership and lifelong wellness, as well as an engagement within communities – at Dartmouth and beyond.

Below are examples of areas DP2 can help enhance your experience at Dartmouth and beyond.

**Academic Resources**

- Advising & Tutoring
- Study Skills
- Faculty Support
- Success Strategies

**Athletic Resources**

- Sports Medicine
- Strength & Conditioning
- Nutrition

- Sports Psychology
- Analytics and Sports Science
- Integrative Health

**Personal Resources**

- Leadership
- Team Building
- Lifelong Wellness
- Career Planning
- Community Engagement

### Athletic Resources Staff Members:

Team Physicians	Athletic Trainers	Strength & Conditioning Coaches
Dr. Charles Carr, Director of Sports Medicine	Jeff Frechette, Associate Director of Sports Medicine, Head Athletic Trainer	TBD, The Holekamp Family Coach Strength & Conditioning
Dr. James Ames	Michael Derosier, Associate Head Athletic Trainer	Spencer Brown, Head Football Strength and Conditioning Coach
Dr. Kristine Karlson	Meredith Cockerell, Senior Athletic Trainer	Kayleigh Fournier, Assistant Strength & Conditioning Coach
Dr. Jonathan Lichtenstein	Caleb Crowell, Senior Athletic Trainer	Joseph Gilfedder, Assistant Strength & Conditioning Coach
	Benjamin Schuler, Senior Athletic Trainer	
	Pete Tryon, Senior Athletic Trainer	
	Bethanie Brann	
	Yuriko Fujioka	
	Chad Johnson	
	Amanda Leitch	
	Scott Roy	

For more information on DP2 and how it can help you, visit [www.dartmouthsports.com/dp2](http://www.dartmouthsports.com/dp2), follow us on social media, or contact:

**Drew Galbraith** – Senior Associate Athletic Director for Peak Performance

**Katelyn McPherson** — Assistant Athletic Director for Peak Performance

**Ali Hart** – Assistant Athletic Director for Peak Performance

**Steven Spaulding** – Assistant Athletic Director for Leadership

**Shira Evans** - Nutrition

**Dr. Mark Hiatt**- Sport Psychology

**Anna Terry**- Integrative Health (Yoga & Massage Therapy)

**Jeff Frechette**- Head Athletic Trainer

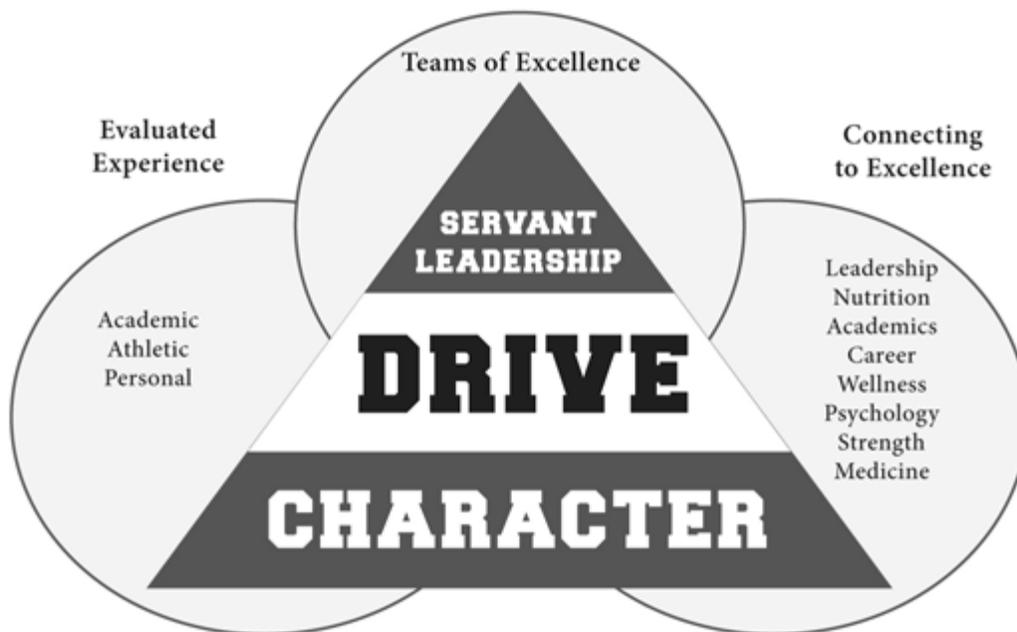
TBD - Holekamp Family Strength and Conditioning Coach

TBD – DP2/Varsity Sports Assistant

## DP2 LEADERSHIP

# Building Dartmouth Leaders For Life

— Winning The Right Way —



**Character Matters ♦ Talent is DRIVE ♦ Leadership is Service**

The three foundational assertions of DP2 Leadership are:

1. Character Matters – Character is the bedrock of leadership. Knowing yourself and leading yourself in the pursuit of essential virtues enables you to lead under difficult circumstances and in every area of life.
2. Talent is DRIVE - Building values driven skills as a leader equips you with the wisdom you need to serve as a leader on and off the field of competition.
3. Leadership is Service – Leaders provide vision, direction and motivation to a group of people toward a chosen goal. The key word in this definition of leadership is the word

PROVIDE. Ultimately, responsible leadership is driven by action to a group of people toward a chosen goal.

*We welcome and challenge you to be intentional about your growth as a leader over the next four years and to lead for life.*

## **YOU CAN PLAY PROJECT WHO YOU ARE MATTERS!**

Here at Dartmouth, who you are matters! In 2013 our athletes, coaches, and administrators came together to develop a video for the You Can Play project. This video was a way for us to express respect; respect for one another. The video and the information below are a way of life here at Dartmouth. It is what we believe and what we live. One of our athletes introduced the group shot for the video and had this to say:

*"In order to reach our athletic potential and represent the Big Green as best we can, we have to be comfortable with ourselves and accepting of each and every one of our teammates. Teams get better results, and athletes are better, when they can be honest and open about who they are. It's time to talk about sports and it's time for us to create change. It's one of the last bastions of society where discrimination and slurs are tolerated. It doesn't have to be this way. There's an assumption in sports that all athletes shun gay and lesbian players and it's just not true. Racism, homophobia, and sexism have no place at Dartmouth. Dartmouth is a place for everyone to feel comfortable, for us to break down these stigmas and better our community."*

*– Rex Woodbury '15 – Cross Country/Track & Field*

### **If You Can Play – Dartmouth College 2013**

If you can play, you can play... The color of your skin does matter. Your sexual orientation does matter. Your religious faith does matter. And so does your ethnicity. They all matter to me because you're on my team. They all matter to me, because we are a family. If you can play, you can play.

I can't ignore any of these and neither can you. It's who we are. Acceptance isn't enough. We need to embrace who we are in order to become who we want to be. On game day everyone sees the color of your uniform, the number on your jersey, the position you play, the effort you give and the attitude you have... but when the game is over, when the match has been decided, and when we strip down to being who we are as people... I care about who you are, what you are, and what has molded you... because that's where the trust begins.

It takes courage to perform on the field, but it shouldn't take courage to go into your own locker room. I don't want you to hide from me and I don't want to hide from you. Racist, homophobic, and sexist language has no place at Dartmouth. We play with respect for our teammates, our sport, and our College.

Who you are matters! If you can play, you can play.

*More information on the You Can Play Project can be found at this website:  
<http://www.youcanplayproject.org/>*

## **Alma Mater**

Dear old Dartmouth, give a rouse  
For the college on the hill!  
For the Lone Pine above her,  
And the loyal ones who love her,  
Give a rouse, give a rouse, with a will!  
For the sons of old Dartmouth,  
For the daughters of Dartmouth.  
Though 'round the girdled earth they roam,  
Her spell on them remains;  
They have the still North in their hearts,  
The hill-winds in their veins,  
And the granite of New Hampshire  
In their muscles and their brains.

Dear old Dartmouth, set a watch  
Lest the old traditions fail!  
Stand as sister stands by brother!  
Dare a deed for the old Mother!  
Greet the world, from the hills, with a hail!  
For the sons of old Dartmouth,  
For the daughters of Dartmouth.  
Around the world they keep for her  
Their old undying faith;  
They have the still North in their soul,  
The hill-winds in their breath,  
And the granite of New Hampshire  
Is made part of them till death.

# **GO BIG GREEN!**

