

LSU Athletics

2023-2024

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Dear Student-Athlete,

Welcome to the home of the LSU Fighting Tigers! Whether you are a returning student or in your first year, we are very excited that you are here to continue on your journey through life. You are part of a family that includes approximately 500 student-athletes participating in 21 sports and a dedicated staff of professionals that will provide you with a support system that will foster academic success in the classroom, athletic success and prepare you for life after LSU.

Our full measure of success at LSU is “Graduation and Championships”. It is our expectation, that you will earn your degree and be willing to put in the work and effort needed. We expect that you will demonstrate a winning attitude at all times – in the classroom, in practice, during competition and in the community. We wish you all the best moving forward and always remember, Once a Tiger... Always a Tiger!

Geaux Tigers!

Walt Holliday

Executive Director

Cox Communications Academic Center for Student-Athletes



Dear Student-Athlete,

As I hope you will be one day, I am a proud LSU alumnus. Many years ago, this place transformed my life in ways I could have never imagined. I know that for you, becoming a lifelong member of the LSU family can also forever change your life and it’s an honor for me to serve you during your time here on campus.

Our goal at LSU Athletics is to give you the best possible collegiate experience while we support your team and individual mission to achieve at the highest levels on and off the field of play. We are here to serve you and to make LSU the best place in America for all our student-athletes.

By the time you graduate, you will have trained and competed under great coaching, in great facilities, with a wide-ranging support network and alongside and against top-tier athletes from around the world. In that time, you would have utilized the academic services at the Cox Communications Academic Center for Student-Athletes to achieve at your highest possible level in the classroom and in personal development. With numerous life skills programs and services, you will have had the opportunity to develop new skills, talents and experiences that will serve you well for the rest of your life. And hopefully you will have competed for championships with the best fans in America cheering you on all the way.

This campus, the people in Louisiana and the support all over the world that you will receive for the rest of your life are unlike any other in college athletics. Please make sure to take full advantage of all that LSU has to offer you in your journey as a student-athlete. One day, you too will look back on your experience here and know that your life was transformed for the better at LSU.

Geaux Tigers!

Scott Woodward

Director of Athletics

CHAPTER 1 – INTRODUCTION

PURPOSE OF THIS MANUAL

This handbook has been prepared to help ease you into University life, as well as to serve as a resource guide for returning student-athletes. In providing you all the support necessary to succeed at LSU, it is the Department's intention to adhere, both in principle and in fact, to the rules and regulations of the University, the SEC and the NCAA.

Take advantage of the information in the handbook. Use your Contact Directory and the University's resources. If you have any additional questions, the staff of the Department of Athletics is always willing to do their best to help with any academic, athletic, or personal problem.

HISTORY OF THE UNIVERSITY

The University began in 1860 with only 19 students at Pineville, Louisiana, as the Louisiana State Seminary of Learning and Military Academy. In 1861, classes were suspended because of the Civil War; in 1869 the Seminary was destroyed by fire. The School was then moved to Baton Rouge and renamed Louisiana State University. In 1877, it merged with the Agricultural and Mechanical College. Classes were first held on the present campus in 1926. LSU is the largest and oldest public university in Louisiana.

Over the years LSU has developed into a major research institution. It holds a position as one of the top institutions in the Carnegie Foundation's ranking of research institutions, placing it in the top 2% of the nation's colleges and universities.



ORIENTATION

The Department of Athletics also holds an orientation program at the Cox Communications Academic Center for Student-Athletes (ACSA), to familiarize new students (freshmen and transfer) with their academic and athletic responsibilities. The purpose of this program is not only to inform you of campus procedures, but also to review services offered by the University. Academic integrity, career planning and your general welfare are also discussed. Additionally, the University offers orientation programs for all new LSU students.

THE SOUTHEASTERN CONFERENCE

In 1894, ten universities were organized for competition as members of the Southeastern Intercollegiate Athletics Association. The membership has fluctuated from 30 members in 1920 to the present fourteen:

University of Alabama*

University of Georgia**

Mississippi State University*

University of Arkansas*

University of Kentucky**

Texas A & M University*

Vanderbilt University**

University of Missouri**

University of South Carolina**

Auburn University*

Louisiana State University*

University of Tennessee**

University of Florida**

University of Mississippi*

*Indicates SEC West **Indicates SEC East

This competitive conference regulates twenty intercollegiate men's and women's sports programs.

VARSITY TEAMS AT LSU

WOMEN'S SPORTS:

Basketball

Beach Volleyball

Golf

Gymnastics

Soccer

Softball

Swimming & Diving

Tennis

Track & Field

Volleyball

MEN'S SPORTS:

Baseball

Basketball

Football

Golf

Swimming & Diving

Tennis

Track & Field

CHAPTER 2 - CONDUCT

GOOD SPORTSMANSHIP

The Department of Athletics expects its student-athletes to act in a respectful manner at all times and will not tolerate any of the following behaviors:

- * Physically abusing an official, coach, athlete, opponent, or spectator;
- * Throwing objects at any individual or across or onto a field of competition;
- * Seizing equipment or cameras from officials or the news media;
- * Inciting players or spectators to violent action or any behavior that insults or defiles an opponent's traditions;
- * Encouraging LSU fans to boo an opposing team when introductions are made;
- * Directing obscene or inappropriate language or gestures toward officials, opponents, team members or spectators;
- * Violating generally recognized intercollegiate athletics standards or the values and standards associated with LSU, as determined by your Head Coach and approved by the Director of Athletics.
- * It is expected that you will conduct yourself with pride for LSU and the Athletics team you represent at all times.



TEAM TRAVEL

Specific requirements for dress, individual conduct, curfews, and free time activities are some of the team conduct topics your Head Coach will determine. When you are traveling as a team, you are representing the University and you are expected to conduct yourself appropriately. Prior to departure, you should reconfirm any classes to be missed with your professors. It is then your responsibility to coordinate with your professors to make up missed course work that results from traveling with your team.

While traveling, LSU will provide you and pay for the cost of lodging (including taxes), meals, and transportation. If you wish to pay for any additional incidental expenses, you must do so at your own expense. Do not charge anything to your room. This includes: room service, laundry, phone calls, pay television, video rental/streaming fees, etc. Any damage to the room will also be your responsibility.

DRESS CODE:

Your Head Coach will let you know of requirements for a specific dress code. However, you should always exercise good judgment concerning the appropriateness of your attire, taking into consideration the location or function you are attending. Remember, your attire and look add to your overall brand – you never know who you will meet while traveling, and making a strong first impression could open doors for you throughout your career.

ALCOHOL ABUSE

Alcohol is one of the most widely abused substances on college campuses. The legal drinking age to consume alcohol in Louisiana is 21 years old. It is illegal to consume alcohol on campus in residence halls and apartments regardless of your age. Student-athletes found in violation of this guideline will be sanctioned according to the LSU Code of Student Conduct.

LSU student-athletes are prohibited from drinking alcoholic beverages when traveling or at any time when participating in official team activities.

In accordance with the law, all arrests for alcohol related incidents including Driving Under Influence (DUI) or Minor In Possession (MIP) of alcohol citations will be issued a violation of the Substance Abuse Policy.

Because excessive alcohol consumption is detrimental to your health and works against the philosophy and goals of the athletics program, the Department has implemented alcohol consumption guidelines discussed in detail in the Medical section of this handbook. Professional assistance is available for all student-athletes through the Athletic Department Assistance Program (ADAP), which is also discussed within the Medical section of the handbook.

USE OF UNAUTHORIZED DRUGS

LSU has a strict policy on the use of unauthorized drugs. The Department's Drug Testing policy, and the implications of positive drug screening results, are found in Medical section of this handbook.

Unauthorized drugs include NCAA banned substances that are often found in supplements that can be purchased over-the-counter. Your sport Athletic Trainer will review all supplements and approve usage. Also, remember that you may not take prescription medication unless it has been prescribed for you.

LSU is aware that multiple states, including Louisiana, have either passed laws or are discussing legislation to legalize the use of medicinal and/or recreational marijuana. Regardless of what is legal in the state where you reside, compete, or travel to, marijuana is still a banned substance by the NCAA and by LSU.

Professional assistance is available for all student-athletes through ADAP as discussed within the Medical section of the handbook.

INTERNET MISUSE

Please be aware that the internet is widely accessible and you represent LSU Athletics at all times. Thus, it is recommended that student-athletes use discretion when posting photographs, text and/or joining "groups" that do not promote positive behavior and avoid posting personal information. Remember: the general public, including news reporters, professional scouts, and all of your future employers and sources of any possible future endorsements, have access to social media (Facebook, Instagram, Twitter, Snapchat, TikTok, etc.). Please exercise caution if you elect to have a social media account.

Inappropriate language, behavior or insensitive online postings may result in suspension or dismissal from the LSU Athletics program.

ARRESTS, CRIMES, VIOLENCE

If you are arrested for any reason (examples include but are not limited to DUI, Shoplifting, Theft, Burglary, Possession or Distribution of Drugs, Assault, Battery, Domestic Disturbance, Disturbing the Peace, Minor in Possession of Alcohol, or Public Intoxication), you are required to report your arrest immediately (within 24 hours) to your Head Coach. You are expected to report your arrest even if the incident occurs during a vacation or holiday period and regardless of where the incident occurred. The Head Coach will report the information to Athletics Administration. Failure to comply with this requirement will be grounds for dismissal from the athletics program and revocation of your athletics scholarship.

All arrests (felony or misdemeanor) will result in immediate suspension from athletic participation. The Deputy Athletics Director for Leadership and Strategy will review the specific facts of each case to determine the duration of the suspension. The Director of Athletics may lift or modify, extend, or make permanent the suspension or take other disciplinary action deemed appropriate. Further action by the Department and the University, once a final decision is reached, will be handled on a case-by-case basis. All student-athletes are also subject to the University Student Code of Conduct and associated institutional sanctions.

LSU STUDENT CODE OF CONDUCT

As a student-athlete, you are subject to the LSU Code of Student Conduct which covers all students. A detailed description of the judicial process and the rights of those accused of conduct violations may be found in the Code of Student Conduct on the LSU Student Advocacy & Accountability website (<https://www.lsu.edu/saa/students/codeofconduct.php>).

As outlined in the LSU Code of Student Conduct, the University has the authority to recommend disciplinary actions and sanctions in accordance with campus policies. As an LSU student, student-athletes are subject to the guidelines and associated sanctions for violations. Under Athletics Department guidelines, the Athletics Director may impose additional sanctions as deemed appropriate.

STUDENT-ATHLETE EXPERIENCE

LSU Athletics is fully committed to the health, safety, and well-being of all student-athletes. If you feel that you have been subjected to, or are aware of, misconduct or improper treatment, you are encouraged to notify the appropriate individuals to address the issue. Athletic Department and campus resources are listed below:

SEXUAL MISCONDUCT / TITLE IX CONCERNS:

LSU Sexual Misconduct Policy (PM 73) governs Title IX concerns whereby:

1. **All Title IX reports are made directly to the Title IX office for Investigation:**
 - a. **In person at the Office of Civil Rights & Title IX at the center of campus in Himes Hall (in the Quad near the Library)**
 - b. **Online at www.lsu.edu/support**
 - c. **Call 225-578-9000**
 - d. **Call or text 225-924-LSU1 (5781)—this is the LSU Crisis Center (not Title IX)**
2. Reports of sexual misconduct shall be promptly investigated by the Title IX office.
3. Once the Title IX office renders an outcome on the allegation, findings of responsibility are forwarded to the Dean of Student office for adjudication and sanctioning.

For University investigations involving student-athletes where misconduct is alleged and for student-athlete survivors of Title IX sexual misconduct:

- LSU and the Athletics Department will continue to provide care/support for the involved student-athlete(s).

For survivors of sexual misconduct, the emphasis is on providing care and support. Resources include:

1. LSU Athletics mental health team is available for confidential counseling and support and can be contacted at (225) 578-2050.
2. The Lighthouse Program provides free and confidential interpersonal violence prevention, support, and advocacy to the LSU campus community and can be reached at (225) 578-5718.
3. Sexual Trauma, Awareness and Response (STAR) offers free and confidential advocacy, counseling and legal services to survivors of trauma, as well as providing education and training to prevent sexual violence and can be reached at (855) 435-7827.
4. LSU Crisis Center- call or text 225-924-LSU1 (5781).

Survivors of sexual misconduct are also encouraged, but not required, to report the incident to police for criminal action.

LSU Police are available to assist students with reported concerns and violent acts suffered. To report a concern:

- LSU Police 225-578-3231
- Baton Rouge Police 225-389-3800

Campus Title IX contacts:

lsu.edu/titleix

Joshua Jones, 225-578-6163 - Title IX Coordinator/
Campus Coordinator

Lindsay Madatic, 225-578-1521 - Deputy Title IX
Coordinator for Employees/LSU HRM Office

LSU CARES

www.lsu.edu/lsucares

LSU Cares is a confidential online reporting system for students, faculty and staff to report issues of concern. Reports can be submitted regarding violations of the LSU Code of Student Conduct, including but not limited to, sexual misconduct, hazing, bias or discrimination, grievances and concerns about students in distress.

REAL RESPONSE

LSU Athletics has partnered with the company **Real Response** to provide access for student-athletes to stay connected with and provide valuable feedback to the LSU Athletic Administration, any time, 24/7. Real Response is a web-based platform that will allow you to sign in with your LSU credentials so your username and password are the same as your LSU passwords. Please know that LSU Athletics will review all reports and work to remedy all concerns. Additionally, Real Response is also used for various LSU student-athlete surveys including the annual student-athlete experience survey.

3 ways to anonymously report a concern through Real Response

1. Click on website link- <https://www.realresponse.com/> and click Login in top right corner. Select Access Real Response with school's login (bottom of window). Choose LSU and use your credentials to login; **OR**
2. Click link that is sent to you monthly via text message that will prompt you to Login with your LSU credentials; **OR**
3. Text 66595 and a link to the Real Response login page will be sent directly to your phone. Please **SAVE 66595 in your phone as Real Response** so you can easily text a request for the reporting link anytime you want.



CHAPTER 3 - NCAA RULES AND REGULATIONS

Though NCAA and Conference rules may seem complicated, the underlying reason for these rules is to field teams that play according to the same rules in all athletic competitions, without institutions having a “competitive advantage.”

You are asked to be especially careful about accepting any favors, invitations or assistance from boosters. If you have any doubts, contact your coach and/or the Compliance Office before accepting anything that might be considered an “extra benefit.” Examples of common extra benefits include free or discounted meals, entertainment, transportation and lodging. When in doubt, ask!

RULES VIOLATIONS

A key responsibility of the Compliance Staff is to investigate potential NCAA, SEC and institutional rules violations when necessary. The reporting of violations can come in many forms. There are times when an anonymous phone call, email or letter will arrive. There are also times when a formal request for an investigation occurs either through the SEC or NCAA. A rules violation may also be self-reported through a University staff member, student-athlete or coach. In all instances, it is necessary to conduct some type of investigation to discover the extent to which a problem does or does not exist.

It is extremely important that you, as a student-athlete, report any issue that you think may be a rules violation. It is your duty to assist with maintaining NCAA regulations. NCAA Bylaw 10.1 requires that, as a student-athlete, you must fully cooperate with any investigation. If it is determined that you have not cooperated fully, you will be declared ineligible and lose your privilege for athletic competition until further notice.

PLAY PRACTICE RESTRICTIONS

NCAA regulations identify the academic year in two distinct segments: in-season and out-of-season. At the beginning of each academic year, the coaching staff for each sport must identify the days during the academic year that the sport will be considered in-season. While in-season, a student-athlete is limited to 20 hours per week and no more than 4 hours per day of countable athletically related activities, which may consist of practice, meetings, film review, weights/conditioning and competition. Also, while in-season, a student-athlete is required to have a minimum of one (1) day off per week.

During the out of season segment, a student-athlete can engage in up to eight (8) hours per week of countable athletically related activities. In sports other than football, the eight (8) hours per week may include weight training, conditioning and skill instruction, of which not more than four (4) hours may be utilized for skill-related instruction. In football, the eight (8) hours per week may include weight training, conditioning, film review and walkthroughs, with not more than two (2) hours per week devoted to film review and/or walkthroughs combined. Additionally, while out-of-season, a student-athlete must have at least two (2) days off per week. Please note: in the sports of basketball and football, student-athletes may be involved in out-of-season workouts for an 8-week period during the summer. The workouts are limited to 8-hours per week of countable athletically related activities, with not more than 4-hours per week spent on skill instruction in basketball/2-hours per week on film review in football. During the summer period, there is no requirement to provide student-athletes a day off each week.

In addition to the mandatory days off each week when a sport is in-season vs. out-of-season, the NCAA also requires each sport to provide its student-athletes with an additional 21 days off per year. Seven (7) of the 21 additional days off shall occur immediately after the conclusion of the championship segment and the remaining 14 days off shall occur during the academic year at the discretion of the head coach.

As a student-athlete, it is your responsibility to verify your countable athletically related activities through Teamworks. Each week student-athletes from each sport will be randomly selected by Teamworks to verify the practice logs for that week. In the case of a discrepancy on the practice log or if you feel you were required to participate in countable athletically related activities more than what is allowed each week, please contact the Compliance Office

VOLUNTARY WORKOUTS

Throughout the academic year and summer, coaching staffs may allow opportunities for their student-athletes to engage in voluntary workouts. Please keep in mind the following regulations must be followed in order for a workout to be considered voluntary:

1. You cannot be required to report back to a coach or other athletics department staff member any information related to the activity.
2. The activity has to be initiated and requested solely at your discretion.
3. Your participation (or lack thereof) may not be recorded for the purpose of reporting such information to your coaching staff.
4. You cannot be subject to penalty for not participating in voluntary activities. In addition, you may not receive recognition nor incentive (e.g., awards) based on your attendance or performance in such activities.

Safety Exception: In the following sports a coach may be present during voluntary workouts to provide safety instruction ONLY:

- Gymnastics
- Swimming and Diving
- Track and Field (field events, jumping hurdles and jumping element of the steeplechase)

NOTE: Disciplinary activities (e.g., “penalty runs”) are not considered voluntary activity and must be counted toward your weekly hour limitations.

Individual Workouts

During an institutional vacation period and/or summer, a student-athlete in the sports of golf, gymnastics, swimming/diving, track/field and tennis may request an individual workout session with a coaching staff member provided the request for assistance is initiated by the student-athlete.

ELIGIBILITY SQUAD MEETING ANNUAL COMPLIANCE EDUCATION

Attendance by all student-athletes is required at an annual compliance meeting held at the beginning of each academic year. Additionally, prior to engaging any practice activities, a student-athlete must complete the required workflows assigned to them in ARMS. These annual workflows include (but are not limited to):

1. NCAA Student-Athlete Statement;
2. NCAA Drug Testing Consent;
3. SEC Student-Athlete Statement/Misconduct Form;
4. NCAA HIPPA;
5. Summer School Scholarship Policy;
6. Host Responsibility;
7. LSU Drug Testing Consent Statement;
8. SEC Automobile Registration;
9. SEC Student-Athlete Employment;
10. SEC Certification of Recruited Status;
11. Institutional promotional activity and media release;
12. Other forms as provided.



During this initial meeting, rules and procedures are explained and any questions you may have concerning eligibility are answered. If you have any questions about your eligibility, contact the Assistant AD for Compliance at 225-578-3891.

Additionally, an end-of-year team meeting is also held at which time legislative updates and information regarding summer are communicated to each team.

ATHLETIC ELIGIBILITY

To remain athletically eligible, the most important thing to remember is not to jeopardize your amateur athlete status. Below are NCAA and SEC rules that you must adhere to in order to maintain your amateur status. You CANNOT (within any sport):

1. Accept payment or a promise of payment (in cash, prizes, gifts or travel) for participation in your sport for items such as actual/necessary expenses unless approval is granted by compliance.
2. Enter into an agreement of any kind to compete in professional athletics. (You cannot negotiate a verbal or written professional contract).
3. In sports other than men’s basketball, request that your name be put on a draft list for professional sports.
4. Play on any professional athletics team.
5. Receive financial aid or benefits from persons other than your parents/legal guardian or LSU without approval. *
6. Participate on teams other than those fielded by LSU during the season. (This includes tryouts, exhibition or tournament games).
7. Agree to have your picture or name used to promote a commercial product without a valid NIL agreement.
8. Accept such things as gifts, meals and loans of cars or money from athletics interest groups, agents/runners or boosters without a valid NIL agreement.
9. Be represented by an agent or organization in order to market your athletic skills or reputation.
10. Receive any benefit that is not generally available to other students at LSU without a valid NIL agreement.

11. Participate in a summer league not approved by the NCAA. (You must have written permission from the Athletics Director for summer league participation).
12. Play on a non-departmental athletic team during the academic year without permission from your Head Coach and the Compliance Office.
13. Sell your complimentary tickets or trade them for items of value.
14. Receive payment for work not performed or money for a job that is not consistent with the “going rate” for the service.

OUTSIDE ATHLETICS COMPETITION

A student-athlete who participates during the academic year as a member of an outside team in any non-collegiate, amateur competition shall become ineligible for intercollegiate competition until eligibility is restored by the NCAA (note: in basketball, student-athlete is permanently ineligible). There are NCAA rules regulating the number of individuals from the same institution that can participate on summer teams. Please check with the Compliance Office before participating in outside competition to ensure that you do not jeopardize your eligibility.

NCAA rules allow you to participate in one alumni contest with your former high school teammates each year, at an alumni event. The alumni event must take place during an official vacation period during the academic year. In individual sports, a student-athlete may participate in outside competition during the academic year, provided the student-athlete represents only himself or herself in the competition, is not part of an outside team and the outside competition is approved by the Compliance Office. An Outside Competition Form through the ARMS system must be completed and approved by the Compliance Office prior to competing in any outside competition.

There are several exceptions to the outside competition rules, so please consult with your head coach and/or the Compliance Office with any questions you may have.

PROFESSIONAL SPORTS AGENTS

NCAA regulations define a sports agent as any individual who, directly or indirectly: (a) represents or attempts to represent an individual for the purpose of marketing his or her athletics ability or reputation for financial gain; or (b) seeks to obtain any type of financial gain or benefit from a student-athlete's potential earnings as a professional athlete. Under this definition, an agent may include, but is not limited to, a certified contract advisor, financial advisor, marketing representative, brand manager or anyone who is employed or associated with such persons.

Before having contact with an agent or advisor it is important for you to speak to a member of the LSU Compliance staff to ensure the agent is registered with the State of Louisiana and the LSU Compliance Office. Failure to contact the Compliance Office may result in the loss of your intercollegiate athletics eligibility and/or result in a violation of state laws if it is determined that the agent did not register with the proper entities and/or submit a formal request to your head coach and athletics director at least 7 days in advance of any type of contact with you and/or your family.

As a general reminder the NCAA prohibits a student-athlete from the following

- Entering into a verbal or written agreement to be represented by an agent for the purpose of marketing his/her athletics ability or reputation in that sport.
- Entering into a verbal or written agreement with an agent for representation in future professional sports negotiations that are to take place AFTER the individual has completed his or her eligibility in that sport.
- Accepting any benefit (e.g., gifts, vehicle loan, cash and etc.) or service from an agent or “runner” (this rule also extends to family and friend of a student-athlete).
- *violation of the rules noted above may result in permanent ineligibility. Please note: the restrictions above also apply to your family/friends.*

Basketball: The NCAA has established guidelines for a student-athlete to “test the waters” after the conclusion of the basketball season each year, where it may be possible to enter into a limited agreement with a sports agent for the purpose of arranging workouts with professional teams. All materials regarding this regulation shall be facilitated by the Compliance Office.

BENEFITS NOT PERMITTED BY NCAA RULES

Most student-athletes think of extra benefits in terms of accepting gifts or money. While certainly that is one form of an impermissible extra benefit, you also cannot: (this is not an exhaustive list)

- * Receive meals, lodging, entertainment and transportation at a fee not available to the general student body;
- * Sell complimentary admissions at any price; or
- * Receive other material benefits that are not available to the general student body.

This means that you should not accept special discounts on purchases or services, or even accept special payment arrangements on any purchases. Be very careful of any “free” or “special” benefits that someone wishes to give you. If you are in doubt about such benefits, check with the Compliance office.

COMPLIMENTARY ADMISSIONS

You are eligible to receive a maximum of FOUR complimentary admissions per event, in your sport. Please note, NCAA regulations prohibit the sale or exchange of your complimentary admissions for items of value. Also, you may not provide your admissions to an agent or runner.

PROCEDURE FOR OBTAINING COMPLIMENTARY ADMISSIONS

All tickets are issued via a pass list and each student-athlete must complete their assignment of guests via the ARMS system available online. You must indicate the name (as it appears on their identification) and relationship to you of the individual that is to receive complimentary admissions within the designated time frame as communicated by the Compliance Staff. You may assign only one admission per individual. Each guest attending the event must present a picture ID prior to admission.

MAXIMUM NUMBER OF COMPLIMENTARY ADMISSIONS

Home games: 4; Away games: 4

Complimentary admissions are given to non-scholarship student-athletes at the discretion of the coach. Managers and trainers may be eligible to receive up to two (2) tickets per contest based on availability. Manager/Trainer tickets may not be transferred to student-athletes or utilized for student-athlete family members.

ATTENDANCE AT HOME GAMES OF OTHER LSU TEAMS

Student-athletes are admitted to all home sporting events by presentation of an LSU Student I.D. card. However, for football games, your name must appear on the student-athlete pass list, prepared by the Sr. Associate Athletic Director for Student Services. Only currently enrolled student-athletes, managers, trainers, and student-athletes that have exhausted eligibility but are still receiving athletics aid may be part of the pass list. No guests are allowed. Abuse of this policy will result in a loss of ticket privileges for the remainder of the season.

Also, please note due to the high demand for student tickets, it is not permissible for student-athletes to purchase season student tickets for football games and remain on the student-athlete complimentary pass list. A computerized comparison will be conducted and any persons who have purchased season student tickets will not be allowed to remain on the complimentary pass list.

HOSTING A RECRUIT

If you are a student-athlete host, it is permissible to provide you with a maximum of \$ \$75 for each day that you host the prospective student-athlete. This is to cover all “actual and necessary” expenses for the prospect, the prospect’s parents/legal guardians and the student host (e.g. snacks, movie passes). If you entertain more than one prospect, you may receive an additional \$40 per day for each additional prospect. Please remember that in accordance with NCAA regulations, you may not be a student host on a required day off and you and your guest(s) are not allowed to go beyond a 30-mile radius of the campus. Also, you may NOT allow the prospect to use your personal car and/or provide money or gifts (t-shirts, souvenirs) with the host money.

In addition to these NCAA guidelines, as a student host, you will be required to complete a Student Host Declaration Form prior to hosting a prospective student-athlete. It is also your responsibility to provide a safe environment for the prospect. The LSU Athletic Department expects that you will not provide alcohol, allow an underage recruit to be in the presence of alcohol, or provide improper access to a facility where it is illegal for the prospect to gain entrance. It is also expected that you will comply with all Athletic Department guidelines governing the recruitment of prospective student-athletes. Failure to do so may result in penalties in accordance with the LSU Recruitment guidelines. For more information, please contact the Sr. Associate Athletic Director for Compliance.

RECOGNITION EVENTS

There is often confusion concerning the types of recognition events that are allowable, as well as travel expenses you may accept in connection with these events. Before accepting such an invitation, check with your coach and a member of the LSU Compliance Staff.

PROMOTIONAL OR CHARITABLE BENEFIT APPEARANCES

The NCAA allows student-athletes to speak to groups and make promotional or charitable benefit appearances; however, there are some restrictions. A Student-Athlete Appearance Request Form must be completed by the requesting organization prior to any appearance. If you are asked to speak or promote a charitable function, you should refer the person to a member of the LSU Compliance Staff so that the proper permission is obtained. You may not miss classes to attend such a function and you may receive expense money only. This means actual transportation costs or mileage reimbursement and a meal, if appropriate.

AUTOGRAPHS

LSU has a policy whereby all persons requesting autographs, outside of media day and special autograph sessions, must fill out an Autograph Request Form online. Items autographed by the basketball and baseball coaches are for sale on this website located at lsusports.net under the Compliance tab. Autographs should be personalized to the recipient whenever possible. Under current legislation, student-athletes are not permitted to obtain money or accept any item of value in exchange for providing an autograph or for obtaining the autograph of a fellow student-athlete or coach without a valid NIL agreement. Further, do not autograph items or obtain autographed items for charitable events such as auctions without approval from the Compliance Office.

SOCIAL MEDIA

As a visible member of LSU and its athletics department, you are expected to display responsibility and maturity in your activities on social networking sites (Twitter, Instagram, SnapChat, Tik Tok, etc...). Information, pictures and other content posted on these sites are available to the general public (e.g., administrators, classmates, media, employers, professional scouts) and may have implications for your personal safety and image, the image of your teammates and coaches, and the image of LSU, as well as future career and professional opportunities. Any actions which are in violation of LSU's policies for student conduct or that otherwise are deemed inappropriate and/or compromise the image of a student-athlete, LSU athletics or LSU is unacceptable.

EMPLOYMENT

Per NCAA regulations, it is permissible for a student-athlete to be employed during the academic year and summer, provided the employment opportunity is approved by compliance and all necessary paperwork is completed prior to actual employment. As a student-athlete you must be mindful of the following NCAA regulations regarding employment: compensation is only for work actually performed, at a rate commensurate with the going rate in the locale for similar services and may not be based on the value or utility the employment may have for the employer because of the publicity, reputation, fame or personal following.

Please keep in mind that you are representing the Department of Athletics and LSU, and as such, are expected to conduct yourself in a conscientious and responsible manner.

The following rules are applicable to any type of student-athlete employment:

1. The work performed must be useful and actual;
2. The rate of pay is to be the normal rate of pay for the duties performed;
3. The hours paid must be the hours worked;
4. Payment in advance of hours worked is not permitted; and
5. Transportation to work may be provided only if transportation is available to all employees.

OUTSIDE CONSULTANT/TRAINER

As a student-athlete, you may receive athletically related assistance from an individual outside the institution (e.g., consultant, professional instructor, speed coach, hitting coach, etc.) without the individual being counted within our institutional limits, provided the following is met: an LSU staff member is not involved in any way in arranging the activity, LSU coaches (including strength and conditioning) do not observe the activity, the activity does not occur at an LSU facility; payment of all fees (at the going rate) associated with the activity are documented (payments must be made only by the student-athlete directly or their parents/legal guardians) and there are no preferential compensation arrangements (e.g., discount rate, deferred payments). If you plan to use someone outside of LSU to train with during the academic year or summer, proper documentation must be submitted to and approved by the Compliance Office prior to workouts taking place.

GAMBLING

As a reminder, student-athletes are not allowed to gamble on any sport that the NCAA sponsors. Gambling has been defined as: putting something at risk, such as an entry fee, with the opportunity to win something in return. If you are caught gambling on a sport sponsored by the NCAA, you jeopardize your collegiate athletics eligibility.

Under NCAA regulations, student-athletes and athletics department employees are not permitted to place a bet on any sport sponsored by the NCAA, at any level, including high school, college and/or professional athletics or to share information (e.g., injury report) to individuals outside the institution for sports wagering purposes. In the eyes of the NCAA, placing a bet is defined as putting something at risk (such as cash, entry fee, dinner or other tangible item) on any amateur and/or professional sporting event with a chance to win something in return. Types of sport wagers that violate NCAA rules include, but are not limited to, fantasy leagues, March Madness brackets, Super Bowl squares, Calcuttas, sports pools, online sports bets, sports betting apps, parlay and prop bets, live in-game betting and single game sports bets.

It is extremely important for you to keep in mind that your participation in gambling interests, even in the most minor fashion, might jeopardize your athletics career. Be aware that placing bets on any amateur and/or professional sporting event is strictly prohibited. This means on or off campus.

Please keep the following guidelines in mind at all times:

1. Report to your coach any attempt to secure information concerning situations which might alter the normal performance of your team.
2. Don't accept any "free rides" from strangers, such as meals, presents and etc. It is your duty to notify the Compliance Office of any individual who offers you gifts, money or favors in exchange for supplying information or attempting to alter the outcome of any contest.
3. Be aware of the legalities of gambling in the State of Louisiana and at LSU. Understand the consequences at the University level as well as federal, state and local laws and regulations.
4. Don't accept any money from a "fan" for a game "well played."
5. Don't discuss the condition or attitude of your team with anyone other than your teammates or coaches.
6. Don't discuss or share team injury report information with anyone other than your coach.

Even though some states have legalized sports wagering, it is important to note that NCAA regulations still prohibit student-athletes from wagering on any sports that are sponsored by the NCAA.

Prospective or enrolled student-athletes found in violation of the provisions of this regulation shall be ineligible for further intercollegiate competition.

TRANSFERRING

Any student-athlete who wants to explore the possibility of transferring from LSU to another NCAA Division I or Division II school, must have their name entered in the NCAA Transfer Portal. It is required under NCAA regulations that your name is in the portal prior to you or anyone associated with you (parent, HS coach, etc.) speaking to any Division I or Division II coaches on your behalf. In order for compliance to add your name to the portal, you must complete an ARMS workflow. Upon receipt of the completed workflow, the compliance staff has two business days to enter your name. Please note, by placing your name in the transfer portal, the institution is no longer required to provide you with athletics scholarship beyond the conclusion of the semester in which you place your name. Should you wish to withdraw your name from the NCAA Transfer portal, you can complete a separate ARMS workflow and the compliance staff will remove your name. Removing your name does not guarantee re-awarding of aid or a spot on the roster.

Please keep in mind that the NCAA and SEC have established deadlines for a student-athlete to be placed in the Transfer Portal in order to use the one-time transfer for the upcoming academic year.

Transfer from SEC institution to non-SEC institution:

- See Exhibit 1 for your sport's applicable transfer portal windows

Transfer from SEC institution to SEC institution (this could change very soon):

- Fall Sports: February 1
- Winter Sports: May 1
- Spring Sports: July 1



CHAPTER 4 - FINANCIAL AID

GRANT-IN-AID INFORMATION

Under NCAA regulation, the maximum athletics scholarship permitted is determined by the university's cost of attendance limitation. The maximum scholarship may include tuition/fees, books, room, board, transportation and personal miscellaneous expenses as defined by the LSU Financial Aid office. Student-athletes will be notified by July 1 each calendar year as to the renewal of their athletics aid.

Additionally, please be aware that if you receive an athletic scholarship, you should check with the Athletics Compliance Office, 225-578-5465, and the Office of Student Aid & Scholarships, 225-578-3103, before accepting any additional scholarship aid, as it may affect your overall cost and available aid package.

ADDITIONAL FINANCIAL ASSISTANCE

If you are on an athletics scholarship, it is important that you check with your coach and the Athletics Compliance Office before accepting additional aid. Your combined aid amount may not exceed the cost of attendance as determined by the LSU Financial Aid Office. Further, additional financial assistance may count toward team scholarship limitations as established by the NCAA. The Athletics Department reserves the right to decrease your athletics scholarship, in accordance with NCAA guidelines, if you accept additional scholarship money that is countable in team scholarship limitations.

Should you qualify for non-institutional financial aid and exceed the maximum scholarship aid allowed, University funds are reduced to the maximum amount permitted. Because of this, it is very important that all scholarship aid is approved.

Any aid you receive other than your athletics scholarship or institutional aid must be declared at the beginning of each academic year or at the time aid is awarded. If it is determined that you are receiving financial aid which renders you athletically ineligible, the Associate Athletics Director of Compliance (or designee) will report the situation to the NCAA. You will immediately be declared ineligible and will not be allowed to compete until the NCAA reinstates your eligibility.

For additional questions regarding types of additional financial aid available, see the University's Office of Student Aid & Scholarships for assistance.



PROCEDURES FOR RECEIVING YOUR ATHLETICS SCHOLARSHIP STIPEND

If you are receiving a cash award as part of your athletics scholarship, it is strongly recommended that you utilize direct deposit. The direct deposit option can be activated through your myLSU account (Financial Services-Direct Deposit) and allows you to designate your bank so that the funds can be electronically placed directly into your account. If you do not choose this option, the check will be mailed to your LOCAL LSU address. For this reason, it is **IMPERATIVE** that you maintain an accurate address. You may add or make changes to an existing address by logging on to your myLSU account. Please note that you may not receive a check unless you are registered and enrolled as a full-time student (12 hours for undergraduate and 9 hours for graduate school).

REDUCTION OR NONRENEWAL OF ATHLETICS AID

Athletic Scholarships can be issued as either single year or multi-year agreements. NCAA Bylaws require that the student-athlete be notified of the status of a scholarship no later than July 1 each year.

In the event of a career-ending injury or illness as a result of participation in the LSU athletics program, a student-athlete's financial aid may be continued if appropriate medical documentation exists. In this case, you will be considered medically exempt and will not count against team financial aid limits, but you will not be allowed to practice or compete with the team.

If your original athletics aid agreement is reduced or canceled, the University's Office of Student Aid & Scholarships will notify you in writing. NCAA regulations provide each student-athlete the opportunity to appeal a reduction/cancellation of athletics aid if the original athletics aid agreement is changed. Procedures for requesting an appeal hearing will be provided individually to student-athletes upon notification of scholarship reduction or cancellation. The appeal will be heard in accordance with NCAA guidelines.

SUMMER SCHOOL AID

Summer school financial aid may be awarded in the same proportion as financial aid received during the previous academic year. If you are granted summer school aid, and act irresponsibly, for example dropping classes or not attending classes and failing the course, you may not be granted summer school aid for future terms. In order to receive maximum summer school benefits, you must be registered in 6 hours. If you drop below six credit hours your scholarship may be prorated and you will be required to repay a portion of the aid.

Summer aid is also available for incoming freshman who have signed a National Letter of Intent the summer prior to full-time enrollment. SEC rules require that each student-athlete must enroll in a minimum of 6 hours to be eligible for athletics scholarship aid.

EXTENDED AID PROGRAM

The Athletics Department is proud of its Project Graduation Program. The program was established to assist, monitor, advise, and help any student-athlete who has successfully completed athletic eligibility and has not yet received an undergraduate degree. Student-athletes receiving extended aid may be asked to work within the Athletic Department as necessary.

Receiving post-eligibility aid is a privilege and not an entitlement and is awarded to assist student-athletes receive their undergraduate degree. The approval of post-eligibility aid will be based on each student-athlete's academic record and approval from the Head Coach. Each student-athlete receiving extended aid must be making academic progress as assessed by NCAA Progress Towards Degree rules and the Academic Performance Rate (see more on APR in Chapter 5-Academics).

1. Acknowledge via signature your understanding of your academic responsibilities as required by the NCAA Academic Progress Rate (APR).
2. You must be in good academic standing with the University and meeting all NCAA eligibility requirements. You should be within 30 hours of graduation at the end of your senior year, in accordance with your curriculum.
3. You must receive a recommendation from your Head Coach and the Director of Athletics for full or partial aid.
4. If you are granted full or partial Extended Aid, the following regulations must be followed. You must:
 - * Remain a full-time student;
 - * Maintain compliance all NCAA academic requirements;
 - * Attend classes regularly;
 - * Work as assigned;
 - * Attend mandatory meetings;
 - * Show up for appointments as directed; and
 - * Drop classes only with the permission of the Sr. Associate Athletic Director for Student Services and your ACSA Advisor.

LSU Athletics reserves the right to withhold monthly allowance checks if you are not in compliance with the regulations listed above.

MANAGERIAL / TRAINER / CHEER-DANCE SCHOLARSHIP ACADEMIC REQUIREMENTS

Student support positions are a very important responsibility and a privilege. Academic progress must be maintained. The GPA that is discussed within the policy indicated below is the LSU GPA which is used to determine academic standing and graduation decisions. Student support individuals must:

1. Be enrolled and remain enrolled as full time undergraduate or graduate student at LSU each semester. Full time status is considered 12 or more semester hours for undergraduate or 9 hours for graduate. When a student manager, trainer, videographer or cheerleader drops below Full Time status during a term, that individual is not eligible to travel to away from home competition with their assigned sport team. In the case of an LSU Spirit Squad member, that individual is not allowed to represent LSU in cheering for any event and cannot travel to any away events.
2. Maintain adequate academic progress by earning a 2.0 LSU overall grade point average. The 2.0 LSU overall GPA is evaluated each semester. Failure to maintain the 2.0 LSU GPA will result in removal of athletics scholarship and Spirit Squad members will be suspended from the squad.
 - Students first entering in Fall term- Must pass at least 6 hours of academic credit in Fall term. GPA will not be considered until the conclusion of the first year of enrollment. After the first year of enrollment, student must pass 24 hours and achieve a cumulative LSU GPA of 2.0.
 - Students first entering in Spring term- Must pass at least 6 hours of academic credit in Spring term. Must earn a minimum of 12 hours prior to the following Fall term and must have the 2.0 cum LSU GPA.
 - Failure to maintain minimum standards as described above will result in the loss of athletic scholarship and opportunities for travel and participation in team events.
3. Pass a minimum of 24 hours each academic year. The academic year includes (Fall, Spring, Intersession and Summer terms).

UNIVERSITY CHARGES NOT PAID BY THE ATHLETIC DEPARTMENT

Tuition, the loan of required books, room, and board are covered by a full athletics scholarship. The Department is not allowed to pay for the following:

- * University deposits;
- * Long distance phone charges made from your dorm room (or anywhere else);
- * “Consumable University charges,” which can be anything from lab fees for breakage to non-required field trips;
- * Library fines;
- * Fines for damage to University property, including your dorm room;
- * Key deposits or replacement of a lost Residence Hall key;
- * Replacement costs for a lost Student I.D., school supplies, dictionaries, reference books, pens, notebooks, paper, art supplies, etc.;
- * Vehicle Registration fee; and/or
- * Parking permit or fines.

ADDITIONAL FINANCIAL RESOURCE OPPORTUNITIES

ACADEMIC ENHANCEMENT FUNDING

At the discretion of LSU Athletics, student-athletes actively competing for a varsity athletic team may be eligible for academic enhancement funding of up to \$5,980 annually issued in equal installments during Fall/Spring terms. Distributions will be made in accordance with NCAA, SEC and Federal Financial Aid guidelines. Additionally, student-athletes must meet the established institutional criteria, including NCAA/SEC academic eligibility requirements to compete. Student-athletes are also required to maintain a 2.0 GPA (LSU & Overall) and be in good standing. Student-athletes who enter the transfer portal are not eligible. Academic enhancement funding is provided at the discretion of the LSU Athletics Department and can be withheld on an individual basis for student-athletes not meeting all institutional, athletics and team guidelines. The timing of distribution and issuance is at the discretion of Athletics Administration and Head Coach.

STUDENT-ATHLETE OPPORTUNITY FUND

The NCAA Student-Athlete Opportunity Fund exists to assist student-athletes with emergency needs not otherwise covered by scholarship. The fund cannot be used to assist student with payment of Tuition/Fees, Room, Board or Books. An application form must be completed and approval for funds must be provided by the Head Coach and the Athletics Administration. Opportunity fund money is issued in accordance with Federal financial aid guidelines and disbursed with approval of the LSU Financial Aid office.

SEC H. BOYD MCWHORTER SCHOLAR-ATHLETE POSTGRADUATE SCHOLARSHIP

A male and female scholar-athlete are selected each year by a committee of SEC faculty representatives from institutional winners. LSU’s winners are selected by the Athletic Department Scholarship Committee. Student-athletes selected at the institutional and SEC levels receive a postgraduate scholarship in the amount of \$10,000 and \$20,000 respectively. To qualify, the candidate must:

1. Have completed eligibility or be actively competing in the last season of eligibility in his/her sport;
2. Have participated for a minimum of two seasons in a sport sufficient to qualify for a varsity letter;
3. Have achieved a minimum cumulative GPA of 3.20; and
4. Have demonstrated qualities of leadership that brought credit to the student-athlete, his/her institution, intercollegiate athletics and the goals and objectives of higher education in general.

SEC BRAD DAVIS COMMUNITY SERVICE POSTGRADUATE SCHOLARSHIP

A male and female athlete are selected each year by a committee of SEC faculty representatives from institutional winners. Student-athletes selected at the institutional and SEC levels receive a postgraduate scholarship in the amount of \$7,500 and \$15,000 respectively. Selection is based upon commitment to serving others and demonstrated qualities of leadership throughout their collegiate career. The candidate must:

1. Have completed eligibility or be actively competing in the last season of eligibility in his/her sport;
2. Have participated for a minimum of two seasons in a sport sufficient to qualify for a varsity letter;
3. Have achieved a minimum cumulative GPA of 2.75.

NCAA DEGREE COMPLETION AWARD

This award provides financial aid to student-athletes who once received athletics-related aid but are no longer eligible because they are entering their sixth (or later) year of post-secondary education. To be eligible students must be within 30 hours of completing their undergraduate degree. See a CCACSA advisor for application materials.

NCAA POSTGRADUATE SCHOLARSHIP AWARD

The NCAA currently offers approximately 174 postgraduate scholarship awards. These are one-time awards worth \$10,000 per scholarship. To be eligible to receive an NCAA Postgraduate Scholarship, you must be nominated by the Athletic Department Scholarship Committee, have a minimum GPA of 3.2 (on a 4.0 scale) and have attained significant athletic achievement. Demonstrated campus and community leadership ability is also taken into consideration. If you'd like more information on postgraduate scholarships, contact your ACSA Advisor and go to www.ncaa.org.



CHAPTER 5 – STUDENT-ATHLETE WELFARE

The Department of Athletics maintains a comprehensive athletic training program to ensure quality health care for its student-athletes. More specifically, the athletic training staff (i.e., team physician and certified athletic trainers [ATC]), while focusing on the prevention of athletic injuries, also provides the care required to evaluate, treat and rehabilitate student-athletes who have sustained injuries or illnesses as a result of participation in scheduled practices, competitions or during travel to and from these events.

Maintaining adequate health care is a shared responsibility between the athletic training staff, the coaches, and the student-athletes. The team physician, with the assistance of the athletic training staff, has absolute authority in evaluating the physical fitness of each student-athlete, to include determining whether a student-athlete with a given injury or illness may participate. Coaches must not only be able to handle emergency situations, but also be willing to implement the instructions given by the athletic training staff and abide by medical disqualifications and restrictions. Student-athletes must report any injury incurred during a scheduled practice or athletic event immediately to a member of the athletic training staff.

The LSU athletic department may only pay for medical expenses for athletically related injuries that occur as a direct result of participation in the intercollegiate athletic program. Participation includes supervised conditioning, organized practice attended by a member of the coaching staff or a Department sponsored game, meet or match. The university may not accept financial responsibility for injuries that occurred prior to enrolling at LSU. Injuries received while voluntarily playing any sport (e.g., intramural, with friends or at home) will be the financial responsibility of the individual.

In addition to the athletically related medical care that is provided to the student-athlete through the athletic training program, the university offers quality health care at a minimal cost through the Student Health Center. Services available at the Student Health Center include laboratory and medical care by licensed physicians. For non-athletically related injuries or illnesses, the student-athlete can seek medical care from the Student Health Center if they choose. If the student-athlete goes to the Student Health Center without an authorization form, any fees incurred will be their responsibility and will appear as a charge on their fee bill.

OPERATIONS AND USE OF ATHLETIC TRAINING ROOM FACILITIES

As of 2022, the Athletic Training Department operates (1) unique athletic training rooms. The Broussard Center for Athletic Training in Tiger Stadium (located between Gates 9 and 10) serves all Olympic sports. This primary facility will be open in the mornings for rehabilitation and treatment for all Olympic athletes. Football Operations Athletic Training Facility serves as the athletic training room for football athletes. The 11 other satellite athletic training rooms will open for practice and serve as athletic training room facilities during practice time. The facilities are as follows: (1) PMAC- Women's Basketball Athletic Training Room, (2) PMAC Volleyball Athletic Training Room, (3) PMAC Men's Basketball Athletic Training Room, (4) the Maddox Fieldhouse Track & Field Athletic Training Room, (5) Beach Volleyball Athletic Training Room, (6) the Gymnastics Training Center Athletic Training Facility, (7) the Natatorium Athletic Training Room, (8) the Soccer Complex Athletic Training Room, (9) Tiger Park Softball Athletic Training Room, (10) the Alex Box Athletic Training Room, and (11) the Tennis Center Athletic Training Room. These facilities will open for practice and serve as athletic training room facilities during practice time. Some post-practice treatments will be done at the Broussard Center for Athletic Training. The satellite athletic training rooms will remain open for the duration of the season of the sports they serve.

During the week, the Broussard Center for Athletic Training in Tiger Stadium typically opens at 7:00 am and remains open into the early evening until all scheduled practices, competitions, and clinic hours are complete. A certified athletic trainer is always present or on campus for scheduled practices and competitions for all sports, except golf.

Student-athletes are not allowed in the athletic training rooms without supervision. All therapeutic modalities are administered by a member of the athletic training staff, a certified intern, or an athletic training student as the potential risk of misuse and harm exists. When an athletic training room is not in use, the facility is to be locked at all times.

The athletic training rooms are strictly for the use of those individuals involved in the intercollegiate athletics program; however, the facilities are available to visiting teams on an as-needed, courtesy basis.

ATHLETIC TRAINING ROOM RULES FOR STUDENT-ATHLETES

- All student athlete must report injuries or illnesses to their athletic trainer.
- Student-athletes are to report to all treatments and schedule appointments on time.
- No medical equipment is to be removed from the athletic training room without authorization.
- Student-athletes must be free of dirt and perspiration before receiving treatment; this includes anytime they enter the therapeutic pools. There is a shower available in the pool area.
- The athletic training room offices, computers and phones are off limits to athletes unless accompanied by a staff athletic trainer.
- The athletic training room is a co-ed facility; please dress and act appropriately.
- If there is a violation in the dress code, the student-athlete will be asked to leave. They will be permitted to return once appropriate clothing is worn. When using the pool facility:
 - *Males: Clean athletic t-shirt/clean athletic shorts with jock strap, swimsuits
 - *Females: Clean athletic t-shirt with sports bra/clean shorts, swimsuits, leotards
- The athletic training room is off limits to spit cups and the use of smokeless tobacco
- No food and drinks are allowed in the treatment area of the athletic training room
- No cleats in the athletic training room.
- Student-athletes must be taped, and out of the athletic training room by practice time
- No horse play in the hot or cold whirlpools
- Shoes must be removed when on treatment tables
- Computers are off limits to student-athletes
- No parking on the cement pad at the Broussard Center for Athletic Training
- DO NOT park in any handicapped parking around our athletic training facilities as the student-athlete will be subject to ticketing and/or towing by the university



MEDICAL CHAPERONE

Louisiana State University Athletic Training is committed to providing a safe, non-discriminatory, and comfortable environment where student-athletes and staff can be confident that best practices are being maintained. The following guidelines serve to protect the safety and well-being of the student-athletes and all athletics healthcare providers.

A chaperone must be available and present for all examinations, treatments and procedures performed by physicians, athletic trainers, physical therapists, massage therapists, and athletic training students (collectively "Healthcare Providers") performed in a private "closed-door" setting. The chaperone must be in the room unless the student-athlete specifically requests to exclude the chaperone from the room during the examination, treatment, or procedure. In the event of any such request by a student-athlete, the request shall be contemporaneously noted in the student-athlete's medical record. In the case of injury rehabilitation programs, manual therapy treatments, and/or evaluations/examinations performed in the Athletic Training Room, the room must be open and available to all other staff, students, and student-athletes.

MEDICAL EXAMINATIONS

All student-athletes participating in LSU's intercollegiate sports program are required to undergo a comprehensive physical examination each year prior to any participation in practice or competition. The examinations are scheduled by the Athletic Training staff and administered by the Team Physician. Scholarship student-athletes and preferred walk-ons are examined at University expense; student-athletes invited to try-out must pay for their initial examination. Once accepted as an official team member, a complete medical evaluation will be done at the University's expense. Upon entering the University, all student athletes that appear on a sport's active roster will undergo an echo-cardiogram and sickle cell trait testing prior to participating.

Non-scholarship students interested in joining a team through the tryout process must be enrolled full-time. Prospective students should contact the coach of the sport they are interested in joining to obtain pertinent information regarding dates of their tryout. All students are required to obtain an EKG, sickle cell trait test and physical prior to participating in the tryout. There are specific medical forms to complete which are distributed at the pre-participation meeting and important deadlines which are discussed at the initial meeting as they vary by sport.

In addition to pre-participation physicals, an exit physical will be given to student-athletes who participate in athletics, to ensure that the Athletic Training Department is fully aware of the physical well-being of the student-athletes at the end of their career.

MEDICAL RECORDS

An electronic medical record is created at the time a student-athlete joins the intercollegiate athletics program. The file contains appropriate insurance information, medical histories, authorizations, understandings and agreements between the University and the student-athlete and his/her parents or legal guardians, as well as a history of athletically related injuries and illnesses and treatments rendered. The Athletic Training Room does not collect or hold any immunization records for the student. These may be obtained at the Student Health Center Medical Records Department.

COMPUTER TRACKING

All of the athlete's pertinent medical history is also tracked in a secure computer program. This database allows the athletic training staff to track times and dates of all visits to the athletic training room for medical treatments, track the progress of rehabilitation as well as any visits to the team physicians and pharmacist. From this database a daily injury report can be generated to inform the coach of the status of any athlete at any date and time. Any paper documents that we receive that are related to medical records are scanned into the computerized medical records. Copies of any medical transcriptions affecting student-athletes at the Student Health Center should be brought back to the athletic trainer.

COVERAGE OF SCHEDULED PRACTICES AND EVENTS

The athletic training staff is responsible for any injury or illness sustained as a result of athletic participation in scheduled practices and games or during travel to and from those events. For low-risk sports, such coverage may be provided by a certified athletic trainer who is on campus with a cell phone. For high-risk sports, coverage is provided at the site of the practice or competition by a certified athletic trainer.

COVERAGE OVERAGE OF PRACTICE AND EVENTS IS USUALLY SCHEDULED AS FOLLOWS:

- No athletic training student is ever left providing medical coverage to a practice unless they are in the presence of a certified athletic trainer.
- A certified athletic trainer is present at home competitions for all sport.
- The Team Physicians are present at all football games (both home and away). They are also either present or on-call for home contests for all sports.
- For away contests, a certified athletic trainer travels with the team for the sports of baseball and softball, men's and women's basketball, football, gymnastics, swimming/diving, track & field, men's and women's tennis, soccer and volleyball & beach volleyball.

All Head Coaches and their assistants are expected to be familiar with the Department's medical policies. Coaches should be equipped to handle emergency situations in the absence of a member of the Athletic Training staff. Such knowledge is not only vital to the welfare of the student-athlete, but it is important in preventing charges of neglect or misconduct from being filed against the coach in charge. The Athletic Training Staff, and the Strength & Conditioning Staff, and Coaching Staff are required by the NCAA to be CPR Certified.

PREVENTATIVE CARE

In addition to providing medical care in injured student-athletes, the athletic training staff strives to prevent injuries by identifying risk factors associated with athletic participation, and educating coaches and student-athletes on preventative safety techniques.

It is the responsibility of the coaches, as well as the athletic training staff and the equipment manager, to make sure that all athletic equipment is in good working order and inspected on a regular basis. Coaches must ensure that each student-athlete is wearing appropriate, properly fitted athletic equipment.

Information is provided to the coaches regarding the appropriate sports regarding clothing, practice duration and appropriate rest and water breaks during practice sessions. Additionally, all coaches should be able to recognize the onset of fatigue, dehydration and heat exhaustion and notify a certified athletic trainer when such an event occurs.

The athletic training staff works with the registered dietitians with regards to appropriate performance nutrition diets. More specifically, every effort is made to provide an adequate number of calories and proper nutrition to student-athletes who are active sports participants. When there are adverse climate conditions, extreme care is used to maintain the proper balance of body weight and fluids intake.

TREATMENT OF ILLNESS OR INJURY

All injuries and illnesses are to be reported immediately to a certified athletic trainer for emergency first aid and evaluation. When treatment is required to augment athletic training facility services, the athletic trainer evaluates and treats the student-athlete to the extent possible in the athletic training facility and then refers the student-athlete to the team physician for further medical diagnosis and prescribed treatment. The team physician, or his designate, evaluates all athletic injuries and refers student-athletes to specialists, when appropriate. All referrals for off-campus and/or student health center medical care must be authorized in advance by a certified athletic trainer. If the student-athlete is seen without staff approval and without authorization form, the student-athlete will be financially responsible for the bills that may be incurred.

The LSU Authorization Form is used to document all medical referrals for athletically related illnesses or injuries. The authorization may also be used in the event the physician elects to send the student-athlete to a local hospital or other medical specialists. An authorization form can be obtained from the athletic trainer.

MEDICAL CONSULTATIONS

All medical consultations must be arranged by an athletic trainer or by the team physician (family practice and orthopedic). You CAN NOT see a medical specialist without the consent of a staff athletic trainer and without receiving an authorization form. Seeing any doctor without this form will result in the athlete assuming financial responsibility for the services rendered.

If a student-athlete is seeking a second opinion within the LSU network, discussion with your athletic trainer or team physician should occur. The athletic trainer will then present the request to the Director of Sports Medicine. The Director of Sports Medicine will arrange the logistics of the consultation if the request is granted. In the instance the Team Physician and/or Athletic Training Staff feels that a student-athlete should be referred to a specialist outside of our network of physicians, the Athletic Training Staff will make the necessary arrangements and assume any fees occurred. Second opinions requested via student-athlete or parent, outside of our contracted system will require completion of the Medical Claims Payment Request-Outside Medical Consultation form. This form can be found on www.lsusports.net or can be obtained from your athletic trainer. The Medical Review Committee will determine if the outside second opinion is granted, and if so, will discuss with the athlete the payment parameters. **Should the student-athlete decide to see another physician or obtain a second opinion without completion of the form and consent the student-athlete will be financially responsible for any fees occurred.** This is discretionary and will be granted on a case by case basis. In addition, the final decision on whether or not an athlete may participate in either practice or competition will rest solely with Louisiana State University's Team Physician(s).

Emergency room visits that have not been authorized by the LSU Athletic Training Staff or LSU Team Physician are the athlete's financial responsibility.

MEDICATION

Notify the athletic training staff of all medications that you are currently taking, who prescribed it, and for what condition. If you feel you have a need for medication, whether over the counter or prescription, contact your athletic trainer or team physician. .

Prescriptions can be filled by the team pharmacist in the Broussard Center for Athletic Training. They are generally filled that evening. If you see a physician at the Student Health Center or appointment off campus. We ask that you bring your prescription back to your athletic trainer to coordinate filling. You must return your Student Health Center referral form to the athletic training room upon completion of your visit. On occasion medication will need to be filled at an off-site, contracted pharmacy. An authorization form must be used to obtain these prescriptions.

NCAA Banned Medications: The NCAA list of banned drug classes is composed of substances that are generally reported to be performance enhancing. The NCAA bans performance enhancing drugs to protect student-athlete health and safety and ensure a level playing field, and it also recognizes that some of these substances may be legitimately used as medications to treat student-athletes with learning disabilities and other medical conditions. Accordingly, the NCAA allows exceptions to be made for those student-athletes with a documented medical history demonstrating the need for regular use of such a drug. The benefit of a medical exception procedure is that in most cases the student-athlete's eligibility remains intact during the process.

In all cases, a student-athlete, in conjunction with his or her physician, must document that other non-banned alternatives have been considered prior to requesting the medical exception for the use of a medication containing a banned substance. It is the responsibility of the institution to educate student-athletes about this policy, and to follow-up with any student-athlete who identifies the use of a banned medication to determine if standard non-banned medications have been pursued and documented. In order for a student-athlete to be granted a medical exception for the use of a medication that contains a banned substance, the student-athlete must: 1) have declared the use of the substance their Certified Athletic Trainer responsible for keeping medical records; 2) present documentation of the diagnosis of the condition, and 3) provide documentation from the prescribing physician explaining the course of treatment and the current prescription.



In order for a medical exception to be granted for the use of these stimulant medications, the student-athlete must show they have undergone standard assessment to identify ADHD. Frequently a student-athlete may find that the demands of college present difficult learning challenges. They may realize that some of their teammates are benefiting from the use of these medications, and figure they should ask their team physician or family doctor to prescribe the same for them. If they do not undergo a standard assessment to diagnose ADHD, they have not met the requirements for an NCAA medical exception. Once their concerns are relayed to the academic advisers or an athletic training staff member, the general screening and appropriate educational assessment testing may be warranted. Student-athletes who do not report taking stimulant medication and for whom no medical documentation is on file will be ruled ineligible to compete if the substance is detected on an NCAA drug test. It is imperative that athletes communicate any medications they are taking to their athletic trainer. Failure to report all prescriptions and acquire appropriate documentation will render the student-athlete ineligible to compete. Student-athletes should see their athletic trainer to direct them to the proper personnel to assist.

MEDICATION SAFETY

Patients should take their prescribed medications only for as long as it is prescribed, in the amounts prescribed, and no more frequently than described. It may be dangerous, even life threatening, to take certain medications inappropriately. If the student-athletes have any questions on how their medication should be used, they should consult their physician or certified athletic trainer. Due to the potential health hazards and legal issues that could arise if using certain medications, the student-athlete will likely be asked to sign a statement that informs them of the risks of taking and/or abusing certain controlled medications once prescribed.

INSURANCE

When insurance claims are made, the athlete/family insurance will become the primary source of payment. Whatever the athlete's insurance does not pay, LSU will become the secondary source of payment. If the athlete/family does not carry any health insurance, LSU will cover the expense of any health care that is a result of participation in the sport. All walk-ons are required to have health insurance prior to participation with Louisiana State University Athletics. Walk-ons are expected to maintain health insurance throughout their time or participation. A portion of the student fee paid at registration ensures additional medical care through the Student Health Center. Most services are free, but the student may be responsible for lab work, x-rays, and medical procedures if they go without prior authorization from the sport's athletic trainer. The Department also carries hospitalization, accident and travel insurance for use on official trips only.



Any injury that may result in surgery or physical therapy that was not an injury incurred while participating in the athlete's sport may not be financially covered by LSU. Per NCAA Bylaw 16.4.1, Louisiana State University under the direction of its Medical Team (Athletic Trainers, Team Physicians and consulting physicians) shall provide care to a student-athlete for an athletically related injury incurred during his or her involvement in intercollegiate athletics for the institution. The period of care begins with the initial pre-participation examination and shall extend at least two years following either graduation or separation from Louisiana State University or until the student-athlete qualifies for coverage under the NCAA Catastrophic Injury Insurance Program, whichever comes first. Louisiana State University has the discretion to determine the method by which it will provide medical care, method by which it determines whether an injury is athletically related and any policy deemed necessary for implementing the medical care.

An exit physical examination is required for any student-athlete that has participated in intercollegiate athletics for Louisiana State University. Medical coverage for those documented injuries will only be the financial responsibility of Louisiana State University pending documentation on the exit examination. The provided medical treatment and/or care must be done under the care and direction of Louisiana State University's Medical Team. Arrangements will be made at the discretion of the Medical Team. Any injury that may result in treatment that was not an injury that occurred as a result of participation in intercollegiate athletics for the student-athlete's sport may not be the financial responsibility of Louisiana State University. If the student-athlete fails to complete an exit examination within 45 days upon separation from Louisiana State University. They will be considered "without injury."

REHABILITATION

LSU DOES NOT assume the medical costs for pre-existing injuries. In order for a signee/incoming student to receive treatment for a pre-existing injury that was sustained prior to enrollment at LSU, the student-athlete must have signed an athletic scholarship and be enrolled at LSU as a full-time student.

Any rehabilitation of injuries must be performed at LSU. LSU can pay for housing costs while the athlete remains under the care of the team physicians or athletic trainers. If the situation arises where the athlete must go home, for whatever reason, it will be left up to the athletic training staff's discretion as to how to go about arranging for the need for physical therapy.

EYE CARE

LSU will pay for corrective contact lenses or glasses if corrective measures are needed in order to enhance vision. Corrective glasses may be provided even if they are not worn during participation in sport. The Athletic Training Department will cover the cost of glasses up to \$200 with the remaining balance to be paid by the student-athlete. The physician will determine the need for any specialty lenses (disposable lenses, gas permeable, single day / extended wear lenses, soft / hard lenses). Special consideration may be made for those athletes eligible for financial support. If the student-athlete loses or damages their lenses or glasses during practice/games, they must report it immediately, as the Department is allowed to replace them. Our team ophthalmologist is available at their office and this can be coordinated by the athletic trainer.

DENTAL CARE

LSU will not be financially responsible for teeth cleaning or any other dental work unless the work is a result of an injury that occurred while participating in sports at LSU. Pell Grant and Opportunity Fund recipients will receive separate consideration.

NUTRITION AND NUTRITIONAL SUPPLEMENTS

LSU's Athletic Training Department has 4 full-time Registered Dietitians (RDs). They provide the student-athlete with a variety of services including: team nutritional education, one-on-one dietary counseling, body composition assessment, supplement review and recommendations, grocery store tours, cooking classes, and a host of other services. Their offices are located on the 2nd floor of the Broussard Center for Athletic Training as well as the 2nd floor of the Football Operations Building. They can meet by appointment; however, walk-ins are welcomed.

The NCAA has a list of banned substances on their website (www.ncaa.org) under Health & Safety, and we encourage the student-athlete to become very familiar with the dangers of using nutritional supplements, especially those not approved by our medical personnel or registered dietitians. Supplements that are provided by LSU have all been approved and are free of NCAA banned substances. However, since no one can guarantee the safety of the thousands of supplements available on the market, the student-athlete is encouraged to them with great caution. Student-athletes are permitted to use the supplements provided by the LSU Performance Nutrition team. They do not have to take any vitamin or supplement that they do not feel is needed. If the student-athlete has any questions or concerns about the use of supplements, please speak with the Team Physicians or the Performance Dietitians in the Athletic Training Room (578-2050).

MENTAL HEALTH COUNSELING/DRUG REHABILITATION

LSU Athletics offers an extensive program in psychological counseling and drug rehabilitation. If the student-athletes have any questions or concerns regarding this area or need any assistance, they are to contact one of the following medical providers: Dr. LaKeitha Poole (Director of Sport Psychology & Counseling), Mrs. Shelly Mullenix (Director of Wellness), the Drug Prevention Coordinator, or any other health care professional on staff with LSU Athletics.

Social media as well as direct email options are available for those seeking information on mental health services. Student-athletes can reach out either through their athletic trainer, coach, or administrator or on their own. Confidentiality is our priority.

ADDITIONAL SCREENINGS

Sickle Cell Evaluation

Sickle cell is a chronic hereditary blood disorder in which red blood cells are sickle or crescent shaped instead of round. It is caused by an abnormal type of hemoglobin in the blood. It is an inherited disease and thus is present from birth and cannot be acquired later in life. Sickle cell trait is when a person has an abnormal gene mutation that causes them to become susceptible to experiencing a sickle cell crisis, but they do not have full blown sickle cell disease. All incoming student-athletes at LSU are screened during their initial physical as part of our standard blood panel. If the student-athlete test positive for the sickle cell trait or disease, they will be notified by the athletic trainer that directs their sport and a subsequent referral will be made to

the team physician to discuss the results and steps that will be taken to ensure the safety and welfare of the athlete. They will be given additional educational materials for their review and their coach and strength and conditioning coach will be notified. In addition, the student-athlete will be asked to sign a statement of accountability that accepts responsibility for reporting all injuries and illnesses to Louisiana State University Medical Staff (Athletic Trainers and Team Physicians) including any signs and symptoms of SICKLE CELL CRISIS.



CONCUSSION MANAGEMENT POLICY

LSU is committed to the prevention, identification, evaluation and proper management of concussions. While we recognize that the medical staff plays an important role in the identification of concussions, all student-athletes are equally responsible for notifying the medical and athletic training staff if they believe they may have suffered a concussion. A coordinated effort will always be made between the medical staff, coaching staff, equipment managers and the student-athlete to ensure the health and safety of the individuals involved in the athletic program here at LSU. The following policy and procedures will be adhered to by all involved in the medical care of the student-athletes.

EDUCATION MANAGEMENT

- Student-Athlete

As part of Pre-Participation Physicals, all student-athletes will be asked to complete a number of forms that request disclosure of any concussions (no matter how mild) he/she may have suffered prior to enrollment at LSU. In addition to discussing their concussion history with a team physician, LSU student-athletes will receive concussion education each year in the form of a flyer given at the time of physicals (Student-Athlete Statement of Accountability). This flyer provides critical information regarding the facts, signs and symptoms, and the seriousness of concussions. A copy will be kept on file as a part of the Pre-Participation documentation. In addition, posters that are distributed annually by the SEC to provide education to student-athletes and coaches on concussions will be placed in strategic areas in the locker room and/or athletic training rooms at athletic facilities.

- Coaches

At the beginning of the Fall academic year, a presentation will be delivered by the Director of Sports Medicine/ Director of Athletic Training to the Athletic Administration as well as the coaching staff that educates them on the significance and seriousness of concussions. The coaching staff will receive an educational flyer and will sign the Coaches Statement of Accountability acknowledgment form as assurance that they have a general understanding of how concussions can be prevented or how to minimize exposure as well as the impact that concussions have to the short and long term health and well-being of their student-athletes. A copy will be kept on file with the Compliance Department as a part of the annual Athletic Department meeting.

- Medical Staff

At the beginning of the Fall pre-season, the medical staff and all ATCs will familiarize themselves with the policies and procedures for concussion management and conduct a walk-thru at each of the perspective practice and game venues. Any procedural changes will be discussed at this time. The medical staff will sign the Medical Team Statement of Accountability acknowledgment form to remind them of the responsibility they have to identify, manage, and safely return to play the student-athletes at LSU. A copy will be kept on file with the Compliance Department as a part of the annual re-education process.

PRE-PARTICIPATION MANAGEMENT:

To ensure the proper evaluation of all student-athletes over the time that they are at LSU, a baseline concussion assessment will be performed *annually* on each student-athlete. This extensive assessment tool will involve the following:

- Brain Injury and Concussion History

General medical questions on each student-athlete's history of actual or possible concussions will be asked annually on the pre-participation physical examination. If a history is identified, an **addendum** will be completed by the student-athlete that details the significance of his or her head injury history. This addendum is to be reviewed by the team physician before final participation clearance is granted. Pre-participation physical exams are performed annually by our team physicians. Final medical clearance to participate will be determined by the team physician.

- Evaluation

A variety of assessment tools will be used in the annual baseline evaluation so that a current snapshot of the student-athlete prior to concussion can be documented. A computerized neurocognitive tool (C3 Logix or similar module) will be completed by all student-athletes. These baseline scores for cognitive functioning and balance will be documented annually and used as a reference point in the event that a concussion is sustained or suspected.

REDUCING EXPOSURE TO HEAD TRAUMA

With the intent to further educate the coaches and the student-athletes regarding ways to reduce the exposure to head trauma, the following practices are employed at our training and competition venues:

- Annual re-education for coaches and student-athletes to review the signs and symptoms of concussions as well as the importance of reducing the amount of exposures to head trauma, including but not limited to:
 1. Reminders and teaching of proper technique to limit head contact; and
 2. Limiting the amount of contact that ends up on the ground during practice, as ground impact can cause additional head trauma.
- Equipment Inspection
 1. Daily inspection of gear and helmets to ensure proper fit and usage;
 2. Facility inspection prior to activity that may identify additional risk factors that could add to potential concussions (e.g.: unintended equipment on courts or fields, protective padding that covers equipment, and slick playing surfaces); and
 3. Upon the student-athlete's return from a concussion, an "off-colored" jersey will be worn to signify that there is to be "no contact or trauma" with the student-athlete. When the player has been cleared for full participation, the "off-colored" jersey will be replaced with a regular jersey.

- Practice Schedules
 1. Mandate that rules and regulations that are set by the NCAA regarding practice opportunities are followed as their intent is to protect and limit over-exposure to injury (eg: two-a-days, weekly hour rules, off days);
 2. Coaches must be willing to listen to the suggestions of the team physicians and athletic trainers relative to altering practice schedules as to reduce head contact exposure; and
 3. Limiting heat exposure, evaluating hydration status, and providing adequate nutrition are all important factors to providing an effective practice environment that can help in reducing head trauma and injury exposure.
- Research and Education
 1. LSU remains focused on learning and developing the best practices to limit and reduce incidents of injury and head trauma. In doing so, the Athletic Training Department remains thoughtfully engaged in research and data collection that has the potential to positively change the way athletics approaches concussions; and
 2. Using state-of-the-art equipment such as: microchipped mouthpieces, internal and external helmet sensors, and blood-collection studies, we have been able to better assess the physiological response to head trauma. This active research will continue to improve the way we alter our practice and competition habits to ensure an even safer practice and competition environment for our student-athletes.

RECOGNITION AND DIAGNOSIS OF CONCUSSION

Medical coverage shall be provided by a certified athletic trainer and/or team physician who have been trained in the diagnosis, treatment, and initial management of acute concussions. This on-site coverage will be provided for competition as well as practice for the following sports: football, basketball, gymnastics, baseball, softball, track & field, and soccer. All remaining sports will have medical coverage by either an on-site certified athletic trainer or be available via telephone messaging, email, or other communication means.

If a possible concussion has occurred and an initial assessment by a certified athletic trainer or team physician has been completed, the student-athlete will be removed from practice or competition until a complete and full evaluation by a team physician has occurred. It will be necessary to withhold the student-athlete for at least one calendar day if a diagnosis of concussion is confirmed.

- Initial Suspected Concussion Evaluation
 1. Once removed from play or practice, a clinical evaluation including asking the Maddocks questions for concussions must be completed. A physical and neurological exam will be done to determine the significance of the injury. Once it is deemed safe to continue the sideline assessment, additional evaluation tools will be utilized or the player is returned to play.
 2. The most current version of the C3 Logix evaluation tool will be implemented to determine the current cognitive state of the student-athlete.
 3. A portion of the evaluation will be directed towards balance and more advanced measures of cognitive ability.

POST CONCUSSION MANAGEMENT

If the situation warrants advanced emergency medical care, the Emergency Action Plan will be activated. If immediate transportation to the hospital is necessary, EMS will be called and the team physician will be contacted and fully informed of the student-athlete's current status. The certified athletic trainer will work directly with the team physician in the monitoring of the student-athlete's current medical status or possible deterioration. If any of the following signs are present, the need for emergency medical transport should be imminent:

1. Prolonged Loss of Consciousness
2. Focal Neurological Deficit suggesting Intracranial Trauma
3. Repetitive Emesis
4. Persistently diminishing/worsening mental status or other signs and symptoms
5. Spine Injury



- Follow-up Care

1. Once the student-athlete is deemed safe to be released from the care of the medical personnel, they may be released to a responsible individual that will be able to follow basic instructions to assist in the monitoring of the athlete.
2. A Concussion Care Packet will be given to an individual who will be caring for the concussed student-athlete. The name of the individual providing care as well as his or her relationship to the student-athlete will be documented in the medical database.
3. A self-report concussion symptom scale in addition to routine evaluation will be completed within the first 24 hours. Subsequent symptoms scales and evaluations will be done daily or at the request of the team physician.
4. Implementation of the Nutrition for Concussion Protocol. (Appendix A)

- Prolonged Recovery Care

If there is not considerable or consistent improvement in the self-reported signs and symptoms of the concussion or an improvement in the evaluation outcome after 7 days, follow-up imaging and/or referral to a neurologist will be considered. Additional diagnoses include but are not limited to:

1. Post-Concussion Syndrome
2. Sleep Dysfunction
3. Migraine or Headache Disorder
4. Mood Disorders such as Anxiety or Depression
5. Ocular or Vestibular Dysfunction

RETURN TO PLAY

The concussed student-athlete will not be permitted to return to any physical activity until the signs and symptoms have diminished. During this phase of recovery, there will be close communication with the team physician and/or medical staff. Once a decision is made to return the student-athlete to activity, it must be staged in incremental progression to ensure that a return of symptoms do not occur. If at any point symptoms reappear, physical activity will be modified and not progressed until symptoms improve or are abolished. It is the student-athlete's responsibility to make the certified athletic trainer and team physician aware of the return of any concussion signs or symptoms. At the point in which the student-athlete is being returned to sport and where contact is likely, a different colored jersey should be worn to help identify the student-athlete when he or she has not been cleared for full contact. This off-setting colored jersey will help to remind coaches and fellow student-athletes that they should be avoid activity that could lead to direct head contact.

An example of a return to play progression is as follows:

- **Step 1: Rest and Recovery.**
- **Step 2: Light Aerobic Exercise.** Light biking on stationary cycle for approximately 10-15 minutes or unless symptoms of concussion increase or re-emerge and/or Walking on treadmill with a slow progression in speed and elevation until at a jogging pace. Remain jogging for approximately 10 minutes and remain symptom free. No signs or symptoms should be present before progressing to the next step.
- **Step 3: Aerobic Exercise and Strength Training.** Resisted strength training and a running program must be completed with no signs or symptoms present before progressing to the next step.
- **Step 4: Sport Specific Activities.** Sport specific drills without head contact or Non-contact practice can begin at this time. If there is no scheduled practice, this step can still be completed by incorporating exercises that mimic activities of the sport.
- The student-athlete should have all neurocognitive testing completed and returned to normal before proceeding out of step 4.
- **Step 5: Full Contact Practice.** The student-athlete will participate in a full contact practice with monitoring done by the athletic training staff. He/she must complete this step before seeing the physician for full clearance for participation.
- Final medical evaluation done to evaluate ready to return status.
- Return to competition.

RETURN TO LEARN

After a concussion diagnosis is made, it is mandatory that a student-athlete will have full cognitive rest for the day of injury. This will include no class, study hall, meetings, etc. A LSU Student-Athlete Concussion Notification letter and The LSU Athletics Return to Learn Protocol will be sent to the athletic academic advisor. The advisor will forward this notification and protocol on to the student-athlete's instructors. After day one, the student-athlete will have an individualized plan for when he or she will return to these activities. A plan according to the athlete's presentation will be developed and monitored by the team physician, athletic trainer, athletic academic advisor and learning specialist. This team is the multidisciplinary team. In the event a student-athlete has any return or worsening of symptoms due to resuming activities he or she will immediately stop the activity for that day and be re-evaluated the following day

A note will be provided by the attending physician to verify potential academic absences. If it is determined that recovery could linger, the multidisciplinary team will activate short term disability services. The athletic trainer will assist in completion of the required Office of Disability Service (ODS) paperwork. Some of the more frequently requested accommodations are:

- Extended Time
- Distraction-Reduced Environment
- No Scantron
- Consideration for Absences
- Class Notes

At this time the athletic trainer should send a LSU Student-Athlete Concussion Notification Follow Up to the athletic academic advisor. The athletic academic advisor should forward this notification on to the student-athlete's instructors.

If the accommodations that are not able to be managed by our prescribed requests, further collaboration with the COX Academic Learning Specialists and/or ODS will be utilized as per ADAAA requirements

ATHLETIC DEPARTMENT ASSISTANCE PROGRAM (ADAP)

This multi-disciplinary program is divided into three basic components: education, drug testing, and intervention/referral. ADAP offers extensive drug education that consists of a training program designed to alert the staff to the types of behavior that might indicate intervention is needed. Also, a screening is used to detect high-risk student-athletes entering the athletics program. There are clinical counselors on staff to privately give professional help and counseling to any student-athlete who needs it.

ADAP has been specifically implemented with the student-athlete in mind to assist them in overcoming any kind of problems or obstacles they may have. The student-athletes are encouraged to utilize the personal and confidential help available. Please call the Director of Sport Psychology & Counseling.

Some of the areas that ADAP concentrates on are:

- Mental Health and Sports Performance
- Weighing & Body Composition Measurement of Female Athletes
- Pregnancy
- Drug Testing and Prevention



PERFORMANCE NUTRITION

Referrals

Student-athletes

Student-athletes in need of a nutrition consult are free to individually contact the Sports RDs and set up an appointment.

Athletic Trainers

Athletic Trainers are encouraged to meet with the Sports RD regarding a student-athlete who:

- Has a medical condition affected by diet (i.e. diabetes, celiac disease, GERD, etc.)
- Experiences low blood sugar episodes on a regular basis
- Requires help managing weight
- Has lost or gained a significant amount of weight in a short period of time
- Shows signs of disordered eating or an eating disorder
- Talks excessively about dieting or body image
- Experiences a major injury that may alter his or her calorie/nutrient needs
- Experiences a stress fracture
- Has been prescribed medication with any food/nutrient interactions
- Has been prescribed ADD/ADHD medication
- Shows signs or symptoms of nutrient deficiency (i.e. anemia)
- Inquiries about dietary supplements
- Chronic low energy levels at practice and/or competition
- Problems with dehydration and/or cramping

Once the ATC and RD have met, and it is determined a consult is needed, the ATC should speak with the student-athlete addressing the issue and work together in setting up an appointment with the RD.

Coaches

Team coaches and Strength & Conditioning coaches are encouraged to refer the student-athlete to the Sports RD for any diet or nutrition-related issue. Coaches can either:

- Directly refer student-athlete to the Sports RD
- Contact or meet with the Sports RD regarding the athlete
- Meet with the Athletic Trainer, who will then speak with the Sports RD

SERVICES

Athletic Trainers, Team coaches, Strength & Conditioning coaches, and Coordinators of Operations can request and implement the services provided by the Sports RD for their sports team. These services include:

- Team nutrition education and presentations
- Cooking demonstrations – contact Sports RD to set up demo with your team
- Nutrition screening during the pre-participation physical
- Individual nutrition consults
- Body composition measurement & analysis (DEXA)
- Grocery store tours
- Fueling strategies during team practices
- Pre-game and Post-game meal and menu planning
- Half-time refueling stations/strategies
- Recommendations for NCAA permissible foods, beverages, supplements
- Meal/snack timing strategies
- Dietary supplement evaluation
- Travel meal and menu planning recommendations
- Restaurant menu evaluation and suggestions
- Travel snacks from Sports RD (see procedure for requesting team food)

DEXA & WEIGHTS

A RD, ATC, strength coach, or team doctor may take weights on student-athletes when appropriate. Weight, body fat percentage, total pounds of body fat, total pounds of muscle mass, and bone mineral density may be shared by the RD with the ATC, coaches, and strength coaches in a private meeting. Coaches ***MAY NOT*** discuss individual weights or body composition directly with a student-athlete. If anyone on staff has concerns about a student-athlete's body weight or body composition, those concerns should be voiced in private to the interdisciplinary team (RD, ATC, and strength coach) who will then coordinate an appropriate intervention.

FUELING STATIONS

Fueling Station foods are to be utilized by the athletes as supplemental snacks (NOT MEALS) throughout the day.

- **Hot breakfast sandwiches** will be served Monday-Friday each week at both Cox (7-9am) and the Performance Nutrition Center (7-9am). Hours and operation will vary during institutional holiday periods and at discretion of Athletics Department.
- **Football Operations** fueling station will be staffed to serve post-lift/practice smoothies and other snacks. Hours of operation are determined by the hours of team lifts.
- **Stadium Weight Room** fueling station is a grab and go station only. Hours of operation are determined by the hours of the weight room.
- **Cox Academic Center** fueling station is a grab and go station with hot breakfast snack and cold snacks available. It also has a variety of nutritional handouts and educational fact sheets athletes may utilize at their leisure.
- Student nutrition interns and volunteers are responsible for keeping fueling stations clean and stocked.

ADDITIONAL ADAP SERVICES

PREGNANCY

In the event that a student athlete becomes pregnant, it is required that you notify the Certified Athletic Trainer and Head Coach immediately. One's physical, psychological and mental health is the immediate concern. A medical doctor will be contacted to review the pregnancy and assist with making a medical decision regarding continuation with sport. Failure to notify appropriate institutional personnel may result in the immediate suspension from athletics participation.

NCAA Bylaw 14.2.1.3 allows for the extension of the 5 year period of eligibility for circumstances of pregnancy. For questions regarding this topic, please contact Compliance Department.

DRUG TESTING

Because of the Department's concern for your health and well-being, as well as for the integrity of the intercollegiate athletics program, a comprehensive drug-testing program has been implemented. If you have questions concerning Drug Testing or what constitutes an NCAA banned substance, please contact your Registered Dietitians (RDs), Drug Prevention Coordinator, or Senior Associate Athletic Director of Health & Wellness.

Please note that the student-athlete handbooks is printed prior to the start of a new academic year, changes to NCAA Drug Testing policy and LSU Drug Testing policy may not be included in the printed handbook version. Please always check LSU sports.net website (<http://www.compliance.lsu.edu/drug-testing>) for the LSU Drug testing policy updates and links to NCAA website. You will also have annual Drug Testing education where all policies will be discussed in detail.

SUBSTANCE USE POLICY

Following a complementary medical and wellness-based model that supports a thriving athletic program, the Athletic Department Assistance Program (ADAP) applies a universal Substance Use Policy to the entire student-athlete population. A portion of ADAP's objectives incorporates a mandatory, year-round substance use testing program. The ADAP Treatment Team referred to in this policy includes the following individuals: LSU Sport Psychology & Counseling Staff, Director of Athletic Training (or designee), Head Team Physician, Drug Prevention Coordinator, and Sr. Associate Athletic Director for Health & Wellness.

The LSU Athletics Department uses comprehensive substance use testing procedures, including all legally acceptable measures (urinalysis testing; hair sample analysis; oral swabs; breathalyzer, etc.).

LSU Athletics performs annual education to all student-athletes as part of the Substance Use Policy. Presentations will be offered in areas of substance use prevention and education and will be coordinated by the ADAP staff. Head Coaches will support educational efforts and inform recruits of the Substance Use Policy.

TESTING SELECTION

All student-athletes are required to sign an LSU Drug Testing Consent Form, NCAA Drug Testing Consent Form, and a Buckley Waiver annually as part of the LSU ADAP Substance Use Policy. Failure to comply will result in withholding from all athletics participation.

ELIGIBILITY FOR SELECTION

- All student-athletes (scholarship and non-scholarship) on an active roster are subject to year-round substance use testing by the LSU Athletics Department. This includes student-athletes who have exhausted eligibility and continue to receive an athletic scholarship.
- Athletes who apply for extended aid are subject to random substance use testing.
- Scholarship student-athletes in the transfer portal or who quit the team but remain on athletic scholarship are subject to this policy.
- Athletic Training students, student Managers, Cheerleaders and Tiger Girls are subject to substance use testing. Throughout this policy, this group is collectively referred to as “student-athlete”.
- Selection of student-athletes can occur randomly or upon request. Requests can be made by any LSU Athletics staff member, including sport psychology staff members and coaching staff members.
- Notification of selection for drug test will be conducted by an LSU Athletics staff member and may occur either verbally or in writing, which can include email, text or direct in-person notification.
- In the event that a student-athlete is unable to attend a drug test due to unforeseen circumstances outside of their control, removal of student-athlete from the official notification list can be made at the discretion of the Senior Associate AD: Health & Wellness.
- Drug testing may be conducted at any time, with or without prior notification to the student-athlete.

COLLECTION PROCEDURES

ATTENDANCE

- Once selected, attendance at the designated date/time is MANDATORY. Student-athletes must bring a picture ID to the drug testing site and arrive on-time for testing.
- A student-athlete who fails to attend testing within the designated time frame or refuses to provide a sample will be issued a FULL VIOLATION of the LSU ADAP Substance Use Policy AND withheld from all practice until a valid sample is obtained.
- The coaching staff of the impacted sport will be required to assist with locating the student-athlete and ensuring the test is completed.

PROCESS

- Student-athletes will be asked to declare all recently ingested substances including prescriptions, over the counter medications (OTCs) and nutritional supplements.
- Each sample will be collected by direct observation by a same gender collection team member. For student-athletes who don't identify with a specific gender, special consideration can be made in advance of collection that includes direct observation as well.
- Student-athlete will be required to wash/dry hands, lower all attire below knees, and remove any clothing that obstructs clear viewing of the collection.

SAMPLE VALIDITY

- Each specimen will be checked for specific gravity (> 1.005) and pH (4.5 – 7.5) to determine urine concentration and will be split into two aliquots. Both aliquots are sealed with security tape and labeled with a unique identifying number to maintain confidentiality.
- Samples that are determined to be dilute are considered invalid. The student-athlete will not be cleared to participate in athletic activity until a valid sample is collected.
- Sample A and Sample B will both be sent to designated lab for analysis. Sample B is frozen until final results are received and will be available for all positive tests in case of appeal request.
- Any effort by a student-athlete to adulterate or modify his/her or any other specimen on a substance use test prior to or at the time of collection, will result in an automatic FULL VIOLATION of the LSU ADAP Substance Use Policy AND the student-athlete will be withheld from all practice/competition until a valid sample is obtained.
- Such an effort to “adulterate or modify” includes, but is not limited to, any type of product that is ingested or added to the urine sample, or the non-medical use of diuretics or probenecid in an effort to dilute, manipulate, or mask the urine sample.

LABORATORY ANALYSIS

- The Medical Review Officer at the drug testing lab reviews all tests, verifies positives, and can consult with LSU ADAP Staff on issues/concerns related to results.
- Zero Tolerance Testing is used for all results and reports to lowest possible detection level.
- The LSU ADAP testing panel may include various banned substances including: cannabinoids (THC), synthetic cannabinoids, cocaine, MDMA, amphetamine, LSD, opiates, ephedrine, alcohol, anabolic steroids, adulterants, methylhexanamine, and synthetic cathinone. The list is evolving and additional banned substances may be added as necessary.

REPORTING RESULTS

- Test results under the positive threshold for THC (<150ng/ml) and alcohol will result in a notification to the student-athlete. Information regarding the availability of supportive resources will be provided.
- Head Coach (if desired) and Sport Psychology & Counseling (SPC) staff will be notified.
- In the event that a prescription drug is detected, the student-athlete must provide a valid prescription for the medication.
- Prescription medications should only be taken as prescribed by the physician.
- Use of previously prescribed medication without notification and approval of medical staff may result in a substance use violation.

PERFORMANCE ENHANCING DRUGS AND NUTRITIONAL SUPPLEMENTATION

- Nutritional supplements are not regulated by the Food & Drug Administration (FDA). Moreover, there are a number of prescription medications that are considered to be performance enhancing drugs (PEDs). Both may contain banned substances.
- Use of supplements are at student-athlete own risk and may result in a positive drug test.
- Student-athletes should consult with their team physicians, registered dietitians, and/or the Drug Prevention Coordinator prior to using nutritional supplements.
- Additional information about banned ingredients in medications and nutritional supplements can be researched by contacting Drug Free Sport AXIS at 816-474-7321 or is available from the Resource Exchange Center at the Center for Drug Free Sport. Its website, which is endorsed by the NCAA, can be accessed at www.drugfreesport.com/rec.

SELF-REFERRAL POLICY

Understanding some individuals have severe substance use and/or alcohol-related disorders that stem from prior experience and exposure, habit, and/or recreation, the LSU Athletics Department has developed a policy to assist all individuals who desire to make a positive life change. To this end, the self-referral process was instituted.

Student-athletes can self-refer and seek assistance for illicit substance use one time during their time of enrollment. There are NO penalties assessed for a positive test and parents/guardians are not notified unless deemed medically necessary.

- Student-athlete must self-refer prior to notification of a substance use test. Self-referral after a test is announced (notified verbally, through email, or text) does not qualify.
- Student-athlete must complete treatment as recommended by the ADAP team. Failure to do so may result in suspension from athletic activities.
- An 8-week treatment period begins after the confirmation of a positive substance use test after a successful self-referral. A subsequent positive after the 8-week period is complete will result in a Substance Use Policy violation in accordance with the specific substance uncovered.

VIOLATIONS

SANCTIONS

- Sanctions indicated within the policy are the minimal infraction. A Head Coach or the Director of Athletics, at his/her discretion, may impose additional sanctions at any violation level. Violations are cumulative over student-athlete collegiate enrollment.
- ADAP Treatment Team can modify sanctions when medically warranted.
- Medical withholding will occur with positive results (steroids, cocaine, opiates, methamphetamine and any other substance deemed necessary) until a medical exam and doctor clearance occurs.

NOTIFICATION AND IMPLICATIONS OF RESULTS

- Student-athlete will meet with Sr. Associate AD: Health & Wellness to complete notification paperwork/treatment contract and to be informed of associated sanctions. Head Coach and Sport Administrator are notified of positive result.
- Once a positive test result is reported, the student-athlete is given an opportunity to appeal with the use of the B sample. The student-athlete must select from a list of approved labs that uses the same screening technology.
- If the B sample is confirmed as positive, the cost of the re-test will be at the expense to the student-athlete.
- The original test results remain valid during this appeal process.
- Within 72 hours of notification, the student-athlete will schedule a meeting with the SPC staff for clinical evaluation. A treatment plan will be developed and may be shared with the coaching staff.
- Failure to successfully complete the evaluation will result in withholding from all team athletic activities (competition, practice, strength and conditioning, meetings, etc.) and restricts access to all LSU Athletics Department Facilities (ex: sport field, weight room, etc.).
- Reinstatement to participation is at the discretion of the ADAP Treatment Team and will only occur after all evaluations are completed and medical clearance is obtained.

- Receiving clearance may require the student-athlete to participate in a formal hearing with the ADAP treatment team.
- Parent/Guardian is notified of positive test and associated sanctions unless otherwise specified by SPC.
- Student-athlete must follow treatment plan and may be financially responsible for missed appointments.
- An 8-week window begins from the date of a confirmed positive test whereby the student-athlete will engage with recommended treatment. If the student-athlete tests positive again after this 8-week treatment period, the subsequent violation level (as determined by type of substance used), will be applied.
- Previous LSU ADAP Substance Use Policy violations can result in an increase in testing frequency.
- Failure to successfully complete recommended treatment (i.e. unexcused absences, dismissal from treatment program, failure to comply with program requirements, nonparticipation, etc.) will result in the loss of athletic scholarship and/or participation opportunities. The student-athlete may also incur financial responsibility for the treatment program.
- For violations requiring contest withholding, the penalty must begin within four weeks (30 days) following the confirmed positive.
- If positive occurs in off-season, the penalty will be applied within the first 4 weeks (30 days) of start of competitive season.
- If multiple contest withholding is required by the policy, the withholding is not required to be consecutive, but must occur prior to the end of the current competition season. The current competitive season includes post-season events (NCAA Championships/Bowl games).
- If time remaining in the current season dictates immediate and consecutive withholding is necessary to serve the prescribed penalty, Athletics Administration will enforce immediate withholding.

VIOLATION TYPES

PROBATIONARY VIOLATION: THC & ALCOHOL

- THC original levels that confirm \geq 150 ng/ml
- Alcohol related incidents as reported through LSU Athletic Code of Conduct or other means:
- Under 21 years old (.02); 21+ years old (.08)
- Mandatory Behavioral Health Assessment & Counseling
- Three (3) hours of community service within each 8-week timeframe
- Discretionary referral to Group, Intensive Outpatient Program (IOP), and/or Residential treatment
- Failure to comply with prescribed treatment program will result in withholding from athletics participation

FULL VIOLATION: BANNED SUBSTANCES OTHER THAN THC & ALCOHOL

First Positive

- Mandatory Behavioral Health Assessment & Counseling
- Three (3) hours community service within 8-week treatment window
- Discretionary referral to Group, Intensive Outpatient Program (IOP), and/or Residential treatment
- Failure to comply with prescribed treatment program will result in withholding from athletics participation

Second Positive

- Mandatory Behavioral Health Assessment & Counseling
- Four (4) hours community service within 8-week treatment window
- 10% withholding countable game/contest
- Discretionary referral to Group, Intensive Outpatient Program (IOP), and/or Residential treatment
- Failure to comply with prescribed treatment program will result in withholding from athletics participation

Third Positive

- Mandatory Behavioral Health Assessment & Counseling
- Five (5) hours community service within 8-week treatment window
- 30% withholding countable game/contest
- Discretionary referral to Group, Intensive Outpatient Program (IOP), and/or Residential treatment
- Failure to comply with prescribed treatment program will result in withholding from athletics participation

Fourth Positive

- Dismissal
- Prohibited from all practice and competition activities pending outcome of appeal if sought
- Cancellation of Athletic scholarship

REINSTATEMENT APPEAL

After dismissal, a Head Coach can request an appeal on behalf of the student-athlete. Appeal requests must be made within two weeks of receiving confirmation of the positive result.

- ADAP Treatment Team will review the case and make a recommendation to the Athletic Director. Appeals will only be heard in circumstances where there is protocol failure or other unusual circumstance(s) justifying an appeal.
- Maintaining athletic scholarship during appeal phase is at discretion of Athletic Director.
- While in the appeal phase, a student-athlete may not participate in any team activities or competition until the appeal outcome has been decided.
- While a request for appeals must be made within two weeks of a positive drug test confirmation, it is possible that an appeal hearing could be delayed as a result of clinical treatment recommendations. In such cases, the appeal hearing can be scheduled upon successful completion of the prescribed clinical treatment and subsequent assessment.
- The Substance Use Appeals Committee will be made up of the following individuals: Athletic Director (or designee), Executive Deputy Athletic Director (or designee), Sr. Associate Athletic Director for Health & Wellness, Drug Prevention Coordinator, and Director of Athletic Training.
- A committee member may designate a proxy in the event of an absence.
- In cases where a student-athlete has exhausted his/her eligibility to compete in a sport, a partial committee may be assembled at the discretion of the Athletic Director. The Faculty Athletics Representative may also be requested to serve as a member of the committee.
- If the Substance Use Appeals Committee allows the restoration of eligibility, the restoration will be based on full compliance of all LSU Athletics Department rules and regulations for the remainder of the student-athlete's enrollment and participation at LSU.
- The Substance Use Appeals Committee, at its discretion, may impose additional conditions upon reinstatement that are binding continuing conditions for the student-athlete's reinstatement to full eligibility (i.e. loss of scholarship, game suspension, etc.).
- A successful appeal will result in regular substance use testing for the student-athlete. If an institutional, or NCAA drug testing reveals a banned substance other than alcohol and/or THC at any time, permanent ineligibility will result without any further appeal opportunities.
- Self-Referral cannot be used after a successful appeal.

NCAA DRUG TESTING

Student-athletes are subject to year-round NCAA Drug testing. The NCAA tests for banned substances which includes narcotics, cannabinoids, performance enhancing substances, stimulants, etc. The list is updated regularly and can be found at the website link below: <https://www.ncaa.org/sports/2015/6/10/ncaa-banned-substances.aspx>

- Tampering with a NCAA Drug test will result in a 2-year competition ban and loss of 2 seasons of eligibility
- Failure to attend/complete an NCAA Drug test will result in 1-year competition ban and loss of 1 season of eligibility
- Any NCAA Drug Testing positive will be deemed a positive within the LSU ADAP Substance Use Policy
- Subsequent LSU ADAP Substance Use violation level determined by the type of substance used

BANNED DRUG CLASS (CANNABINOID-THC) POSITIVE:

- First Positive- Requires development of and adherence to student-athlete education/treatment plan
- Second Positive- Requires adherence to and continuation of student-athlete education/treatment plan
- Failure to comply will result in 25% withholding from competition penalty
- Third Positive- Requires adherence to and continuation of student-athlete education/treatment plan
- Failure to comply will result in 50% withholding from competition penalty

BANNED DRUG CLASS (NARCOTICS) POSITIVE:

- 50% withholding from competition penalty
- Student-athlete must test negative with the NCAA upon reinstatement

BANNED DRUG CLASS (OTHER THAN THC & NARCOTICS) POSITIVE:

- First Positive
- Withholding for 1 year from collection date
- 1-year loss of eligibility
- Student-athlete must test negative with the NCAA upon reinstatement
- Second Positive
- Permanently ineligible

LSU ADAP TREATMENT TEAM

ADAP Drug Prevention Coordinator-

Ken Faldetta, MS, ATC, LAT;

kfaldetta@lsu.edu

225-910-5096

Sr. Associate AD: Health & Wellness-

Shelly Mullenix, LMSW, ATC, LAT;

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225-268-1309

Faculty Athletics Representative-

Dr. Lori Martin, PhD;

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225-578-5814

Executive Director of Athletic Training Administration-

Micki Collins, MS, ATC;

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225-578-2496

Head Team Physician-

Stephen Etheredge, MD;

swe3395@gmail.com

850-543-7308

Asst. AD/Director, Student-Athlete Mental Health-

Dr. LaKeitha Poole, PhD, LPC-S;

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Assistant Director, Student-Athlete Mental Health-

Bruce Buggs, LPC-S;

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Coordinator, Student-Athlete Mental Health-

Christine Sotile, LCSW;

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CHAPTER 6 – ACADEMICS

ACADEMIC CENTER FOR STUDENT-ATHLETES (ACSA)

The Academic Center for Student-Athletes is comprised of an academic affairs team, an educational support services team, and an information technology team. Collectively, the purpose is to provide an all-inclusive student-centered support structure for all student-athletes from matriculation through graduation and life beyond.

The Academic Center for Student-Athletes reports to the Academic Affairs Vice Provost. This lineage to Academic Affairs re-iterates the importance of the student component of “student-athlete”. The team acts as a liaison between the athletic and academic communities and ensures that student-athletes comply with academic rules established by the university, the NCAA, and the SEC.

The Academic Center for Student-Athletes is a 54,000 square foot facility. This facility gives LSU student-athletes the best opportunity for success by providing access to the latest technology, stimulating their intellectual curiosity through developmental programming, and by cultivating skills to navigate LSU and life beyond.

The Academic Center for Student-Athletes actively collaborates with university Academic Affairs and Student Life to develop a comprehensive program that contributes to the total development of all student-athletes while increasing retention numbers, reducing attrition numbers, improving graduation rates. The Center also engages in collaborative programming with various constituents from across campus to address the needs of our student-athletes.

COX BUILDING HOURS

Fall/Spring Semester

Day	Time
Monday - Thursday	7:30 am - 9:30 pm
Friday	7:30 am - 4:30 pm
Sunday	4:00 pm - 7:00 pm

Winter Intersession & Summer Semester

Day	Time
Monday - Friday	8:00 am - 4:30 pm
Sunday	Closed

The Academic Center is open to student-athletes during the building hours listed above. There is a unique blend of study environments including a computer lab, tutorial center, private study rooms, private tutorial rooms, and a library for quiet study. A full-time staff member in addition to student staff, are on duty at all times to answer questions and help where needed. Students are checked for attendance and are monitored for productivity.

PRE-ADMISSION COUNSELING

Prospective freshman and transfer students are provided with information on admissions procedures, registration, degree selection and course availability. Prior to the official campus visit, the ACSA, in conjunction with the Recruiting Coordinator, arranges a meeting with the recruit to explore the prospect's area of interest.

The ACSA provides general information on available University resources. After signing a National Letter of Intent, student-athletes are sent information regarding orientation and registration procedures.

ORIENTATION

The Department of Athletics holds an orientation program at the Academic Center for Student-Athletes (ACSA), to familiarize new students (freshmen and transfer) with their academic and athletic responsibilities. The purpose of this program is not only to inform you of campus procedures, but also to review services offered by the University. Academic integrity, career planning and overall welfare are also discussed. Additionally, the University offers a fall orientation program for all new LSU students.

Prior to initial enrollment, freshman and transfer student-athletes are encouraged to attend the ACSA Summer Academic Success Program (SASP) as well as general registration and orientation sessions for all students. Additionally, the ACSA conducts orientation sessions for new student-athletes.

The primary purpose of SASP and the orientation sessions is to familiarize student-athletes with the academic demands as well as resources of the University. Student-athletes are also made aware of changes and updates in Southeastern Conference and NCAA rules regarding eligibility.

TEXTBOOKS

As allowed by the NCAA, the Department of Athletics furnishes required course-related textbooks and materials to designated scholarship student-athletes for the courses in which they are enrolled. If a student-athlete is to receive textbooks as part of their scholarship aid, then their name appears on the LSU Scholarship List Only required textbooks and/or course materials are covered under this scholarship.

Each student-athlete is required to bring their class schedule and LSU ID (government issued ID) to the LSU Bookstore at the designated textbook pick-up day and time, which is determined by the sport athletic academic advisor. If a required textbook and/or other course materials are not available at the LSU bookstore, student-athletes will need to purchase them and submit a receipt to their athletic academic advisor for reimbursement.

Purchased textbooks and/or required course materials are to be used only by the individual to whom they are issued. All textbooks are on loan and must be returned to the LSU Bookstore at the end of each semester or when a student-athlete withdraws from school. Failure to return the textbooks results in a student-athlete being charged for the current value of the textbooks. In the event that a textbook is lost or stolen, student-athletes are not provided with replacement books. Student-athletes who have not cleared their textbook account will be billed the cost of unreturned books.

ACADEMIC PLANNING, COUNSELING AND REGISTRATION

The ACSA, in conjunction with the various college counselors, informs student-athletes of requirements for prospective degrees. ACSA assists in the planning of class schedules with regard to academic standing, practice, travel and competition schedules.

To comply with the NCAA's satisfactory progress rule, each student-athlete must designate a program of study leading toward a specific baccalaureate degree at LSU by the beginning of the third year of enrollment (i.e., the fifth semester).

The ACSA counselors ensure that each student-athlete meets this requirement, and then works with the student-athlete to ensure that he/she makes satisfactory progress toward the specified degree. ACSA advisors coordinate the scheduling of classes and registration for each semester.

ACADEMIC CLASS (Semester of Full-time Enrollment)	NCAA CONTINUING ACADEMIC ELIGIBILITY REQUIREMENTS
Sophomore (entering 3rd semester)	Must have earned at least 6 credits each semester. Must have earned at least 24 credit hours during previous year with at least 18 earned during the regular academic year.(fall & spring) (1.8 GPA) of minimum cumulative GPA for graduation each semester.
Junior (entering 5th semester)	Must have earned at least 6 credits each semester. Must have earned at least 18 hours during the regular academic year. (fall & spring) Must have officially declared a major. (Completed appropriate paperwork) (1.9 GPA) of minimum cumulative GPA for graduation each semester. 40% of degree must be completed.
Senior (entering 7th semester)	Must have earned at least 6 credits each semester. Must have earned at least 18 hours during the regular academic year. (fall & spring) (2.0 GPA) of minimum cumulative GPA for graduation each semester. Must have officially declared a major 60% of degree must be completed.
5th Year Senior (entering 9th semester)	Must have earned at least 6 credits each semester. Must have earned at least 18 hours during the regular academic year. (fall & spring) Must have declared a major. (2.0 GPA) of minimum cumulative GPA for graduation, each semester. 80% of degree must be completed.
All student-athletes must be in good academic standing as defined by LSU Once a student-athlete has officially declared a major, all hours used towards meeting the satisfactory progress requirements must be applicable toward the student's designated degree program.	

CLASS ATTENDANCE

The University Class Attendance Policy-PS 44, allows class attendance to be taken into consideration by instructors when determining final grades. There is a direct correlation between classroom attendance and academic success. Therefore, all coaches and Departmental Administrators are expected to reinforce the necessity of regular class attendance to the student-athletes. Class attendance is monitored by the ACSA. The head coach of the designated sport is notified when a student-athlete misses classes. The student-athlete is responsible for explaining their actions and is instructed to contact the professor in an attempt to resolve the attendance problem

INSTRUCTOR PROGRESS REPORTS

Professors are asked to provide progress reports on the student-athletes 3x per semester via Navigate.

TRAVEL LETTERS

Student-athletes should provide a copy of their sports' schedule and class excuses for team travel to their instructors at the beginning of each semester. Arrangements for taking any examinations or completing work assignments affected by team travel are the responsibility of each student-athlete. Excuse letters are provided to student-athletes by the ACSA.

EXAMS

When a student-athlete learns that an exam is scheduled during the time he/she will be participating in the intercollegiate athletics program, the student-athlete is responsible for notifying the instructor and making arrangements to make up the exam. Travel letters approved by the university's Athletics Council allows student-athletes an opportunity to make up missed work due to athletic travel. This is done in keeping with NCAA guidelines and provisions and allows up to 20% missed class time for student-athletes in school sanctioned events only.

STUDY HALL

Study hall is held in the Academic Center for Student-Athletes Sunday through Friday. Study hall provides a well-organized environment that is conducive to studying and tutoring.

INCOMPLETE GRADES

Academic work that is of passing quality but which, because of circumstances beyond the student's control (i.e., illness or some other emergency) is not complete, may be marked "I" (i.e., incomplete). "I" grades are given only if the instructor receives authorization from the Dean of that student's college. If the work is not completed during the next regular semester in which the student is in residence in the LSU system, prior to the deadline for adding courses for credit, the grade automatically becomes "F."

GRADE EXCLUSION POLICY

Under this policy, students may improve the undergraduate LSU and cumulative GPAs by repeating a maximum of three courses (up to 12 credit hours) in which a grade of "D" or "F" was received and requesting that the repeat grade be the only one that is used in the calculation. Student-athletes should see their academic advisor if they have any questions.

CREDIT EXAMINATIONS

The advanced-standing program is open to students with superior ability acquired through excellent preparation in high school or on their own initiative. This program offers all students at Louisiana State University the opportunity to gain course credit by passing an exam in the specific sport subject. Students may apply for these tests any time after acceptance to the University. Students must initiate the process prior to their final semester or risk delaying their graduation a semester.

CORRESPONDENCE STUDY

No more than six semester hours of correspondence courses may be used for eligibility within one year, and all correspondence courses require coaches and ACSA approval. All correspondence course work must originate from LSU in order to count for eligibility purposes.

WITHDRAWING FROM A COURSE

In order to remain academically eligible to participate in intercollegiate athletics, a student-athlete's course load must not drop below 12 hours. A student-athlete who needs to drop or add a class must consult with their ACSA counselor, and have a form signed by their coach. The CCACSA counselor explains all applicable eligibility legislation to the student-athlete. If the dropping of a class results in a student-athlete being registered for less than 12 hours, the CCACSA counselor informs the Associate Athletic Director for Compliance. (See Policy 502C, Student-Athletes: Eligibility, for more information.)

STUDENT LEARNING PROGRAM (SLP)

The Student Learning Program is a holistic academic enrichment program that fosters independent learning to assist all student-athletes in their pursuit of academic, athletic, and personal goals. The Student Learning Program offers educational assistance services in the Academic Center for Student-Athletes, including Educational Assessment, Learning Specialist assistance, Rediscovering Opportunities through Advanced Reading, tutorial assistance and objective-based study hall.

The goal of this student-centered program is to cultivate independent learning by assessing individual student needs, developing an instruction plan, and assisting students in implementing specific learning strategies. The Student Learning Program also trains student-athletes in improving communication, and self-advocacy and accountability to enhance academic, athletic, and personal success. Student-athletes are assisted through the following:

- Evaluation and assessment of learning and study habits of student-athletes
- Screening and educational assessment of all new/transfer student-athletes
- Identification of academically at-risk student-athletes
- Development and implementation of individual education plans
- Implementation of research-based educational approaches
- Coordination with the Office of Disability Services and other student service staff

EDUCATIONAL ASSESSMENT PROGRAM

Within the Student Learning Program there are three phases of educational assessment for student-athletes. Student-athletes may participate in any combination of the three educational assessment phases. The phases include a learning profile, psychoeducational screening, and psychoeducational testing. Each phase of assessment is designed to gather information pertaining to student-athletes' academic skills, cognitive ability and attention. The compilation of results allows Learning Specialists to identify any possible learning challenges or other significant concerns that may impede a student-athletes' learning.

LEARNING SPECIALIST PROGRAM

Learning Specialists work primarily with student-athletes that have identified learning challenges as well as those that require advanced academic assistance or support. Learning specialists work with student-athletes one-on-one and in group settings to assist in building the essential academic skills necessary to allow independent learning. Learning Specialists develop detailed academic support plans for student-athletes including specific skill areas on which to focus, tutorial support needs, time management and organization. Learning Specialists also coordinate additional educational and academic developmental services, including academic workshops where topics vary.

OFFICE OF DISABILITY SERVICES (ODS)

Learning Specialists work closely with the ODS staff to assist student-athletes who have documentation for a diagnosed learning disability. Eligible student-athletes are encouraged to utilize the services offered to them through ODS.

REDISCOVERING OPPORTUNITIES THROUGH ADVANCED READING (R.O.A.R.)

R.O.A.R. is a reading skills development program designed to enhance comprehension and fluency among ELL (English language learner) and native English speakers.

ACSA MATH LAB

The Math Lab at ACSA offers our Student-Athletes personalized time to explore a wide array of Mathematical concepts with experienced Mathematics Educators. While working one-on-one or in small groups, our Student-Athletes are offered both the technology and opportunity to achieve academic success in the collegiate Mathematics classroom. Requests for MathLab appointments can be scheduled through a student's advisor.

LSU MATHEMATICAL PLACEMENT INFORMATION (ALEKS)

<https://www.math.lsu.edu/ugrad/ALEKS>

EXPECTATIONS OF BEHAVIOR:

Students should conduct themselves in a professional, mature, and respectful demeanor both inside and outside of the ACSA.

TUTORIAL SUPPORT

The Tutorial Center provides individualized and/or small tutoring sessions and assistance for all student-athletes. The primary goal of the tutorial program is to provide student-athletes with academic assistance to support classroom instruction

WHILE IN THE TUTORIAL CENTER, STUDENT-ATHLETES MUST:

- display a respectful attitude towards all staff members, tutors, and fellow student-athletes
- maintain appropriate conversations at a reasonable volume in tutorial center lobby, session rooms, and computer lab
- check in at the Front Desk for all appointments
- arrive on time and stay for the FULL duration of all tutorial sessions
- bring ALL course materials for the tutorial session (books, notes, pen/pencil, etc.)
- silence and put away all cell phones, tablets, and digital media devices
- adhere to all other policies outlined in this handbook

TUTORIAL SESSIONS

Each tutorial session follows the "Constructivist Teaching Model" which outlines objectives, work accomplished, and future work to be completed. Student-athletes are expected to maintain a professional and positive demeanor towards their tutors. Following the tutoring session, each tutor submits a report outlining the student-athlete's preparedness, comprehension, notes, and success meeting objectives during the session using the online reporting system, GradesFirst. These reports are used by advisors, staff, and coaches to monitor student progress, behavior, and accountability throughout the semester.

CONTENT AND STRATEGY TUTORS

There are more than 100 tutors on staff who are trained and certified by the College Reading and Learning Association (CRLA) Tutor Training Program. These trainings equip our tutors with a variety of study skills, learning strategies, and in-session techniques for working with adult learners from diverse learning backgrounds.

CONTENT TUTORS

Content tutors assist student athletes in course-specific tutorial sessions. Student-athletes may request a content tutor for any course through their advisor. Requests for tutoring are filled throughout the semester based on tutor course availability and student need.

STRATEGY TUTORS

Strategy tutors provide assistance with student athletes' transition to the University in developing their study and organizational skills, fostering an understanding of learning and motivation, and assisting in the development of academic literacy and planning skills.

Please see your advisor to request a tutor as well as review updates on pending tutorial requests.

APPOINTMENT CANCELLATIONS/RESCHEDULES

Appointments can only be cancelled with an approved excuse through the student athlete's advisor. A student athlete cannot cancel or reschedule an appointment through a tutor or through the Tutorial Center Front Desk. To cancel an appointment, student athletes must contact their advisor via phone or email by the cancellation deadlines below:

Appointment Day	Cancellation Deadline
Sunday	Friday, 3:00 pm prior to Sunday meeting day
Monday-Friday	Sunday - Thursday, 5:00 pm day prior to scheduled appointment day and time

When an appointment is cancelled on time, the tutor and student will be notified via email and the appointment will be removed from Teamworks. If a student-athlete has an unexcused absence and/or is late for an appointment he or she will incur up to a \$30.00 charge to their fee bill for each missed appointment. A student-athlete may appeal No-Shows through their advisors with a valid, documented excuse.

TEAMWORKS

Teamworks is the online scheduling and reporting that is utilized by athletics and ACSA to create tutorial and advising appointments. The student athlete's academic, tutorial, and practice/competition schedules are also accessible via the Teamworks calendar to the student, advisor, and coaches.

All tutorial appointment requests are scheduled in Teamworks around student availability and take place at a regular time every week with an assigned tutor (i.e. ECON 2000 tutoring every Monday/Wednesday from 10:30 am-11:30 am). Students are sent daily reminder notifications via email and text message for upcoming tutoring appointments. These appointments are usually scheduled for hour-long blocks to take place within the ACSA facilities during the hours of operation listed below:

PRINTING POLICY

The ACSA policy regarding the use of printers in the Computer Lab and Tutorial Center requires students to log into a "release station" using their MyLSU log on credentials. Each student-athlete account will be allotted the equivalent of 400 pages free of charge per semester. If a student needs more pages added to their quota, they will need to see their advisor and request an increase with proper justification. Accounts will be reset to 400 pages at the beginning of each Spring/Fall semester.

A two week unlimited printing window shall occur during the first two weeks of each new Fall/Spring Semester. This will allow student to print syllabi and other items needed at the start of the coursework without it counting against their 400 page quota. Printing from personal computers or tablets can be completed by visiting www.acsa.lsu.edu and selecting "Mobile Printing" under the Quick Links tab.

OTHER ON-CAMPUS AND ONLINE RESOURCES

In addition to tutoring, the following resources are also available to student-athletes free of cost:



COMMUNICATION ACROSS CURRICULUM (CXC)

CxC's Studio 151 located in 151 Coates Hall offers one-on-one assistance, coaching, and feedback for papers, presentations and multimedia projects in all subject areas, as well as both mentoring services for science and writing. Multimedia resources such as camcorders, audio recording equipment, and presentation rooms are all available for rental, free of cost. <http://sites01.lsu.edu/wp/cxc/>

CENTER FOR ACADEMIC SUCCESS

CAS offers learning resources and academic support in the form of one-on-one tutoring and supplemental instruction for all LSU students. CAS Tutorial Centers offer free assistance with homework, test preparation, and study strategies in biology, chemistry, mathematics, physics, and foreign languages. <http://cas.lsu.edu/>

ACADEMIC RULES FOR STUDENT-ATHLETES

Student-athletes must be aware of several strictly enforced academic rules set by the NCAA for continued eligibility.

Below is a list of general rules that apply to all student-athletes. Student-athletes should review the ACADEMIC RULES FOR ELIGIBILITY sheet for their specific rules. This sheet must be signed at the beginning of each academic year.

1. Student-athletes must maintain full-time status to practice and/or play a sport at LSU (12 semester hours). Each year student-athletes must earn a minimum number of credits to be eligible to play the next year (Refer to the Academic Rules for Eligibility sheet). All student-athletes must earn at least 18 credit hours during the Fall and Spring Semesters that do not include correspondence, Southern, or BRCC courses.
2. As of 2011, football student-athletes must earn 9 degree applicable hours in the Fall semesters. Football student-athletes who fail to earn 9 hours will be subject to being suspended for the first 4 games of the following season. A one-time chance to "appeal to the suspension" is allowed only if the student earns 27 hours in the calendar year. (Please refer to the 2011-12 NCAA Division I Manual for a complete explanation of the new rule.
3. Each semester student-athletes must earn a minimum of 6 credits in order to participate during the following semester and to be eligible for SEC and NCAA post-season competition.
4. Student-athletes must declare a major by the beginning of their fifth semester.
5. After the fifth semester, student-athletes may use only courses that apply toward graduation in their designated degree program to fulfill eligibility requirements.
6. Certain courses require a minimum grade of "C" in order to fulfill graduation requirements. Once their major has been declared, student-athletes must earn a "C" or better in those courses in order for them to be used for eligibility.
7. At certain points during their academic career student-athletes will be required to meet a minimum grade point average and a certain percentage of their degree requirements. Please refer to the Academic Rules for Eligibility sheet for specifics.
8. If student-athletes plan to attend summer school at a school other than LSU, they must have prior written approval of their Dean and the Office of Admissions.

The ACSA team and athletic administration promote and strongly uphold the standards of an academic setting; one with respect and professionalism.

ACADEMIC PROGRESS RATE (APR)

The NCAA recently adopted the Academic Progress Rate (APR) as a method of determining if member institutions are successfully promoting student-athlete's progress towards a degree and timely graduating. APR rates are determined by a point system where retention, eligibility, and graduation are measured for every scholarship student-athlete each semester. Student-athletes earn 1 point for remaining eligible and 1 point for remaining in school each semester of their time on athletics based aid. As you review, please understand that you are accountable for maintaining academic progress and that failure to do so may result in the loss of your athletic scholarship. The following are the APR guidelines:

The Academic Progress Rate is a number that reflects every team's academic performance at a given time based on the retention and eligibility of all scholarship student-athletes (including medicals and 9th semester students). An APR score of 930 is what teams must meet to avoid scholarship penalties 930 correlates to a 50 percent graduation rate). Teams below 930 will not be able to replace the scholarships of players who left ineligible during the previous academic year.

The APR awards two points each term to student-athletes who meet academic-eligibility standards and who remain with the institution. A team's APR is the total points earned by the team at a given time divided by the total point's possible. You can affect your team's APR in the following way:

1. You can earn a maximum of two points for your team every semester that you receive aid, that's one point for eligibility and one point for retention.
2. You will receive a point for eligibility if you meet all NCAA eligibility requirements, such as progress towards degree, six hours, and grade point average.
3. You will receive a point for retention if you return to LSU the following semester.
4. If you receive zero out of two possible points in a semester your team could be subject to scholarship penalties

ACADEMIC EXCELLENCE

The Learning Center and academic advisors help cultivate independent learning through objective-based teaching and advise students on how to better utilize available resources that will help in the pursuit of academic success. The advisors assist in major selection, course scheduling, and academic support while the student learning program administers educational assistance services including educational testing, learning specialist assistance, and the tutorial program.

ACADEMIC ACCOUNTABILITY

LSU and the Academic Center for Student-Athletes are committed to the graduation of our student-athletes. To this end, each coach has a role in ensuring that his or her student-athletes meet their academic obligations. The Academic Accountability Policy requires the assistance and support of the Head Coach to help refocus student-athletes who are not meeting their academic obligations. For a missed academic appointment (tutor or mentor), a student-athlete will be charged up to \$30.00.

TUTOR SUPPORT ACCOUNTABILITY POLICY

- Will include ALL Total Overall No Shows, not No Shows by course
- Will include No Shows and Lates for 15+ minutes
- Will NOT include NO SHOWS marked because the student attended virtually but did not attend in person
- Will NOT include Learning Specialist Misses
- May Include NO SHOWS that are still being appealed (as to not delay the meeting times)

Meetings will occur at the following Intervals:

- 5 misses – Meeting with Executive Committee Representative
- 2 additional misses AFTER meeting – Meeting with Athletic Administration and Coach
- Written agreement/contract discussed & signed by SA, Coach, and Administrator to send to the parents.
- 1 additional miss AFTER meeting – Student will lose access to all learning support appointments including Learning Specialist appointments for the semester

LEARNING SPECIALIST SUPPORT ACCOUNTABILITY POLICY

- Will include No Shows and Lates for 15+ minutes
- Will NOT include NO SHOWS marked because the student attended virtually but did not attend in person

Meetings will occur at the following Intervals:

- 2 misses – Meeting with Executive Committee Representative and Learning Specialist
- 1 additional misses AFTER meeting – Meeting with Athletic Administration and Coach
- Written agreement/contract discussed & signed by SA, Coach, and Administrator to send to the parents.
- 1 additional miss AFTER meeting – Student will lose access to Learning Specialist appointments for the remainder of the semester
- Students that lose access to their Learning Specialist will be added to queue for a Strategy Tutor. Strategy Tutors will be filled based on tutor availability.

Reminder: Students still have one free, uncharged miss each semester. Students are also still able to appeal all No-Shows.

ACADEMIC ACCOUNTABILITY POLICY

At the heart of this accountability program is the point system. Each student-athlete will receive one negative point for each missed academic obligation throughout the semester. Missed obligations include: a missed class, tutorial appointment, counselor appointment, or study hall obligation (obligations missed for school sanctioned travel do not result in points). If students believe they have been wrongly marked as absent from a class, they may appeal to the ACSA Executive Director.

Student-athletes can also receive positive points, which will offset negative points. Student-athletes may receive positive points for documented, positive accomplishments. Possible ways to earn positive points include information provided from a professor or, demonstrating special effort in tutoring or study hall as documented in Teamworks program by a staff member. All positive and negative academic points awarded (including rationale) must be documented and provided weekly to the coach on the academic report. With the approval of the Executive Director of the Academic Center and the Faculty Athletics Representative, the accumulation of negative points will cease for any student-athlete who has an excused absence from school (ex. professional athletics, death in family, injury, medical emergency, etc...). Any student-athlete receiving an exception to the point policy will be required to work with the Executive Director and the Academic Advisor to develop an academic plan to assist the student-athlete with successfully completing the semester. This plan will include student-athlete responsibilities and institutional responsibilities.

Each student-athlete will begin the semester with a total of 0 points.

However, student-athletes who have accumulated high negative point totals in the term immediately preceding the current semester will be monitored closely and may be provided a contract earlier as deemed appropriate by the Faculty Athletics Representative.

LSU ACADEMIC CODE OF CONDUCT

8.1 Academic Misconduct (LSU Student Handbook)

Cheating may result in you being expelled from the University. Everyone knows cheating on an exam is dishonest; however, students have, on occasion, turned in papers which they thought were acceptable, only to find they were accused of plagiarism. If you use another person's ideas or expressions in your writing without acknowledging the source, you are guilty of plagiarism. Failing to give proper credit for ideas, research conclusions, etc., is the same thing. A good rule of thumb is to quote the unique or witty and paraphrase the rest. If you are in doubt, check with your CCACSA Advisors or tutors.

10.1 Academic Misconduct –

High standards of academic integrity are crucial for the University to fulfill its educational mission. To uphold these standards, procedures have been established to address Academic Misconduct. A Student is responsible for submitting work for evaluation that reflects the Student's performance. If a Student has a question regarding the Instructor's expectations for assignments, projects, tests, or other items submitted for a grade, it is the Student's responsibility to seek clarification from the Instructor.

In accordance with the LSU Faculty Handbook, an instructor may not assign a disciplinary grade, such as an "F" or zero on an assignment, test examination, or course as a sanction for admitted or suspected Academic Misconduct in lieu of referring the Student to SAA under the provisions of this Code. Grades assigned as a result of Academic Misconduct must be in accordance with this Code.

A Student found Responsible for Academic Misconduct may NOT drop the course in which the violation occurred. Any Student who drops the course without written permission from SAA will be re-enrolled in the class and then given the appropriate grade as provided in the Outcome. Faculty must submit the grade change form.

A Student may be charged with Academic Misconduct for the following acts or omissions:

Collaboration. Unauthorized communication or interaction between two or more individuals on any academic work by giving, receiving, or otherwise sharing information without permission of the Instructor.

Copying. Copying from another Student's academic work; assisting with copying by making answers or other completed assignments available, in whole or part, to another Student, whether or not the recipient's intentions to copy were known to the Student prior to the sharing.

Failure to Follow Course Requirements. Failure to adhere to standards of conduct for academic integrity that are promulgated by an academic unit or Instructor.

False information. Falsifying or fabricating any information, data, or citation in any academic work including but not limited to documents intended to support medical excuses or absence from class or academic work.

Misrepresentation. Misleading an Instructor as to the condition under which the work was prepared including, but not limited to, substituting for another Student or permitting another person to substitute for oneself on any academic work.

Other Academic Misconduct. Attempting to commit, or assisting someone in the commission or attempted commission of an offense defined in this section, or any other act that may create an unfair academic advantage.

Plagiarism. Lack of appropriate citation, or the unacknowledged inclusion of someone else's words, structure, ideas, or data; failure to identify a source, or the submission of essentially the same work for two assignments without permission of the Instructor.

Unauthorized Materials. Using any material, technique or device on an academic assignment that is prohibited; having any forbidden or unauthorized material, technique or device available on any academic work will be considered a violation.

CHAPTER 7 – TIGER LIFE

Tiger Life is a holistic student development program that provides relevant, accessible, and engaging resources for student-athletes. LSU student-athletes possess the capacity to "win everywhere," and Tiger Life elevates their already possessed skills and capabilities to reach their fullest potential in and outside of athletics. Programming is focused on four pillars essential to student-athlete growth and successful sport and life transitions – professional development, personal enhancement, community engagement, and diversity and inclusion. Programming also places a strong emphasis on building vibrant, social spaces that foster community and sense of belonging for students.

Mission: Tiger Life provides comprehensive support in personal, social, and professional development to assist student-athletes in becoming multidimensional and authentic leaders who are ready to flourish during their collegiate career and successfully transition from LSU with confidence.

Vision: Equip every LSU student-athlete with foundational life skills and knowledge necessary to authentically lead themselves and serve others.

PROFESSIONAL DEVELOPMENT

Tiger Life provides student-athletes with professional development tools and resources necessary to successfully transition into their post-collegiate careers. Services and programming are designed to assist student-athletes with making informed career decisions while connecting them to a robust network of alumni and professionals. Primary programming and resources include career development preparation (resume and LinkedIn workshops, graduate school resources, alumni and professional networking opportunities, Tiger Transition Meetings, etc.), financial literacy education, and life design curricula addressing identity formation and core values.



PERSONAL ENHANCEMENT

Leadership and personal development resources are available to all LSU student-athletes as a catalyst to shape who they are and aspire to become. Tiger Life houses two student organizations in areas of leadership development, which operate to equip student-athletes to lead themselves and others: the Student-Athlete Advisory Committee (SAAC) and Black Student-Athlete Association (BSAA). These organizations operate as social and affinity spaces where members can advocate for their fellow student-athlete and collaborate with staff to enhance the student-athlete experience.

STUDENT-ATHLETE ADVISORY COMMITTEE

The Student-Athlete Advisory Committee (SAAC) serves as the governing body for LSU student-athletes. The committee is comprised of representatives from all sport teams and meets regularly throughout the school year. The mission of SAAC is to assist in the creation of an environment where all student-athletes can maximize their academic, athletic, personal and social growth, and improve their post-college quality of life. SAAC members organize student-athlete events, participate in service projects, and represent the LSU student-athlete body at campus and Southeastern Conference events.

BLACK STUDENT-ATHLETE ASSOCIATION

The Black Student-Athlete Association (BSAA) exists to create an affinity space and advocacy channel for Black-identifying student-athletes at LSU. The committee works to support the comprehensive identities and full voices of Black student-athletes, to positively impact the Baton Rouge community, promote inclusivity in LSU athletics, collaborate with like-minded campus organizations, raise awareness on topics related to social and racial injustice.

COMMUNITY ENGAGEMENT

Tiger Life encourages student-athletes to embrace opportunities to positively impact others, particularly within their Baton Rouge community. Student-athletes are equipped with the skills and knowledge to utilize their platform to bridge the LSU athletics and Baton Rouge community for progressive social change. Tiger Life coordinates community engagement opportunities that enable student-athletes to serve, including the Halloween BOOzar, Thankful Tiger, and MLK Day of Service. Student-athletes also participate in individual and team-led service projects including service socials, hospital visits, school readings, and spending time with residents at senior citizen facilities.

DIVERSITY, EQUITY, AND INCLUSION

LSU Athletics houses representation across ethnic backgrounds, nationalities, orientations, and many other significant identity markers. Tiger Life is committed to intentionally addressing diversity, equity, and inclusion matters and creating a brave space of belonging, competency, and collaboration for all LSU student-athletes and staff. Tiger Life facilitates a signature initiative each fall and spring semester called the HEARD (Hearing Everyone and Respecting Differences) Series, which is an educational forum created for fostering exposure and engagement with diversity, equity, and inclusion related topics. This series serves as a space for student-athletes and staff to congregate and share their stories, learn about others' experiences, and acquire tools necessary to make others feel HEARD. Student-athletes can also join LSU Athletic's Student-Athlete Council for Diversity and Inclusion (SACDI), and Black-identifying student-athletes can join BSAA to further engage with DEI-related education, conversations, and programming.

Tiger Life Website & Social Media

Website: www.LSUTigerLife.com

Tiger Life & SAAC: Twitter - @LSUTigerLife, Instagram - @LSUTigerLife

BSAA: Twitter - @LSUBSAA, Instagram - @LSUBSAA

CHAPTER 8 – STUDENT SERVICE INFORMATION

INTERNATIONAL STUDENTS

The International Services Office (ISO) is located in 101 Hatcher Hall. They have a full-time staff to help LSU International students regarding their educational, financial, immigration, social and personal concerns. The number is 225-578-1413. The ISO is the only LSU office legally authorized to sign US government documents such as I-20s and DS-2019s for international students.

It is important that a copy of all paperwork relative to a student's international status (Visa, Passport, I-20) is given to a staff member at ISO upon arrival.

A temporary ID number is assigned by to any person that does not have a Social Security number (SSN). **It is recommended that international students obtain a US tax identification number. A tax ID number is required in order to gain employment and file annual income tax returns.**

Before leaving the US, students must have their I-20 papers signed by an ISO administrator to gain re-entry to the US. This process usually takes 3-5 business days, therefore do not wait until the last minute to request approval. It is recommended that you have the last page of your I-20 signed every six months.

International students are required to pay taxes on any cash award received as part of an athletic scholarship. In addition, scholarship housing and meal plans are also taxed. The tax rate is 14%. The total tax paid is documented on a 1042-S form which should be filed with the IRS annually.

Students wishing to gain on-campus employment must fill out a work-permit request form that is available at the International Services Office. Student-athletes must also receive prior approval from the Compliance Office before beginning employment.

HOUSING

As a student-athlete, you may not be provided with any benefits that are not provided to other LSU students. Additionally, you should know that you are subject to the same residence hall rules and regulations as the rest of the student body. NCAA rules mandate that no more than 50% of the residents in any one building may be comprised of athletes.

All freshmen are required to live on-campus in accordance with university policy. In general, if you are provided room as part of your athletics scholarship, you are required to live on campus unless you have received approval from your Head Coach to live off campus. If you move off campus, your housing scholarship amount is determined by the off-campus housing rate provided by the LSU Financial Aid office.

O-campus housing contracts are for one year and breaking a contract at midyear has significant financial implications. Rules and regulations for on-campus residence halls can be found online at www.lsu.edu/housing.

JUDICIAL PROCESS/ STUDENT RIGHTS

In aspiring to create a residential community, the Department of Residential Life has the responsibility to restrict any behavior that adversely affects or impedes the academic success of its students. Any student who is alleged to have violated the Code of Student Conduct occurring in the residential halls will be involved in the residential judicial process. The policy for the judicial process can be found on the LSU Housing website. A few common infractions that occur in on-campus housing are possession of candles (fire hazard), alcohol infractions, and pets. It is not permissible to have a pet on campus unless approval is granted through the campus exception process which includes registration and approval from LSU's Office of Disability Services. Having an unauthorized pet on campus will result in a substantial financial penalty.

MAIL SERVICE

If you would like on-campus mail service, you will need to rent an LSU Mailbox in the LSU Student Union. You may not receive mail through the Athletic Department, your sport or any LSU staff member.

Please Note: All students living on campus are charged a Mailbox Fee each semester. This charge is incorporated into the residence hall rent charge on the Fee Bill. This applies to all the residence halls, residential colleges, the Honors House as well as East and West Campus Apartments and Nicholson Gateway Apartments. Students who officially resign from the University or move off campus before the 14th day of class can get their mailbox fee refunded. After the 14th day of class there is no refund of the Mailbox Fee.



STUDENT ID / TIGER CARD

The LSU Tiger Card is required for entrance to the Performance Nutrition Center (PNC) and must be presented at entry. The meal plan and incidental meal privileges are assigned to the LSU ID. Additionally the Tiger Card is needed as a swipe access to many athletic facilities and for entry to athletic events. For information concerning use or problems related to your Tiger Card, contact the Tiger Card Office, in the LSU Union, or call 225-578-4300.

PERFORMANCE NUTRITION CENTER (PNC) /MEAL PLANS

University guidelines require all freshmen to live on-campus and have a meal plan the first year of enrollment. Athletics offers meal plans through PNC located in Football Operations Center on Skip Bertman Drive. The PNC offers lunch and dinner meal plans Monday – Friday each semester. Student-athletes on athletic scholarship for meals will be provided and required to have a meal plan through PNC. Athletic Meal plans do NOT have paw points and only include selected meals each week. Student-athletes not receiving a scholarship meal plan but who desire to enroll in an athletic meal plan, may purchase a semester meal plan by contacting the Asst. Athletics Director of Compliance at 225-578-3891 or Sr. Associate Athletic Director at 225-578-5785.

Incidental meals are provided at the discretion of the Athletics Director through the PNC. Student-athletes who receive incidental meals will have the meal access provided during timeframes authorized by Athletics Department through the Tiger Card.

A breakfast snack is served at the discretion of the Athletics Department on weekdays at the PNC and is available to all active student-athletes. Student-athletes must use the Tiger Card to swipe in for all snacks and meals.

PERFORMANCE NUTRITION CENTER GUIDELINES

In order for the Training Table to operate efficiently and provide a positive environment for all student-athletes, student-athletes are asked to abide by the following rules:

1. No bare feet are allowed in the PNC.
2. Dress appropriately for meals. Do not wear cut-off shorts, cut-off shirts or muscle shirts, workout clothes, sports bras, etc...
3. When dining, you are asked to remove hats, caps, stockings or scarves from your head. Hair rollers should not be worn in the PNC.
4. As a consideration to others, please do not come to the PNC after working out, until you have showered and changed clothes.
5. To-go meals are allowed and a box can be requested upon entry. Individuals requesting to-go meals must leave the PNC to consume the meal.
6. Parking is located across the street in Lot 108 or in lot 406 in front of Soccer complex.

PARKING

When you register your car, you are given a copy of “Traffic and Parking Regulations.” Read this guide, as it tells you where to park to avoid having your car ticketed or towed away. The Parking Office is located in the Audubon Sugar Building on South Stadium Drive, across from Tiger Stadium.

VEHICLE REGISTRATION

All LSU students must register their vehicle and purchase a parking permit to park anywhere on campus. You may register your car when you pay your semester fees, or at the Department of Parking, Traffic and Transportation, at 225-578-5000. Student-athletes are personally responsible for any traffic citations or fines.

ON-CAMPUS BUS SERVICE

The Capital Transportation Corporation provides frequent bus service to highly populated student areas. No I.D. is required when boarding the bus on campus. For more information related to hours and routes, call 225-578-5000.

ATHLETIC EQUIPMENT

EQUIPMENT POLICIES

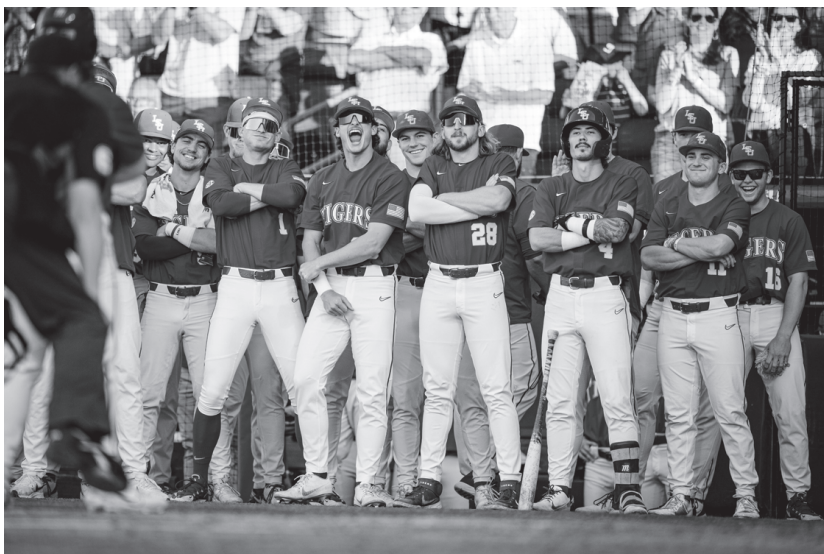
As a member of an LSU athletics team you will be issued athletic equipment and workout and competition gear (e.g. uniforms) as necessary. This equipment and clothing are intended for competition and practice only. It may not be used at any other time. You will be responsible for any lost or stolen equipment items. If you are fined for lost, damaged or non-returned uniforms or equipment, you must pay all fines. If fines are not paid, a hold is placed on your university account preventing you from completing registration for future academic terms or receiving an official transcript.

LAUNDRY

Laundry policies vary from sport to sport. Normally, arrangements for the cleaning and laundering of gear are made by the team’s Equipment Manager. You are provided a clean set of workout gear for each practice, as well as clean uniforms for each competition. You are responsible for picking up your gear before practice, and for delivering it to the designated laundry drop-off area after practice. Please note that personal laundry cannot be washed through the Equipment Room facilities.

COMMUNICATIONS

The Athletics Communications office can be found on the 5th floor of the Athletics Administration Building. Each team is assigned a communications director, who is responsible for media coverage of your team, which includes writing news releases, feature stories and as well as producing your team poster, schedule cards, and media guide. In addition, the Communications Department is responsible for compiling all team and individual statistical information as well as maintaining the social media accounts for each sport.



DIRECTORY

Senior Athletics Administration Staff & Sport administration			
Scott Woodward	Director of Athletics	225-578-3600	dsw@lsu.edu
Andrea Tepe	Chief of Staff (M/W Swimming & Diving)	225-578-3600	tepeal@lsu.edu
Verge Ausberry	Executive Deputy Director of Athletics (Football)	225-578-6603	vausbe1@lsu.edu
Keli Zinn	Executive Deputy Director of Athletics (Football & Gymnastics)		kzinn@lsu.edu
Lori Williams	Deputy Director of Athletics Human Resources/ Diversity, Equity & Inclusion (W Basketball, M/W Track & Field)		lawilliams@lsu.edu
Dan Gaston	Senior Associate AD- Facilities (Baseball , Soccer, M/W Golf)	225-578-4712	dgaston@lsu.edu
Shelly Mullenix	Senior Associate AD -Health & Wellness	225-268-1309	smulle1@lsu.edu
Miriam Segar	Senior Associate AD- Student Services & SWA (Beach Volleyball, Softball, Volleyball)	225-578-5785	msegar@lsu.edu
Matthew LaBorde	Associate AD/CFO (M Basketball, M Tennis & W Tennis)	225-578-0680	mlabor5@lsu.edu
Lori Martin	Faculty Athletic Representative	225-578-1785	lmartin@lsu.edu
Academic Center for Student Athletes			
Walter Holiday	Executive Director	225-578-8430	wholliday@lsu.edu
Sarah Moran	Assistant to the Executive Director	225-578-6518	smoran@lsu.edu
	Information Technology Manager	225-578-6637	
Jason Shaw	Director of Academic Affairs (M/W Swimming & Diving & M/W Tennis)	225-578-5784	jshaw@lsu.edu
Dr. Louise Bodack	Director of Student Affairs	225-578-0504	lbodack@lsu.edu
Carole Walker	Senior Associate Director (Soccer, Softball, W. Basketball)	225-578-7647	cwalker@lsu.edu
Ericka Lavender	Associate Director (M. Basketball, Beach Volleyball, & Volleyball)	225-578-5737	elavender2@lsu.edu
Taylor Dennehy	Assistant Director (Baseball, M/W Golf, Gymnastics)	225-578-1893	kdefusco@lsu.edu
Kirsten Peterman	Academic Advisor (Football)	225-578-2324	
Kenyatta Walker	Associate Director (Football)	225-578-4356	kwalker2@lsu.edu
Kennen Maddox	Academic Advisor (Football)	225-578-5887	kmaddox@lsu.edu
Xavier Shannon	Academic Advisor (M/W Track & Field)	225-578-5972	xshannon@lsu.edu
Alexandra Moran	Learning Specialist	225-578-6952	alexmoran@lsu.edu
Farren Milton	Assistant Learning Specialist	225-578-7018	fmilton@lsu.edu
Carli Faulkner	Manager of Student Learning	225-578-0741	cfaulkner@lsu.edu
Priscilla Herrera	Learning Specialist	225-578-5738	pherrera@lsu.edu
Lauren Barker	Learning Specialist	225-578-0217	lbarker1@lsu.edu
Dorothy Kemp	Director of Educational Support Services	225-578-3138	dkemp2@lsu.edu
Rosie Ewert	Tutorial Coordinator	225-578-3748	rewert1@lsu.edu
Brad Jones	Manager of Student Support/Math Specialist	225-578-6786	brjones@lsu.edu
Tomika Smith	Tiger Life Director of SA Engagement	225-578-5934	tsmith22@lsu.edu
Dr. Melissa Weinsz	Tiger Life Director of SA Professional Development	225-578-5934	mweinsz@lsu.edu
Athletic Departments			
Equipment			225-578-1185
L-Club			225-578-7147
Marketing and Promotions			225-578-6884
Sports Information			225-578-8226
Strength & Conditioning			225-578-1150
Ticket Office			225-578-2184
Broussard Center for Athletic Training			225-578-2050
Football Operations for Athletic Training			225-578-9244

DIRECTORY

Athletic Training		Cell	Office
	Director of Athletic Training - Football		225-578-2451
Andy Barker	Athletics Manager (Insurance Coordinator)	225-268-1310	225-578-8315
Micki Collins	Director of Athletic Training & Administration - Football	225-268-1311	225-578-9244
Shawn Eddy	Senior Associate Athletic Trainer - M. Basketball	225-268-1307	225-578-4151
Maria Berthiaume	Assistant Athletic Trainer - Men's & Women's Swimming and Diving	225-218-3318	225-578-2050
Derek Calvert	Sr. Associate Athletic Trainer - Men's & Women's Track and Field/CC	225-400-7926	225-578-8939
Josh Walker	Associate Athletic Trainer- Baseball	225-910-0018	225-578-1284
Cory Couture	TriFecta consultant (M/W Golf)	225-678-1314	
Pamela Atkinson	Sr. Associate Athletic Trainer - Softball, W. Golf (Drug Prevention Asst)	225-413-8312	225-578-6900
Ken Faldetta	Assistant Athletic Trainer - Beach Volleyball (Drug Prevention Asst)	225-910-5096	225-578-3894
Amanda Barbee	Assistant Athletic Trainer - W. Basketball	225-337-3267	225-578-2496
Madison Amaya	Assistant Athletic Trainer - Volleyball	225-397-2849	225-578-2050
Jenny Cihonski	Assistant Athletic Trainer - Gymnastics	225-819-6625	225-578-3894
Hannah Faldetta	Assistant Athletic Trainer - Soccer	225-337-3267	225-578-2050
TBD	Athletic Training intern (Cheer/Dance)		
Julia Howard	Assistant Athletic Trainer - Men's & Women's Tennis	225-397-8353	
Sports Dieticians			
Matthew Frakes	Assistant Athletics Director/sports nutrition (Football)	225-397-3763	
Kayla Lawson	Director Performance Nutrition (Baseball, M Basketball, M/W Tennis)	614-940-2309	
Lyndsey Eckenrode	Associate Director of Performance Nutrition (W Basketball, Gymnastics, Beach Volleyball, Soccer)		
Katie O'Connor	Associate Director of Performance Nutrition (Football)		
Reana Weaver	Assistant Performance Dietician (Track & Field, Swimming & Diving)		
LaJarde Johnson	Nutrition Fellow (Volleyball, Softball, M/W Golf)		
Sports Psychology and Performance (www.lsuathletictraining.com/sportspsych)			
Dr. LaKeitha Poole, LPC-S, NCC	Assistant AD/ Sport Psychology and Counseling (lpooe2@lsu.edu)	225-773-5555	225-578-8939
Bruce Buggs, LPC	Assistant Director - Student-Athlete Mental Health (buggs2@lsu.edu)	225-394-9901	225-578-1274
Christine Sotile, MSW	Coordinator - Student-Athlete Mental Health (cstotil1@lsu.edu)	225-337-3087	225-578-0903
Good Things To Know Contacts			
Campus Police			225-578-3231
Baton Rouge Police			225-389-2000
East Baton Rouge Sheriff Department			225-389-5000
Louisiana State Police			225-754-8500
LSU Student-Health Center			225-578-6716
Dean of Students			225-578-9442

***Reports of sexual misconduct shall be promptly investigated and also reported to the LSU Police Department and other law enforcement agencies (e.g., Baton Rouge Police Department or EBR Sheriff) when required. If you have been a victim or know someone who has been a victim of sexual assault, please contact the CONFIDENTIAL contacts below ASAP:

Title IX (Sexual Misconduct) Contacts : www.lsu.edu/titleix		
Joshua Jones	Title IX Coordinator/Campus Coordinator	225-578-6163
Lighthouse Program	Confidential Sexual Assault Survivors Resource	225-578-5718
STAR Program	Confidential Sexual Trauma, Awareness and Response Resource	855-435-7827 (STAR)
RAINN	National Sexual Assault Hotline	1-800-656-4673