



## STUDENT-ATHLETE HANDBOOK

2024-2025

### PHILOSOPHY

As representatives of Lake Superior College (LSC), student-athletes are among the most visible students on campus and in the community. As such, they serve as role models, mentors and spokespeople. LSC, the athletic program, and the student-athlete all benefit from this relationship. Student-athletes are required to meet all the expectations of being a student at the College. However, this relationship brings with it a unique set of responsibilities.

To this end, LSC has adopted a standard of ethical conduct and behavioral expectations for all student-athletes at the College. We believe that a balanced student-athlete will not only perform athletically, but will also achieve academically and be a responsible citizen. Violating this code of conduct would be considered significant and calls for disciplinary action. Appropriate disciplinary action may include progressive discipline such as a verbal warning, ineligibility to practice, ineligibility to start in contests, sitting out games, suspension and/or continued suspension from the team, and dismissal from competition or the team. Each individual situation is unique and will be dealt with accordingly.

### EXPECTATIONS

Membership on an athletic team at LSC is considered a privilege. In order to maintain that membership, student-athletes are expected to demonstrate good sportsmanship, honesty, integrity, and respect for others. Student-athletes must also abide by the College Policy 3.6 and Procedure 3.6.1 on Student Conduct, College Policy 2.9 and Procedure 2.9.1 on Academic Standing & Financial Aid Satisfactory Academic Progress, the rules and policies of the National Junior College Athletic Association (NJCAA), the Minnesota College Athletic Conference (MCAC), and state and federal laws.

One of the primary purposes of a post-secondary institution is to educate young men and women to be responsible and productive citizens of good character. Good character is knowing of, caring about and acting upon the core ethical values of respect and responsibility for oneself and others, plus important

derivative values such as fairness, honesty, trust, decency, and compassion. Good character means having personal integrity and possessing the will, the courage, the determination, and the persistence to do the right thing despite pressures and temptations to the contrary. LSC firmly believes that good character is necessary for athletic excellence. Accordingly, student-athletes are expected to:

- Make satisfactory academic progress in accordance with LSC “Academic Standing & Financial Aid Satisfactory Academic Progress” Policy 2.9 and Procedure 2.9.1.
- Adhere to applicable NJCAA and MCAC rules and policies.
- Adhere to individual team rules established by the Head Coach and/or Athletic Director
- Student-athletes are expressly prohibited from engaging in the following behavior at any intercollegiate sporting events:
  - Inappropriate behavior with the intent to demean opponents, game officials and fans
  - Disrespectful attitude toward opponents, game officials or fans
  - Inciting crowd hostility
  - Vulgar language and/or gestures

## HEALTH AND MEDICAL RESPONSIBILITIES

Participation in athletics is contingent upon medical approval by medical doctor. Student athletes are required to show evidence of proper medical insurance and provide a current medical history to their coaches. Participation in all department-sponsored student enhancement seminars or functions, which may include but are not limited to; counseling, drug testing, drug education, nutrition and alcohol education is required. Student-athletes are expected to keep themselves in top physical condition and are responsible for continuing training programs prescribed by medical and coaching staffs.

Alcohol consumption is highly discouraged. Minnesota state law sets the minimum age for the purchase and drinking of alcoholic beverages at 21 years of age. Underage drinking is a violation of this code of conduct. Student-athletes are prohibited from drinking alcoholic beverages whenever appearing as official representatives of LSC for athletic competition (including travel time), community and public service events and appearances, and college-sponsored events (all sports contests, recognition banquets, speaking to youth groups, participating or presiding at camps/clinics, and any other event affiliated with the Athletic Director or the College). The use of illegal and/or "performance enhancing" drugs is inconsistent with the purpose of intercollegiate athletics and creates a danger to the health and safety of student-athletes and their teammates. LSC will not tolerate the use of these products.

## VIOLATIONS

Allegations of violation of the code of conduct may come from several sources. In those cases involving NJCAA, MCAC or LSC rules, college personnel or legal authorities, the Head Coach and Athletic Director must be notified. The Head Coach is responsible for reviewing code of conduct violation allegations and determining if a violation occurred. If a serious violation did occur, a report must be filed with the Athletic Director. This report will list the pertinent facts, the action taken or penalties recommended by the Head Coach.

The Head Coach, subject to review and approval of the Athletics Director, may bar a student athlete from participating in team activities for a prescribed period of time for violations of the student-athlete code of conduct. This sanction shall be imposed as soon as the Head Coach notifies the student-athlete of the violation, gives the student-athlete a chance to explain what happened, and determines that a sanction is justified after consideration of the student-athlete's statement. Disciplinary actions may include, but are not limited to: a warning, ineligibility to practice, ineligibility to start in contests, sitting out games, suspension and/or continued suspension from the team, permanent dismissal from the team. In addition, student-athletes may be required to participate in assistance programs to address behavioral problems.

The sanction for any violation shall be subject to the review and approval of the Athletic Director. Discipline imposed by the Athletic Director does not preclude any disciplinary action which may be imposed under LSC's student conduct policy and procedure.

In cases involving NJCAA violations, the Athletic Director (or designee) is responsible for the investigation and submission of findings. Once it has been determined that a violation has occurred, the student-athlete may be suspended from competition and/or team activities pending review and resolution. Penalties will be issued by the Athletic Director and may include: a warning, ineligibility to practice, ineligibility to start in contests, sitting out games, suspension and/or continued suspension from the team, or permanent dismissal from the team.

Any violation of the LSC athletic code of conduct which results in permanent dismissal from an athletic team shall be promptly reviewed by the Athletic Director. Upon request by the student-athlete, the Athletic Director will arrange a meeting with the athlete to examine the nature of the violation and the subsequent dismissal from the team.

Local, State, and Federal violations are reported to the Security Coordinator and the appropriate authorities for investigation. College sanctions will be commensurate with the severity of the violation as determined by the Head Coach and the Athletic Director. In addition, student-athletes may be required to participate in assistance programs to address behavioral problems.

## KEY CONTACTS

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