

Mills College

Department of Athletics, Physical Education and Recreation



Student-Athlete Handbook 2011 - 2012

(510) 430-3376
Haas Pavilion
5000 MacArthur Blvd.
Oakland, CA 94613
<http://www.mills.edu/athletics>

TABLE OF CONTENTS

I. INTRODUCTION

Directory.....	2
Welcome from the Director of Athletics, PE & Recreation	4
Mills College Statement of Athletic Philosophy.....	5
Athletic Associations.....	6

II. NCAA REGULATIONS

Faculty Athletic Representative and Compliance Coordinator.....	7
Eligibility Regulations.....	7
Summary of NCAA Regulations.....	7

III. MILLS COLLEGE AND MILLS ATHLETICS

Sportsmanship and Ethical Conduct.....	9
Nondiscrimination Policy	9
Academic Policies.....	9
Academic Study Plan	10
Multiple Sport Athlete Policy.....	11
Student-Athlete Hosts.....	11
S.A.A.C.....	12
Athletic Team Surveys and Exit Interviews.....	12

IV. TEAMS

Policy on Student-Athlete Conduct.....	13
Uniforms.....	13
Alcohol Policy.....	13
Drug Policy.....	13
NCAA Banned Substances.....	14
Team Travel.....	15
Mills College Athletic Awards.....	16
NCAA Awards and Scholarships.....	17

V. SUPPORT SERVICES

Academic Problems.....	18
Financial Concerns.....	18
Residence Halls.....	18
Letter of Consideration.....	18
Dining Services.....	18
Career Center.....	19
Counseling and Psychological Services	19
Health Concerns.....	19
Athletic Training.....	20

DIRECTORY

General Information

APER Department General Information	(510) 430-3376
Fitness Center	(510) 430-2303
Trefethan Aquatic Center	(510) 430-2170

APER Department Staff

Theymy Adachi	APER Director	Haas 109	x 3285	theymy@mills.edu
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Colette Bowler	Head Soccer Coach	Haas 104	x 2395	colette@mills.edu
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Susan Forbes	Head Volleyball Coach	Haas 113	x 3283	sforbes@mills.edu
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Sara Nevine	Head Rowing Coach	Haas 112	x 3256	snevin@mills.edu
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Neil Virtue	Head Swim Coach SAAC Advisor	Haas 105	x 3284	nvirtue@mills.edu
TBA	Assistant Soccer Coach			
TBA	Assistant Swimming Coach			
TBA	Assistant Tennis Coach			

*Questions and mail for instructors: see the Operations Coordinator in Haas 103. PE Instructors do not have offices in Haas.

Other Numbers			
Career Center	Kate Dey	Cowell	x 2069
Disabled Student Services	Jess Miller	Cowell	x 2264
Faculty Athletics Representative	Kirsten Saxton	Mills Hall	ktsaxton@mills.edu x 2214
HMDS	Dining Services, Repairs & Maintenance, Mailboxes	Sage Hall	x 2127
M Center	Student Accounts & Financial Aid, Registrar	Carnegie Hall	x 2000
Mills Counseling & Psychological Services	Dorian Newton	Cowell	x 2119
Mills' Health Program	Kim Baranek	Cowell	x 2260
Division of Student Life (DSL)	Dr. Joi Lewis, Dean	Cowell	x 2130
Kaiser Advice Nurse and Appointment Line		Cowell	1-877-MILLSKP (1-877-654-5757)
The Place for Writers		Mills Hall	x 2236
The Writing Center		Rothwell C&D	x 3147

INTRODUCTION

MILLS COLLEGE
Director of Athletics, Physical Education, and Recreation
Theymy Adachi



Dear Cyclones,

Welcome to our Cyclone family. There is a whole team of Cyclone staff here to support you every day. Our life work is to help you achieve excellence in your academic, athletic and personal pursuits. You are always welcome to stop by my office in Haas Pavilion with any questions or concerns, or just to say hello!

Gooooooooooooo CYCLONES!!!

Sincerely,

Theymy Adachi
APER Director

APER MISSION, VISION, GOALS & GUIDING PRINCIPLES

APER MISSION

APER facilitates the wellness, growth, and success of the whole student through physical activity.

APER VISION

Physical activity is essential to human development and thus an integral component of a Mills College liberal arts education. As Mills College physical educators, coaches, and recreational specialists, we enrich lives by providing rewarding experiences, knowledge and skills that motivate and enable students of differing abilities to incorporate sound health practices and physical activities into their daily lives.

By providing challenge and support, we enable students to learn how to: take responsibility and make educated choices, discover and care for their whole selves, transcend perceived limits, compete with others to maximize their potential, and become leaders and contributors in a community.

APER GOALS

ATHLETICS

The goal of the Athletics program is to provide undergraduate women with high quality intercollegiate competition that places highest priority on development of the whole student-athlete.

PHYSICAL EDUCATION

The goal of the Physical Education program is to foster in Mills students a lifelong positive, healthy lifestyle by providing quality professional instruction in physical activities, fitness, health and safety.

RECREATION

The goal of the Recreation program is to provide students, faculty, staff and alumnae with facilities, equipment, programs and social opportunities that will facilitate stress reduction, social engagement, and enjoyment of a wide variety of lifelong wellness activities.

GUIDING PRINCIPLES

All three of the Athletics, Physical Education and Recreation programs are viewed as essential in a department that strives to serve the entire Mills community with its wide range of needs, abilities, and interests. In support of the mission and values of Mills College, the Division of Student Life, and the NCAA Division III, APER utilizes the following Guiding Principles: success, transformative learning, comprehensive learning, wellness, competition, leadership, and social justice.

NCAA Division III

Mills College is a member of the National Collegiate Athletic Association (NCAA). The NCAA has three competitive divisions: I, II and III. Division III, of which Mills has been a member since 1982, is composed of small colleges that are committed to integrating the student-athlete into the college student body and therefore does not allow athletic scholarships. Mills College is an independent institution within the NCAA, not a member of a conference, though Mills is a member of the Association of Division III Independents.

What Division III has to offer:

- Division III athletics provides a well-rounded collegiate experience that involves a balance of rigorous academics, competitive athletics, and the opportunity to pursue the multitude of other co-curricular and extra-curricular opportunities offered on Division III campuses.
- Division III playing season and eligibility standards minimize conflicts between athletics and academics, allowing student-athletes to focus on their academic programs and the achievement of a degree.
- Division III offers an intense and competitive athletics environment for student-athletes who play for the love of the game, without the obligation of an athletics scholarship.
- Division III athletics departments place special importance on the impact of athletics on the participants rather than on the spectators. The student-athlete's experience is of paramount concern.
- Division III places primary emphasis on regional in-season and conference competition, while also offering 36 national championships annually.
- Division III affords student-athletes the opportunity to discover valuable lessons in teamwork, discipline, perseverance, and leadership, which in turn make student-athletes better students and responsible citizens.
- Division III features student-athletes who are subject to the same admission standards, academic standards, housing, and support services as the general student body. The integration of athletics with the larger institution enables student-athletes to experience all aspects of campus life.
- Division III encourages student-athletes to take advantage of the many opportunities available to them, both within and beyond athletics, so that they may develop their full potential as students, athletes, and citizens.

NCAA REGULATIONS

Faculty Athletic Representative and Compliance Coordinator

Kirsten Saxton, Associate Professor of English and Women's Studies, serves as the Mills College Faculty Athletic Representative (FAR). The role of the FAR is to provide advice and oversight of the intercollegiate athletics program in the areas of compliance, eligibility and academics, and the position is mandated by the NCAA. The FAR ensures that student-athletes meet all NCAA and institutional requirements for practice and competition. Professor Saxton serves as the liaison between academics and athletic matters.

Else Lebsack serves as the Mills College Eligibility & Compliance Coordinator. The Eligibility & Compliance Coordinator ensures that student-athletes who practice and compete are eligible to participate and provides educational materials and updates about NCAA rules and regulations to student-athletes and the APER Department.

Tessa Nichols is serving as the Interim Eligibility & Compliance Coordinator for the Fall 2011 semester.

Eligibility Regulations

To be eligible to compete in intercollegiate athletics, a student must meet the standards set by Mills College, the APER Department, the Cal Pac Conference, the NAIA and the NCAA. At the beginning of each academic year or sport season each student must meet with an institutional representative to review the rules and regulations of the applicable governing bodies. Each athlete must have on file in the Compliance Coordinator's office a signed NCAA and NAIA statement certifying that she understands and has abided by all rules and regulations of these two governing bodies.

Each year prior to your participation in intercollegiate competition, you will be given a copy of that year's "Summary of NCAA Regulations." You will review both NCAA and NAIA regulations, if applicable, and be asked to sign several forms regarding your eligibility to compete. Failure to complete these forms and attend an orientation session will result in your ineligibility to participate in all intercollegiate competition.

Any student who is declared ineligible cannot practice, compete or receive travel expenses from the College. In cases involving insufficient transferable credit for transfer students, the student's ineligibility to travel and compete remains, however practice opportunities will be evaluated on a case-by-case basis.

If you have any questions, contact the Compliance Coordinator, Else Lebsack at x2232.

Summary of NCAA Regulations (all sports)

NCAA regulations concerning eligibility apply to all participants on all Mills College teams. For full details on the NCAA Eligibility requirements, refer to the NCAA DIII Manual, Section 14, which can be found online at <http://www.ncaapublications.com/p-4182-2010-2011-ncaa-division-iii-manual.aspx> or on file in the Eligibility & Compliance Coordinator's office.

"To be eligible to represent an institution in intercollegiate athletic competition, a student-athlete shall be enrolled in at least a minimum full-time program of studies, be in good academic standing and maintain satisfactory progress toward a baccalaureate or equivalent degree" (NCAA Manual, Bylaw 14.01.2).

- A minimum full-time program at Mills is **3.5** semester units. If a student-athlete drops a course and puts her total credits below 3.5, that student-athlete is immediately ineligible to practice or compete as soon as she drops the course.
A student-athlete may take less than 3.5 semester units only if they are enrolled in the final semester of the baccalaureate program and are carrying the courses necessary to complete the degree requirements. Note: If a student-athlete chooses to exercise this privilege, she forfeits all remaining eligibility. Please be aware that whether or not 3.5 credits are required for intercollegiate athletic participation, a minimum of 3.5 credits is required for maintaining financial aid.
- A student-athlete must remain in good academic standing at Mills by maintaining a minimum semester (from the previous semester) and cumulative GPA of at least 2.0 to be eligible to practice or compete. Additionally, a student-athlete may not compete while on academic probation.
- Eligible student-athletes participating in a winter sport (swimming), or in a sport with a non-traditional season will be re-evaluated for eligibility prior to the start of the spring semester. Those who do not meet the above standard will be declared ineligible to continue.
- A student-athlete may not participate in more than four seasons of any one sport.
- A student-athlete has used a season once she has represented the institution in intercollegiate athletics (official contest, practice or scrimmage). Practices before cuts (try-out periods) do not count toward a season of participation.
- A student-athlete has 10 semesters in which to complete her four seasons of eligibility in a sport. These semesters do not have to be consecutive, but be aware that attending even one day of classes while enrolled as a full-time student does constitute a semester.
Example: A student completes two semesters of school and participates in one season of competition, takes 10 years off, then returns to school. She would be eligible to compete three more seasons (within eight semesters).
- No class time shall be missed for practice activities except when a team is traveling to an away contest. It is your responsibility to notify your professors when you will miss a class for an away contest. Please advise your professors well in advance.
Coaches will provide student-athletes letters to give to instructors and/ or advisors, including team rosters and a copy of the competition schedule. The student-athlete will be responsible for delivering these to each professor.
- Only amateur student-athletes are eligible for intercollegiate athletics participation. If you have received payment, prizes, or promise of pay for your athletics skill or participation (directly or indirectly) before or during college, please let the Eligibility Coordinator know.
- You may lose eligibility if you compete or compete as a member of any outside team in any non-collegiate, amateur competition (e.g. tournament play, exhibition games or other activity) during the intercollegiate season in your sport. Exceptions are allowed between fall and spring segments and during official vacation periods (winter and summer breaks).
- If the NCAA, or any sport's national governing body, tests you for the banned drugs (listed on page 12 of this handbook) and you test positive (consistent with NCAA drug-testing protocol), you will be ineligible to participate in regular season and postseason competition for one calendar year (365 days) after your positive drug test, and you will be charged with the loss of a minimum of one season of competition in all sports.
- Sports wagering is prohibited in any sport in which the NCAA conducts championship competition, bowl subdivision football and emerging sports for women. This prohibition applies to any institutional practice or any competition (intercollegiate, amateur or professional).

Additional rules govern transfer eligibility. Most of these are in place to prevent schools from aggressively recruiting athletes from competing institutions, and do not generally effect Mills College transfers. **If you are a transfer student who participated athletically at your previous institution, please see the Eligibility & Compliance Coordinator for more details.**

MILLS COLLEGE & MILLS ATHLETICS

Sportsmanship and Ethical Conduct

Sportsmanship is demonstrated by the respect, fairness, civility, honesty and responsibility demonstrated by you to your opponent. It is the foundation for athletic competition. This respect encompasses self-respect and respect for others, including coaches, officials, teammates, opponents and fans.

Your public exposure in the competitive arena makes you one of the most visible groups on campus. What you do and the way in which you do it are often highlighted, placing you in a public position that requires exemplary behavior. Your behavior impacts the reputation of the Athletics Department and the attitude that the community has toward you and your fellow athletes.

Others will observe your conduct as you sit in the classroom, as you compete, as you travel and as you socialize. You will be looked upon as a role model, possibly by young children, and it is important that your personal conduct be above reproach at all times.

Nondiscrimination Policy

Mills College does not discriminate on the basis of race, color, marital status, age, religious creed, national origin, ancestry, sexual orientation, or disability. Mills enforces against unlawful discrimination through its Campus Policy and Procedure on Discrimination, which is available by request from the Division of Student Life (DSL) at 510.430.2130.

Academic Policies

Absence: Absence from class because of athletic competition does not excuse an athlete from course requirements. Student-athletes are expected to discuss class absences and assignments with professors in advance. Students may not miss class to attend practice, except while traveling. Student-athletes must arrange to make up anything missed as a result of team competition or travel.

Dropping Courses: Once initial registration has been completed, a student-athlete must obtain the athletic director or compliance coordinator's signature to drop a class, whether or not she is in season. She should also communicate her decision to drop a class to her coach, preferably before dropping the class with the registrar. This process is in place to prevent student-athletes from accidentally competing while ineligible because of a dropped class.

Academic Study Plan

Mills College is proud of the fact that the average GPA among student-athletes is higher than that of the general student body. Every year, several teams and individuals earn national recognition for academic success. The NCAA considers student-athletes with GPAs below 2.0 ineligible for intercollegiate competition. The Mills APER department would like to be active in guiding our student-athletes toward academic success. Therefore any student-athlete with a GPA of 2.5 or below is required to complete a study plan with her coach or the Compliance Coordinator. Additionally, any student-athlete who is "posted" on a mid-semester early academic warning report must complete a study plan and utilize Mills resources.

The study plan is a condition of continued participation in intercollegiate athletics. The purpose of this department-imposed policy is to ensure that student-athletes who are having difficulty academically are given incentive and time to focus on their class work, and that they are responsible for creating a plan of action with built-in accountability to help themselves succeed.

Mills College Athletics Study Plan

This plan refers to the following course/s: _____ with Professor _____

Please check the following items in each category that apply to your situation and, if needed, explain on a separate page how you will address each of the items that apply.

- I. Explain how you will manage more effectively factors that may have contributed to your academic difficulty in the past.
- | | |
|-----------------------------------------------------|-------------------------------------------------------------------|
| <input type="checkbox"/> cope with my stress | <input type="checkbox"/> increase my study time and effectiveness |
| <input type="checkbox"/> manage my time better | <input type="checkbox"/> make work hours manageable |
| <input type="checkbox"/> address personal situation | <input type="checkbox"/> other |
- II. I will make sure that my course load is manageable, and meets academic and athletic eligibility requirements by completing all of the action items listed below.
- Talk with my academic advisor and appropriate professors to make sure that my semester course load is manageable, that I am well prepared in terms of pre-requisite skills and knowledge, and that I budget sufficient time to do the course work. My academic advisor will also provide guidance in developing the study plan and monitoring my progress.
- Talk with the APER eligibility and compliance officer to make sure that I am meeting NCAA and NAIA eligibility requirements.
- III. Listed below are some useful Mills College resources. Develop a plan for using the resources appropriate to your individual situation
- | | |
|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|
| <input type="checkbox"/> meeting with professors | <input type="checkbox"/> residential life staff |
| <input type="checkbox"/> study groups | <input type="checkbox"/> counseling and psychological services |
| <input type="checkbox"/> library | <input type="checkbox"/> health program director |
| <input type="checkbox"/> financial aid officers | <input type="checkbox"/> disabled student services |
| <input type="checkbox"/> M Center staff | <input type="checkbox"/> career center |
| <input type="checkbox"/> Dean of Students | <input type="checkbox"/> tutoring or assistance from teaching assistants |
| <input type="checkbox"/> student diversity programs and international students' advisor | |
| <input type="checkbox"/> academic workshop participation (i.e. time management, study skills, writing center) | |
| <input type="checkbox"/> study hall | |
| <input type="checkbox"/> other | |
- IV. Please specify how you will follow up. This may include obtaining mid-semester progress reports and scheduling regular meetings with some of the following people:
- | | |
|-------------------------------------------|----------------------------------------------------------|
| <input type="checkbox"/> professors | <input type="checkbox"/> Faculty Athletic Representative |
| <input type="checkbox"/> academic advisor | <input type="checkbox"/> coach |
- V. I understand that I am responsible for completing this study plan and maintaining a GPA of at least 2.0 in order to avoid academic probation and to be eligible for intercollegiate athletics participation. I also understand that if I fail to achieve satisfactory academic standing while on academic probation, then I am at risk of disqualification from Mills College.

_____	_____	_____
Student-Athlete	print name	date

_____	_____	_____
Coach	print name	date

Multiple Sport Athlete Policy

While we want to support the ability of students to gain a well-rounded education by participating in more than one sport, we also want to make sure that the demands placed upon multiple-sport athletes are reasonable and that they are able to make a sufficient commitment to each team. *Accordingly, student-athletes must complete practices and competitions in the first sport before beginning participation in the succeeding sport.*

In order to encourage fulfillment of team obligations, a student-athlete who quits a team must obtain permission from the coach of the team that she quit to tryout for another team with an overlapping season. Even with permission from the first coach, joining the succeeding sport is not automatic and remains the decision of the succeeding coach. The athletic trainer will determine if a mandatory rest period between sports will be necessary.

The seasons are as follows:

	Fall: Aug. to mid-Nov.	Winter: Sept. to Feb.	Spring: Jan. to May
Traditional Season:	Cross Country Soccer Volleyball	Swimming	Rowing Tennis* Track & Field
Non-Traditional Season:	Tennis Rowing*		Volleyball Soccer

*Notes: Rowing: Anyone interested in rowing is encouraged to participate in both the fall and spring seasons. Students with no previous rowing experience must participate in the fall season, from September through October, in order to row in the spring, from February through the first week of May.

Tennis: Tryouts in mid-November; competitive season - January through April

Student-Athlete Hosts

Occasionally, student-athletes may be asked to serve as hosts for prospective student-athletes. The athletic department strongly encourages and appreciates your participation as hosts. As a host, you are considered to be a representative of Mills College and carry a responsibility in ensuring that the department abides by all institutional, NCAA, and State of California rules and laws.

- The drinking age in the State of California is 21. Therefore, no alcohol should be served to a recruit at any time. This departmental policy applies even to those over 21.
- Hosts may be given money to cover costs of entertaining the prospective student-athlete. This money may not be given to the prospective student-athlete. Hosts are responsible for turning in all receipts.
- Do not give prospective student-athletes ANYTHING that every other prospective student does not receive as a matter of course. Even giving your prospective student-athlete a team t-shirt constitutes an NCAA violation that must be reported!
- Phone calls, email and fax are the only permissible ways of making recruiting-related contact with a prospective student. Text messaging, instant messaging (IM) and social network sites are prohibited means of recruiting-related contact.

It is also recommended that you have emergency information (coach's home and office phone number as well as the phone number of the Admission representative), in case of questions or an emergency. Teammates and friends who entertain the prospect should also have this information.

Student-Athlete Advisory Committee (SAAC)

The NCAA Student-Athlete Advisory Committee (SAAC) is a vital leadership component of the APER Department. These representatives from the athletic teams work as liaisons to the athletic department staff and act as peer mentors, helping teams to resolve issues that may arise. The program encompasses the whole individual; topics that will be addressed throughout the academic year include eating disorders, alcohol and addictive behavior, depression and grief, values, diversity, fiscal responsibility, community outreach, peer education, and career development. SAAC activities have included representing the department on visiting days, inviting guest speakers for the athletes, providing input on some departmental policies. SAAC also assists with planning events like the Kickoff and Athletic Awards Banquet, as well as planning programs for fellow student-athletes funded by NCAA grants.

2011-2012 Mills College SAAC	
Emily Bakucz	Tennis
Laura Chau Davis	Rowing
Kelly Dingman	Swimming
Quinn Hanrahan	Volleyball
Kirie Lange	Volleyball
Mia Malotte	Cross Country/T&F
Kristin Shirey	Rowing
Desirae Tongco	Swimming
Neil Virtue	Staff Advisor

*Indicates a multi-sport athlete who is listed in their fall sport

If you are interested in learning more about SAAC, contact Neil Virtue, x3284. Talk to your coach if you would like to be one of your team's SAAC representatives.

Athletic Team Surveys and Exit Interviews

To help the APER staff gain insight about athletic programs and services, student-athletes will be asked to complete an Athletic Team Survey at the completion of their sport season. In addition to the Team Survey, you can request to have an Exit Interview with the Compliance Coordinator to discuss your reasons for leaving the team. If desired, a meeting with the Athletic Director can also be arranged.

TEAMS

Policy on Student-Athlete Conduct

Mills College student-athletes are representatives and ambassadors of the Mills College Athletics Department. All student-athletes are expected to observe the rules, spirit, philosophy and customs of their sport and the athletics department.

Athletes engaging in disruptive or illegal behavior, including fighting, alcohol or drug abuse or continued poor sportsmanship and/or wittingly violating NCAA or Mills Athletic Department regulations will be subject to disciplinary action by the Department of Athletics. In addition, **each team may set additional rules and sanctions.**

Uniforms

Uniform procedures vary by sport. The Equipment Room staff will make sure that clean uniforms are packed for your competition day. All team gear must be returned at the end of the season (unless your coach has designated clothing items that you may keep). All equipment and uniforms damaged or not returned at the end of the season will be billed to the individual's student account.

Alcohol Policy

Student-athletes are expected to be alcohol-free while participating in intercollegiate athletics activities. Consumption of alcoholic beverages while engaged in Mills College team travel, or during a Mills College intercollegiate function is prohibited, regardless of age. This policy is subject to change.

Drug Policy

When evidence exists that a student-athlete has consumed a banned substance (i.e. admission of drug usage, caught in the act, police report), this behavior will be reported to the Mills College judicial board and the student-athlete will be subject to consequences imposed by the Mills College judicial process. This policy is subject to change.

If a student-athlete tests positive for any drugs banned by the NCAA in a test conducted by the NCAA or any sport's national governing body, she will be ineligible to participate in regular-season and postseason competition for one calendar year after her positive drug test. In addition, she will be charged with the loss of a minimum of one season of competition in all sports. If she tests positive a second time for the use of any drug, other than a "street drug" as defined in Bylaw 31.2.3.1, she will lose all remaining regular-season and postseason eligibility in all sports.

More information about drug testing can be found at:

- www.NCAA.org/health-safety
- www.drugfreesport.com/education
- www.drugfreesport.com/REC (password: ncaa3) to look up supplements

2011-12 NCAA Banned Drugs

1. The NCAA bans the following classes of drugs.

- a. Stimulants;
- b. Anabolic Agents;
- c. Alcohol and Beta Blockers (banned for rifle only);
- d. Diuretics and Other Masking Agents;
- e. Street Drugs;
- f. Peptide Hormones and Analogues;
- g. Anti-estrogens; and
- h. Beta-2 Agonists.

Note: Any substance chemically related to these classes is also banned.

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

2. Drugs and Procedures Subject to Restrictions.

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

3. NCAA Nutritional/Dietary Supplements Warning.

Before consuming any nutritional/dietary supplement product, review the product with your athletics department staff!

- (1) Dietary supplements are not well regulated and may cause a positive drug test result.
- (2) Student-athletes have tested positive and lost their eligibility using dietary supplements.
- (3) Many dietary supplements are contaminated with banned drugs not listed on the label.
- (4) Any product containing a dietary supplement ingredient is taken at your own risk.

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

Some Examples of NCAA Banned Substances in Each Drug Class

NOTE: There is no complete list of banned drug examples!!

Check with your athletics department staff before you consume any medication or supplement.

1. Stimulants:

e.g., amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexanamine, etc.

exceptions: phenylephrine and pseudoephedrine are not banned.

2. Anabolic Agents – (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione)

e.g., boldenone; clenbuterol; DHEA (7-Keto); nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone; etc.

3. Alcohol and Beta Blockers (banned for rifle only):

e.g., alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

4. Diuretics (water pills) and Other Masking Agents:

e.g., bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

5. Street Drugs:

e.g., heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (eg. spice, K2, JWH-018, JWH-073)

6. Peptide Hormones and Analogues:

e.g., growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

7. Anti-Estrogens:

e.g., anastrozole; tamoxifen; formestane; 3,17-dioxo-etiochol-1,4,6-triene(ATD), etc.

8. Beta-2 Agonists:

e.g., bambuterol; formoterol; salbutamol; salmeterol; etc.

Any substance that is chemically related to the class of banned drugs is also banned (unless otherwise noted)!

NOTE: Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting:

The Resource Exchange Center, REC, 877/202-0769 or www.drugfreesport.com/rec

password ncaa1, ncaa2 or ncaa3

Team Travel

The Mills College motto is “Remember who you are and what you represent.” When you travel with a Mills team, please remember that you represent Mills College, the Athletic Department, your coaches and fellow student-athletes. The following Cyclone travel regulations are designed to ensure your safety. Infractions, depending on severity, may lead to a warning, probation, suspension or immediate dismissal.

Dress

Dress for travel on Mills sponsored trips should be clean, neat and in good taste. Coaches may disallow travel by anyone not dressed appropriately, as defined by the coach. Some teams may choose to travel in team apparel such as warm up suits or team jackets to bring greater visibility and pride to the team.

Smoking

When traveling on a Mills sponsored trip, smoking is prohibited in vehicles, practice and competition sites, dining areas and inside lodging spaces. Student-athletes are strongly discouraged from smoking, and those choosing to do so must smoke in designated smoking areas and not expose others to second-hand smoke.

Alcohol

No alcoholic beverages are to be consumed at any time while on a Mills sponsored trip, even if you are over the legal drinking age.

Drugs

Possession of illegal drugs may be cause for immediate dismissal from the team.

Leaving the Group

STAY WITH THE GROUP!!! If you must leave, you **MUST** get permission from the head coach to do so, and you must let the coach know your destination and contact information. If you are given permission to leave the group, you should take the coach’s cell phone number with you. The coach must know where you are and how to reach you at all times.

Be on time

When traveling with a team, it is imperative that you be on time since your group will be on a schedule. Tardiness causes unnecessary delays, worry and aggravation for the team and may result in you being left behind. Student-athletes who are late for a departure time may be left behind.

Everyone should be in their rooms at the time specified by the coach. Also, remember that peak performance requires adequate rest, so please respect the time specified for quiet and lights off. If desired, a study room or area may be designated on away trips.

Travel Release

When traveling on a Mills sponsored trip, team members will be expected to travel to and from the event with the team. In order for a student to have permission to travel to or from an event by means other than team transportation, written permission from the coach and Athletic Director (and the student’s parent or legal guardian if under 18 years of age) is required. A Travel Release must be completed and filed with the Athletic Director prior to travel. Other than emergencies, releases will be granted only for travel with immediate family members away from the team event, and requires the approval of both the coach and the APER director 24 hours prior departure from Mills.

Misconduct

Any illegal activities or conduct that jeopardizes group safety will be cause for immediate dismissal from the team and may lead to College disciplinary action.

Per diem

Please stay within the allowance given to you by your coach at each meal. Distribution of a per diem allowance is established by the coach. Coaches may elect to distribute the per diem allowance to student-athletes in cash, specifying an allowable amount. If you are given cash, you **must** return a receipt and any change to the coach or sign a form when receiving the money.

Mills College Athletic Awards

The Department of Athletics recognizes participation in intercollegiate athletics at the end-of-year Athletic Awards celebration. Held in late April each year, this event acknowledges all student-athletes for participation, as well as recognizing particularly noteworthy academic and athletic successes.

Participation Awards

Awarded to all student-athletes who have completed a season of participation in intercollegiate athletics. The type of award is determined by the number of seasons in a particular sport.

Sportswomanship Award

This award is presented to the team member who best exemplifies the ideals of dedication and commitment and who has made significant contributions toward team morale and spirit. The players and coaches of each team select the award winner.

Golden "M" Award

The student-athletes who receive this award are committed and respected team members who have made exceptional contributions to their team in the areas of leadership, athletic excellence and exemplary attitude. The award is selected by secret ballot among players and coaches for each team.

Scholar-Athlete Award

This award was established by the athletic department to celebrate those scholar-athletes with a GPA of 3.5 or higher.

Trefethen Award

This award is presented annually to the graduating senior who has achieved the highest grade point average among Mills' intercollegiate athletes.

Athletic Achievement Award

This award is presented to recognize outstanding athletic achievement of an individual or team.

Team and Individual G.P.A. Awards

These awards are presented annually to the team and the player on each team that have achieved the highest cumulative GPA. Student-athletes who have completed one full year of academics are eligible for the individual GPA awards.

Dorothy Keller Award

This award is presented annually to a junior or senior athlete who has completed a minimum of 2 years in one sport. The award is based on overall contribution to the Mills athletic program, loyalty to her team, optimism in the face of adversity, and quality of commitment and effort.

Myrt Whitcomb Leadership Award

This award is presented to the student-athlete who demonstrated exceptional leadership abilities among fellow student-athletes.

NCAA Awards and Scholarships

The following is a brief description of scholarships and awards available from the NCAA. In some cases the student applies for the award or scholarship. In others, coaches and/or the compliance coordinator may be responsible for nominating students. Further information can be found on the NCAA website, www.ncaa.org, or by talking to the Compliance Coordinator, Else Lebsack.

NCAA Post-Graduate Scholarship Program

Each year the NCAA sponsors post-graduate scholarships of \$6,900 to student-athletes to “promote and encourage postgraduate education.” Nominations are accepted for athletes with a minimum 3.2 GPA “who perform with distinction in varsity competition.” Deadline for soccer, volleyball, cross-country is early December; swimming is late February, and tennis and rowing are due at the beginning of May.

NCAA Sportsmanship Award

The NCAA Sportsmanship Award honors student-athletes who, through their actions in the competitive arena of intercollegiate athletics, have demonstrated one or more of the ideals of sportsmanship, including fairness, civility, honesty, unselfishness, respect and responsibility.

NCAA Ethnic Minority and Women's Enhancement Postgraduate Scholarship Program

Fifteen scholarships to ethnic minorities and fifteen scholarships to women are available annually to college graduates who will be entering into the first year of their initial postgraduate studies. Three of the 15 scholarships are restricted for Division III students only for both the ethnic minority and women's scholarship. The applicant must be seeking admission or have been accepted into a sports administration or related program that will assist the applicant in obtaining a career in intercollegiate athletics (athletics administrator, coach, athletic trainer or other career that provides a direct service to intercollegiate athletics). Each award is valued at \$6,000. Deadline for submission of applications is mid December.

Walter Byers Postgraduate Scholarship Program

One male and one female student-athlete annually will be awarded a postgraduate scholarship in recognition of outstanding academic achievement or potential for success in postgraduate study in his or her planned career. It is intended that an individual named a Byers Scholar will be recognized as one who has combined the best elements of mind and body to achieve national distinction for his or her achievements and promises to be a future leader in his or her chosen field of career service. Candidates must have a minimum grade point average of 3.5, have competed in varsity intercollegiate athletics, be a graduating senior, have applied for admission into a full-time graduate degree program, have evidenced superior character and leadership and have demonstrated that athletics participation has been a positive influence on the nominee's personal and intellectual development. The basic stipend is \$12,500 for an academic year. The deadline is mid January.

SUPPORT SERVICES

Academic Problems

1. Speak with the professor of the course with which you are having difficulty.
2. Speak with your academic advisor. If you are uncomfortable with your advisor or prefer one more closely affiliated with your anticipated major, visit the M Center to request a change.
3. Go to the Writing Center (x3147) or The Place for Writers (x2236) for help with writing skills.
4. Make a study plan with your coach or create your own with the sample in your handbook. You are invited to do either anytime, even when your GPA does not mandate a plan.
5. Students with disabilities or concerns regarding possible disability should contact Services for Students with Disabilities at x2264.

Financial Concerns

- Go to the M Center (x2000) to talk with a financial aid representative. If there are changes in your financial situation, you can submit documentation to request more aid, though it may or may not be available.
- Emergency Loans: a short-term loan, designed to assist students through unexpected financial difficulties may be available through the M Center based on availability of funds and specific circumstances. These loans of \$300.00 must be repaid within 30 days. Loans cannot be given to pay Mills College related expenses. Students receive cash at the Cashier's window in Sage Hall upon presentation of their Mills ID and the approved paperwork. Repayment is made to the Cashier. Loans become part of the student's financial account, and if not repaid by the agreed upon deadline, will incur a \$25.00 late payment fee per month. Non-payment will place a hold on your account and will make it impossible to register for classes, move into a residence hall, graduate or get a transcript.
- If you are looking for on-campus work, go to the Career Center to look for job listings or look at the Career Center web page at www.mills.edu/student_services/career_center/index.php.

Residence Halls

- Contact your residence advisor (R.A.) concerning issues or problems in your residence hall.
- Make an appointment to speak with a Residential Life staff member by calling x2130.
- To change rooms, get a room change form from your R.A. and return it to the Cowell front desk.
- For maintenance problems (i.e. broken screen, plumbing, etc.) contact by completing a work order online at <http://intranet.mills.edu/workorders/main> or by calling x2127.

Letter of Consideration

If illness or a personal emergency requires you to miss classes, you may request a letter of consideration to be sent to your professors. Contact the Division of Student Life at x2130 for more information.

Dining Services

If you have specific food problems such as allergies, speak with the Bon Appetit manager on duty. Bon Appetit managers can be found at Founders Dining Hall or by calling x2390. If you need further assistance, contact Housing Management and Dining Services (HMDS) at Sage Hall or x2127.

Career Center

Student-athletes are encouraged to visit the Career Center in Cowell as early as possible in their academic career. The following services and resources are available through the Career Center:

- Resume writing, internship searches, job searches
- Academic major advising
- Skills and interest inventories
- Extensive resource library
- File placement service

You can schedule an appointment by calling x2069 or use drop-in hours. For additional presentations and workshops, check their website at www.mills.edu/student_services/career_center

Counseling and Psychological Services

- Call to make an appointment with Counseling and Psychological Services staff at x2130. You are allowed ten confidential sessions for free on campus per academic year.
- Non-scheduled appointments (NSA) are available daily for issues of immediate concern.
- Referrals to community therapists are available, if needed.
- Appointments are scheduled based on times available. Counselors of color and Spanish-speaking counselors may be requested.

Health Concerns

- For general questions regarding health services, call the Division of Student Life at x2130.
- To meet with the Director of Wellness and Community Outreach, Kim Baranek, for non-clinical issues, call x2260 to make an appointment.
- To make an appointment at the Mills College Health Center, you can either call 1-877-MillsKP (1-877-645-5757) or book an appointment online by accessing the Kaiser Permanente-Mills College Health Center link through the Mills College password-protected portal. You will need a Mills College user name and password to access the link.
- For immediate medical advice, 24 hours per day, call the Advice Nurse at 1-877-MILLSKP (1-877-645-5757)
- For medical appointments, call 1-877-MILLSKP (1-877-645-5757)

All Mills College students must have medical insurance; many choose to purchase the Kaiser Student Health Plan. Any student is eligible to receive medical services at Mills College Health Center, though those who go to Kaiser Permanente medical centers for care whose insurance provider is not Kaiser Permanente may have to pay additional fees for services at the time of visit and pursue reimbursement from their own personal insurance. Please keep in mind that there are co-payments for some services even with KP insurance.

If you have not waived Major Medical coverage, you are paying for the Kaiser Student Health Plan. For questions regarding this, or if you do not know if you have insurance coverage, call the Division of Student Life at x2130. Please take time to read your benefits summary to learn about the limits of the Kaiser Student Health Plan and services available to you as a Mills College student.

SPORTS MEDICINE & ATHLETIC TRAINING



What is an Athletic Trainer?

Certified Athletic Trainers (ATCs) are unique health care providers who specialize in the prevention, assessment, treatment and rehabilitation of injuries and illnesses.

Scope / Limits of Athletic Training Services in the Traditional Season, Non-Traditional Season, and Out-of-Season

Athletic training treatment services are limited to Mills intercollegiate athletes only, who have a current medical clearance on file with the Head Athletic Trainer. The Athletic Trainer may give first aid to others or may refer them to Public Safety. Injuries requiring medical attention will be referred to the team physician or Kaiser Student Health. EMS (911) shall be contacted for life threatening / limb threatening emergencies and injuries requiring advanced medical care attention.

Athletic Training services will be provided in the traditional and non-traditional seasons to certified student-athletes. All students involved in intercollegiate practice or competition in the traditional and non-traditional seasons must be certified eligible, have an insurance certificate on file, and have passed a physical examination.

Athletic Training services will not be provided to students in PE classes or for injuries sustained in PE classes. If a certified student-athlete sustains an injury out-of-season (the injury occurs outside of the specified traditional and non-traditional seasons), and then provides the Athletic Trainer (ATC) with documentation from a physician, the ATC may elect to provide rehabilitative or treatment services for that certified student-athlete at any time.

Insurance

1. All student-athletes are required to have medical insurance that covers them in the event of injury during intercollegiate sport participation. Mills College provides secondary medical insurance only. The student-athlete is responsible for all medical costs, including co-pays and deductibles, incurred during intercollegiate sport participation.
2. All student-athletes are required to provide the Athletic Trainer with a copy of their current medical insurance card(s) or proof of coverage.
3. Athletes must report to the Athletic Trainer as soon as possible if they become injured or ill.
4. All student-athletes are required to inform the Athletic Trainer and their coach if, at any time during the season, their medical insurance is cancelled or changes. If a student-athlete fails to renew or purchase medical insurance they will ***automatically become ineligible*** to practice and/or compete until they provide current proof of medical insurance.
5. If you are a Mills College student-athlete who has ***Medi-Cal*** as your primary insurance you are still fully responsible for all medical costs, including co-pays, and deductibles, incurred during your participation in intercollegiate athletics. It is **HIGHLY** recommended that you buy a supplemental insurance policy, as Medi-Cal may not cover the expenses fully you could incur.

Medical Clearance

All student-athletes must be cleared for participation by a physician and the athletic trainer *prior* to any practice or competition. Physical exams will be done during the pre-season, on a predetermined day. Student-athletes will need to bring their insurance information with them to physical exams. Any student-athlete who misses a physical date offered on campus is responsible for scheduling and paying for their own physical. If you miss the physical dates provided here on campus, your physical exam must be completed using the Mills College Pre-participatory Physical Evaluation forms. Physical Exams performed by chiropractors *will not* be accepted. All athletes, both first years and returners, are required to see the athletic trainer annually for an orthopedic evaluation and medical update prior to practice and competition. Medical Clearances are required on an annual basis only. If student-athletes have been medically cleared for a previous season in the same academic year, they do not need to be cleared again.

Mandatory Pre-participation Paperwork

The following forms are mandatory and must be completed and signed by the student-athlete and/or parent/guardian in order to participate in intercollegiate athletics or club sport at Mills College:

1. Pre-participation Physical Evaluation – History Form
2. Pre-participation Physical Evaluation – Physical Examination Form
3. Pre-participation Physical Evaluation – Clearance Form
4. Student-Athlete & Club Sport Acknowledgement and Assumption of Risk
5. Notification of and Agreement to Terms & Conditions of Mills College Intercollegiate Athletics and Club Sports
6. Authorization to use or disclose protected health information
7. Medical Consent Authorization
8. Authorization to notify parents/guardians or injury/illness
9. Student-Athlete / Club Sport Participant Insurance Information
10. Emergency contact information

http://www.mills.edu/campus_life/athletics_and_recreation/athletics/returning_athletes.php

→ link for all mandatory pre-participation paperwork as found under the “Participation Forms” link

*Please note that all forms are due before the student-athlete can participate with the team.

If student-athletes fail to submit the mandatory forms, as listed above, they will *automatically become ineligible* to practice and/or compete until the appropriate forms are returned to the Head Athletic Trainer.

Return to Play After an Injury

If an athlete is injured and receives treatment from a physician and/or athletic trainer, she must bring *written* clearance from the physician, as well as get clearance from the athletic training staff to be cleared to play. This includes both practice and competition. All athletes who are transported via ambulance to an emergency facility due to an injury or illness **MUST** check in with the Head Athletic Trainer prior to any return to practice or competition.

Prescription Medications

All Athletes who have prescription medications for asthma, severe allergic reaction (anaphylaxis), such as inhalers or EPI-Pens, and diabetic emergency (glucose tablets only) are encouraged to bring to the Athletic Trainer or head coach an extra filled prescription to be carried in the team's athletic training kit. All prescription medication to be placed in the team's athletic training kit ***must be clearly labeled with the athlete's name, drug name, dosage, and expiration information***. Prescriptions may only be used for the student-athlete they are prescribed for. If an athlete wishes to carry an additional prescription in their own sports bag they may do so, but labeled medications are to be placed in the team's athletic training kit in order to save time in an emergency.

Hygiene & Preventing Infections

Participation in organized collegiate sport carries the risk of potential skin infections including fungal, viral, parasitic, and bacterial. Specifically, the prevalence of bacterial infections caused by Staphylococcus Aureus has prompted the NCAA to warn all intercollegiate athletes about an antibiotic resistant strain of Staph called ***MRSA*** or Methicillin-resistant Staphylococcus Aureus. Skin infections caused by MRSA are a very serious condition often requiring hospitalization and meaning certain time-loss from athletics.

The NCAA recommends these measures you can take to help prevent a staph infection:

- Wash your hands with warm soap and water thoroughly after using the bathroom and working out
- Do not pick, squeeze, or scratch skin lesions
- Shower as soon as possible after working out or athletic activity
- Wash workout clothing often and avoid leaving wet and dirty clothing in a pile for an extended period of time
- Change your towel you use to shower frequently
- Workout clothing should be changed daily and practice gear washed
- Do ***not*** share towels, razors, water bottles, or any personal athletic equipment (such as gloves, knee pads, clothing)
- If you get a skin lesion report it to your athletic trainer or see a physician immediately
- If you get a cut or laceration be sure to clean it with soap and water, and keep the wound covered with a band-aid until it is healed

Practice & Competition Policies

1. Players who need corrective eyewear must wear contacts or polycarbonate sport goggles – not street glasses (crew and cross country are exempt).
2. No jewelry of any kind is to be worn at practices or games.
3. No chewing gum during practices and games.
4. Be prepared to remove piercings before competition or practice.

*The Athletic Training Room does not carry the special tools needed to do so.

Student-Athletes and Pregnancy

The purpose of this policy is to address health resources and confidentiality concerns of a student-athlete who may be pregnant. If you become pregnant while participating in your sport at Mills College, we strongly recommend that you inform your Coach and Athletic Trainer as soon as you become aware. We also recommend that you inform your partner, family and especially your physician. If you do not have a personal physician, your Athletic Trainer or Coach can assist you in finding one. Please be aware that although it is strongly recommended, you are not required to disclose any information regarding your pregnancy to the Athletic Department staff. If athletics personnel and/or a physician are informed, they will keep this information confidential unless you give them permission to do otherwise.

Eligibility

Pregnancy is treated as any other temporary health condition, and will not affect the student-athlete's team standing or eligibility. Under NCAA rules, Mills may approve a two-semester or three-quarter extension of the 10-semester/ 15-quarter period of eligibility for a female student-athlete for reasons of pregnancy. If a student-athlete becomes pregnant during the off-season, she will avoid using a season of participation. If a student-athlete becomes pregnant after the first competition during the season, the pregnant student-athlete may petition to not have that season be counted for eligibility purposes, if necessary, with the assistance of the Compliance Coordinator, Athletic Trainer and Athletic Director.

Can you participate in your sport?

If you become pregnant and want to continue to participate in your sport, please discuss your options with your Athletic Trainer and/or physician. Depending on your sport and with the clearance from your physician, you may be able to continue participating until a certain point in the pregnancy. This determination is made on an individual basis. You must also be cleared by a physician before returning to your sport at the conclusion of your pregnancy.

Confidential Counseling

You can receive confidential psychological counseling on campus by contacting Counseling and Psychological Services (510) 430-2130, health@mills.edu.

Medical Resources for Pregnancy

Athletic Department insurance does not cover pregnancy-related care. You are encouraged to use your own health insurance to find a local Ob/Gyn physician. If you do not have insurance, or do not prefer to go through your private insurance due to confidentiality reasons, there are several resources available. Please refer to the list of resources below if you need assistance, especially if you choose not to inform your Athletic Trainer and/or Coach.

Table No. 1 Warning Signs to Terminate Exercise While Pregnant
Vaginal Bleeding Shortness of Breath Before Exercise Dizziness Headache Chest Pain Calf Pain or Swelling Pre-term Labor Decreased Fetal Movement Amniotic Fluid Leakage Muscle Weakness

Adapted from 2007-08 NCAA Sports Medicine Handbook, page 73

Kaiser Student Health Plan

<https://studentnet.kp.org/wps/portal/CoBrandedHome?univ=mc>

1-877-MillsKP (645-5757)

If enrolled, the Kaiser Student Health Plan will cover your medical needs. Please refer to the website for services and the fee schedule.

Planned Parenthood

<http://www.plannedparenthood.org/>

(800) 967-7526

Refer to a Planned Parenthood representative for information about services for the non-insured.

Centers for Medicare & Medicaid Services

<http://www.cms.hhs.gov/home/medicaid.asp>

800-MEDICARE (800-633-4227)

Medicaid is a state administered program that makes it possible for an individual to get the care they need even if they cannot afford medical insurance at the time.

HRSA: Maternal and Child Health Bureau

<http://www.mchb.hrsa.gov/programs/womeninfants/prenatal.htm>

1-800-311-BABY (1-800-311-2229)

The U.S. Department of Health and Human Services provides information on pregnancy, questions and answers, and information on services surrounding pregnancy in the local area.

Athletic Training Room & Treatment Rules

1. Please call the athletic trainer and your coach *as soon as* you become injured or ill.
2. Upon entering/exiting the training room, you are required to sign the Treatment Log for anything that you receive during your visit, including tape, ice, ultrasound, rehabilitation, etc.
3. The phone, desk, and computer in the Athletic Training room are *NOT FOR STUDENT USE!*
4. Please no shoes on the treatment tables.
5. PLEASE return any equipment, braces, crutches, etc. that you borrowed while undergoing treatment.
6. Please notify the athletic trainer if you have any open wounds before entering the whirlpool and/or ice buckets.
7. Cleats are not allowed in the Athletic Training Room.
8. Food is not allowed in the Athletic Training Room.
9. There will be no drinks near the modalities, not even water.
10. Please clean up after yourself and do not leave your belongings in the training room.
11. Please show up at *least* 30 minutes prior to the start of practice to receive treatment or to be taped.
12. If you are going to miss an appointment with an athletic trainer, please call as soon as possible.
13. If you are referred to a physician by the Athletic Trainer you **must** return with a written diagnosis and “criteria to return to play”. The ATC will provide you with a specific form to take to such a referral appointment. ****Written clearance from a qualified physician or clearance from the ATC is REQUIRED before return to practice or competition.**



Injuries eventually put an end to Frankenstein's college football career.

borrowed from:
www.csufresno.edu/kines/ATEP/staff.html

Care for Injuries or Illnesses Sustained After Hours

If you sustain a life threatening injury call 9-1-1 or have someone call 9-1-1 for you.

Student-athletes who sustain an athletic injury that requires medical attention over the weekend, during closed Athletic Training Room and Student Health Center hours, or when the athletic trainer is unavailable, should seek medical attention at Kaiser Oakland or a hospital that is covered by her insurance. ***Please bring back a medical note that states the diagnosis and treatment so that the Athletic Trainer can better help you.**

LOCAL URGENT CARE / EMERGENCY CENTERS

Kaiser Permanente
280 W Macarthur
Oakland, CA

Advice (24 hours)/information: 510-752-1190 or 510-752-1130

Highland Hospital
1411 E 31st St.
Oakland, CA
(510) 437-4800

Alta Bates Hospital
2270 Ashby Ave
Berkeley, CA
(510) 204-4444

Summit Hospital
350 Hawthorne Ave
Oakland, CA
(510) 869-6600

-OR-

Summit Hospital
100 Webster St.
Oakland, CA

How do I schedule an appointment with an Athletic Trainer?

To schedule an appointment with the Athletic Trainer, you can call, email or drop in to check my schedule.

Natalie Spangler, ATC
Head Athletic Trainer
Haas Pavilion Room 107/114
nspangle@mills.edu
510.430.3323 – office
510.430.2276 – fax

Lonnie Tanenberg
Assistant Athletic Trainer
Haas Pavilion Room 107/114
ltanenberg@mills.edu