

THOMPSON RIVERS UNIVERSITY

ATHLETIC AND RECREATION DEPARTMENT



2017-2018

STUDENT-ATHLETE HANDBOOK

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WELCOME

You are now officially a TRU WolfPack Varsity Athlete, congratulations! This is a large goal accomplished, and I'm certain through the year, you will encounter and achieve many more.

Welcome to Thompson Rivers University, and more specifically, to the Athletic Program. We compete against 19 other institutions across Western Canada. You are now part of it and I'm pleased you chose TRU.

One aspect of your university experience that you cannot forget is that you are a student first and foremost. Athletics will enhance your experience here but please never shuffle your academic responsibilities to the side in place of sport. We will do everything in our power to help you balance the two and there are many programs/aids around campus that will give you the skills to succeed at both simultaneously. PLEASE ask us about these aids and take responsibility for your success.

We take pride in being a very close and personal department with an open door policy that is second to none. We are very concerned with not only your academic and athletic performance but in the professional and considerate manner TRU athletes have been branded with year after year. Please respect our program and our name just as we respect you as WolfPack athletes and representatives of us.

Finally, if you need assistance or have questions (all is confidential with me), PLEASE come see me or any of the athletic staff. We are here to make your "athletic stay" as positive and enjoyable as possible.

A handwritten signature in black ink, reading "Ken Olynyk". The signature is fluid and cursive, with a prominent horizontal stroke at the bottom.

Ken Olynyk
Director, Athletics and Recreation - TRU

ORGANIZATION – INTERNAL

Faculty and Staff

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TRU Athletics Department Fax Number: (250) 371-5672

ORGANIZATION - EXTERNAL

Thompson Rivers University is a member of the Canada West Athletics Association [Canada West] which is a regional member of the USports organization. Membership is also held in the Canadian Colleges Baseball Conference [CCBC].

Members in the Canada West include:

<u>Institution</u>	<u>Abbreviation</u>	<u>City</u>
University of Alberta Pandas/Golden Bears	U of A	Edmonton, AB
Brandon University Bobcats	BU	Brandon, MB
University of British Columbia Thunderbirds	UBC	Vancouver, BC
University of British Columbia-Okanagan Heat	UBCO	Kelowna, BC
University of Calgary Dinos	U of C	Calgary, AB
University of the Fraser Valley Cascades	UFV	Abbotsford, BC
University of Lethbridge Pronghorns	U of L	Lethbridge, AB
MacEwan University Griffins	GMU	Edmonton, AB
University of Manitoba Bisons	U of M	Winnipeg, MB
Mount Royal University Cougars	MRU	Calgary, AB
University of Northern British Columbia Timberwolves	UNBC	Prince George, BC
University of Regina Cougars	U of R	Regina, SK
University of Saskatchewan Huskies	U of S	Saskatoon, SK
Thompson Rivers University WolfPack	TRU	Kamloops, BC
Trinity Western University Spartans	TWU	Langley, BC
University of Victoria Vikes	UVIC	Victoria, BC
University of Winnipeg Wesmen	U of W	Winnipeg, MB

Members in the CCBC include:

<u>Team</u>	<u>Abbreviation</u>	<u>City</u>
University of Calgary Dinos	U of C	Calgary, AB
Okanagan College Coyotes	OC	Kelowna, BC
Prairie Baseball Academy Dawgs	PBA	Lethbridge, AB
Thompson Rivers University WolfPack	TRU	Kamloops, BC
Vancouver Island Baseball Institute Mariners	VIBI	Nanaimo, BC

MISSION STATEMENT

Our mission is to assist our athletic representatives to progress toward their personal potential by providing high quality athletic experiences in the manner which will help them build self-esteem and develop the qualities of leadership, fair play, self-discipline and perseverance.

ATHLETIC PROGRAM AT TRU

The athletic program at Thompson Rivers University competes in the USports in basketball, volleyball, soccer, cross country and swimming, while continuing to be a strong presence in the Canadian College Baseball Conference for baseball and open championships in cheerleading.

For teams competing in USports:

Canada West - <http://www.canadawest.org>

USports - <http://en.usports.ca/landing/index>

For baseball competing in CCBC:

CCBC - <http://www.cbcb.pointstreaksites.com/view/cbcb>

ELIGIBILITY

A. Academic - TRU

All student-athletes are required to maintain eligibility for playing purposes as described below:

“For the purposes of extracurricular athletic activity, a student should maintain a minimum G.P.A. of 2.00. If the G.P.A. falls below 2.00 the student will be warned of the situation, and should the G.P.A. fall below 1.50, the athlete will be placed on academic probation and will be unable to participate in athletic events, but may be allowed to attend practice. The athlete will be allowed to participate in athletic events only after the G.P.A. is raised to 1.50 or better.”

B. USports and Canada West

1. Student-athletes have a total of five (5) years of post-secondary athletics eligibility in the Canada West Universities Athletic Association [CW], which is a regional member of the USports organization.
2. A student athlete must be registered in a minimum of three degree granting courses per semester (nine credits or higher), attend classes regularly and pass a total of six courses (eighteen credits or equivalent) each academic year to be eligible to participate on University representative teams.
3. An athletic representative who has previously participated in intercollegiate sports at Thompson Rivers University or at any other post-secondary institution (in Canada or elsewhere) and who is transferring to Thompson Rivers University, must provide this information to the coach and the Director, Athletics and Recreation upon trying out for any team.
4. An athletic representative must have passed a minimum of eighteen credits in the last academic year during which they attended and participated to be eligible for the following year.
5. All student athletes should check the USport and CW web sites for further information in regard to eligibility or see the appropriate coach or administrator

B. CCBC

1. Baseball Student-athletes have a total of four (4) years of post-secondary athletics eligibility in the Canadian Colleges Baseball Conference [CCBC].
2. A baseball student athlete must be registered in a minimum of three degree granting courses per semester (nine credits or higher), attend classes regularly and pass a total of five courses (fifteen credits or equivalent) each academic year to be eligible to participate on University baseball team, with 3 of those courses (9 credits or equivalent) having been passed in the fall semester prior to the Championship spring season.
3. An athletic representative who has previously participated in intercollegiate sports at Thompson Rivers University or at any other post-secondary institution (in Canada or elsewhere) and who is transferring to Thompson Rivers University, must provide this information to the coach and the Director, Athletics and Recreation upon trying out for any team.
4. An athletic representative must have passed a minimum of fifteen credits in the last academic year during which they attended and participated to be eligible for the following year.
5. All student athletes should check the CCBC website for further information in regard to eligibility or see the appropriate coach or administrator

ATHLETIC DEPARTMENT POLICIES AND REGULATIONS

The definition of athletic representatives includes student-athletes, student assistants, and any other authorized person associated with the athletic program, any student-athletes or teams.

The athletic representative agrees to comply with the Athletic Policies and Regulations as listed below:

1. Commitments to University athletic teams must take precedence over commitments to non-University teams during the academic year.
2. Any misconduct by athletic representatives during University associated activities will result in automatic suspension from the athletic program until the situation can be reviewed.
3. Violation of any law or ordinance concerning possession, furnishing, use or sale of drugs will automatically result in the suspension from University intercollegiate athletics of the individuals involved.
4. Any athletic representative(s) involved with the illegal possession, furnishing, use or sale of drugs will be automatically suspended from the athletics program and may face further action by the University.

ATHLETIC REPRESENTATIVE RESPONSIBILITIES

1. It is a requirement that athletic representatives have a complete medical examination prior to trying out for, or playing on, any University team.
2. Student-athletes are at Thompson Rivers University for their academic studies first and foremost.
3. Student-athletes are to inform instructors at the beginning of each semester when classes will be missed due to approved athletics travel. The Athletic and Recreation Division will provide student-athletes with this information through respective coaches.

4. Student-athletes are to be prompt for practices and do their best to notify the coaching staff prior to practice if they will be late, are unable to attend or are injured. Contact the Division of Athletics and Recreation [828-5009] if you are unable to contact the coach.
5. Injured players are required to immediately notify both the coach and the athletic therapist, Kevin Brechin.
6. It is the responsibility of each and every athletic representative to ensure that the bench area and the change rooms are left in a neat and undamaged condition after every practice and game at home and on the road. All tape and garbage is to be placed in garbage containers, and showers and sinks are to be shut off before leaving. Any liquid spills near the bench area are to be wiped up.
7. As a member of Thompson Rivers University Athletic Program, athletic representatives have a responsibility to themselves, their coaches and teammates, and the University. The University has one fundamental rule which will be strictly enforced:

“Any member of a University team whose conduct puts the reputation of the University, teammates, coach or themselves in a compromising position may be subject to disciplinary action.”

TRAVEL POLICIES & REGULATIONS

A. Out of Town Travel Regulations

1. While a Head Coach (and only the Head Coach) MAY, at his/her discretion, authorize athletics representatives of legal age to consume alcohol at certain times on road trips, **the following rules have been set down by the University and cannot be overridden by the coaching staff:**
 - a) Unauthorized or illegal use of alcoholic beverages (including wine and beer) is prohibited by the University for all athletic representatives while on University sponsored activities. More specifically:
 - i) the consumption or possession of alcoholic beverages on any mode of transportation, public or private is strictly forbidden;
 - ii) the consumption or possession of alcoholic beverages anywhere in the accommodations provided by the University is strictly prohibited;
 - iii) the consumption or possession of alcoholic beverages anywhere or at any time by minors at University associated events or during competition related travel is strictly prohibited.
2. Each athletic representative will travel by means to be determined by the University and stay in the accommodations provided by the University. If alternate travel arrangements are requested by the athletic representative, written permission must be obtained from the Director, Athletics and Recreation prior to travel. Whenever possible, these arrangements should be made at least one week prior to departure.
3. As representatives of Thompson Rivers University, athletic representatives must consider their conduct and apparel as significant at all times, but especially so on road trips. They are expected to be well-groomed, and to dress and conduct themselves in an appropriate manner.
4. Injured or academically ineligible players may not be entitled to travel with the team.

5. Athletic representatives are responsible for insuring that both the transportation and hotel room is left in a neat and undamaged state. No items are to be removed from the transportation or your hotel room other than those which you brought with you. Any damage (to vehicles, accommodations or property) resulting from individuals representing the University will require full repayment by the individuals responsible and may result in suspension or expulsion from intercollegiate athletics and Thompson Rivers University.
6. Athletic representatives are responsible to pay for all phone calls and other room expenses prior to checkout. The University will not pay for any room charges other than accommodation.
7. Curfew: All athletic representatives are required to be in their assigned rooms between the hours of midnight and 6:00 a.m. of each day they, or the team they are traveling with, are representing the University. No other persons, other than those registered to that room, are allowed in the rooms during those hours. The Head Coach will establish curfews for those evenings when there is no competition the next day for any of the teams which may be traveling together.
8. Only persons who have received travel authorization from the Director, Athletics and Recreation may travel by the transportation provided by the University.

B. Departure

For road trips, all members of the traveling group are expected to be at the place of departure at the designated time. The transport vehicle will leave at that time. Those who arrive late may find themselves left behind.

C. Expenses

The University will make and pay for all transportation and accommodation arrangements for all intercollegiate athletics travel. Athletic representatives are responsible for their own meals and any spending money they may wish to take, and the University will provide a per diem for the student athlete as determined by the Division.

UNIFORMS AND EQUIPMENT

Uniforms and equipment are the property of Thompson Rivers University. Any equipment/uniforms not returned by an athletic representative will result in his/her course marks being withheld until the property is returned in good condition or paid for.

It is expected that a student-athlete would not wear uniforms or team apparel with WolfPack logos during events, parties, social gatherings that would not reflect well on the University, WolfPack department, and/or the student-athlete's respective team.

It is expected that a student-athlete would wear their team apparel with WolfPack logos during any team function, fundraiser or public appearance where they are representing the WolfPack and/or their respective teams.

MEDIA POLICES & RESPONSIBILITIES

YOUR RESPONSIBILITY TO THE MEDIA

As a TRU student-athlete, you are expected to cooperate with the media. It's all part of the package of being a member of the TRU WolfPack. Positive media relations are essential to our marketing and promotion efforts in the athletic department. In Kamloops, media coverage for university athletics is hard to come by, so we need to go above and beyond in how we service the media community in order to maximize our exposure. Your willingness to cooperate with media members and attitude you bring to interviews can have a direct impact on the level of interest in your sport.

Cooperating with the media should also be viewed as part of your educational experience here at TRU. Being able to communicate a message to the public; developing confidence and charisma in speaking situations; and learning to handle your emotions in front of an audience after both wins and losses are all valuable life skills. You should view your obligation to cooperate with the media as an opportunity to promote yourself, your team, sport, TRU Athletics and the university as a whole. Use the media to practice your communication skills, develop a positive image, and even advance your career.

Many of you have probably done media interviews during your high school or post-secondary career. How much you deal with media at TRU will depend on a combination of your personal success and that of your team, as well as the interest level in your sport, the uniqueness of your personal story, and how good of an interview you are.

The role of the media is not to be a cheerleader for you. However, in a non-professional setting like ours, media members for the most part are looking for interesting, upbeat stories that will resonate with readers, viewers or listeners, rather than looking to criticize your performance or dig into your personal life. You'll find that the more cooperative you are, the better chance you'll have of the media presenting positive stories about you.

Don't forget that media attention also means that your conduct both on and off the field will be under scrutiny because of your position as a TRU athlete. The last thing you want is to receive publicity for an unfortunate incident. Your conduct reflects not only you, but also on your entire team and every student-athlete at TRU. Media coverage is seen not only by fans, but also by university officials, your professors, alumni and key donors to name a few. We expect you to represent the WolfPack and the University with pride on and off the field at all times.

THE MEDIA

Kamloops is a fairly large media market in British Columbia, home to a local newspaper, a few community and specialty papers, a major television station, numerous radio stations, not to mention our campus media outlets. Here is a more in-depth look at the types of sports journalists you will come into contact with.

Campus Media

TRU has a campus newspaper outlet known as the Omega, staffed by fellow students. While these journalists are your campus peers, we aim to treat them like any media member and have extended them every professional courtesy. You will encounter students with varying degrees of knowledge about the athletics, teams, and sometimes even the sports themselves. Be patient as they get to know you and your team, and try to educate them in the process and make them feel welcome. They are our major link to the student body so be positive and promote your games.

Beat Writers

Newspaper beat writers cover TRU on a frequent basis, so they are a key link between TRU Athletics and our fans. Beat writers will become the most familiar members of the media to you because of the amount of time they spend with us, but they still must remain independent and impartial. Aside from writing post-game stories, they constantly seek out interesting human-interest feature stories about WolfPack athletes. Adam Williams and Marty Hastings are our dedicated beat writers from Kamloops This Week.

Radio

Kamloops has several local radio stations that show interest in TRU Athletic events. You may be asked to do an interview for CHNL 610 AM NL Radio, CKRV The River 97.5, 98.3 CIFM, CKBZ B-100 and/or CJKC Country 103. You might also see a radio crew out at practice or on game-day, where they'll want to chat informally and build up material for a broadcast. Jon Keen and Rick Wile represent Radio NL, The River and CJKC Country 103.

Television

More and more, television crews come to our practices and games, in part because of our sponsorship of "In the Den" (CFJCTV Thursday's and Monday's at 5 pm, 6 pm and 11 pm. Sometimes, an understaffed station like CFJC TV 7 or Shaw will simply send out a camera person to get clips of your practice or game. These people will likely ask very basic questions due to their lack of knowledge about your sport or team. Don't be offended. Just expand on the question and

try to give him/her a good quote to work with. Canada West and CIS also have partnerships with Sportsnet and TSN to broadcast championships and some regular season events. As with radio, the play-by-play crew could show up during game week to gather background footage and information.

Photographers

Photographers for newspapers and magazines must tell their stories visually, and often the quality of the picture determines the “play” (size and placement) the story gets in the publication. With this in mind, try to be patient with a photographer if he/she has a creative idea to explore. A shoot for a feature story usually takes 2 minutes but could take 20. Your willingness to cooperate with the photographer could be the difference between Page 12 and the front page of the newspaper. Andrew Snucins is our official photographer. Allen Douglas works with the Kamloops This Week and quite often, he sends us his photos for our website as well.

TRU Sports Information Office

Aside from facilitating any interaction you might have with the media, the Sports Information Office has internal needs to fill, such as the WolfPack website, the WolfPack magazine and submissions for university publications, to name just a few. Your Sports Information Director is Larry Read, who came to the WolfPack from the CFJC midday program. He is always available to help you become a better interview subject.

INTERVIEWS

The main way you will deal with the media is through interviews. While everyone’s comfort level with the interview process will vary, we encourage you to make yourself available to the media. The more interviews you do, the better you will become at handling them and the more fun they will be.

We ask the media to direct all interview requests through the sports information office and coaches and, for the most part, we will contact you and work around your athletic, academic and social schedules to set up a time. Sometimes, however, media members, especially campus media, will simply show up at a practice to talk to you or chase you down on the field after a game, and this is fine. If you have a phone interview to do, you are more than welcome to conduct the interview from the TRU Athletics office, especially if it’s a long distance call.

Interview Tips

Be courteous and friendly. Show up on time for all interviews. If not, you’ll get the interview off on the wrong foot. Greet the reporter with a handshake and introduce yourself.

Remember the real audience. You may be speaking to one reporter, but the real audience for your remarks is the thousands of fans, alumni or donors who will read or listen to your comments. Your goal with the media should be to put yourself in the best possible light with the real audience. You can do this by delivering a positive message no matter what the circumstances. People easily forgive mistakes made on the playing surface; they don’t easily forgive a bad attitude.

Avoid “yes” and “no” answers and fillers. This is your interview, so plan on doing about 50 per cent of the talking. All the reporter wants is a good quote so try to give him/her something to work with. Think before you speak and take a moment to organize your thoughts. This should also help you reduce using fillers like “um” and “like”.

There are no bad questions, only bad answers. It’s okay for a journalist to ask virtually any question, no matter how it may put you in an awkward position or seem stupid. You can’t control the questions, but you can control the answers. Know your message – hopefully a positive one – and bridge to it in your answers.

Be humble in victory and don’t make excuses in defeat. Be aware that talking too highly of yourself or negatively about your opponent could come back to haunt you if those comments end up as a bulletin board material. Be complimentary of teammates, coaches and opponents whenever possible. If you lose, give credit where it is due and don’t make excuses. Nobody likes a sore loser so save that talk for an internal setting.

Anticipate tough questions and you won't be caught off guard. If you fell before the finish line, missed a free throw with no time left, or dropped the winning catch be prepared to talk about it. You'll earn more respect from the media and the public if you talk after losses or bad performances. You can't expect to receive media attention only when things are going your way.

Keep it short and sweet. When doing interviews, especially for TV and radio, try to keep your answers meaningful but to the point (speak in 10 second sound bites). Due to their limited time on sportscasts, TV and radio reporters are looking for a good, short quote to work with. Giving them a clear starting and finishing point to your thoughts will also save them time in the editing room. The exception to this would perhaps be a large feature story, where longer, detailed and thoughtful answers are appreciated.

Don't say "no comment" when asked a question you don't want to (or think you shouldn't) answer, as it generates suspicion and can imply guilt. It looks bad in print and sounds bad on camera. Instead, say something like, "I don't think it's appropriate for me to comment on that", or "You know, that's not something I want to talk about right now. I'm just focused on our next game." If there's been a serious incident of some nature, simply tell the reporter that he/she must contact the Sports Information Officer.

Don't make "off the record" comments to reporters. They have a way of winding up in print. Using "off-the-record" is no guarantee of confidentiality. Don't say something unless you're prepared for it to be read or heard by the public.

Always try to look neat and clean for interviews. Appearances can sometimes say more than words, especially TV interviews. Much of the impression you make in TV interviews results from your personal style and your body language. This includes your dress, facial expressions and posture.

For TV interviews, look at the interviewer, not into the camera. If the TV or radio interview isn't live, don't hesitate to stop and ask if you can repeat your answer should you stumble. A taped interview will be edited anyway and the reporter wants as badly as you for it to come out well. In a busy game or practice environment, speak louder than normal as microphones will pick up background noises.

Feel free to ask the purpose of the interview before granting it. If you encounter an interview request out of the blue (i.e. something outside a game setting that was not set up by the Sport Information Office or coach), you have the right to know something about both the reporter and the subject matter. You don't have to do an interview, but there is a nice way of saying "no".

Relax and have fun. Be colourful, be likable, and let your personality show through. An interview shouldn't be a painful experience. For many of you this will be the only time in your life when a reporter is interested in what you have to say so try to enjoy it while it lasts. If you have any questions or feel you need assistance in dealing with an interview, please let the Athletics department know.

A WORD ABOUT DEADLINES

Time is of the essence for journalists, especially after evening games, so keep their deadlines in mind. When media members are seeking access to you after a practice or game, visit with them as soon as possible. If your event ends close to 10 p.m., they will need to speak with you right away, win or lose. This is the most difficult but most important skill to learn. It is not acceptable to blow off the media after a loss, especially when they have done a story on you or your team leading up to a game. You cannot expect coverage only when things are going your way, and with so many sports and leagues to cover in this market, it doesn't take much to turn a media member sour on covering university athletics. Sometimes, due to injury or sheer emotion there will be times when you absolutely cannot face a reporter right away. If you explain yourself quickly and honestly, rather than simply saying "I'm not talking", it will never be held against you. Perhaps all you need is a couple of minutes to cool off, and it's perfectly okay to ask for that. Reporters do understand the challenges of certain post-game situations, but it is still their job to try and tell the story.

A WORD ABOUT HEADLINES

The sportswriter who interviewed you did not write the headline for his or her story, nor the caption under the picture. An editor wrote them after reading the story so don't blame the writer for a less-than-complementary headline the next time you see him or her.

A WORD ABOUT COVERAGE

Coverage, internal and external, does not always reflect reality. Often, for the purposes of hype, the Sports Information Officer will promote a specific player over another, or pitch a certain story that has more potential for coverage in the mainstream media market. This is just the nature of the beast. Not everyone can be mentioned in every story and there is not enough time or space to do a story on everyone. What's news to reporters might not strike you as newsworthy, as many times they prefer to focus on human-interest stories rather than traditional accomplishments. The basic message is: don't let media coverage affect you or your team. Don't let it go to your head, don't let it affect team chemistry, and try not to take anything personally. Any positive story is good for the entire team because it means exposure.

TRU SPORTS INFORMATION OFFICE

The TRU Sports Information Office, currently located in room 110 of the TRU Athletics department at the TCC, serves as a communications link between TRU Athletics and the media, University, alumni and greater community. The office tries to generate timely and accurate coverage of the WolfPack by coordinating interviews, servicing the information needs of reporters, and compiling and maintaining statistics, bios, photographs and historical records. It also handles publications and the WolfPack website, and assists the marketing and promotions with the goal of filling the stands.

We firmly believe it is in the best interest of TRU and our athletes to provide optimum service to the media. At the same time, we realize that an athlete's school work, team practice and competition schedule come first, and we will do our best to coordinate interviews and other media requests accordingly. If you feel overloaded by an interview request or want advice on how to handle an interview, please don't hesitate to stop by the office. We are here to assist you.

The more we know about you, the better we can tell the media about you if and when they are looking to do stories. Don't be bashful in promoting yourself if you think you have a good story to tell. Our door is always open and phone always on. It is okay to call 24/7 if a media-related question comes up or a potentially harmful situation arrives when media members are present.

We will not give out your contact information to members of the media without consent. If reporters wish to conduct phone interviews, we will attempt to arrange a time for you to call them. Should you have a problem making an appointment for an interview in person or over the phone, it is essential that you contact us right away.

With the advent of social media: Do not respond to any questions posed by a reporter via snapchat, twitter or Facebook. Direct them immediately to Larry Read, your coach or Ken Olynyk. Just say "I would rather you go through one of these people. After they approve, I'll be happy to chat with you." Also please inform Larry, your coach or Ken that the reporter has contacted you in this way.

SOCIAL MEDIA

This section serves as the official policy for the use of Technology and Social Media for all varsity WolfPack sports programs within the Division of Athletics & Recreation (DAR) at Thompson Rivers University (TRU). These guidelines apply to all students creating or contributing to any kind of social media affiliated with the WolfPack or their role as a student-athlete. Please review each semester to ensure you have the latest updated information.

TRU Athletics & Recreation defines the term social media as "a group of internet based applications and technologies that allow users to have the same kind of real-time conversation that they might have with friends or neighbours with virtual friends around the globe. Social media technologies allow users to interact and collaborate with each other

online in the creation and sharing of information, ideas, and opinions". The DAR policy encompasses all types of social media as well as other technology-based conversations with a few or many people and any emerging social platforms.

All student-athletes are preparing for a career outside of university, be it sport related or not. During this venture, they represent themselves, the DAR and TRU, and this requires maintaining a high standard of behavior. Social media often spans traditional boundaries between professional and personal relationships and thus it takes additional vigilance to make sure one is protecting personal, professional, and university reputations.

Social media is a great way to help promote your program, your games, your fellow student-athletes and your activities. Check out WolfPack social media, and feel free to follow and repost, at:

Facebook: TRU WolfPack

Instagram: @goTRUWolfPack

Twitter: @goTRUWolfPack

GUIDELINES

All student-athletes must represent TRU, the DAR and themselves in a professional and respectful manner online. Be aware that there are no private sites, comments can be forwarded, copied and printed and systems can save information even if you delete a post.

Professionalism – Student-athletes must meet all applicable ethical standards, professional standards and the DAR policies. Making disrespectful or disparaging comments about officials, opponents, coaches, instructors, teammates or students on social media sites, all violate the above standards and policies. This includes any comments that are bullying, threatening, harassing, obscene, sexually explicit, racially derogatory, homophobic, or otherwise offensive.

Association with TRU - If you are identifying yourself as a TRU WolfPack student-athlete, consider how you wish to present yourself. Do not claim nor imply you are speaking on DAR's or your teammates' behalf unless you are authorized to do so in writing in advance. When you post or otherwise participate on a TRU WolfPack social media site, you are identifying yourself as a TRU WolfPack student-athlete.

Referencing, Copyright and Branding - When posting, be aware of the requirements of copyrights and referencing. Use of the TRU and WolfPack logos and graphics, which can only be used for a DAR sanctioned event, must be approved by TRU Athletics & Recreation administration. See the following site: <http://www.tru.ca/marcom/brand/faq.html>.

CONSEQUENCES:

Violation of this policy may result in the recommendation of suspension or dismissal from the varsity program to the University President. If an incident occurs, you must bring it to the attention of the DAR immediately. It is your responsibility to know and follow this and all policies of the DAR as well as your duty to report any violation to the DAR should you or another student-athlete violate this or any policy.

Please refer to the following documents for further information on student conduct and responsibilities:

- Respectful workplace and harassment prevention policy:
https://www.tru.ca/_shared/assets/respectful_workplace_harrasment_prevention_poilcy28967.pdf
- Responsible Use of Technology:
http://www.tru.ca/_shared/assets/Responsible_Use_of_IT_Facilities_and_Services5626.pdf

GRIEVANCE PROCEDURE

If an athletic representative feels unjustly treated, the following should occur:

1. Contact the coach and arrange an opportunity to discuss the matter in private. If not resolved;
2. Contact the Director, Athletics and Recreation. If not resolved;
3. Contact the Office of Student and Judicial Affairs on campus by calling or emailing at 250 371-5738, studentaffairs@tru.ca

FINANCIAL AID

Thompson Rivers University athletic teams' coaches are responsible for distributing their scholarship money as they see fit. Coaches are responsible for distributing the budget provided for scholarships.

External awards can be applied for through the university at the beginning of each semester. For more information in regards to external scholarship opportunities, refer to the Financial Aids and Awards website <http://www.tru.ca/financialaid.html> or visit their office in Old Main.

ATHLETIC YEAR END AWARDS

TRU Athletics offers a year end award of \$500 to returning student-athletes. To qualify for this award, a student-athlete must be returning to a WolfPack team, must have used a year of eligibility in the previous year and must have achieved a G.P.A. of 3.0 while passing 24 credits in the previous year. This \$500 award will be applied to the student-athlete's tuition once all of the qualifications have been confirmed.

HELPFUL TIPS – APPLYING FOR SCHOLARSHIPS

1. Always type or print clearly. Check carefully for spelling mistakes and poor grammar. When submitting an application it is always best to use an 8.5 x 11 envelope.
2. Be sure to include all awards, honours, and citations that you may have earned in sports, avocations, fraternal organizations or school. Mention special talents that you may have.
3. It can be very helpful to have general information that you can use for every scholarship application. This can often be in the form of a resume.
4. An official transcript is not always required with your application. Some academic institutions now have to charge \$10.00 to send out a transcript. Initially, for many scholarship programs, a photocopy or Internet copy of your latest academic record along with a statement of your GPA will suffice. An official transcript may be required later.
5. In calculating your education costs, be sure to include the many extra costs associated with higher education. These can include expensive textbooks, student loans, laboratory supplies, clothes, food, travel, typing, computer equipment, student fees, insurance, entertainment, photocopying and other less obvious costs.
6. When presenting your financial circumstances, clearly indicate the amount of money you will require to complete your entire education.
7. When listing references always include their full name, title/profession, complete address and telephone number. You can use the name of any person who is not related to you. Letters of reference are not required, unless requested.
8. Apply for all of the financial aid that you can. Note that only a small percentage of students take the time to return applications. Most fall victim to procrastination.
9. Apply promptly. The best time to fill out an application is when you receive it.
10. Scholarships are just one source of funding; there are many others. By also exploring alternative funding sources such as free grants, corporate sponsorships and income supplements, students have the opportunity to get more money for their education. These types of sources are generally available to students throughout the entire year in Canada.

MEDICAL SERVICES

Kevin Brechin – Athletic Therapist - cell (250) 320-4378

Sage Sports Institute
#200 – 910 McGill Road (attached to the south side of the TCC)
(250) 314-5000

The TRU Therapy Clinic is at Sage Sports Institute located at the Tournament Capital Centre. Normal hours of operation are Monday to Friday, and student-athletes may access therapy services during these hours with no cost to the athlete. Please be advised that drop-ins are not ideal as the head therapist's, Kevin Brechin, schedule fills up very quickly and generally will not be able to attend to your needs as he will already be busy with scheduled student-athletes.

The therapist will be at all home games, and is generally available for treatment and game day preparation 1.5 hours before each game. If you need special attention, or service outside of that time, please contact the therapist at least a day in advance.

To compete for the TRU WolfPack, every student-athlete must complete the following checklist:

- All student-athletes must NOT opt out of the TRUSU health plan.
- All international student-athletes must have medical health plan (BC Medical) or insurance in place before they can take part in varsity sport.
- All student-athletes must have medical done before start of organized practice for upcoming season.
- All student-athletes must complete a baseline concussion test before practicing or competing in varsity sport.
- All student-athletes must complete the CCES drug education before taking part in varsity sport.

Non-Emergency Contacts (Kamloops) Hospital

Ambulance: (250) 374-4411	Royal Inland Hospital
Fire: (250) 372-5131	311 Columbia Street
Police: (250) 828-3000	(250) 374-5111

Pharmacies

Walmart 1055 Hillside Drive (250) 374-8874	Shoppers Drug Mart 1210 Summit Drive (by Save-On) (250) 374-0477	Glover's Medicine Centre #6 – 1380 Summit Drive (250) 851-3131
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Safeway Food & Drug 945 Columbia Street (250) 374-2811	Costco 1675 Versatile Drive (250) 374-5336
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Walk-In Clinics

Urgent Care Clinic #4 – 910 Columbia St. W (250) 371-4905	Sahali Medical Clinic 1315 Summit Drive (250) 851-0212	Summit Medical Clinic #5 – 1380 Summit Drive (250) 374-9800
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ANTI-DOPING

It is mandatory for all student athletes to follow the procedures as outlined on the Anti-doping website. Athletes are responsible for completing the anti-doping course online before competing in league play. It is the athletes' responsibility to adhere to all anti-doping procedures, so make yourself familiar with the rules and regulations involved.

<http://education.cces.ca>

HAZING

Every year, NCAA and CIS schools experience hazing incidents that result in serious physical or emotional injury. Students seeking acceptance on their new team become victims! Each incident is guised in the inappropriate and misguided concept of a traditional initiation. Traditions that harm must be replaced with ones that build character and strengthen teams.

Hazing Policy

Thompson Rivers University has a zero tolerance policy on hazing, and the consequences can be severe.

Participation in hazing activities may lead to individual disciplinary action, team disciplinary action and/or termination of the team or student organization.

The University defines hazing as any action or activity that recklessly endangers the physical or mental health of a person, or that violates the dignity of another person. Hazing is further defined as any activity that is expected of someone to join a group or team that humiliates, degrades, abuses or endangers them, regardless of intention or willingness to participate. Initiation activities and initiation parties fall into this category. The University enforcement of hazing will prevail regardless of whether it is conducted on or off the University premises.

Hazing activities may include but are by no means limited to the following team functions: use of alcohol; nudity; paddling in any form; branding or shaving; creation of excessive fatigue; consumption of excessive and/or an unusual combination of food; physical and psychological shocks; quests, treasure hunts, scavenger hunts, road trips or any other such activities conducted on or off campus; wearing of apparel that is conspicuous and not normally in good taste; engaging in public stunts and buffoonery; morally degrading or humiliating games and activities; and any other activities that are not consistent with state and local law (including legal drinking age), or the regulations and policies of Thompson Rivers University.

The Hazing Test...

The following questions are intended to help captains of athletics teams and student leaders to think about issues of hazing when planning activities.

- Is this a team or group activity in which members are encouraged or expected to attend and in which minors are consuming alcohol?
- Will current members refuse to participate with the new members?
- Does the activity risk emotional or physical abuse?
- Is there a risk of injury or a question of safety?
- Would you have any reservations describing the activity to your parents, coach, professor or university official?
- Would you object to the activity being photographed for the school newspaper or local television news?

We fully understand the University zero tolerance policy towards hazing and initiation activity. We will not engage in any hazing or initiation activity as defined by the Student-Athlete Handbook. We understand the consequences will be severe, and may result in suspension, probation or expulsion from the team or from the University, the team may be disbanded entirely, and competition may be canceled. We further agree to provide an environment that is free from harassment of any kind.

Student-athlete Signature

Date

THOMPSON RIVERS UNIVERSITY STUDENT-ATHLETE CONTRACT

I, _____, as an athletic representative will;

- i) Adhere to all rules and regulations as outlined in the athletic handbook
- ii) Represent the University in a positive and beneficial manner both academically and athletically.
- iii) Be a positive, active influence in our community.
- iv) Be an ambassador for our athletic program, the university and the city of Kamloops when participating in competition out of town.
- v) Use good judgment and discretion when using social networking systems i.e. Facebook, Twitter, Snapchat, etc...
- vi) Strive to become the best student athlete I am capable of without sacrificing the integrity of sport by being respectful of officials, coaches, teammates and other members of the athletic community.
- vii) Adhere to the anti-doping policies.
- viii) Seek help for any personal, academic, or athletically related problems that may be inhibiting my performance as a student athlete.
- ix) Treat facilities, equipment, uniforms, and WolfPack gear in a manner that reflects my commitment to this program.
- x) Make a commitment to myself, my teammates, my coaches, and my peers in the athletic community to continually put forth my best effort to better Thompson Rivers University athletics.

ATHLETIC REPRESENTATIVE WAIVER

Participation in athletic activities involves the risk of personal injury. The use of equipment, facilities and premises of Thompson Rivers University by persons participating in athletic activities shall constitute acceptance of that risk regardless of the nature of the injury. The University, its officers, employees and agents shall not be liable for any injury, loss or damage sustained or suffered by persons participating in athletics or recreation activities at the University, whether caused directly or indirectly by the negligence or fault of the University, its officers, employees, other agents or otherwise, and the athletic representative hereby waives any such claim. Where the parent or guardian of the athletic representative has consented to the participation of the athletic representative by signing this registration form, the parent or guardian hereby agrees to waive any claim against the University which the parent or guardian may have for any injury, loss or damage sustained by the athletic representative and agrees to indemnify and save harmless the University from any claim made by the athletic representative.

WARNING: Any participant with known physical conditions that may be aggravated by participation in this sport (examples: epilepsy, heart conditions, joint problems, a state of poor physical fitness, etc.) should check with their physician before entering. Thompson Rivers University is not responsible for pre-event screening of participants and/or injuries incurred during the event.

Signature of Athlete: _____

Date: _____