

STUDENT ATHLETE HANDBOOK



Trent University
Department of Athletics & Recreation



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MISSION STATEMENT, STATEMENT OF VALUES, TRENT VARSITY ATHLETES

Mission Statement: Dedicated to excellence, Trent Athletics and Recreation is committed to providing opportunities for Trent students and the community at large to become involved in a wide range of recreational, sport and leadership activities, at all levels, with the objective of encouraging and developing healthy lifestyles.

Statement of Values: The Department embraces the values of Trent University and is committed to mutual respect, honesty, fair play, safety, fun, and continuous improvement.

Trent Varsity Athletes: Trent athletes have competed in varsity competition for 32 years. Despite this short history, Trent athletes have excelled at all levels of sport, while achieving academically. The University offers a balance of academics, sport and social opportunities consistent with the Athletics Department Mission statement.

In keeping with the British traditions from which our school was founded, Trent's athletic team symbol, Excalibur, represents King Arthur's sword. In battle, this sword is said to have possessed magical powers. Wearing the dark green and white colours, Trent athletes will distinguish themselves in the following sports:

Women's

Cross Country Running
Curling
Fencing
Rowing
Rugby
Soccer
Swimming
Volleyball

Men's

Cross Country Running
Curling
Fencing
Rowing
Rugby
Soccer
Swimming
Volleyball

Join the Green Trent University Excalibur

A Tradition of Excellence

DEPARTMENT CONTACT INFORMATION

All areas of the department can be reached through the Trent University switchboard at 705-748-1011, followed by the following extensions:

Main Athletics Complex Reception: ext. 1257

Main Office Fax: 705-748-1447

Bill Byrick Athletics Director	748-1252	
Doug Brown Pool and Building Operator	748-1011	ext 7258
Jill Brown Administrative Assistant	748-1011	ext 7521
Leslie Dalliday Assistant Director, Business Operations	748-1011	ext 7633
Holly Kuin Aquatic Supervisor	748-1432	
Carl McKeiver Lead Hand Cleaner	748-1011	ext 7258
Lori Moloney Member Services Agent	748-1257	
Melanie Sedge Coordinator, Camps and Campus Recreation	748-1011	ext 7631

VARSITY COACHES/CONTACTS

A copy of our list of varsity coaches and contacts is available at our website.

Mailing Address:
Department of Athletics and Recreation
1600 West Bank Drive
Peterborough ON K9J 7B8

INTERUNIVERSITY GOVERNING BODIES

Trent University's Department of Athletics provides students with the opportunity to take part in athletics, both as participants and fans. Interuniversity activities are available to all students and cater to those interested in the pursuit of excellence. We participate in the following sport governing bodies and leagues:

Ontario University Athletics (OUA)

The mission of the OUA, involving 18 member universities, is to provide exemplary interuniversity sport competition for student-athletes which respect the educational milieu of Ontario universities and, further, to provide leadership in fostering sportsmanship and fair-play in the pursuit of athletic excellence.

Ontario College Athletic Association (OCAA)

Founded in 1967, the OCAA has 31 member colleges/universities that compete both provincially and nationally. Recognizing the value of a balanced intercollegiate, intramural and recreational program, the OCAA's mission is to contribute to the total educational growth of the student.

Canadian Interuniversity Sport (CIS)

CIS is the national governing body of university sport in Canada. It is composed of the majority of degree-granting universities in the country, with 48 members. The 48 member institutions are also members of five geographically aligned regional associations. Each year, over 10,000 student-athletes across Canada participate in 10 disciplines with a competitive schedule of approximately 300 events starting in September and continuing to March. They begin a course of action that will lead to the ultimate goal of university sport, the red and white banner signifying a national championship.

STUDENT-ATHLETE ELIGIBILITY

The following eligibility regulations apply to **ALL** student-athletes at Trent University:

Full Time Student Status

Individual student athletes must be declared a **full time** student during the current academic year (beginning in September and ending in April). **Full time** status at Trent, as of September means enrolment in a **minimum of three (3) full courses**, or a combination of half and full courses, which total three (3) credits.

Minimum Course Requirement

In addition to being declared a full time student, during the Fall Term (September to December), and the Winter Term (January to April), the individual student-athlete must be registered in a **minimum of 1-1/2 (one and one-half) courses in each term.**

NOTE: *Full time student status/minimum course requirements are based on the Registrar's Academic Records of a **student's official enrolment** in courses, and payment of fees. Intending to enrol, being on a waiting list to enrol, or deferring enrolment **does not constitute official enrolment.***

Continuing Student Athletes

Any student-athlete (other than a first year student), who has previously competed in any varsity sport **must have successfully completed three (3) full courses** during the previous twelve months. Therefore, a continuing student-athlete is **ineligible** if, during their previous year of participation, he/she did not successfully complete 3 (three) academic credits.

Grounds for Immediate Ineligibility

A student-athlete becomes **immediately ineligible** for any competition by:

- Dropping from full-time (three (3) courses) to less than three (3), at any time during the academic year.
- Falling below the minimum requirement of one and one-half (1-1/2) courses in **any given term.**

NOTE: *The Department of Athletics receives a weekly computer check on the enrolment status of each individual student-athlete. Therefore, should a student-athlete drop a course which places him/him below the minimum, a course must be added at the same time to retain your full time eligibility status. Should a **student-athlete participate in any contest while ineligible**, the Department will be required to report that it has used ineligible athletes, and the league will apply the appropriate penalties (i.e. loss of points gained, etc.).*

Additional Eligibility Regulations

The following **additional eligibility regulations** tend to be sport specific, or association specific:

Transfer Rule: Student-athletes who compete at one institution and transfer to another institution, are not eligible to compete for one calendar year. This applies only to CIS sports for both men and women.

Five Year Rule: A student-athlete has a total of five (5) years of eligibility. This applies **only to CIS sports** for both men and women. **CIS sports include:**

Cross Country Running, Swimming, Soccer, Women's Rugby, Rowing

OCAA: A student-athlete has a total of four (4) years of eligibility (*Volleyball*).

Non-CIS: In non- CIS (men's and women's) the participant has unlimited eligibility (not restricted to five years), and is not affected by the transfer rule.

NOTE: *Loss of academic eligibility can only be redeemed by successful completion of 3 (three) full courses during a subsequent calendar year. During this time period, the individual is not allowed to compete. Sitting out, not attending an institution for one year or more does not restore one's academic eligibility. Academic eligibility, once lost, can only be regained by successful completion of three full courses.*

MINIMUM ACADEMIC REQUIREMENT

The following applies to students entering Trent University after September, 1994. Students who entered prior to September 1994 are governed by the Academic Regulations as published in the calendar year in their year of entry to the University.

Minimum academic requirements to continue studies at the University:

A first year student must attain an overall average of at least sixty (60%) percent in those courses in which they are registered. (Some programs may require a higher average to be eligible to continue studies in the specific program.)

Academic Probation

Students not meeting the minimum academic performance requirements will be placed on academic probation. Students placed on academic probation will be permitted to register for a maximum of three credits in the following Fall/Winter term. Individuals placed on academic probation will be re-evaluated following that Fall/Winter term. Students passing all three credits in which they were registered while on academic probation, and who have attained an average of at least sixty (60%) percent in these three credits, will be allowed to continue, and will be removed from academic probation.

Academic Suspension

Students who do not pass all the credits in which they were registered while on academic probation, or who do not attain the required average, will receive an academic suspension from studies for one calendar year.

Academic Debarment

Students not passing all three credits following re-admission from academic suspension, will be barred from further studies for a minimum of one calendar year. See calendar information listed under Minimum Academic Requirements.

VARSITY PROGRAM PRIORITY CRITERIA

General

In order to be considered as a Category I varsity sport team or a sport club, the sport must be recognized as a sanctioned OUA, OCAA and/or CIS (formerly CIAU) sport.

In order to include varsity teams as Category I sports, the competitive league standards and norms for varsity sport at the provincial and national levels will be weighed into the decision.

In order to be considered as a Category I varsity sport team, the following six criteria, listed in order of importance, should be considered as minimal standards/requirements.

Sport Criteria

1. Leadership (ability of the university to attract and retain certified quality coaching leadership).
2. Availability of safe and adequate facilities for training/competition.
3. Student interest (determined by the quality and number of athletes trying out for the team).
4. Financial ability of the Department of Athletics and Recreation to provide necessary support.
5. Alumni, Trent community, local community interest/support.
6. Competitiveness and past team successes.

CATEGORY I SUPPORT LEVELS

Coaching leadership support.

According to the Athletics and Recreation policy:

- uniforms and equipment services support
- travel support (based on official team complements)
- home events support
- secretarial support services
- administrative support
- consideration for out-of-province travel subsidies
- consideration for special sport science support

Priority consideration for the following:

- practice/competition facility scheduling
- athletic therapy services *
- communications/sports information services *
- alumni relations support services *
- recruiting support services

Athletes eligible to attend Athletic Awards

- * Developing elements of Trent University programs

CATEGORY I VARSITY TEAMS

Cross Country Running (M & W)
Curling (M & W)
Fencing (M & W)
Rowing (M & W)
Rugby (M & W)
Soccer (M & W)
Swimming (M & W)
Volleyball (W)

SPORT CLUBS

Sport clubs are student driven clubs designed to provide high level competition in order to:

- involve student-athletes in their specific sport, that is not a sanctioned OUA, OCAA sports (ie. cricket); and
- involve student-athletes in sports that either are developing or those that are reorganizing in order to meet the category I criteria.

Sport clubs receive the following support:

1. Administrative Support
2. Limited Operating Grant
3. Practice Facilities and Scheduling

STUDENT ATHLETE CODE OF ETHICAL BEHAVIOUR

Category: Intercollegiate Teams and Intercollegiate Sport Clubs

Trent student-athletes' personal conduct reflects upon the sport, their team mates, opponents, coaches, university supporters and the individual. To be a student-athlete at Trent University is to accept and adopt the concepts of fair play, respect, dignity, enjoyment and honour in all aspects of the athlete's sports participation.

PREAMBLE

All participants in events sponsored by the Athletic and Recreation Department of Trent University while participating in any athletic competition will act within the law, responsibly, and in a manner that helps to foster a positive image of the University and its Athletic program. This policy applies to all students, staff, faculty, coaches, program leaders and participants while involved in any aspect of a Trent Athletic and Recreation program, whether on or off campus. Participation in recreational or competitive athletics is a privilege that carries with it an obligation for appropriate behaviour by all participants.

Trent's coaches and program leaders acknowledge that their principle role is to assist athletes in the development of their athletic potential while supporting the educational elements of the athlete's academic program. It is essential to maintain professional relationships between coaches and athletes in order to foster a safe and inclusive environment. Therefore, the development of intimate personal relationships between athletes or participants and teachers/coaching staff/program leaders, is inappropriate. It is the duty of both supervisory staff and program leaders to ensure that professional relationships are maintained.

Coaches, program leaders and athletes of Trent University teams acknowledge that university sport is governed by the rules of the CIS, OCAA and OUA, or supplemented as appropriate by duly-empowered bodies of the provincial or national sport association and its affiliated International Association. In International University sport, FISU rules will also apply. Coaches, program leaders and athletes accept these rules as a fundamental and integral part of sport at the university level.

POLICY

Inappropriate Conduct

While representing Trent University in sanctioned athletic events, including attendance at tournaments, invitational events and other related functions, a student has the right to be free from harassment and discrimination on the prohibited grounds defined in the Ontario Human Rights Code. This includes, but is not limited to: *sexual harassment, harassment based on gender, race, ethnicity, religion, creed, disability and sexual orientation*. Such harassment and discrimination has the purpose or effect of unreasonably interfering with an individual's or a group's work or academic performance, or of creating an intimidating, hostile or offensive working, living or academic environment.

Within the Athletics and Recreation Department, all those with supervisory responsibilities including: faculty, coaches, program leaders and administrative supervisors, are expected to be aware of what constitutes harassment and discrimination. In addition, all such supervisors must not ignore inappropriate activities within their areas of responsibility. Supervisors are also responsible for ensuring that any complaints or concerns brought to their attention are attended to immediately and effectively, while respecting the confidentiality of all parties involved. All complaints **must** be directed to the Director of Athletics.

Sexual harassment means engaging in conduct or comment of a sexual nature that is known or should reasonably be known to be unwelcome. It includes, but is not limited to: sexual advances or remarks, the inappropriate display of sexually suggestive material, and unwanted physical contact of a sexual nature.

Discrimination is any action which has the effect of differentiating on the basis of prohibited grounds, resulting in inequality of opportunity and/or exclusion. Examples of this include: name calling or derogatory remarks, bias in administrative, employment and academic decisions, bias in the scheduling of activities, and discrimination in the provision of goods and services, access to premises, accommodation and other facilities. Discrimination can affect groups as well as individuals. It is considered a human rights issue when it involves one or more of the aforementioned prohibited grounds.

If you have concerns and would like assistance in resolving them, contact:

Your supervisor;
Your coach;
Director of Athletics (748-1252); or
Someone you trust who is in a position of authority.

If you are more comfortable speaking to someone outside the Department, do not hesitate to contact:

Office of Student Affairs at 748-1011 Ext. 5125
Human Rights Office staff 748-1011 Ext. 1501

These offices are available to provide support, advice and/or assistance in addressing any human rights issues.

Abusive Behaviour

Everyone has the right to be treated in a respectful manner. Nonetheless, there are occasions when there are abuses of power between individuals. The inappropriate use of power by one person over another can take many forms, and may or may not be related to other types of harassment and discrimination.

This type of abuse includes, but is not limited to:

- creating conditions of unreasonable isolation from other colleagues or peers

- assigning unreasonable quantities of work or making personal demands
- setting unrealistic or fluctuating expectations of athletic or work performance
- humiliation in front of staff, peers or co-workers
- inappropriate treatment which may be unrelated to athletic or work performance

Abusive treatment can come from one or many individuals, and the behaviour(s) can occur once or several times. Whatever form of abuse of authority you may experience, it can have the effect of disrupting your athletic or working environment and ultimately endangering your job or position on an athletic team.

All people with supervisory responsibilities should be aware of the interactions of their volunteers and staff. It is their responsibility to address abusive behaviour as soon as it comes to their attention, and to be helpful to those who bring complaints forward.

If you are unsure about where to go, remember that you can always seek assistance from the Director of Athletics and Recreation.

NOTE: *If you believe that you are the target of harassment, discrimination, or any other sort of abusive treatment, do not ignore it. It is important to tell someone you trust in order to reduce possible feelings of isolation and to clarify your experience. Remember too, that either Student Health, Counselling, Disability Services, or the Employee Assistance Program are available at no cost, should you wish to speak to a professional counsellor.*

Alcohol/Drug Policy

Possession or consumption of alcoholic beverages by persons under the legal drinking age of 19 years is illegal, as is the act of supplying underage individuals with alcohol. The use or possession of illegal drugs is prohibited. A zero tolerance policy with regard to drugs will be enforced.

Specifically, Trent's athletes, coaches and team support staff are not permitted to consume alcoholic beverages when traveling on Trent's team vehicles and/or at the site of competitions, contests or practices. This code applies to all varsity sport clubs and intramural clubs and recreational users, both at home and at away events.

The Department of Athletics and Recreation discourages the use of alcohol by student-athletes. Abide by and respect the laws of the land and the rules of your sport. It is important to support Trent's athletic program philosophy and adhere to the responsibilities and obligations of being a member of a Trent athletic team. Behave in a socially appropriate manner respecting at all times the rights of others.

Hazing and Initiations

Trent University varsity teams and clubs may have team socials in relation to the formation of their team, provided they are performed in a manner that respects an individual's human rights and integrity and in no way can be perceived as demeaning by the individuals involved. There must be an air of dignity, and respect associated with this type of team/club activity.

Team and club socials that degrade the individual, have forced participation, have alcohol or narcotic consumption, require nudity, place a person in a compromised position/situation, or involve general hooliganism, are not acceptable.

Each individual who participates in the process has a personal responsibility for the potential outcome of the acts engaged in and, therefore, the consequences of those acts. The **Department of Athletics will severely penalize** teams and individuals engaging in such unacceptable practices.

NOTE: *Infractions will be dealt with on a case by case basis. In the first instance, the case will be reviewed by the Athletic Director who will impose the sanction, if any, and inform all necessary individuals including the University administration. Sanctions may include, but are not limited to, individual suspensions from competition for one or more games, team suspensions for one or more games, suspension of individuals or teams from competition for one competitive season, cancellation of the program. Sanctions imposed by the Department of Athletics are in addition to sanctions that may be imposed by Student Affairs.*

It is recommended that teams and clubs consult with their coaches and the Director of Athletics to discuss any initiation plans that are being considered and the consultation should be at least three days prior to the activity. If a coach is not available, the team captain or organizing group is required to meet with the Director of Athletics to review the team's initiation plans.

Dress Code

In order to maintain and enhance the public image of the varsity Athletics Program, a clean and neat dress code for all varsity athletes and staff is expected.

This code will be used when Trent's teams are in the public eye as a group en route to any varsity competition including: home and away games, while boarding and disembarking from auto/bus/train/air transportation, travel to and from competition and overseas travel. **Coaches have the right to set dress code expectations for their teams provided it is a neat and tidy presentation.**

As a student-athlete, you are representing Trent University, the OUA, OCAA and CIS. Student athletes who represent Trent University at practice, home and away events, should not wear apparel which represents other institutions. Wearing of such apparel indicates a lack of pride in your association with your team and University. Student-athletes should be identified as Canadian athletes.

Zero Tolerance for Disrespect to Officials

There is a growing trend of disrespect for officials in all sports, and at all levels of sport. Such disrespect is exhibited by coaches, participants, fans, and administrators of sports programs. As leaders in sport, universities have the ability to influence sport, but also have a duty to do so. It is our responsibility, as primary role models, to provide a positive influence in this area, not only to our participants, but also to those who look at sport in an educational setting as establishing and carrying out a leadership role.

Disrespect of officials includes:

- the use of abusive or foul language toward an official
- continuing to argue a '>call' or the failure to make a '>call' by an official
- direct verbal or non-verbal insults at officials
- invading an official's space, even when instructed not to
- physical abuse of officials
- attempting to influence, intimidate or manipulate officials (>working the officials')
- post-game complaining about officials, which undermines their credibility

It is our duty as leaders in sport, to support and enhance the reputation of officials. Disrespect of those who are an integral part of the sport does little to enhance the value of the activity itself, nor the enjoyment of those who support and participate in it.

As representatives of Trent University, it is our expectation that you as an athlete take your leadership role in this area very seriously. It is expected that you will not only examine your behaviour toward officials, but will make a concerted effort to ensure your team mates' behaviour is exemplary. You are a role model in terms of your behaviour toward officials, and you should not engage in unacceptable behaviour. The rules of the game may or may not have repercussions for disrespect, but you need to understand that such behaviour will not be tolerated by coaches or the Department of Athletics.

Complaints and Violations

Complaints about an athlete's behaviour, a coach's behaviour, or an official's behaviour should be directed to the Athletic Department Office and dealt with by the Director of Athletics.

Violation of the above regulations will all be responded to and may result in the team member and/or coach being suspended from further intercollegiate competition. The Athletic Director will investigate complaints about official's behaviour.

HISTORY OF THE CANADIAN INTERUNIVERSITY SPORT DRUG EDUCATION AND DOPING CONTROL PROGRAM

In 1980, Canadian Interuniversity Sport (CIS) went on record of supporting the Federal Government program which provided funds to National Sport Governing Bodies for the purpose of testing athletes for performance enhancing substances. Although CIS did not have a drug testing program in place, its policy statement did include reciprocal respect of doping related sanctions.

At its General Assembly in June 1985, CIS included a statement in its eligibility regulation which allowed the Union to suspend from all CIS competition, including conference and non-conference play any athlete who had been proven through appropriate and due process to have used or be in possession of banned drugs in contravention of the rules of CIS and/or the respective national and/or international sport federation (included refusing to present oneself for testing). The length of the suspension corresponded with sanctions by other national and international associations. Athletes convicted of a second offence involving the use or possession of a banned substance would have been suspended from all CIS competition, including conference and non-conference play, for the remainder of his/her eligible years.

In May of 1987, the CIS Board of Directors formed an Ad Hoc Committee to address the practice of CIS testing university athletes for performance enhancing substances. The outcome of the Committee's review was the establishment of a three (3) phase program. The first phase was the implementation of mandatory drug education seminars for all athletes in football, wrestling, field hockey and track & field by September 1988. The second phase was the expansion of the mandatory drug education seminars for ALL CIS athletes by September 1989.

The Ad Hoc Committee was developing in conjunction with these two stages, the third and final step which was the development of a Drug Education and Doping Control Policy which included such areas as: mandatory education programs for all CIS sports; no-notice doping control at any time for football athletes; one year suspension for all first time doping infractions; lifetime for the second infraction. The policy was endorsed in June 1989. The policy was then changed in September 1990 to reflect the endorsement of testing those sports recognized by Canadian Interuniversity Sport other than football under National Sport Organization programs. The suspensions were changed from one (1) year to (2) years for all first time doping infractions in September 1991. Lifetime suspensions were still implemented for the second infraction.

With the advent of the Canadian Policy on Penalties for Doping in Sport, the Canadian Interuniversity Sport membership approved in December 1991 to change its policy to reflect the new sport eligibility penalties for major and minor doping violations. An athlete found to have a major doping infraction for the first time would be suspended for 4 years while an athlete found to have a minor doping infraction for the first time would be suspended for three months. A second major doping infraction would result in a life time suspension. A second minor doping infraction resulted in a 4 year suspension followed by a life time suspension for a third offence. The policy was in effect as of October 1992. The Anon-usage infractions@ which were outlined in the Federal Government's document entitled @Penalties for Doping Infractions@ were not implemented until August 1993. The Fall of 1993 also saw the addition of a counselling component to the reinstatement process.

In June of 1994, the CIS membership voted in favour of endorsing the new Canadian Policy on Penalties and Doping in Sport and incorporating them into the CIS Drug Education and Doping Control Policy. The new Canadian policy increased the CIS penalty for a doping infraction (major and minor are no longer considered different), to 4 years for the first and lifetime for the second.

The CIS policy was also changed to reflect the expansion of the CIS drug testing program to ALL Canadian Interuniversity Sport sports and not only football.

In June of 1997, CIS implemented a bond requirement for the A sample appeal. Athletes who wish to have their A sample opened are required to provide a \$300.00 bond.

The other changes to the policy were made in June of 1997 when CIS rescinded the team sanction from the list of penalties. In 1996, CIS had added this penalty to reinforce its unequivocal opposition to drug usage. A team who had a member with a doping infraction, would have lost each game the athlete participated in subsequent to the date of the doping infraction (date of the doping control). The rule was rescinded due to the pressure on the Canadian Centre for Ethics in Sport (the body responsible for the coordination of drug testing in Canada), to provide results on an immediate turnaround basis, so that results would be known prior to the next game, so that teams would not have to risk forfeiting games.

CIS also went on record in June 1997 as supporting a review of the Canadian Policy of Penalties for Doping in Sport and the Doping Control Standard Operating Procedures to include a mechanism to deal with admissions. The current Canadian Policy does not differentiate between an infraction determined by a laboratory test and an admission. The sanctions are the same in all instances.

In June of 1998, CIS rescinded the obligation to attend the seminar from the eligibility rules. The responsibility of informing athletes of the CIS Doping Control Policy and Sanctions rests with the CIS member institution and each student-athlete must receive, via the member institution, a copy of the CIS Doping Control and Drug Education Handbook which contains the banned and restricted substances list, as provided by the Canadian Centre for Ethics in Sport (CCES).

Furthermore, the CIS policy is shaped and defined by the Canadian Policy on Doping in Sport and the Doping Control Standard Operating Procedures. The Canadian Policy on Doping in Sport and the Canadian Doping Control Regulations (previously called the Doping Control Standard Operating Procedures) were revised and adopted as of January 1, 2000.

In August of 2001, CIS replaced its traditional Doping Control and Drug Education Handbook with the CIS Athlete's Guide and entered into a partnership with the Centre for Substance Use in Sport and Health to revise its doping control program resources.

NOTE: CIS reviews its policy on an annual basis. With the assistance of the CCES and its dedicated members, CIS strives to protect the right of all athletes who have chosen to compete drug free.

DRUG EDUCATION AND DOPING CONTROL

Position Statement

CIS is unequivocally opposed to an athlete's use of any banned or restricted substances or methods in contravention of its rules and the rules of the National and/or International Sports Federations, the International Olympic Committee, and the Federation internationale du sport universitaire.

CIS is unequivocally opposed to any encouragement of the use of such substances and/or methods by individuals in positions of leadership in university sport (ie. coaches, athletic staff, medical practitioners, sport scientists, administrators, etc.), or by the athletes themselves. The provision of, or administration of banned or restricted substances and/or methods to athletes is also forbidden.

Objectives of the Programs

- To make aware and educate university athletes and coaching staffs of the hazards and consequences of the use of IOC banned or restricted substances (performance enhancing drugs) or methods, as provided by the Canadian Centre for Ethics in Sport (CCES). The educational program will also include a discussion on ethics in sport.
- To establish an unannounced doping control program in accordance with the Canadian Policy on Doping in Sport and the Canadian Doping Control Regulations.

For a copy of the Canadian Doping Control Regulations and/or the Canadian Policy on Doping in Sport, please consult:

1. www.cces.ca/english/drugfr/drugfr6.html
2. Canadian Centre for Ethics in Sport (CCES)

Telephone: 1-613-521-3340
Toll free: 1-800-672-7775 (Canada only)
Fax: 1-613-521-3134
Email: info@cces.ca

MANDATORY OUA, OCAA and CIS ACADEMIC REGULATIONS

Guidelines for Student Eligibility Documentation Process

1.	Student athletes must attend a seminar on eligibility/drug doping (A compulsory meeting is assigned to each sport).
2.	Following the seminar, athletes must sign documents to fulfil eligibility and waiver requirements.
3.	Information is forwarded to the registrar for verification of student status on a CIS eligibility roster form.
4.	When the Registrar's office provides verification, a letter is forwarded to the OUA, OCAA or CIS office endorsed by the Athletic Director.
5.	Eligibility lists are forwarded to sport convenors and posted on the Trent Athletics Varsity web site.
6.	The course loads of student athletes are monitored on a weekly basis. Any changes in courses should be discussed or reported to your coach/Athletic Department in order to maintain one's eligibility status.
7.	Post season, the Athletic Department confirms individuals who have been assessed a year of eligibility and identifies athletes who will not be charged with a year of eligibility.
8.	Academic success of student athletes is checked during August for all individuals returning for another season. (Athletes must have completed 3 full credits in their previous calendar year.)

ARTHUR CUP ATHLETIC AWARD

The **Arthur Cup** is presented to the male and female student in their final undergraduate year, judged to have made the most contribution to the Varsity Athletic programs in terms of ability, sportsmanship, participation, and leadership during their time at the University. Involvement and leadership within the Campus Recreation program is considered an asset.

UNIVERSITY ATHLETIC AWARD

The **University Athletic Awards** are presented to undergraduate students who, over several years at the University, have made a significant contribution to the Athletic program (varsity and Campus Recreation). The University Athletic Awards are presented to students currently enrolled in their third year of undergraduate studies or higher.

ATHLETIC AWARDS CRITERIA DEFINED

Ability

- athleticism, proven skill, competence
- mental ability
- work ethic

Sportsmanship

- competitiveness
- encouraging to peers
- positive attitude/energetic
- motivating force
- honourable
- demonstrated fair play behaviour
 - respect the rules
 - respect the officials and their decisions
 - respect your opponent
 - give everyone an equal chance to play
 - maintain self-control at all times
 - never resort to or permit violence or abuse in any form

Participation:

- varsity
- campus recreation (intramural)
- college (ie. athletic re/captaining teams)
- sports clubs
- sporting committees/special events

Leadership:

- captaining teams
- setting the standard
- demonstrated on and off the field
- role modeling
- lead by example
- motivator
- ability to lead
- inclusive

RANKING: 1 ' highly recommended 2 ' recommended 3 ' not recommended

TRENT AWARDS LIST

Cross Country Running (Most Valuable Member)

Men's and Women's Curling

Fencing (Most Valuable Member)

Rowing (Michael Cullen and Rob DeJong Awards)

OUA & OCAA All-Stars

Gary Wolff Leadership Cup

Men's Rugby (MVP and Rookie Awards)

Women's Rugby (MVP and Rookie Awards)

Campus Recreation Champions Trophy

Campus Recreation Participation Awards

Men's Soccer (MVP and Coach's Award)

Women's Soccer (MVP and Coach's Award)

Swimming (Sophie Kingdon Trophy)

Women's Volleyball (MVP and Coach's Award)

OUA Coach of the Year

The Grail

University Athletic Awards

The Arthur Cup

GOVERNANCE – ATHLETIC ADVISORY COMMITTEE

The Director of the Department of Athletics and Recreation reports to the Director of Student Affairs. An Athletic Advisory Committee works with the Director of Athletics in advising on the overall organization of the Department.

Terms of Reference

To provide advice, ideas, and energy in determining the direction of Trent athletics and recreation, in servicing the University and local communities.

To work with the staff of Trent Athletics and Recreation in order to assess the needs of these communities. To provide advice to the Department with suggestions to satisfy these needs within the financial means.

To work with the staff of Trent Athletics and Recreation in gaining support for financing the operation of the Department.

To work with the staff in promoting the Department and its services to the various communities.

Members' Responsibilities Include:

Meeting a minimum of four times per year to both review the program, the Department results, and the needs in order to strategically plan for the future.

Reviewing input and once approved, recommending the budget to CASSC for formal approval through the ancillary fee process.

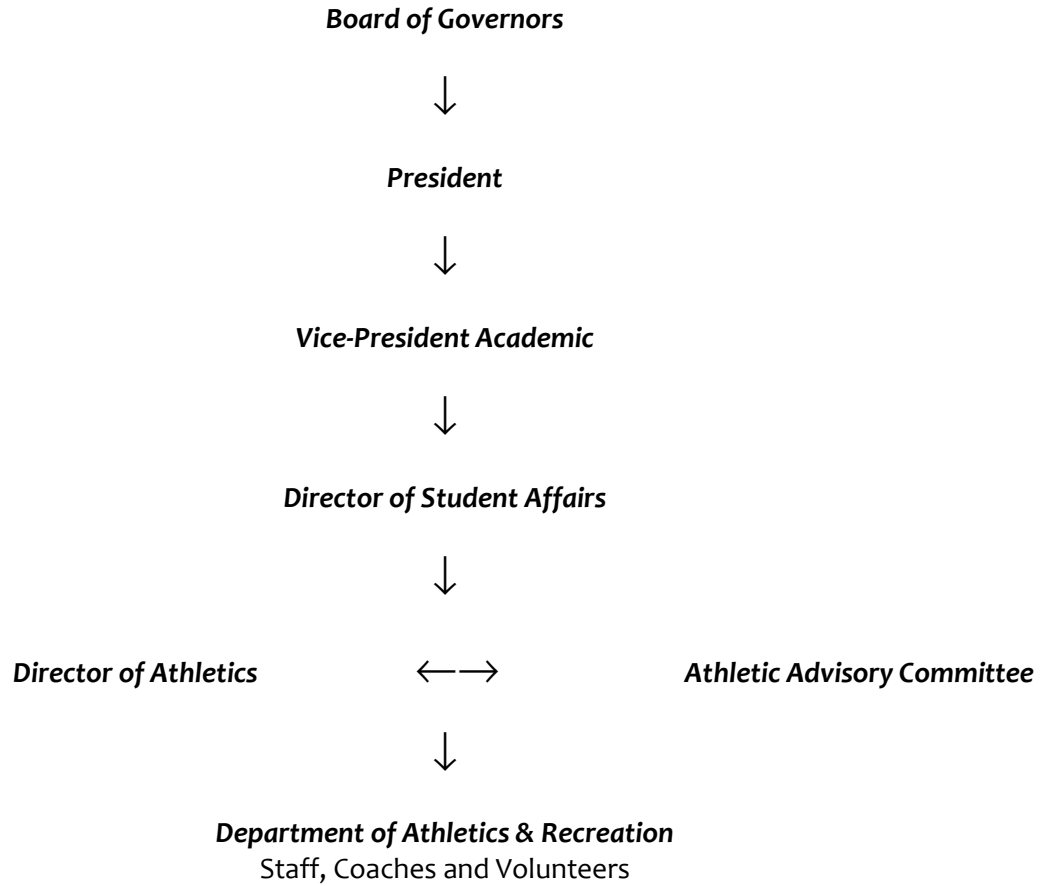
Working with the staff in assessing the needs of clients (community consultations)

Working with the staff in raising required funds to continue to operate and expand, based on the needs of the communities.

Committee Composition

Reps. from each cabinet	6 (1 from each total)
TCSA Rep.	1
GSA Rep.	1
College Dons	3 (1 from each)
Intramural Rep.	1
Varsity Athletic Rep.	1
Volunteer Coach	1
Faculty Reps.	2
Staff Reps.	2
Alumni Rep.	1
Community Reps.	2
Director of Athletics	1

Flow Chart



DEPARTMENT TRAVEL POLICY

Travel policy for the Department of Athletics and Recreation is the responsibility of the Director of Athletics and Recreation.

Athletes are responsible for ensuring their behaviour and department is above reproach when traveling and occupying accommodations while representing Trent University. All athletes will be responsible for their conduct and must ensure that all personal charges (telephone, movie rentals, etc.) are promptly paid prior to their departure from the accommodation.

Team Travel

Transportation of Athletes to/from Away Games

1. It is expected that all athletes will travel to and from all athletic contests in the rental vehicles provided through the Department.
2. Athletes may not transport themselves by their own personal vehicle unless permission, for valid reason, is provided by the coach. If such permission is given, the athlete absolves the University of any responsibility during such travel, and no expenses shall be provided for such travel. Should permission be given to travel by personal car, no other team member shall be allowed to accompany the athlete.
3. Athletes will return with the team in the rental vehicles provided unless permission, for valid reason, is received from the coach.

Regulations

Note the following rules that are set down by the University in regard to teams traveling:

1. Drivers of 12 and 15 passenger vans must hold an Ontario Class F Licence. We will assist you in obtaining the Class F Licence, if your team requires this vehicle for transportation.
2. **Vehicles transporting varsity teams must carry only varsity team members, coaches, doctors, trainers, and managers associated with that team. Spectators and/or others wishing to travel with the team, regardless of availability of seats are not allowed and must find their own alternate transportation.**
3. All traffic and parking tickets are the responsibility of the driver.
4. The coach is responsible for all athletes on charter buses, public transport or in University rental vans.
5. The consumption of alcohol on University chartered or rented vehicles is strictly prohibited. This is a Trent University policy and as a result, neither coaches nor bus company personnel may alter this directive or condone drinking on Trent vehicles (rented or chartered).

Accommodations

1. It is expected that all athletes will stay in the accommodation booked for the team's overnight trips.
2. Athletes should examine their assigned rooms for any items of disrepair to ensure that such problems are not attributed to their occupancy. Any problems should be reported immediately to the management of the establishment.
3. Athletes are personally responsible for any charges to the room, other than the base cost of the room rental.
4. Athletes are personally responsible for any damage to the room or any items reported missing from the room.
5. Alcoholic beverages are not allowed in accommodations provided and booked through the Department of Athletics.
6. Athletes are responsible for ensuring that their behaviour and deportment is above reproach while occupants of such accommodations.

FUNDRAISING & SOLICITATION

Fundraising/Support Activities

Individual teams/groups may be interested in a variety of fundraising projects to supplement their in-season and out-of-season operation. All such proposed programs must receive approval from the Department prior to carrying out any such program. This is to ensure that such programs follow not only the law, but also those guidelines as established by the University and Department policies. This includes solicitation of donations of services and/or goods from suppliers, restaurants, etc.

The University has a policy regarding off-campus pub-related events sponsored by Trent related groups. Such events must in no way bear the name of the University or Department of Athletics. Use of the University or Department name, places a degree of liability on the University, which it is not prepared to accept.

Sponsor Solicitation

Trent University has in place, a policy whereby all parties that are interested in soliciting sponsorship must have their requests approved by the Department of Athletics before they continue their pursuits. It is illegal to represent the University in asking for donations without receiving proper permission.

Within the Department of Athletics, all varsity teams and clubs sponsored by the Department must have all of their requests for sponsorship channelled through the individual who is in charge of the respective program. This individual will then be the liaison within the Department of Athletics.

Failure to abide by the University or Department policy will mean forfeiture of their practice facilities (for any club trying to become a varsity sport). The duration of this forfeiture will be decided upon by the Department of Athletics. If a varsity sport fails to abide by the policy, the Athletic Director will pursue action against the sport.

STRENGTH AND CONDITIONING

All varsity student-athletes have the privilege of using the Strength and Conditioning Rooms. Each athlete may access the rooms with a training partner. Special team training sessions will be coordinated through the sport coach and the facility reserved. Strength and conditioning consultant (Glenn Millar) is also available to design individual and team programs. Please coordinate such requests through the Director of Athletics.

There are a number of rules and regulations which are posted in the room which must be followed for your safety and the safety of other athletes. It is critical that all athletes report to their first practice session in excellent shape. As a result, we encourage year-round training and regular use of the AC facilities.

SAFETY

Safety on Campus

It is important not to become overwhelmed by the idea of violence on campus. It is reasonable, however, to exercise a sensible degree of awareness with respect to your environment:

- Whenever possible, try to travel with friends. As the saying goes, "There is safety in numbers."
- Plan your route when around campus. Keep to well-traveled routes (main streets and well-lit areas). Avoid shortcuts, as these routes are often isolated and poorly lit.
- Travel on routes that will place you near the emergency and assistance phones which have been installed around the campus.
- When traveling at night, especially after drinking, is aware of safe-travel options. The Walkhome Service is there for you...so please use it!
- If you want to study outside your home at night, try to do so in well-lit, patrolled and populated areas. Consider studying with a friend.
- If you are studying late, call Trent Security to let them know where you are and ask them to check up on you from time to time.
- Stay alert and pay attention to what is happening around you.
- Wherever you live, keep your door locked when you are alone and do not admit strangers.
- Last but not least, trust your intuition and act upon it.

Emergency Phones and Assistance Phones

The outdoor EMERGENCY PHONES are directly connected to the Security Department. All phones are to be used in a crisis situation (suspicious persons, medical emergency, situations which make you feel uncomfortable). These phones are easily identified by their blue light and yellow box with a red button. They are located on frequently traveled routes to create better access to emergency services along those routes. When the red call button is pushed, a signal in the Security Office indicates the exact location of the call, at the same time establishing two-way communication. If no voice is heard, Security staff respond immediately to investigate the situation. The ASSISTANCE PHONES assist in a more direct manner than ordinary telephones. No coins are needed, just lift the receiver and dial. The assistance phones offer direct lines to:

- Security
- Walkhome
- Taxi Service (one specific company)

A false or unwarranted activation of an emergency or assistance phone jeopardizes the safety of others. For this reason, prank callers will be charged under the Criminal Code.

Walkhome	9-742-3668
Trent Security	748-1328

ACADEMIC SUPPORT

The Academic Skills Centre

There are many ways in which the Academic Skills Centre can help student athletes at Trent. The most important thing to do is to get yourself organized and ready to balance a highly demanding schedule that will likely contain some very busy periods: the usual academic crunch times and the times when your athletic involvement is at its peak. Developing effective time management strategies is key, and this must be done as early as possible in the school year (the first week of classes in September is perfect). Having a time management consultation with one of our instructors will enable you to develop a personalized schedule and time management strategy to help you cope with the competing demands of your schedule and not let the times when assignments are due overwhelm you and ruin your year (or your academic career).

Our instructors can also help with many other aspects of academic life. Consider discussing assignments in progress: how to topic, find a thesis, or conduct research in any discipline (humanities, social sciences, sciences, nursing, and education. We can help in all areas). Or bring in a draft and we can advise on your writing strengths and indicate where you might need to improve; we can do the same with marked and returned essays so you can learn from your experiences. In addition to discussing written assignments, we also provide assistance with seminar presentations, exams, reading and study skills , and we can demystify the academic jargon that can sometimes be quite baffling.

Remember, too, that the Centre has workshops and mini-courses, early in the fall and winter terms, on writing skills, grammar, study skills, and other topics. And almost everything we teach is contained in our highly recommended and inexpensive publications that are available at the Bookstore and at the Centre.

We're available for individual 45-minute consultations all year round (including summer), by appointment or through our weekly drop-in service. If you take control of your academic life early you will be able to juggle your responsibilities more effectively...and you (and your grades) won't regret a small investment of time and effort.

Don't know where to find us? Contact us at:

Location:	Champlain College, Suite 206, just above the Great Hall
Telephone:	748-1720
Email:	acdskills@trentu.ca
Website:	www.trentu.ca/academicskills

SPECIAL NEEDS OFFICE

The Special Needs Office provides support and advocacy on behalf of students with disabilities at Trent. Early contact with this office is encouraged for any student who may require special academic support services due to physical, sensory and/or learning disabilities. Each student is accommodated according to individual need, based on documentation of his/her disability and within the resources available.

Some of the services provided include:

- \$ note-taking/sharing for students with hearing or mobility impairments or for students with learning disabilities whose documentation verifies the need for such a service;
- \$ exam invigilation for students who require extra time, computer exams or environments with reduced distraction levels;
- \$ books-on-tape for students with visual impairment or learning disabilities. Students should contact the Special Needs Office to register with the provincial system;
- \$ bursary funding for students who have disability related educational expenses such as specialized equipment (ie. tape recorders, computers, software), or services (LD testing, tutoring, note-taking expenses);
- \$ academic skills workshop specially targeted for students with learning disabilities;
- \$ library support for students who require aid in searching or retrieval of library resources; and
- \$ other services and supports include campus guides for students with visual impairment, access plans for students with mobility impairment, infrared and FM systems for students with hearing impairments, equipment loans, and liaison with faculty, staff and outside agencies.

HEALTH SERVICES

Physiotherapy, Athletic Therapy and Massage Therapy Services

Since 1993, Trent varsity athletes have been working with:

Trent Health in Motion

1600 West Bank Drive

Located on the grounds of the Athletics Complex

Telephone: (705) 741-4758

Trent Health in Motion is staffed by Registered Physiotherapists, Massage Therapists, Kinesiologists and Certified Athletic Therapists.

Services

Game Coverage

A Registered Physiotherapist and/or a Certified Athletic Therapist is onsite 1 hour prior to all home and away games for preventative taping, stretching and consultation and is responsible for the safety of all Varsity athletes during games. (Men's and Women's Soccer, Rugby and Volleyball). Each team will have a primary therapist contact.

Injury Rehabilitation

Injuries that require follow-up are referred to the clinic to be further assessed and treated by a Physiotherapist. Fee for Service at the clinic is provided at a discount rate for Trent University Varsity Athletes.

The Trent University Health Plan covers \$20.00 per assessment and has an annual maximum of \$300.00 per school year. Students may also find they have coverage through parents' extended health benefit plans. Students require a physician referral in order to access coverage through their student health plan. Physicians are available at Student Health Services for athletes without a local physician.

COMMONLY ASKED QUESTIONS AND ANSWERS

1. Q: *Can I compete on a team and still do well academically?*
A: Academics are the reason that one chooses to go to university. It has been proven that those who compete on teams, regularly produce averages that are higher than the overall university average.
2. Q: *How often do teams practice?*
A: For the most part, teams practice Monday to Thursday and compete on weekends.
3. Q: *Does travel interfere with classes?*
A: Because of the nature of conference and distances that are traveled between schools, students will miss some classes. We endeavour to keep this to a minimum.
4. Q: *What are the travel expenses?*
A: Varsity athletes are provided with transportation and accommodation. When traveling out of town to conference events, students are responsible for their own meals, spending money, etc.
5. Q: *What equipment is supplied?*
A: For the most part, Trent Athletics supplies all uniforms and equipment with the exception of footwear and undergarments. Practice clothing is not provided.
6. Q: *What is the cost of attending university?*
A: Although this is a difficult questions to answer, the common answer is that students living away from home can expect to spend in excess of \$8,500.00 plus tuition, while those living at home can expect to spend less than half of that.

STUDENT CODE OF ETHICS & CONSENT FORM

PART I - Code of Ethics

I, _____ (*please print name*) have read and familiarized myself with the Student Athlete Handbook and understand that as a Trent student-athlete, I represent the University and will conduct myself in an appropriate manner at all times.

PART II - Consent

I hereby authorize the Trent University Department of Athletics to release, to the OUA, OCAA, CIS and affiliated sport associations, the information provided on the registration and media information forms. I also grant the Director of Athletics access to my academic records.

Student-Athlete Signature: _____

Student Number: _____

Faculty: _____

Sport Team: _____

Date: _____

All Trent varsity athletes must complete an online athlete registration and waiver process, available on the Trent varsity website: http://www.trentvarsity.ca/varsity_join_a_team.php

LEADERSHIP AND PROGRAM ANNUAL FEEDBACK PROCESS

Read this first. In this questionnaire we are interested in **the coaching you presently receive.**

§ in PART ONE of the questionnaire we ask about how **frequently** you experience various aspects of coaching behaviours.

§ in PART TWO of the questionnaire we ask about other elements of your sporting life.

Instructions

1. Please read each question carefully and answer it to the best of your ability.
2. For each scale, circle the number that best represents your opinion about each statement. If the statement does not apply to the coaching you received, circle '>n/a' (not applicable).
3. Please be sure to read the introduction at the beginning of each section.

Head Coach: _____

Assistant Coach: _____

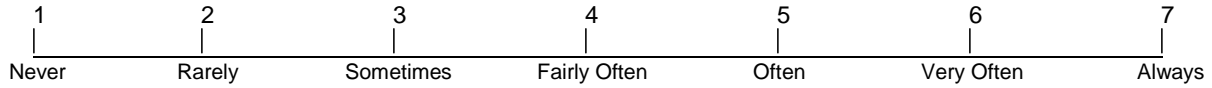
Assistant Coach: _____

Assistant Coach: _____

PART ONE – How frequently do you experience the following coaching behaviour.

Some athletes have a single coach and other works with a coaching team. If you have more than one coach or coaches, most responsible for that area.

Please use the scale below to answer all the sections in Part Two.



The coach(es) most responsible for my **physical training and condition...**

If the head coach is **not responsible** for this section, please identify the person who is: _____

	Never			Fairly Often		Always			
1. provides me with a physical conditioning program in which I am confident	1	2	3	4	5	6	7	n/a	
2. provides me with a physically challenging conditioning program	1	2	3	4	5	6	7	n/a	
3. provides me with a plan for my physical preparation	1	2	3	4	5	6	7	n/a	
4. provides me with a plan for my physical preparation	1	2	3	4	5	6	7	n/a	
5. ensures that training equipment is organized.	1	2	3	4	5	6	7	n/a	
6. provided me with structured training sessions	1	2	3	4	5	6	7	n/a	
7. provides me with an annual training program	1	2	3	4	5	6	7	n/a	
8. gives me training exercises which are dangerous	1	2	3	4	5	6	7	n/a	
9. uses physical exercise as a punishment	1	2	3	4	5	6	7	n/a	

In the space below add any personal comments about your coach's physical training and planning behaviour.

The coach(es) most responsible for my **technical skills....**

If the head coach is **not responsible** for this section, please identify the person who is: _____

	Never			Fairly Often		Always			
1. provides me with advice while I'm performing a skill	1	2	3	4	5	6	7	n/a	
2. gives me specific feedback for correcting technical errors	1	2	3	4	5	6	7	n/a	
3. gives me reinforcement about correct technique	1	2	3	4	5	6	7	n/a	
4. provides me with feedback that helps me improve my technique	1	2	3	4	5	6	7	n/a	
5. provides visual examples to show how a skill should be done	1	2	3	4	5	6	7	n/a	
6. uses verbal examples that describe how a skill should be done	1	2	3	4	5	6	7	n/a	
7. makes sure I understand the techniques and strategies I'm being taught	1	2	3	4	5	6	7	n/a	
8. provides me with immediate feedback	1	2	3	4	5	6	7	n/a	
9. teaches me how to use illegal tactics	1	2	3	4	5	6	7	n/a	

In the space below add any personal comments about your coach's technical skills.

1	2	3	4	5	6	7
Never	Rarely	Sometimes	Fairly Often	Often	Very Often	Always

The coach(s) most responsible for my **mental preparation**...

If the head coach is **not responsible** for this section, please identify the person who is: _____

	Never			Fairly Often			Always	
1. provides advice on how to perform under pressure	1	2	3	4	5	6	7	n/a
2. provides advice on how to be mentally tough	1	2	3	4	5	6	7	n/a
3. provides advice on how to stay confident about my abilities	1	2	3	4	5	6	7	n/a
4. provides advice on how to stay positive about myself	1	2	3	4	5	6	7	n/a
5. provides advice on how to stay focused	1	2	3	4	5	6	7	n/a
6. teaches me to hate my opponents	1	2	3	4	5	6	7	n/a

In the space below add any personal comments about your coach's mental preparation behaviour.

The coach(s) most responsible for my **goal setting**...

If the head coach is **not responsible** for this section, please identify the person who is: _____

	Never			Fairly Often			Always	
1. helps me identify strategies to achieve my goals	1	2	3	4	5	6	7	n/a
2. monitors my progress toward my goals	1	2	3	4	5	6	7	n/a
3. helps me set short-term goals	1	2	3	4	5	6	7	n/a
4. helps me identify target dates for attaining my goals	1	2	3	4	5	6	7	n/a
5. helps me set long-term goals	1	2	3	4	5	6	7	n/a
6. provides support to attain my goals	1	2	3	4	5	6	7	n/a
7. provides an environment that is motivating	1	2	3	4	5	6	7	n/a
8. sets unrealistic goals for me	1	2	3	4	5	6	7	n/a
9. sets my goals for me without consultation	1	2	3	4	5	6	7	n/a
10. expresses low expectations for me	1	2	3	4	5	6	7	n/a

In the space below add any personal comments about your coach's goal setting behaviour.

1	2	3	4	5	6	7
Never	Rarely	Sometimes	Fairly Often	Often	Very Often	Always

The coach(s) most responsible for my **competition strategies**...

If the head coach is **not responsible** for this section, please identify the person who is: _____

		Never		Fairly Often		Always		
1. helps me focus on the process of performing well	1	2	3	4	5	6	7	n/a
2. prepares me to face a variety of situations in competition	1	2	3	4	5	6	7	n/a
3. keeps me focused in competitions	1	2	3	4	5	6	7	n/a
4. has a consistent routine at competition	1	2	3	4	5	6	7	n/a
5. deals with problems I may experience at competitions	1	2	3	4	5	6	7	n/a
6. shows confidence in my ability during competitions	1	2	3	4	5	6	7	n/a
7. ensures that facilities and equipment are organized for competition	1	2	3	4	5	6	7	n/a
8. is angry with me if I lose	1	2	3	4	5	6	7	n/a
9. focuses on winning at all costs	1	2	3	4	5	6	7	n/a
10. threatens punishment for losing	1	2	3	4	5	6	7	n/a

In the space below add any personal comments about your coach's competition behaviour.

My head coach...

		Never		Fairly Often		Always		
1. shows understanding for me as a person	1	2	3	4	5	6	7	n/a
2. is a good listener	1	2	3	4	5	6	7	n/a
3. is easily approachable about personal problems I might have	1	2	3	4	5	6	7	n/a
4. demonstrates concern for my whole self (ie. Other parts of my life than sport)	1	2	3	4	5	6	7	n/a
5. is trustworthy with my personal problems	1	2	3	4	5	6	7	n/a
6. maintains confidentiality regarding my personal life	1	2	3	4	5	6	7	n/a
7. uses fear in his/her coaching methods	1	2	3	4	5	6	7	n/a
8. yells at me when angry	1	2	3	4	5	6	7	n/a
9. disregards my opinion	1	2	3	4	5	6	7	n/a
10. shows favouritism towards others	1	2	3	4	5	6	7	n/a
11. intimidates me physically	1	2	3	4	5	6	7	n/a
12. uses power to manipulate me	1	2	3	4	5	6	7	n/a
13. makes personal comments to me that I find upsetting	1	2	3	4	5	6	7	n/a
14. spends more time coaching the best athletes	1	2	3	4	5	6	7	n/a

In the space below add any personal comments about your coach's personal behaviour.

1	2	3	4	5	6	7
Never	Rarely	Sometimes	Fairly Often	Often	Very Often	Always

Does your coach share responsibilities with an assistant or assistants? Yes _____ No _____
 (other coaches, sport psychologists, trainers, nutritionists, etc.)

- If **YES**, continue with the following items.
- If **NO**, go to the next section (Part Three)

The assistant(s)...	Never	1	2	3	Fairly Often	4	5	6	7	Always	n/a
1. help with my technique	1	2	3	4	5	6	7	n/a			
2. help with my physical conditioning	1	2	3	4	5	6	7	n/a			
3. has skills that compliment the head coach	1	2	3	4	5	6	7	n/a			
4. help conduct training sessions	1	2	3	4	5	6	7	n/a			
5. help me set goals	1	2	3	4	5	6	7	n/a			
6. help with my mental preparation	1	2	3	4	5	6	7	n/a			
7. help me prepare for competition	1	2	3	4	5	6	7	n/a			
8. help me at the competition site	1	2	3	4	5	6	7	n/a			
9. work well with the head coach	1	2	3	4	5	6	7	n/a			
10. are uncertain of their responsibilities	1	2	3	4	5	6	7	n/a			
11. tell me different things than my head coach	1	2	3	4	5	6	7	n/a			
12. disagree with each other	1	2	3	4	5	6	7	n/a			

In the space below add any personal comments about your coach's use of assistants.

PART THREE – Other Elements of your sporting Life

Please note the DIFFERENT WORDS on this scale.

1	2	3	4	5	6	7
Extremely Dissatisfied	Dissatisfied	Slightly Dissatisfied	Neutral	Slightly Satisfied	Satisfied	Extremely Satisfied

If the head coach is **not responsible** for this section, please identify the person who is: _____

Rate the following aspects of the coaching you receive	Extremely Dissatisfied	1	2	3	Neutral	4	5	6	7	Extremely Satisfied	n/a
1. The leadership provided by my coach/coaches.	1	2	3	4	5	6	7	n/a			
2. How my coach/coaches treat me.	1	2	3	4	5	6	7	n/a			
3. The ability of my coach/coaches to teach me.	1	2	3	4	5	6	7	n/a			
4. The guidance provided by my coach/coaches.	1	2	3	4	5	6	7	n/a			
5. The respect and fair treatment I get from my coach/coaches.	1	2	3	4	5	6	7	n/a			
6. How my coach/coaches deal with problems.	1	2	3	4	5	6	7	n/a			
7. The support I get from my coach/coaches.	1	2	3	4	5	6	7	n/a			

