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Greetings,

Welcome to Queens College, home of the Knights. Of the 322 active Division II institutions, you chose the best valued school in the country. We have the best college leadership, professors, coaches and athletic administrators to guide you towards success. I hope that your student-athlete experience will be positive, rewarding, and challenging throughout your time here. If we can be of assistance to you, please do not hesitate to contact me or any of the athletic staff. Student-athletes are our #1 priority. Thank you for joining our family and strengthening our KNIGHT P.R.I.D.E.!

Sincerely,

China Leigh Jude
Assistant Vice President/Athletics
Queens College Mission Statement

The mission of Queens College is to prepare students to become leading citizens of an increasingly global society. The college seeks to do this by offering its exceptionally diverse student body a rigorous education in the liberal arts and sciences under the guidance of a faculty that is dedicated to the pursuit of excellence and the expansion of the frontiers of knowledge. Its goal is that students learn to think critically, address complex problems, explore various cultures, and use effectively the full array of available technologies and information resources.

Within a structured curriculum and in an atmosphere of collegiality and mutual respect, the college fosters an environment in which students learn the underlying principles of the humanities, the arts, and the mathematical, natural, and social sciences. The college also prepares students in a variety of professional and pre-professional programs that build upon and complement the liberal arts and sciences foundation.

Recognizing the special needs of a commuting student population, the college strives to create a broad range of intellectual and social communities. The college offers a spectrum of curricular and co-curricular programs that serve individuals and distinctive student constituencies.

In support of the need for advanced study in the liberal arts and professions, the college offers a variety of master's degree and certificate programs. In particular, the college recognizes and accepts its historic responsibility for providing high quality programs for the pre-service and in-service education of teachers.

As a partner with CUNY's graduate school, the college provides faculty and resources in support of the university's mission in doctoral education and research. The college employs university graduate students and prepares them for careers in higher education and research, and it supports faculty who serve as mentors for doctoral students and engage in related scholarly activities.

For its faculty, the college seeks productive scholars, scientists, and artists deeply committed to teaching. It endeavors to enhance the teaching effectiveness of faculty and to encourage their research and creative work. The college recognizes the importance of a diverse faculty responsive to the needs and aspirations of students of all ages and backgrounds.

As a public institution, Queens College provides affordable access to higher education and embraces its special obligation to serve the larger community. It is a source of information in the public interest; it is a venue for cultural and educational activities serving the general public. Through its graduates’ contributions to an educated workforce and through the leading roles they assume in their local communities, the college is vested in the economic future and vitality of New York.

As one of the most culturally diverse campuses in the country, Queens College faces special challenges and opportunities. By balancing tradition and innovation in the service of this diversity, it represents the future of the nation.
Queens College Athletics Mission Statement
In the belief that an integrated curriculum should foster students’ physical as well as cognitive abilities, the Athletics Program presents students with an opportunity to participate in and enjoy varsity as well as intramural and recreational athletics. Athletics encourages every student-athlete to complete a meaningful academic degree program, participate fully in the college community and prepare for life after college athletics. Athletics is an integral part of the college’s educational program. Athletics strives to provide equitable opportunities (as defined under Title IX and Office of Civil Rights guidelines) for all students to engage in intercollegiate athletics as a means of satisfying the need for sport participation on a high level of amateur competition, according to principles of fair play and amateurism as defined by the NCAA. In addition, athletics provides opportunities for non-players to assist in organizing and conducting intercollegiate events; provides a means for students, faculty and members of the community to develop closer ties and identification with the College; and develops and maintains favorable athletic relations between Queens College and other colleges and universities.

National Collegiate Athletic Association
The National Collegiate Athletic Association (NCAA) is the organization through which the nation’s colleges and universities speak and act on athletic matters at the national level. It is a voluntary association of more than 1,150 institutions devoted to the sound administration of intercollegiate athletics. The NCAA organizational structure includes three divisions, I, II and III. The NCAA strives to maintain intercollegiate athletics as an integral part of the educational program and the athlete as an integral part of the student body. The NCAA also stands for good conduct in intercollegiate athletics and serves as the colleges’ national athletics accrediting agency.

Division II

“Life in the Balance”
Higher education has lasting importance on an individual’s future success. For this reason, the emphasis for the student-athlete experience in Division II is a comprehensive program of learning and development in a personal setting. The Division II approach provides growth opportunities through academic achievement, learning in high-level athletics competition, and development of positive societal attitudes in service to community. The balance and integration of these different areas of learning opportunity provide Division II student-athletes a path to graduation while cultivating a variety of skills and knowledge for life ahead.
Metropolitan Swimming Conference

Mission Statement
The objective of the Conference shall be to foster and maintain intercollegiate swimming and diving competition among its members.

The Metropolitan Swimming Conference (METS) is one of the largest intercollegiate swimming and diving conferences which includes NCAA division I, II, & III teams from the New York metropolitan region.

2016-2017 Members:
Adelphi University Montclair State University Southern Connecticut State University
Baruch College Mount St Mary College The College of New Jersey
LIU Post Pace University The College of St Rose
Queens College Ramapo College US Merchant Marine Academy
College of Staten Island Rowan University William Paterson University
Hunter College University of Bridgeport SUNY Maritime College
Lehman College St Francis College

East Coast Conference

Mission Statement
The East Coast Conference is committed to the highest standards of scholarship, sportsmanship, teamwork and citizenship. Its mission is to promote the total person concept in its student-athletes, which stresses the abilities to excel in academic achievement, athletic competition and positive character traits.

History of the ECC
Founded as the New York Collegiate Athletic Conference in 1989 and rechristened the East Coast Conference in July 2006, the ECC was formed to enhance intercollegiate athletic competition among member institutions and to assist them in integrating athletics into their academic program in a fiscally sound way. The ECC is committed to the highest standards of scholarship, sportsmanship, teamwork, and citizenship. Its mission is to promote the total person concept in its student-athletes, which stresses the abilities to excel in academic achievement, athletic competition, and positive character traits.

The East Coast Conference is a proud member of the NCAA and Division II.

ECC Members for the 2016-2017 Competition Year:
University of Bridgeport (Bridgeport, Conn.) Mercy College (Dobbs Ferry, N.Y.)
Molloy College (Rockville Centre, N.Y.) C.W. Post Campus of Long Island University
Queens College Athletics History

Each season the **WOMEN’S SWIMMING AND DIVING TEAM** rewrites the record book. It has consistently placed in the top three in its division at the Metropolitan Swimming Conference Championships, while posting unblemished conference records in both 1999 and 2000. During those years Solangii Gallego was named an All-American while qualifying for the NCAA Division II and ECAC Diving Championships. In 2001 the medley relay team was ranked in the top 20 nationally and qualified for the ECAC championships. The team also produced the conference’s Outstanding Senior in 1996 and 2000 as well as the Outstanding Rookie in 1997 and the Most Valuable Diver in 1999. In recent years, a pair of swimmers have rewritten nearly the entire QC women’s swimming record book. Shirley Falconi, a senior on this year’s team, has set five different records in both freestyle and backstroke.

**MEN’S BASKETBALL**, which hasn’t missed a season since 1938, played its 1,500th game on February 14, 2004. The team has produced 22 one-thousand-point scorers. Fourteen players achieved that milestone after the college entered Division II, and four have had their numbers retired. In 2001, the Knights earned their first NCAA Division II Northeast Regional bid, and followed that up with two more in 2002 and 2005, along with the program’s first two Division II conference championships.

With the exception of three years during World War II, **MEN’S BASEBALL** also has fielded a team since 1938. In both 1967 and 1976 the team captured the Knickerbocker Conference championship and, in 1981, won the CUNY championship. The squad also captured the NYCAC regular season crowns in 1997 and 1998, the NYCAC tournament championship in 1998, while earning a bid to the NCAA Division II Northeast Regional that same season. Seven players have been drafted and nine have gone on to play professionally with organizations including the Yankees, Phillies, White Sox and Royals.

The history of **WOMEN’S BASKETBALL** is no less storied. In 1973 the Knights, who were ranked second in the nation, made it to the finals of the AIAW (Association for Intercollegiate Athletics for Women). On February 21, 1975, they participated in the first women’s basketball game ever played in Madison Square Garden. Three players from that era – Debbie Mason (15), Olympic silver medalist Gail Marquis (25), and Althea Gwyn (31) – have had their numbers retired and the entire 1972-73 team was recognized when its members became the first women’s team inducted into the New York City Basketball Hall of Fame on September 21, 2004. In 2008, the team returned to prominence when, led by ECC Rookie of the Year Amanda Bartlett, ECC Player of the Year Jennifer DiChiara, and ECC Coach of the Year Tom Flahive, they posted a .600 win percentage against conference foes in capturing a playoff spot. The team went on, not only to win the ECC Championship game, but to earn the team’s first ever NCAA Division II
bid. Two seasons ago, the team had the 4th largest turnaround in the nation in number of wins from the previous season. Bria Jackson earned Honorable Mention, All-American accolades, set the single-game scoring mark (49 points) and had her buzzer-beater against Bowie State was featured on ESPN. In 2013-14 the Knights reached 20-wins, while having the ECC Rookie of the Year and the ECC Defensive Player of the Year. The QC women’s basketball team had another historic season as they captured the ECC Championship, finished with a 22-8 record, received a #5 NCAA East Region ranking and participated in the NCAA tournament. In honor of the 40th anniversary of the first women’s game ever played at Madison Square Garden, the team participated in the Maggie Dixon Classic where they picked up a rematch victory against Immaculate University. Kristen Korzevinski, MacKenzie Rowland and Madison Rowland all received conference honors, while Madison established herself as the top sophomore in the nation as she went on to be named All-Met Co-Player of the Year, First Team All-Region and Third Team All-America.

**MEN’S AND WOMEN’S CROSS COUNTRY** was reinstated in 2006. In 2009, both the Men’s and Women’s teams won the York Invitational. Also in 2009, the Men’s team won the College of Staten Island Invitational and the Women’s team tied for first place at the ECC Championships.

**MEN’S AND WOMEN’S TRACK & FIELD**, which has a rich history of outstanding achievement, competes in both indoor and outdoor meets. Queens College Track & Field standouts from the past include All-Americans Deborah Bretscheider (Javelin), Judith Allen (800 meters), Joe Brancaccio (Hammer) and Carmel Waldron (200 meters, 400 meters). The 2013 men’s outdoor track team won the ECC Championship in front of the home crowd at Queens College. Former track star Joe Gould was inducted into the QC Hall of Fame in 2013.

**WOMEN’S SOCCER**, which scored its first-ever goal on September 27, 1999, has shown steady improvement since its inaugural season. In 2003, the team posted its first winning season followed by double digit wins in 2005 and 2008 with 11 and 12, respectively. Midfielder Diana Redman, arguably the best player in the Queens College women’s soccer history, played for Macabi Holon, Israel in the first round of the Women's UEFA European Championships in 2007 and was a member of the Israeli National team. In 2009, the team earned a spot in their conference playoffs for the first time in 11 years. In 2010, the team posted a .786 winning percentage in conference and advanced to the ECC final. 2012 saw a return to the ECC playoffs and 2013 had the Knights defeat a ranked team (#16 Bridgeport) and beat LIU Post for the first time in Carl Christian’s era.

After having been discontinued in the 1990’s, **MEN’S SOCCER** returned to action at the varsity level in 2007. In just their second year back the team earned a berth in the 2008 ECC playoffs with 10 regular season victories and a third place finish. The following year, the team earned a spot in the ECC playoffs once again.

**WOMEN’S TENNIS** has had 24 consecutive winning seasons and eight conference championships. Players have won countless individual and doubles titles. The Knights also earned NCAA Division II post-season championship bids in 2002 through 2014 as well as in
1995 when, as hosts, they won their region and advanced to the Sweet Sixteen. The team has earned a national ranking seven different times, most recently in 2014. They have also advanced to the NCAA Championship round of 16 for the six past years (2008-14).

**MEN'S TENNIS** has captured several Metropolitan Tennis Conference championships over the years. Since the formation of the NYCAC in 1988, the Knights’ players have won a multitude of individual conference titles and the team has consistently competed for their conference’s team championship while earning NCAA Division II post-season tournament bids from 2002 through 2009. The team earned an at-large bid to the NCAA Championship last season.

In 2003, the **WOMEN’S VOLLEYBALL** team – the number one seed in the Northeast – advanced to the NCAA Elite Eight. This was one of several firsts for the team in 2003, when they won the NYCAC championship, were the top-ranked team in the Northeast, hosted the NCAA Division II Northeast Regionals, and won the Regionals. The very next season the Knights reached the Elite Eight again after repeating as hosts and champions of the Northeast Regionals. The Knights were led by Anna Bondarenko, the first women’s volleyball player to be named to the All-American team. She also joined Masha Mosenzhnik and Noelia Castillo as one of three Knights to be named NYCAC Player of the Year. The program has posted a record of 253-181 since 1998 while earning NCAA bids in 2000, 2001, 2003, 2004 and 2008.

Starting in the mid-1990’s, **MEN’S WATER POLO** was ranked in the top 20 nationally for 10 consecutive seasons while producing 18 All-Americans. During this span the Knights won eight Northern Division championships and two Eastern Championships. In 1997, Queens College became the first East Coast school to win a game at the NCAA Division I Final Four championships when they defeated UC San Diego. The team also advanced to the NCAA Final Four five years later.

**MEN’S SWIM TEAM**, which has fared well recently in the Metropolitan Swimming Conference Championships, set 5 records at the 2009 Metropolitan Swimming. Three individual and two relay records were smashed at the meet held at Rutgers University. Luke Culicerto broke the school record in the 200 IM with a time of 2:01.30, Joshua Tatro set a new record of 56.27 in the 200 backstroke and Rana Khan eclipsed the old record in the 100 fly by swimming a 54.08. The 200 free and 200 medley relay also set new records. Several swimmers have broken records on the men’s side. Former swimmer Luke Culicerto holds five team records and Kristopher Sweetman holds five others. Three new record times were set by last year’s team including times in the 50 free, 200 free relay and 400 free relay.

**Title IX**

Queens College Athletic Department strives to be in compliance with Title IX. This is the portion of the Education Amendments of 1972 that prohibit discrimination in educational institutions that receive any federal funds. In particular, Title IX requires gender equity in the athletic programs of schools receiving dollars from federal sources.

If you feel that Queens College is not in compliance with the application of Title IX, you are encouraged to discuss your concern. You should:
1) Schedule an appointment to discuss your concern with the Athletic Director. Title IX is a complex set of regulations. The Athletic Director will discuss your concern and explain the applicable regulations. If, after meeting with the Athletic Director, you are still not satisfied with the result you should pursue a formal appeal. You will receive a letter from the Athletic Director that summarizes the concerns brought out in the meeting and the Queens College Athletic departmental response.

2) After receiving the letter, you should contact the Office of Equity and Diversity to file a formal complaint. You should attach the departmental response and you may also include any additional documentation you have.

**Equal Opportunity**
Queens College is committed to equal opportunity. The university will not exclude any person from participation in its programs or activities on the basis of race, age, color, disability, ethnicity, sex or gender, marital status, national origin, religion, sexual orientation, or veteran status.

**Sportsmanship Quote**
The NCAA East Coast Conference promotes a positive game environment and good sportsmanship by student-athletes, coaches and spectators. We request your cooperation by supporting the participants and officials in a positive manner. We do not condone racist, sexist, homophobic or other discriminatory comments, profanities or intimidating action on the basis of one’s appearance, identity or perceived identity or for any other reason directed at officials, spectators, student-athletes, coaches or team representatives. Any of these actions will not be tolerated ad are grounds for removal from the site of competition.

Please inform your teammates, friends, family members and guests to follow these guidelines at all times.

**Queens College Policy on Conduct**
All student-athletes are held to the same CUNY and Queens College Policies that all other students are held to. A copy of “The Henderson Rules” and additional Policies on conduct are available at the following links:


http://www.qc.cuny.edu/Academics/Pages/CollegeBulletins.aspx

In accordance with federal and state law, Queens College prohibits racial and ethnic discrimination and harassment based on race, gender, religion, color, creed, disability, sexual orientation, national origin, ancestry, or age. Specifically, a student may be disciplined for racist or discriminatory conduct addressed directly to an individual(s) that is intentionally made to threaten violence or property, intimidate, harass, or incite imminent lawless action. Vandalism, racism, graffiti, intimidation, harassment, and other forms of organized hatred have no place on
campus and will not be tolerated—violators will be punished.

All college personnel, students, and nonstudents, are required to carry their college identification (ID) cards.

All persons on campus who are not college personnel are required to show acceptable identification to Security & Public Safety Office personnel.

All persons on campus are required to show their college ID card or proof that they registered as a visitor upon the request of a public safety officer or college official, or any officer of the Queens College Student Association, or any student responsible for a student event.

Any person who refuses or is unable to show a valid ID card, or proof that he or she registered as a visitor, will be evicted from the campus and will be subject to arrest for trespassing.

The playing of radios on campus is not allowed.

The college expects students to demonstrate proper classroom decorum, which includes appropriate behavior and dress.

**Policy on Possession & Use of Alcoholic Beverages**

The unlawful possession, use, or distribution of alcohol by students and employees on City University/Queens College property or as a part of any City University/Queens College activity is prohibited.

No student organization is permitted to serve alcoholic beverages on this campus, and no alcoholic beverages are to be brought on this campus for any reason unless approved in advance—and in writing—by the President or his/her designee.

It is also the policy of the City University of New York and Queens College that:

- Any action or situation that recklessly or intentionally endangers mental or physical health, or involves the forced consumption of liquor or drugs for the purpose of initiation or affiliation with any organization, is prohibited.

- The legal age for drinking alcohol in New York is 21, and state laws deal harshly with underage drinking. It is also against the law in New York State to sell or give away alcohol to anyone under the age of 21.

**Policy on Illegal Possession & Use of Drugs**

The unlawful manufacture, distribution, dispensing, possession, or use of illegal drugs or other controlled substances is a crime in New York State and therefore is prohibited by City University/Queens College students or employees on all City University/Queens College premises, or as part of any activity of the University or the college.

Anyone found in possession of or using such drugs on college property will be severely dealt with and may be suspended from the college, in addition to facing criminal charges. A student
apprehended for the unlawful manufacture, distribution, dispensing, or possession of marijuana, or use of illegal drugs or other controlled substances will be reported to the Vice President for Student Affairs and is subject to civil and criminal law. The Vice President will decide either to refer the student to counseling or bring a discipline charge. In the latter case, due process will apply.

Any person apprehended on campus for any drug violation who is not a member of this college will be turned over to the police.

Since this campus is in no sense a sanctuary, civil and criminal officials may, on their own initiative (after notifying a supplied list of designated college officials), take such action as they deem necessary and appropriate.

For the purpose of this policy, the campus is understood to be all facilities in which this college conducts, administers, and is responsible for college business.

Athletics Code of Conduct

Student-Athlete Responsibility

• You will be expected to strive for the very best both in academics and athletics.
• You are responsible for all equipment issued to you by the college. Failure to properly care or return the equipment will result in a personal financial obligation for said equipment and a hold on your record.
• You must attend all practices unless you have a scheduled class.
• Student-athletes are only permitted to travel home from away contests with a legal parent or guardian.
• Use of NCAA banned substances and consumption of alcohol will not be tolerated. All student-athletes must attend all drug/alcohol awareness programs sponsored by the Athletic Department. If administration suspects drug use based on erratic behavior, mood swings, change of performance athletically or academically, or other concerning behavior the administration has the discretion to recommend a drug test per approval of the Athletic Director and legal services.
• You must attend all classes. The only absences expected are for intercollegiate competition (including travel, where permitted).
• You must always be on time and present for all Athletic Department events. We have an outstanding reputation in this area and it must be maintained.
• You must be on time for all appointments with the athletic trainer and team physician. You are responsible for maintaining your health and for communicating any problems to your head coach, trainer, and team physician.
• You are to abide by all institutional regulations set forth by the Student Code of Conduct.
• You are responsible for conducting yourselves with maturity off-campus. The same code of conduct applies on and off campus.
• There is a no tolerance policy for vandalism. You are expected to respect and protect college property.

It is the responsibility of each student-athlete to be in complete compliance with the rules and regulations of QC, ECC and NCAA athletics, which are listed on the following page and the NCAA. In addition, each student-athlete who accepts enrollment at QC must abide by all college rules and regulations published in the Student Code of Conduct Handbook, which is available on the Queens College website under Student Life and then Student Conduct.

• Student-athletes shall carry themselves with honesty and sportsmanship at all times, so that they represent the ECC sportsmanship statement and be a model student.

• Student-athletes shall take full responsibility and accountability for their choices and actions.

• Student-athletes shall respect their teammates, coaches and their selves.

• Student-athletes shall develop and demonstrate loyalty to the coaching staff, Queens College and their teammates

• Student-athletes shall communicate with the coaching staff and their teammates both on and off the playing arena, and shall work to improve their communication skills.

• Student-athletes shall commit to the academic mission of the university and pursue educational advancement.

• Student-athletes shall cooperate with the NCAA, conference, and institution, full disclosure of information concerning any involvement in or knowledge of a violation of an NCAA, conference, or institutional regulation.

• Student-athletes shall have no involvement in arranging for fraudulent academic credit or false transcript, and shall have the affirmative duty to report any knowledge of such wrong doing.

• Student-athletes shall represent only accurate and truthful information to QC about their previous academic history.

• Student-athletes shall not engage in actions that are counterproductive to their success as a collegiate student-athlete, including use of drugs, missing classes, assignments, etc.

_Dress Code_
All student-athletes must follow the travel dress code procedures. Each coach will inform his or her participant concerning formal dress application. It is expected that all student-athletes representing the college at volunteer requested events will be dressed in department issued polo or appropriate business attire. Remember you are always a representative of the college and your team. As a leader on campus it is important to show yourself in the best possible light.

**Athletics Code of Conduct**

**Policy on Student to Coaches or Staff Relationships**

Athletics Department Policy on Amorous Relationships:
The purposes of this policy are:
(1) To provide a safe and healthy environment for student-athletes so that they may reach their full potential as students and as athletes; and
(2) To ensure that all coaches and other athletics department staff adheres to ethical practices and do not develop inappropriate relationships with student-athletes, regardless of their age or consent.

**Definitions:**
**Coach:** Any person serving as a head coach, assistant coach, graduate assistant coach, coaching intern, or volunteer coach in the athletics department.

**Staff:** Any employee or student serving in the athletics department in an administrative, management, or support capacity, or in any capacity in which they supervise student-athletes or have responsibility for the provision of services or other benefits to student-athletes.

**Student-Athlete:** Any student of the university who is a part of a varsity athletics team as defined by University and NCAA regulations.

**Amorous Relationship:** Any sexual, romantic, or dating relationship.

**Policy:**

**Coaches and other (NON-Coaching) Staff:** This policy strictly prohibits amorous relationships between any coach/non – coaching staff member and any student-athlete.

Every coach/non-coaching staff member has an ethical obligation to maintain a professional relationship with student-athletes and to place the well-being of student-athletes ahead of the coach’s personal interests. This responsibility includes the duty to provide a safe and healthy environment for the student-athlete to flourish, and to serve as a role model within the confines of a professional relationship. As a result, no amorous relationship between a coach/non-coaching staff and a student-athlete—regardless of the perception of consent by one or both participants—can exist without jeopardizing the professionalism of the coach-athlete
relationship and creating a significant conflict of interest. The respect and trust the student-athlete places in a coach/non-coaching staff member, and the vulnerability of the student-athlete in that relationship, make “consent” unreliable in this setting. Conflicts of interest are endemic to amorous relationships between coaches/non-coaching staff and student-athletes, and the costs to the athlete, the team, the athletics program, and the university, necessitate a strict prohibition on amorous relationships between coaches and student-athletes.

Even when the coach has no direct professional responsibility for that student-athlete, other student-athletes may perceive that the student-athlete who has a sexual relationship with a coach may receive preferential treatment from the coach or the coach’s colleagues. Such relationships are incompatible with the ethical obligations of the coach and the integrity of the athletics program. Accordingly, this prohibition applies to relationships between all coaches/non-coaching staff and all student-athletes in the intercollegiate athletics program.

With respect to a coach and a student-athlete, the prohibition on amorous relationships shall remain in effect for two full years after the end of the final academic year in which the student-athlete was a participant on the team. With respect to a coach and a student-athlete not on that coach’s team, the prohibition on amorous relationships shall remain in effect while that student-athlete is a participant in the intercollegiate athletics program.

**Athletics Code of Conduct**

**Enforcement:**

**Reporting a violation:** Any person may allege a violation of this policy by contacting the Senior Woman Administrator or any other senior athletics department staff, or, if the person does not feel comfortable making the report to a person within the athletics department, to the director of the university affirmative action/equal opportunity office. Any person receiving such a report must immediately notify the Athletics Director. Any coach or non-coaching staff member with information suggesting a possible violation of the policy must promptly report it to the Athletics Director, and the failure to do so will be considered a violation of athletics department policy. (If the report or information implicates the Athletics Director in a violation of the policy, it should be directed to the director of the university affirmative action/equal opportunity office instead.)

**Investigation:** Upon receiving such a report or information, the Athletics Director shall immediately notify the director of the university affirmative action/equal opportunity office. Once on notice of a report or information of a possible violation of the policy, the director of the university affirmative action/equal opportunity office shall promptly appoint an investigator outside of the athletics department to conduct a prompt and fair investigation into whether the policy was violated. Such investigation shall include interviews with any coaches, non-coaching staff, and student-athletes with relevant information, and shall provide any coach or staff accused of violating the policy with an opportunity to respond to the allegations. In investigating a possible violation of the policy, the standard of proof to be used is whether it is more likely than not that the policy was violated (a “preponderance of the evidence” standard, not the higher standard of proof used in criminal proceedings, “beyond a reasonable doubt”). Using this standard, the investigation will result in a determination of whether the policy was violated.
Coordination of information relating to violations of other university policy and/or criminal law: If the investigation leads to information suggesting that sexual harassment may have occurred, it shall be promptly forwarded to the appropriate university officials responsible for enforcing the university sexual harassment policy. If the investigation leads to information suggesting potential criminal conduct, it shall be immediately forwarded to university general counsel, who will determine, consistent with State and local law, whether to notify appropriate law enforcement officials. However, the enforcement of this policy shall not be delayed pending the results of a criminal investigation.

Disciplinary Action: If an investigation determines that a coach or non-coaching staff member has violated the policy, that coach or non-coaching staff member shall be subject to disciplinary action, up to and including dismissal. The Athletics Director, in consultation with the director of the university office of affirmative action/equal opportunity, shall determine the disciplinary action to be imposed. Any disciplinary action shall be taken in accordance with applicable university policy.

Confidentiality: Complaints, reports and information relating to possible violations of this policy shall be handled as confidentially as possible without jeopardizing the enforcement of the policy, and the ability to conduct a fair investigation, or the safety of student-athletes and other persons connected with the athletics program. Information received in connection with a suspected violation of the policy shall be disseminated only on a “need to know” basis; that is, only when necessary to ensure compliance with the policy and/or to ensure the safety of student-athletes or others who come in contact with the athletics program.

Retaliation: Any retaliation for reporting a violation of this policy, or for participating in good faith in any investigation of a violation of this policy, is strictly prohibited. Any persons taking retaliatory action in violation of this policy shall themselves be subject to discipline, up to and including dismissal.

Athletics Code of Conduct

Athlete to Athlete Relations
When on team time or in team space, conduct yourselves as teammates, not dating partners. The team comes first. Being a member of a team is like your job; conduct yourself professionally when with the team. This includes practice, competition, on the team bus, in hotel rooms, athletic training room, team meetings, locker room, and anywhere else when you are with the team.

- Focus on the team and your role as a team member. The Team Comes First.
- You don’t have to hide your dating relationship, but don’t act like a couple during team time. No PDAs (Public Displays of Affection). This includes but is not limited to hand-holding, kissing, hugging, sitting on laps.
- Don’t be exclusive – Sit with other student-athletes on the bus, eat with other student-athletes, sit with other student-athletes in team meetings.
- Respect Team Space: No drama on team time. Leave conflict at the locker room door. Resolve relationship issues on your own time, not the team’s time.
- If you need help resolving a relationship issue with a teammate or any student-athletes, dating or otherwise, ask for counseling assistance.
Possible Consequences for Failing to Meet these Expectations:

- Dating student-athletes meet with the coaches – Review expectations and consequences of not abiding by them.
- Dismissal of one or both dating student-athletes from the team for failure to abide by expectations.

Team Captains Play an Important Role in Maintaining a Positive Team Oriented Climate and Helping Dating Team Members Maintain Team Focus:

- Remind dating student-athletes about coach’s expectations and why they are important.
- Communicate with coaches when team dating issues need to be addressed.

Gambling
The NCAA opposes all forms of gambling and adamantly opposes all forms of sports gambling. The NCAA opposes sports gambling because it undermines or carries the potential to undermine the integrity of sports contests and because it sends entirely the wrong message concerning the purpose and meaning of "sport."

The rationale behind this policy, in particular as it relates to gambling in general, is that once gambling activities are permitted in a specific jurisdiction, then the potential to expand into sports betting rises to a new level.

NCAA Bylaw 10.3 states that a student-athlete "shall not knowingly":
(a) Provide information to individuals involved in organized gambling activities concerning intercollegiate athletics competition;
(b) Solicit a bet on any intercollegiate team;
(c) Accept a bet on any team representing the institution; or
(d) Solicit or accept a bet on any intercollegiate competition for any item (e.g., cash, shirt, dinner) that has tangible value; or
(e) Participate in any gambling activity that involves intercollegiate athletics or professional athletics, through a bookmaker, a parlay card, or any other method employed by organized gambling."

The definition of gambling has expanded to include fantasy leagues.

Strength and Conditioning

“The goal of strength and conditioning programs is to be sports specific and maximize athletic performance on the court/field. Athletes will be coached to improve on their athleticism; to increase power and force production, to become more agile and injury resilient through proven training principles and methods.”

- The varsity strength room is an equal access working facility solely for the use of intercollegiate student-athletes and athletics staff, supervised by the strength coach and/or his staff.
Athletes must be medically cleared to participate in the strength and conditioning program. The athletic trainer must report injuries to the strength coach.

Athletes are required to train only with the program given by the strength coach and their performance will be recorded during each training session.

Training progress will be assessed during each phase of the season (off-season, pre-season, in-season).

Scheduling is based on the phase of each team’s season (i.e. pre-season, in-season and off-season) and will be posted on the door.

Athletes must wear proper athletic attire (QC T-shirt, shorts/sweats and sneakers - no cleats or sandals).

Teams are expected to arrive on time and no training sessions will be extended to account for tardiness.

Student-athletes wishing to “make up” training or take part in additional training must do so during Open Varsity hours.

Safety First! Athletes will use equipment correctly with proper technique, as well as spotters on major lifts. There will be no loitering or horseplay at any time.

Athletes are required to keep equipment in assigned locations. Equipment may not be removed or rearranged.

Equipment (medicine balls, hurdles, speed ladders, foam rollers, etc.) is not permitted to leave the facility at any time without permission from the strength coach.

To ensure NCAA compliance, teams must arrange strength and conditioning sessions with the strength coach.

Each team captain will have the strength coach’s contact information in case communication with the Head Coach is unavailable.

Every athlete is expected to train hard, exhibit a positive attitude, foster team pride and maintain a championship culture.

No organized summer workouts as per NCAA Compliance.

If you have any questions regarding the athletic training room or sports medicine, please contact the Director of Sports Medicine, Daniel Hernandez.

**Student-Athletes & Hazing**

As an NCAA member institution, Queens College has a shared responsibility to protect the health and safety of all student-athletes. In that regard, the QC Athletic Department prohibits the practice of hazing.

**Definition of Hazing:**

Any act committed against someone joining or becoming a member or maintaining membership in any organization that is humiliating, intimidating or demeaning, or endangers the health and safety of the person.

Hazing includes active or passive participation in such acts and occurs regardless of the willingness to participate in the activities! Hazing creates an environment/climate in which dignity and respect are absent.
Hazing Consequences

- Has caused a team’s season to be cancelled at various NCAA institutions!
- Has caused a student-athlete’s institutional eligibility to be taken away!
- Has caused student-athletes to be arrested, because it is against the law in most states!
- Has caused student-athletes to have to appear in the court system at their own expense!
- Has caused teams to be torn apart and fragmented!
- Has caused serious physical and psychological injuries, and even deaths!

Address the issue of hazing annually and consistently. Spell out the consequences for non-compliance and what your expectations are for your team members toward each other on and off the field of play!

For more information see the NCAA’s “Hazing Prevention Resources”

Policy on Sexual Harassment & Assault

It is the policy of the City University of New York to promote a cooperative work and academic environment in which there exists mutual respect for all CUNY students, faculty, and staff. Harassment of employees or students based upon sex is inconsistent with this objective and contrary to the CUNY’s nondiscrimination policy. Sexual harassment is illegal under federal, state, and city laws, and will not be tolerated within CUNY.

The City University of New York, through its colleges, will disseminate this policy and take other steps to educate the CUNY community about sexual harassment. CUNY will establish procedures to ensure that investigations of allegations of sexual harassment are conducted in a manner that is prompt, fair, thorough, and as confidential as possible under the circumstances, and that appropriate corrective and/or disciplinary action is taken as warranted by the circumstances when sexual harassment is determined to have occurred. Members of the CUNY community who believe themselves to be aggrieved under this policy are strongly encouraged to report the allegations of sexual harassment as promptly as possible. Delay in making a complaint of sexual harassment may make it more difficult for the college to investigate the allegations. The current City University of New York policy on sexual misconduct and your rights as a CUNY student if you’ve experienced campus related sexual harassment, sexual violence, including sexual assault, stalking, domestic violence, intimate partner violence or dating violence, may be viewed in its entirety at the weblink provided below.

CUNY Policy on Sexual Misconduct:

CUNY Student Sexual Misconduct Complainants’ Bill of Rights:
Prohibited Conduct

It is a violation of CUNY policy for any member of the CUNY community to engage in sexual harassment or to retaliate against any member of the CUNY community for raising an allegation of sexual harassment, for filing a complaint alleging sexual harassment, or for participating in any proceeding to determine if sexual harassment has occurred. For more information visit: [http://www.qc.cuny.edu/HR/Pages/Policies.aspx](http://www.qc.cuny.edu/HR/Pages/Policies.aspx)

Queens College Department of Athletics
Student Grievance Procedure

Procedures: Resolution of a form student complaint shall follow the process set forth below. The Athletic Department located in Fitzgerald Gym Room 204 serves as the coordinating unit of this function. This process addresses concerns and complaints about the Athletic Department. Exclusions to this policy include complaints regarding, non-academic misconduct, affirmative action, sexual violence, harassment and discrimination. Such exclusions have specific policies and procedures that can be accessed through the Office of Compliance and Diversity Programs located in Kiely 147.

<table>
<thead>
<tr>
<th>Step 1: Informal Resolution</th>
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<tr>
<td>Many complaints can be resolved through an informal process beginning with a scheduled meeting with the individual and his/her sport-over sight, if necessary. Basic steps in the informal process include:</td>
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<td>• Meeting with the person (i.e., coach, student athlete, staff member) in which the issue originated.</td>
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<tr>
<td>• If the issue is not resolved, the sport-oversight or Associate Director for Student Athlete Performance should be contacted to investigate the issue and allegations within 10 business days. The Associate AD/SA Performance will guide the complainant regarding the best course of action for immediate resolution.</td>
</tr>
<tr>
<td>• If you do not know where to begin an informal resolution, the Academic Coordinator, located in Fitzgerald Gym Room 200 will help you identify the appropriate office or individual.</td>
</tr>
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</table>

Step 2: Formal Compliant

If an informal complaint is unresolved or if the complainant chooses to initially report a “formal complaint”, the student must communicate that she/he wants to “file a formal complaint” or requests for the compliant to be “officially documented.” An electronic compliant forms will be provided to the student or the senior level staff member can assist the student in completing the form.

The complaint must contain the following information:

• Complainant’s name, CUNY I.D. number, mailing address, Queens College email address (only) and telephone number. (Anonymous electronic reporting is accepted; however; it is difficult to notify the complainant regarding the outcome of the investigation if contact information is not made
**Step 3 Formal Compliant Resolution Process**

Upon complete submission of compliant form, an athletic department representative will investigate the complaint within 10 business days. During the investigation, the following may occur:

- Compliant will be notified in writing if the investigation will extend beyond the 10 business days.
- Investigation process may include scheduling private meetings with student athletes, staff members, the respondent and other parties related to the compliant.
- The respondent will be notified about the allegation and investigation process. She/he will be instructed not to discuss the allegation with the complainant, staff members or other student athletes. The respondent will also be informed that retaliation of any kind (i.e., removal/termination of scholarship, change of playing or starting position, isolation of student athlete) is a Title IX violation and may result in immediate disciplinary action.
- Parent involvement is permitted when the student athlete provides written permission for the athletics representatives to speak to his/her parent about the allegation.

**Step 4: Outcome**

- Depending upon the complexity of the allegation, Athletics Compliance, Office of Compliance and Diversity, Vice President of Student Affairs, Human Resources and other appropriate offices will be contacted at any time during the investigation. The complainant will be informed about the athletics department process, protocol and its decision to forward the information to the aforementioned offices for further investigation. Only at that time, the complainant will be instructed to refer all questions and concerns to those selected offices.

If the investigation remains in the athletics office, the investigator will submit all related materials regarding the investigation to the Athletics Director. The Athletics Director will consult with the athletics senior leadership team to determine the best course of action for the complainant and the respondent. It is the goal for all matters to be resolved within 10 business days from the time of the completed written complaint unless otherwise communicated to the complainant.
Residence Life

Office of Residence Life
The office of Residence Life is located in the Summit Lobby. The Residence Life administrators are responsible for staffing, programming and housekeeping services in the residence halls. The staff promotes a positive community atmosphere in the residence halls and is available to assist residents with their living and learning experiences at Queens College. The phone number for Residence Life is (718) 997-4881.

Residence Life Rules and Regulations
As students chose to live on campus, residents agree to respect themselves and each other as they create a sense of community, primarily to support everyone’s intellectual growth through their studies. Thus, the Athletic Department assumes that all student-athletes will behave civilly and respect the privacy and rights of others. Failure to observe the rules and regulations that guide the community to these ends may result in disciplinary action. When the action is grievous, it may result in a housing reassignment or even loss of housing.

All student-athletes are expected to abide by all rules and regulations of the residence hall.

Social Networking / Websites Guidelines

Social networks have grown in popularity within the past few years and are used by millions of students, fans, alumni, faculty, businesses, and the media. While social networking websites are a great way to communicate, express yourself and connect with others, it is advised that you are cautious about the information and pictures you post (or others post about you), as they may adversely affect your personal safety, personal and institutional reputation, and career advancement. The Queens College Department of Athletics expects all student-athletes and staff members to maintain the highest standards of social and personal conduct.

Queens supports your First Amendment right to free speech, however please be mindful of the material posted to social networking sites since you are a representative of the College and are in the public eye.

While participating in social networking sites, please keep the following guidelines in mind:

- The information posted can be viewed by a larger audience than you might be aware of even if you limit access to your site.
- Exercise caution as to what information you post on your website including posts about your whereabouts, plans, where you live, phone numbers or any other personal information. You could be opening yourself up to predators, stalkers and unwanted sexual advances. In addition, many people are looking to take advantage of student-athletes, while others seek connections with student-athletes to give them a sense of membership in the team.
- There is a growing trend for employers to check Google and social networks to gather information about potential candidates. The online persona you create today may be available when you begin your internship or full-time job search or when you apply to professional or graduate school—even if you think you’ve deleted it. Carefully consider how you want people to perceive you before you give them the chance to misinterpret you.

Student-athletes and staff members are highly visible representatives of Queens College and are expected to uphold the values and responsibilities of the College while meeting all requirements set forth by the NCAA, ECC, Queens College and the Department of Athletics. The Queens College Department of
Athletics prohibits malicious and reckless behavior when utilizing public media outlets. It is important that student-athletes recognize the power of public media domains and the potentially negative image that they can portray about student-athletes, coaches, the athletics program and the College.

Any inappropriate activity or language, including first time offenses, is subject to investigation and possible sanction by the Department of Athletics.

Sanctions imposed by the Assistant Vice President of Athletics may include, but are not limited to, the following:

- Written notification from the Athletics Director or designee to the student-athlete outlining the policy and requiring the unacceptable content is removed.
- Temporary suspension from the team for a prescribed period.
- Indefinite suspension from the team.
- Dismissal from the team.
- Non-renewal of athletic grant-in-aid.

Due Process
Each student-athlete and staff member will be given oral notice of the alleged violation(s), will be permitted to an informal hearing before the Athletics Director and given an opportunity to present a defense. Requests for such a hearing must be made in writing and received by the Athletics Director within forty-eight (48) hours of notification of the alleged violation. Student-athletes and staff members may be withheld from competition during the appeals process if deemed appropriate by the Athletics Director or designee.

Athletic Training Room Policies
A nationally Certified Athletic Trainer (ATC) is a person who practices athletic training in all respects for an educational institution for the purpose of prevention and management of athletic injuries under the supervision of a licensed physician. An ATC is a highly educated and skilled professional whose specialty is athletic health care. The ATC is skilled and knowledgeable in five areas, recognized as the five domains of athletic training. These five domains are:

- Prevention of athletic injuries
- Recognition, evaluation, and immediate care of athletic injuries
- Rehabilitation and reconditioning of athletic injuries
- Health care administration
- Professional development and responsibility

Athletic Training Room

Hours of Operation: Will be posted outside of training room door according to season.

- The Athletic Training Room will be open 2 hours prior to scheduled games and competitions and 45 minutes prior to all in-season practices.
- Athletes should arrange a time for treatment with the Athletic Trainer.
- Going to the Athletic Training Room is not an excuse for lateness/absence to any team activities or classes. No one on the Athletic Training Staff will provide a letter to teachers or coaches for lateness or absence.

Training Room General Guidelines
- Services in the athletic training room are first come first serve. In season athletes will be given
priority over out-of-season athletes.

- The athletic training room is for rehabilitation and pre-participation preparation only. The head athletic trainer must approve any other use. The athletic training room has limited space and, therefore should not be used as a “hang-out” or meeting place.
- Foul language will not be tolerated.
- Cell phone use is prohibited in the athletic training room, unless given permission by one of the athletic training staff. If not please take your conversation outside.
- Food or drinks are not permitted.
- Athletic Training Room Office phones and computers are off limits.
- Every athlete must fill out the sign-in sheet with their own name before receiving any treatment by the Athletic Training Staff.
- The Athletic Training Room is co-ed and all athletes must be dressed properly and act accordingly.
- All whirlpools and other modalities must be turned off and on by a member of the athletic training staff.
- No one is to administer self-treatment at any time.
- All equipment and supplies must remain in the Athletic Training Room unless removal is permitted by a member of the athletic training staff. Failure to return items on loan (in good condition) will result in a charge to the students account. If equipment is permitted for loan you must sign it out from the Athletic Training Staff.
- All injured athletes must report for treatment as directed. Failure to keep appointments will be reported to the coaching staff, and may result in missing practice and/or competition.
- Do not bring clothes, bags, uniforms, equipment, towels, cleated shoes or any other dirty items into the Athletic Training Rooms.
- Medical decisions concerning the status and approval of an athlete for practice and competition shall be the sole responsibility of members of the athletic training staff and the team physician. Upon injury, you are not permitted to participate in athletic activity until cleared by the athletic trainer.
- All athletes will need to have their own American health insurance before this year is over. Queens College is not the Primary Insurance carrier; they are the Secondary Insurance Carrier. Both Domestic and International will need to pick up a primary insurance carrier to participate in athletics at Queens College.

**Residence Life Rules and Regulations**

The Residence Life administrators are responsible for staffing, programming and housekeeping services in the residence halls. The staff promotes a positive community atmosphere in the residence halls and is available to assist residents with their living and learning experiences at Queens College. The phone number for Residence Life is (718) 997-4881.

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Queens College Concussion Program for Varsity Athletes

Sideline Evaluation

When an athlete has signs/symptoms of concussion, they should be removed from play and not allowed to return to play until evaluated by a licensed health care provider.

- An athlete with worsening symptoms, especially worsening headache, nausea or vomiting, increased confusion, garbled speech, lethargy or extreme sleepiness, trouble using their arms or legs, convulsions or seizure activity should be transported emergently by public safety/ambulance to the emergency room. Any athlete with neck pain should be treated as if a cervical spine injury is present, and the appropriate emergency procedures (cervical spine immobilization, emergency room transfer) initiated.
- If no ATC or team physician is available, and the athlete has minimal symptoms, contact the athletic trainer/team physician to determine a plan for evaluation of the athlete. If you are unable to contact the QC staff, contact public safety at 718-997-5912. Public safety should be called for transportation.
- Athlete is ineligible to participate till evaluated by Athletic Trainer or Team physician.
- For away contests when an ATC is available, the host institutions medical staff should be utilized. Emergency contact will be notified if necessary.
- If an ATC is on site and the SA is stable medically, Sports Concussion Assessment Tool (SCAT 2) should be used for the evaluation of the injured athlete.
- Athlete is required to answer all questions honestly in order to access any injuries correctly.
- If an ATC is on site and the assessment is concussion, the athlete cannot return to play the same day.
- If the Athlete is evaluated by the team physician and/or other clinician and the diagnosis is concussion, the athlete cannot return to play the same day.

Management

Physician evaluation of all concussed athletes, timing dependent on ATC assessment & clinical judgment. The ATC should contact the team physician to discuss follow up.

The team physician will:
- Determine additional testing/consultation as indicated
- Educate SA regarding importance of reporting all/any symptoms

Follow up/ongoing management

Daily follow up of symptoms using symptom checklist.
Post-Injury Testing (e.g. ImPACT and paper/pencil tests) performed 24-48 hours post-injury (research design) or as determined by team physician.
Post-injury testing interpreted by outside neuropsychologist
Follow up with ATC/ team physician once ready to progress activities as well as to return to full play (If not seen in follow up by team physician, must be discussed)

**Return to Play Decision**

Individualized decision; made by the team physician. Consultation from the athletic trainer, athlete, neurocognitive, Balance testing, and additional outside consultation as appropriate.

Time athlete held out of activity, rate of progression, all individualized with decision made by team physician.

Modifiers to consider:

- Age
- Prior history of concussion (#, specifics of injury(s), severity of injuries, recency)
- Learning disabilities (e.g. ADHD)
- Migraine History
- Seizure history
- Other (e.g. emotional readiness, anxiety, depression, parental concern)

Athlete must be symptom free prior to returning to cardiovascular exertion.

All return to play protocols will be completed before athlete can return to competition.

- The athlete must be cleared by the team physician.
- The athlete must show no major cognitive deficits in their IMPACT Test.

All athletes must follow the 5 day return to play protocol: (a copy of which can be obtained from the Athletic Trainer).

- Low exertion for 10 – 20 minutes
- Moderate sustained exertion for 20 – 30 minutes
- Sport Specific moderate to vigorous exertion drills for 20 – 30 minutes
- Non-Contact Practice
- Full Practice

If all previous protocols have been completed and the athlete passes exertion testing without symptoms the athlete may return to game play.

Rate of progression and final clearance is determined by the team physician and Athletic Training Staff.
Drug Testing Policy

According to NCAA regulations, student-athletes shall sign a drug testing consent form each academic year at the time the intercollegiate squad first reports for practice or prior to the Monday of the institutions fourth week of classes, which ever date occurs first. Failure to sign this consent form by the appropriate date shall result in the student-athletes ineligibility for practice or competition until the student-athlete has signed the form. The consent form shall be kept on file in the office of the Director of Athletics, and such file shall be available for examination upon request by an authorized representative of the NCAA. If a student-athlete is taking any over the counter or prescription drugs, their use should be cleared with the athletic training staff.

All QC athletes who participate in NCAA Championships are subject to the NCAA Drug Testing Program. In addition, the NCAA has expanded its out of competition (year-round) drug-testing program to ALL Division I & II institutions and to ALL Division I & II sports.

Drug Test Results

According to NCAA regulations, a student-athlete who tests positive shall be charged with the loss of a minimum of one season of competition in all sports if the season of competition has not yet begun for that student-athlete or a minimum of the equivalent of one full season of competition for all sports if the student-athlete tests positive during her or his season of competition. The student-athlete shall remain ineligible for all regular-season and post-season competition during the time period ending one calendar year after the student-athletes positive drug test. She or he shall also remain ineligible until the student-athlete retests negative and until the student-athletes eligibility is restored by the NCAA Eligibility Committee.

A second positive test will result in a loss of all remaining regular-season and post-season eligibility in all sports. If you refuse at any time to take the NCAA drug test, the penalty will be the same as the penalty for a first time positive test result. Positive tests are cumulative throughout your athletic career at QC.

NCAA Drug Testing Specifics

- Every Division II Institution is subject to drug testing.
- Every Division II Institution sponsoring football will be drug tested at least once each academic year. In addition to 12 football student-athletes, four student-athletes from one additional sport will be selected for drug testing.
- For institutions not sponsoring football, institutions will be randomly selected for drug testing. Institutions not sponsoring football will be selected at least once every two years.
- If your institution sponsors a Division I sport, that sport(s) is subject to drug testing under the Division I criteria. Therefore, eight student-athletes from the Division I sports are subject to drug testing.

Student-athletes are encouraged to refer themselves into counseling if they think they may have a problem associated with drugs. Since the College's Counseling Center's services are confidential, the Athletic Department and/or coach will not be notified if a student-athlete has been seeking counseling. However, the Athletic Department strongly encourages the student-athlete to communicate with the head coach, assistant coach or other athletic personnel if she or he has concerns. The Athletic Department believes that this could assist in alleviating some of the stresses associated with substance abuse. The QC Counseling Center can be reached at (718) 997-5420.
Pregnancy

**What to do if you become pregnant:**
We recognize that a student-athlete’s pregnancy is often a stressful event. As soon as you learn that you are pregnant, we encourage you to tell someone with whom you feel safe or who can best support you during this difficult time. While you are in the best position to determine who is safe to discuss your pregnancy, we will respect your confidentiality within our institution as long as it is medically safe to do so. At Queens College we want to help you achieve your academic goals while protecting your physical and psychological health and the health of your pregnancy. You should know that many student-athletes have traversed through these same life transitions successfully, and there is usually no reason to make overly-rushed decisions.

**What happens to your team membership:**
Federal law provides many legal protections for your continued involvement with our athletics department. As long as you are in good academic standing with the university and you do not voluntarily withdraw from your team, federal law protects your membership on the team. This would include access to services provided to other student-athletes with injuries or temporary disabilities, such as academic tutoring, training table, medical services, and rehabilitation services, among others. We will modify your workouts as your pregnancy progresses if needed. Federal law also requires us to grant you as much leave as is medically necessary and to reinstate you to active team membership. You may have to earn back your specific playing position that you achieved before your pregnancy, but others have successfully made the transition back to their former playing shape. You can too.

**What happens to your scholarship:**
As long as you are in good academic standing with Queens College and you do not voluntarily withdraw from your team, it is against federal law for us withdraw or reduce your financial aid in the event of your pregnancy, childbirth, conditions related to pregnancy, false pregnancy, recovery from pregnancy, or parental or marital status during the term of the award. Federal law also requires us to grant you as much leave as is medically necessary and to renew your scholarship under certain circumstances. Finally, you should also know that NCAA bylaws allow a female student-athlete to apply for an additional year of eligibility if her athletic career is interrupted by pregnancy.

**Who can help you:**
We encourage you to find someone trusted within our institution that can help you navigate through the numerous decisions that confront you. Queens College has a number of people that are equipped to help you, such as representatives of the Health Services (718) 997-2760, Counseling and Resource Center (718) 997-5420.

**How to continue training and competing:**
If you decide to remain pregnant and wish to continue in your sport, we will help you assemble a decision-support team that you feel comfortable with. It could include you, your obstetrician or other maternal health care provider, your coach, athletic trainer, team physician, academic counselor, a mental health counselor or others as needed. Your decision-support team will
monitor your health and academic progress, and will assist your rehabilitation and your return to
competition if that is your desire. Medically necessary absences due to pregnancy from team
activities are considered excused absences.

What if you’re a male student-athlete whose partner becomes pregnant:
Obviously, you won’t be affected by physical changes associated with pregnancy. However, you
may suffer psychological stress, have concern about the health of your pregnant partner and her
pregnancy, and question your readiness for fatherhood and the personal and financial obligations
you face. You may disagree with your partner’s decision about the pregnancy. However, we
encourage you to take advantage of our psychological counseling services and join in any
decision-support team your partner may have formed. You should also know that Title IX also
protects you from being discriminated against because of your partner’s pregnancy or your status
as a parent.

Sickle Cell Trait

What is sickle cell trait?
Sickle cell trait is not a disease. Sickle cell trait is the inheritance of one gene for sickle
hemoglobin and one for normal hemoglobin. Sickle cell trait will not turn into the disease. Sickle
cell trait is a life-long condition that will not change over time.

- During intense exercise, red blood cells containing the sickle hemoglobin can change
  shape from round to quarter-moon, or “sickle.”
- Sickle red cells may accumulate in the bloodstream during intense exercise, blocking
  normal blood flow to the tissues and muscles.
- During intense exercise, athletes with sickle cell trait have experienced significant
  physical distress, collapsed and even died.
- Heat, dehydration, altitude and asthma can increase the risk for and worsen complications
  associated with sickle cell trait, even when exercise is not intense.
- Athletes with sickle cell trait should not be excluded from participation as precautions
  can be put into place.

Do you know if you have sickle cell trait?
- People at high risk for having sickle cell trait are those whose ancestors come from
  Africa, South or Central America, India, Saudi Arabia and Caribbean and Mediterranean
countries.
- Sickle cell trait occurs in about 8 percent of the U.S. African-American population, and
  between one in 2,000 to one in 10,000 in the Caucasian population.
- Most U.S. states test at birth, but most athletes with sickle cell trait don’t know they have
  it.
- The NCAA recommends that athletics departments confirm the sickle cell trait status in
  all student-athletes.
- Knowledge of sickle cell trait status can be a gateway to education and simple
precautions that may prevent collapse among athletes with sickle cell trait, allowing you to thrive in your sport.

How can I prevent a collapse?

- Know your sickle cell trait status.
- Engage in a slow and gradual preseason conditioning regimen.
- Build up your intensity slowly while training.
- Set your own pace. Use adequate rest and recovery between repetitions, especially during “gassers” and intense station or “mat” drills.
- Avoid pushing with all-out exertion longer than two to three minutes without a rest interval or a breather.
- If you experience symptoms such as muscle pain, abnormal weakness, undue fatigue or breathlessness, stop the activity immediately and notify your athletic trainer and/or coach.
- Stay well hydrated at all times, especially in hot and humid conditions.
- Avoid using high-caffeine energy drinks or supplements, or other stimulants, as they may contribute to dehydration.
- Maintain proper asthma management.
- Refrain from extreme exercise during acute illness, if feeling ill, or while experiencing a fever.
- Beware when adjusting to a change in altitude, e.g., a rise in altitude of as little as 2,000 feet. Modify your training and request that supplemental oxygen be available to you.

Seek prompt medical care when experiencing unusual physical distress.

Academic Requirements

Pre-registration
For pre-registration all student-athletes should be informed that the first step in the process is to register through his/her declared major.

*Student-Athletes cannot pre-register unless all holds on their accounts are cleared.*

For athletic pre-registration, two weeks prior to the pre-registration date coaches will be given a form for the student-athlete pre-registration. It will include their name, contact information, CUNY ID, and spaces for course codes and names. It must be filled out in its entirety and returned by the given deadline or the student-athlete forfeits pre-registration privileges.

In addition, the student-athlete must have visited the Academic Advising Center on campus and staple a copy of the form given to them from the advisement office to his/her pre-registration paper before turning it in. If the advising form is not present the student-athlete will not be pre-
registered.

Any other problems during the advisement process may be brought up to the Academic Advising Center in Kiely 217 or called in at 718-997-5599.

It is that student-athlete’s responsibility to come to the athletic office before 5:00 p.m. that day and follow up with the Administration regarding his/her pre-registration.

*Each student-athlete may receive 1 varsity credit for each sport they competed in for one full season, after the season is complete. Limit two per sport.

**Athletics cannot pre-register the following classes:**

<table>
<thead>
<tr>
<th>PSY (all)</th>
<th>ACCT (all)</th>
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</thead>
<tbody>
<tr>
<td>Media Studies 200 and up</td>
<td>Math (all)</td>
</tr>
<tr>
<td>LCD 207, 208, 309, 316, 322, 323, 330</td>
<td>SEYS (all)</td>
</tr>
<tr>
<td>FNES (except 11-30, 166)</td>
<td>EECE (all)</td>
</tr>
</tbody>
</table>

Student-athletes can register for the classes mentioned above during their assigned date and time on CUNY First.

**Academic Requirements**

**Academic Requirements**

As a member of the NCAA, QC is required to meet minimum academic standards at all times to maintain athletic eligibility. All student-athletes must have been accepted as a candidate for an associates, bachelor’s or master’s degree program offered at QC, and be classified as a full time matriculated student, be registered for a minimum of 12 credit hours per semester (9 graduate credits). The college reserves the right to review student's qualifications on the basis of academic performance for continued matriculation. All student-athletes must meet the freshman or transfer eligibility requirements or satisfactory academic progress to be eligible for intercollegiate competition. Transfer students must have their transcripts from any previous institutions evaluated, and all accepted transfer credits placed on their official QC transcript. All student-athletes must complete the NCAA student-athlete statement before they begin active intercollegiate competition.

A cumulative grade point average of 2.0 must be obtained after the first year of college. Satisfactory academic progress is achieved by completing a minimum of 24 semester hours per year, (fall, spring, summer). Pursuant to NCAA regulations, no more than 6 summer credit hours will be accepted towards satisfactory academic progress.

Any student-athlete who does not meet these requirements will be declared ineligible to participate in NCAA competition and thereby places the renewal of their scholarship in jeopardy. Student-athletes who are rendered ineligible cause a cessation of their scholarship. Their case will then be evaluated by the review board to determine if there is sufficient cause to continue their award and eligibility.

**Policy on Ineligible Student-Athletes**
A student-athlete who is declared ineligible after the fall semester:
The student-athlete may register for an intercession class in an attempt to regain eligibility. If a student-athlete fails to regain their eligibility after the intercession, he/she will remain ineligible for the spring semester. The opportunity for a student-athlete to regain their eligibility over the intercession is an option.

While ineligible, the student-athlete shall not participate in any intercollegiate activities (practice and competition) until a final grade has been communicated by the professor in writing to the compliance officer or is posted onto the student-athlete’s account. Once the compliance team has said document, an evaluation will take place to assess the GPA and credits and then determine if a change of status is necessary. Upon notice of ineligibility, a student-athlete’s scholarship will be canceled immediately. The scholarship may be reinstated the following semester as per the coach’s recommendation and the athletic director’s approval.

A student-athlete who is declared ineligible after the spring semester:
If a student-athlete is declared ineligible after the spring semester, the student-athlete may attend summer school in order to regain their academic and athletic eligibility. Please note: progress towards degree requirements only allow 6 credits taken during the summer.

If a student-athlete chooses not to attend summer school or fail to regain their eligibility status during the summer, the student-athlete will not be able to participate in any intercollegiate activities (practice and completion) in the fall semester. If the student-athlete does not regain their eligibility entering the spring semester, the student-athlete will continue to not be allowed to participate in any intercollegiate activities (practice and competition).

Upon notice of ineligibility, a student-athlete’s scholarship will be cancelled immediately. The scholarship may be reinstated the following semester as per the coach’s recommendation and the athletic director’s approval.

**Athletes Missing Class**
Student-athletes can be permitted to miss class for a contest, at the professor’s discretion, but cannot miss class for a team fundraiser or community service project.

Before each semester starts the coach will submit a Missed Class Form for the Faculty Athletic Representative to process. It will list the time you need to leave class and the time you will return to campus. It will be given to all professors as a reference for student-athletes that will be missing class.

Student-athletes are still expected to remind their professors *at least* one class before an absence that they will be absent, and ask for any work that they will need to make up. If the professor still requests a letter at that time the student-athlete can see Leanna Taylor for a letter.

It is the student-athlete’s responsibility to make up all work as the professor deems necessary. **If a professor will not excuse the student-athlete from a class or exam, the student-athlete must attend that class.**
Hint for Academic Success

A student-athlete’s chance for success in the classroom is enhanced if you make a strong commitment to your studies. Your time is limited, especially with the additional requirements of college athletics. We have listed guidelines that will assist you with the demands of your academic expectations.

Attend class:
Instructors usually test on materials covered in their lecture. Attendance is crucial so that you can take notes and receive hand-outs that appear on future exams. Become acquainted with someone in class who can help you with missed materials when you are traveling for competition.

Go to class on time and be prepared to participate:
You should complete all reading and written assignments before they’re due. Get to class on time. Instructors know when you are late. It may affect your final grade.

Know your instructors:
Introduce yourself to your instructors. Ask questions when things are not clear. Write down office hours and office location. Let them know your concerns. They are here to educate you. Most instructors are willing to help you in any way they can, provided you show a willingness to do YOUR part.

Be Respectful:
Be polite and courteous to your instructors as well as your fellow classmates. This includes, but is not limited to, turning your cell phone on silent and refraining from talking or texting during class.

Don’t back yourself in a corner:
If you feel like you are falling behind in class, speak with your instructor immediately and contact the Senior Woman Administrator to get a tutor!

Time Management:
If you are having trouble with time management see the Senior Woman Administrator to get a worksheet to learn how to schedule your time properly.

Resources:
Professors, teammates, and classmates are the best resources for help!

Study Hall:
Study hall is not just for new students. Anyone that wishes to attend may go to study hall.

Class Selection:
Choosing a class that is interesting is crucial to your success. If you are not invested in the class it is harder to pay attention and give it 100% of your effort.

**Faculty Athletics Representative (FAR)**

The Faculty Athletics Representative (FAR) promotes the student-athlete experience, with a primary focus on academic integrity and student-athlete welfare. In addition, the FAR helps ensure institutional control of intercollegiate athletics. Specifically, the Faculty Athletics Representative works with the Vice President for Student Affairs and the Assistant Vice President of Athletics.

**How to Exhaust Academic Assistance**

The following are procedures on how to maximize all academic resources on campus.

**Steps to Exhaust All Resources Available for Academic Success:**

- Attend Study Hall and utilize the specialties each SAM has to offer.
- See SSS department to document your course struggles.
- Inas Kelly will be alerted on the situation.
- Return to the SSS office in one week.
- Attend Free Content Tutoring – Kiely 131 Academic Support Lab (need to attend at least three times).
- Attend the professor’s office hours (need to attend at least two times).
- QC Athletics will order a private tutor for 1 hour a week for the remainder of the semester.

**Other Resources Available:**

- Progress Reports and e-mail updates to the professors
- Additional private Study Hall hours in the Fitzgerald Conference Room
- P/NC the course (Cannot P/NC a W class or class that is in your major)
- SSS Department (open 8 hours a day)
- Monthly Student Athlete Meeting
- Pre-registration
- Student-athletes can take, “Choosing your Major” test

**Academic Counseling**
For academic support student-athletes should see the Academic Support Center on campus in Kiely 131. If they are still in need of additional support, they should speak call the office at 718-997-5677.

If a student-athlete is in need of a tutor, please complete a tutor request form that can be obtained from Student Support Services or a Student-Athlete Mentor.

Please note that if a student-athlete stops attending class they will receive a grade of WU, which is equivalent to an F. This is true even if the student has opted for the P/NC option in the course. Students must withdraw officially through the Registrar. Students should not drop a class without first consulting with the Compliance Coordinator in order to determine if it will affect the eligibility of the student-athlete.

Furthermore, please remember that if a student-athlete chooses to pursue a post graduate education that the P/NC option will not reflect well on their transcripts. So do not P/NC a class unless it is necessary.

**Study Hall**
All new student-athletes must attend 4 hours of study hall per week during the first semester playing a sport at Queens College. Any current students who maintain a cumulative average of less than a 2.3 must also attend 4 hours of study hall per week. Study hall takes place on the 2nd floor of the Rosenthal Library. It is offered Monday through Friday from 12:00 p.m. to 1:30 p.m. and Monday through Thursday from 6:30 p.m. to 8:30 p.m. Students may go on their own schedules. Any student-athlete who does not complete 4 hours, will be suspended from all athletically related activity for the following week until they make up his/her missed hours. Student-athletes must bring his/her QC ID card to enter the library.

Study hall operation follows the school calendar exactly. If classes are cancelled then study hall is cancelled. If day classes are cancelled, but evening classes are not, study hall will be cancelled in the morning and open in the evening. In the event that a school holiday or weather conditions result in the closing of campus during a portion of the week, it is still the responsibility of the student-athlete to complete 4 hours of study hall during the remaining study hall hours.
It is the student-athlete’s responsibility to ensure that they are attending the required amount of study hall. It is the student-athlete’s responsibility to communicate any issues regarding study hall with the Senior Woman Administrator.

**Counseling**
If a student-athlete approaches you with a personal problem or concern about a teammate with a personal problem the first step is to speak to the Senior Woman Administrator, Student Support Services.

**Student-Athlete Mentors**
The Student-Athlete Mentor, or SAM, program is a program for the student-athletes. Eight to ten student-athletes are selected to be a SAM each semester. They are trained on campus in various areas that are common issues for student-athletes. The SAMs may live on campus or off campus. They must have a 3.0 GPA and be role models for their fellow student-athletes.

Day-to-day monitoring and peer support by Student-Athlete Mentors of study hall sessions is expected as well as assisting fellow student-athletes in need.

**Varsity Credit Policy (Effective 2/1/17 as per CAP)**
Each student-athlete has the option to request a maximum of two varsity credits during their collegiate career at Queens College. A varsity credit is a pass/NC grade that is listed as a FNES Team Sports Course. A student must request the varsity credit by the seventh days of classes via the athletics registration form. Varsity Credits are only available during the Fall and Spring Terms and are reserved for student-athletes who are eligible and actively participating with the sport. Student athletes who are ineligible for medical reasons and are still a part of the program are still eligible to receive a varsity credit. Only one Varsity Credit may be applied in a single semester, unless the student is a dual-sport athlete and actively participating in both sports. Dual sport athletes are still limited to the two overall varsity credits during their collegiate career. If the student voluntarily removes his/herself from the team, it is at the discretion of the instructor on whether the credit remains. The instructor will take into account the manner of the student’s voluntary withdrawal and the coach’s input.

**Student-Athlete Advisory Committee (SAAC)**
The primary mission of the Queens College SAAC is to promote a positive student-athlete experience. Through the Division II motto of “life in the balance,” the SAAC will strive to provide opportunities for student-athletes to excel in the classroom, in competition, and in the community. The SAAC will serve as a forum for communication between the student-athletes and the Athletics Administration.

**Membership**
Each team will have one voting representative, but may have additional representatives at the meetings. Each representative must be an academically and athletically eligible member of his/her respective team.

Recommendations for SAAC representatives can be made by coaches, teams, and/or SAAC. Final selection will be made by the campus SAAC liaison.

**Responsibilities**
All representatives must attend each meeting unless one of the following arrangements has been made:

1) Substitute team member attends.
2) Representative communicates with SAAC liaison (in advance) and is granted permission to miss (in this case, it is the responsibility of the representative to follow up with the SAAC liaison after the meeting regarding any & all missed information).

Members are expected to check their e-mail daily. They must rely all information from the SAAC meetings to their respective team and coaches. Members are required to maintain appropriate behavior at all times. Members must participate in SAAC meetings and must attend events. Members should serve as a leader to the student-athlete population.

Each member of SAAC is required to volunteer for at least 2 events from the SAAC calendar per semester.

**Executive Officers**
All executive officers are elected through a nomination and voting process at SAAC meetings. Each elected officer will serve in office for a one-year term. There is no limit on the number of terms served.

The executive board consists of:

**President** – to preside over meetings, to serve as liaison to the Athletic Department, and function as spokesperson for Queens College Student-Athletes

**Vice President** – to preside over meetings when President is absent, to oversee subcommittees that may be formed as a response to the needs of the student-athletes, exercise all functions of the president in his/her absence, and to perform all duties which are required of the office by the committee

**Treasurer** – is responsible for submitting budget requests, is responsible for keeping written records of any money spent and/or taken in by SAAC, and to maintain the fundraising thermometer

**Secretary** – is responsible for keeping attendance records, and is responsible for a summary of the minutes of the meetings and historical record
the student-athlete pre-registration. It will include their name, contact information, CUNY ID, and spaces for course codes and names. It must be filled out in its entirety and returned by the given deadline or the student-athlete forfeits pre-registration privileges.

In addition, the student-athlete must have visited the Academic Advising Center on campus and staple a copy of the form given to them from the advisement office to his/her pre-registration paper before turning it in. If the advising form is not present the student-athlete will not be pre-registered.

**Student-Athlete Advisory Committee (SAAC)**

**Current SAAC Committee**

<table>
<thead>
<tr>
<th>Name</th>
<th>Sport</th>
</tr>
</thead>
<tbody>
<tr>
<td>Megan Deak</td>
<td>Women’s Soccer</td>
</tr>
<tr>
<td>Adrianna Mendrinos</td>
<td>Women’s Soccer</td>
</tr>
<tr>
<td>Nicole Cranny</td>
<td>Women’s Soccer</td>
</tr>
<tr>
<td>Daniel Saint Louis</td>
<td>Men’s Soccer</td>
</tr>
<tr>
<td>Georgios Thomatos</td>
<td>Men’s Soccer</td>
</tr>
<tr>
<td>Robbie Webster</td>
<td>Men’s Soccer</td>
</tr>
<tr>
<td>Cassidy Stewart</td>
<td>Women’s Volleyball</td>
</tr>
<tr>
<td>Kristen Moore</td>
<td>Women’s Volleyball</td>
</tr>
<tr>
<td>Thomas Zaki</td>
<td>Men’s Baseball</td>
</tr>
<tr>
<td>Stevianne Ognibene</td>
<td>Women’s Softball</td>
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<tr>
<td>Morgan Starley</td>
<td>Women’s Softball</td>
</tr>
<tr>
<td>Nicole Michaels</td>
<td>Women’s Softball</td>
</tr>
<tr>
<td>Emer Moloney</td>
<td>Women’s Basketball</td>
</tr>
<tr>
<td>Kyhiem Chaplin</td>
<td>Men’s Basketball</td>
</tr>
<tr>
<td>Inayah Webster</td>
<td>Women’s Dance</td>
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<tr>
<td>Alison Shum</td>
<td>Women’s Fencing</td>
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<tr>
<td>Angela Acevedo</td>
<td>Women’s Fencing</td>
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<tr>
<td>Basma Attieh</td>
<td>Women’s Lacrosse</td>
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<tr>
<td>Abigail Edwards</td>
<td>Women’s Lacrosse</td>
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<tr>
<td>Lauren Gentile</td>
<td>Women’s Lacrosse</td>
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<tr>
<td>Skandal Delince</td>
<td>Men’s Track &amp; Field</td>
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<tr>
<td>Francis Matamoro</td>
<td>Men’s Track &amp; Field</td>
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<tr>
<td>Gabriel Mendez</td>
<td>Men’s Tennis</td>
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<tr>
<td>Camilo Arias</td>
<td>Men’s Tennis</td>
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<tr>
<td>Sarah O’Leary</td>
<td>Women’s Tennis</td>
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<tr>
<td>Darya Kolesnichenko</td>
<td>Women’s Tennis</td>
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<tr>
<td>Jordan Melidor-Fuxis</td>
<td>Men’s Swimming</td>
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<tr>
<td>Narek Chill</td>
<td>Men’s Swimming</td>
</tr>
<tr>
<td>Kerry Ghanie</td>
<td>Women’s Swimming</td>
</tr>
<tr>
<td>Angelinna Bradfield</td>
<td>Women’s Track &amp; Field</td>
</tr>
<tr>
<td>Amira Dubissette</td>
<td>Women’s Track &amp; Field</td>
</tr>
<tr>
<td>Name</td>
<td>Phone</td>
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<td>-------------------------------------------</td>
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</tr>
<tr>
<td>China Jude</td>
<td>(718) 997-2775</td>
</tr>
<tr>
<td>Assistant Vice President/Athletics</td>
<td></td>
</tr>
<tr>
<td>Rob Twible</td>
<td>(718) 997-2754</td>
</tr>
<tr>
<td>Associate Athletics Director/Facilities</td>
<td></td>
</tr>
<tr>
<td>Kevin Williams</td>
<td>(718) 997-2733</td>
</tr>
<tr>
<td>Associate Athletic Director/External</td>
<td></td>
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<tr>
<td>Relations</td>
<td></td>
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<tr>
<td>Jay Biljani</td>
<td>(718) 997-2772</td>
</tr>
<tr>
<td>Associate Athletics Director/Finance</td>
<td></td>
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<tr>
<td>&amp; Administration</td>
<td></td>
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<tr>
<td>Lydia Travis</td>
<td>(718) 570-0360</td>
</tr>
<tr>
<td>Assistant Athletics Director for Student</td>
<td></td>
</tr>
<tr>
<td>Athlete Performance/SWA</td>
<td></td>
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<tr>
<td>Brian DeMasters</td>
<td>(718) 997-2744</td>
</tr>
<tr>
<td>Director of Camps and Recreation</td>
<td></td>
</tr>
<tr>
<td>Cynthia Rountree, Esq.</td>
<td>(718) 997-5888</td>
</tr>
<tr>
<td>Title IX Coordinator</td>
<td></td>
</tr>
<tr>
<td>Dr. Inas Kelly</td>
<td>(718) 997-5465</td>
</tr>
<tr>
<td>Faculty Athletics Representative</td>
<td></td>
</tr>
<tr>
<td>Nicole Pacapelli</td>
<td>(718) 570-0523</td>
</tr>
<tr>
<td>Academic Coordinator</td>
<td></td>
</tr>
<tr>
<td>Christina Costello</td>
<td>(718) 997-2773</td>
</tr>
<tr>
<td>Payroll Coordinator</td>
<td></td>
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<tr>
<td>Daniel Skinner</td>
<td>(718) 997-2747</td>
</tr>
<tr>
<td>Budget Coordinator</td>
<td></td>
</tr>
<tr>
<td>Greg Rupp</td>
<td>(718) 997-2795</td>
</tr>
<tr>
<td>Office Manager</td>
<td></td>
</tr>
<tr>
<td>Jason Posser</td>
<td>(718) 997-2755</td>
</tr>
<tr>
<td>Fitness &amp; Recreation Manager</td>
<td></td>
</tr>
<tr>
<td>Sasha Ortiz</td>
<td>(718) 997-2758</td>
</tr>
<tr>
<td>Assistant Fitness Center Operations</td>
<td></td>
</tr>
<tr>
<td>Chris Reardon</td>
<td>(718) 997-2752</td>
</tr>
<tr>
<td>Assistant Facilities Coordinator</td>
<td></td>
</tr>
<tr>
<td>Christina Berardi</td>
<td>(718) 997-2761</td>
</tr>
<tr>
<td>Assistant Facilities Coordinator</td>
<td></td>
</tr>
<tr>
<td>Navraj Sandhu</td>
<td>(718) 997-2785</td>
</tr>
<tr>
<td>Director of Operations</td>
<td></td>
</tr>
<tr>
<td>Name</td>
<td>Title/Role</td>
</tr>
<tr>
<td>-----------------------</td>
<td>-----------------------------------------------</td>
</tr>
<tr>
<td>Nicholas Lantz</td>
<td>Director of Athletics Comm.</td>
</tr>
<tr>
<td>Giana Neira</td>
<td>Marking Assistant</td>
</tr>
<tr>
<td>Chamique Francis</td>
<td>Assistant Director of Development</td>
</tr>
<tr>
<td>Buz Considine</td>
<td>Assistant Director of Recreation</td>
</tr>
<tr>
<td>Becca Girard</td>
<td>Camp and Saturday Program Coordinator</td>
</tr>
<tr>
<td>Alicia Lampasso-Dilon</td>
<td>Director of Aquatics</td>
</tr>
<tr>
<td>Shoshana Burns</td>
<td>Assistant Director of Aquatics</td>
</tr>
<tr>
<td>Daniel Hernandez</td>
<td>Director of Sports Medicine</td>
</tr>
<tr>
<td>Chelsea Nugent</td>
<td>Assistant Athletics Trainer/Olympics Sports Coordinator</td>
</tr>
<tr>
<td>Stefan Kunkoski</td>
<td>Head Strength and Conditioning Coach</td>
</tr>
<tr>
<td>Department of Athletics Head Coaching Staff</td>
<td>Phone</td>
</tr>
<tr>
<td>-------------------------------------------</td>
<td>-------</td>
</tr>
</tbody>
</table>
| Chris Reardon  
Baseball | (718) 977-2752 | Chris.Reardon@qc.cuny.edu |
| Matt Collier  
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| Bet Naumovski  
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| Robert Davis  
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| Naomi Lucas  
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| Gregory Rupp  
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| Meaghan Smith  
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| Frank Vertullo  
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| Alicia Lampasso-Dillon  
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| Jason Octave  
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| Stefan Kunkoski  
Head Strength and Conditioning Coach | (718) 997-2721 | Stefan.Kunkoski@qc.cuny.edu |