



# **Athletic Handbook**

## **2008-2009**

# From the Athletic Director

Dear student-athlete and parents,

As an athletic department, we first and foremost desire to see our programs and student athletes develop in the following areas:

- To model our athletic teams on the example of servant leadership set before mankind by Jesus Christ. Included within such a belief system would be the principle that when one joins a team, he/she gives up individual rights to acquire team responsibilities.
- To see our athletes develop and grow as leaders, learning/practicing the skills and abilities required of a strong Christ-like leader in a society that advocates simply remaining a follower.
- To see our athletes grow personally in all areas of life: academically, athletically, socially, and spiritually. Growth in these four areas will develop out of a Christ-centered focus and a regularly developing/advancing relationship with their Savior.
- To see our athletes develop a true appreciation of the competitive experience, including a genuine respect for our opponents, game officials, fans, etc.
- To successfully develop a family-like atmosphere within our programs, where “caring and sharing” become the “norm,” and much more valued than simply winning or losing (“the scoreboard”).
- To develop an athletic program which is firmly rooted in and finds its foundation in prayer (for the team, individuals, opponents, university, world, etc.)
- To be a strong testimony and Christian witness for Jesus Christ and the TIU Athletic Program, whether it be on the field, court, or outside of the competitive arena on our campus and in the surrounding community.

We will most definitely make mistakes and perhaps fall short in some of the aforementioned goals/areas. We are human and the process is sometimes difficult and long. We can succeed, however, if we merely press onward keeping our focus upon our goals and the perfecter of our faith, Jesus Christ.

Patrick Gilliam

Director of Athletics

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# General Information

## National and Conference Affiliations

Trinity International University is a member of the National Association of Intercollegiate Athletics (NAIA), the National Christian College Athletic Association (NCCAA), the Chicagoland Collegiate Athletic Conference (CCAC) and the Mid-States Football Association (MSFA). Trinity follows all eligibility and participation rules of the NAIA.

- The CCAC includes the following schools: TIU, Barat College, Cardinal Stritch University, Dominican University, Illinois Institute of Technology, Indiana University South Bend, Judson College, Kendall College, Olivet Nazarene University, Purdue University Calumet, Robert Morris College, St. Xavier University, Trinity Christian College, and University of St. Francis.
- The football program is a member of the Mid-States Football Association Mid-West Division. The Mid-West Division is made up of TIU, Iowa Wesleyan College, McKendree College, Olivet Nazarene University, St. Ambrose University, St. Xavier University, and Taylor University.

## Athletic Scholarship Policies

Contact your coach for athletic scholarship policies.

### ATHLETES MUST:

- Maintain satisfactory academic progress toward a degree.
- Pass 24 credit hours during the previous academic year or in the immediate past two academic terms.
- Participate in the sport for which the scholarship is being received. Athletes unable to participate due to injury must fulfill another team role (statistician, equipment manager, etc.) to keep their scholarship.
- Athletes not participating in their sport in any way will lose their scholarship, based on the coach's discretion.
- Abide by the rules established by the coach, the Athletic Department and Trinity International University. Scholarship athletes must participate in pre- and postseason requirements made by the coach to be eligible for the scholarship the following year.
- File a completed Financial Aid Form (FAFSA Form) with the Federal Gov.

## Employment Opportunities in the Athletic Department

There are some positions available for College students with work-study. Interested students should contact the Athletic Department.

# Regulations

- It is expected that the community expectations and general patterns of a Christian lifestyle, which are outlined in the Trinity International University catalog, will be followed.
- When representing the Trinity International University Athletic Department, appropriate appearance is required. Coaches select traveling attire (dress up or warm-ups).
- We expect our student-athletes to act like ladies and gentlemen, both verbally and by their actions.
- No drugs, alcohol, smoking, or swearing.
- Athletes are expected to be on time to all practices and team meetings.
- Individual coaches may set a curfew for members of their team.
- Chapel attendance (at least thirty-two per semester) is expected.
- We expect that all student-athletes travel to games or practices in approved transportation (school/rental vans or buses) driven by approved and tested staff.

## **The Athletic Department's Statement on Discipline**

The Athletic Department deems it a privilege to participate in intercollegiate athletics. Therefore, if a student-athlete violates Trinity International University's community expectations, team expectations, and/or exhibits any insubordinate attitudes, suspension of practices or games and/or removal from the team may result. Following this discipline, scholarships may be prorated or removed. The discipline administered will be given by the Dean of Students (Student Development Office) and/or the Head Coach of that respective sport and will be clearly communicated to the student-athlete as soon as possible.

# Sports Information

The Sports Information Department seeks to provide updates on our website at [www.tiu.edu/athletics](http://www.tiu.edu/athletics).

The individual coaches call the *Chicago Tribune*, *Chicago Sun Times*, and various local newspapers immediately following every game to report their final score. In addition, the coaches are in contact with the member affiliations: the National Association of Intercollegiate Athletics (NAIA), the National Christian College Athletic Association (NCCAA), the Chicagoland Collegiate Athletic Conference (CCAC), and the Mid-States Football Association (MSFA). This relationship allows for weekly reports on national rankings, statistical leaders, and athletic awards and recognition. Special news releases are also written when an athlete breaks a record, is named to a special team, or signs a letter of intent to attend TIU.

Trinity also maintains a sports information hotline. Callers can hear scores, records, upcoming contests, and similar information by calling the TIU hotline. The hotline number is

847.317.7125. Athletic information is also available via the Internet by accessing the school web site at [www.tiu.edu/athletics](http://www.tiu.edu/athletics).

## Insurance Information

**All athletes must have insurance that will cover athletic-related injuries and accidents.**

**If your insurance does not cover athletic-related claims, you will be required to purchase general health insurance from Trinity.**

As a service to our student-athletes, Trinity International University provides a secondary insurance policy. This is strictly to cover accidental athletic injuries. **This secondary policy will only be applied to medical costs incurred for injuries sustained during a required TIU game or practice with the coach present.** This policy also requires that the injured athlete first make the claim under their primary medical insurance. Excess medical expenses, not covered by the primary insurance, may be submitted to the school's policy (subject to its limitations and conditions). Although we attempt to purchase the most comprehensive policy, this is not an all-inclusive policy.

### Insurance Guidelines

- ❑ Each student-athlete must have primary health insurance that covers athletic injuries and provide proof of this insurance before participating in TIU intercollegiate athletics.
- ❑ If the primary carrier is an HMO or a PPO, the athlete and parent must follow the proper procedures required by the plan.
- ❑ For student-athletes with an HMO as their primary insurance and do not live in the Chicagoland area, the Athletic Training Staff strongly recommends student-athletes either (a) change their primary care physician to one in the area or (b) purchase short-term insurance that allows the athlete to see physicians in the area.
- ❑ If your insurance will not cover injuries/accidents, you will be required to purchase student health insurance from Trinity that also covers accidents. To do this, call Human Resources at 847.317.7085.
- ❑ The Trinity Athletic Department provides excess or secondary coverage for athletes who suffer from an acute **accident** occurring while participating in official team practice or game of intercollegiate sports. **However, this procedure includes following the advice of the TIU Athletic Training Staff. Any medical bills incurred by a student-athlete without approval by the Athletic Training Staff shall be the sole responsibility of the student-athlete.**
- ❑ Trinity's secondary insurance will not cover the claim if the provisions of the HMO or PPO have not been met.
- ❑ An accident is an unexpected, sudden, definable, and an unforeseeable external event, which is the direct cause of bodily injury, independent of any illness, prior injury, or congenital predisposition.
- ❑ Trinity will not provide coverage for illnesses or conditions that are not the direct result of an accident in our intercollegiate sports program. **Exclusions include chronic conditions, overuse, sports braces, hernia, illness, preexisting conditions and nonintercollegiate sport injuries (such as injuries in intramurals, HPW classes, personal conditioning,**

**nonsanctioned practices, recreational activity, and so on). Also injuries not notified to the Athletic Training Staff within fourteen days of onset will not be covered.**

- ❑ Failure to maintain a primary insurance policy will nullify the secondary insurance benefits. The financial responsibility will be solely of the athlete and his/her family. If the primary policy changes during the academic year, the student-athlete must notify the Athletic Training Department and submit a new card.

### **Insurance Claim Procedures**

- ❑ The student-athlete is responsible for reporting an accident or injury immediately to the athletic trainer. Proper documentation needs to be taken in order for insurance claims to be submitted. If the services of a physician are engaged without the athletic trainer's prior awareness, the student-athlete becomes solely responsible for any medical bills incurred.
- ❑ When an athlete is referred to a doctor or hospital for care, he or she must bring his or her primary insurance information.
- ❑ If any bills incurred are as the result of an accident in intercollegiate sports, it is the student-athlete's responsibility to see that they are sent to the right place. If bills have not been directly submitted to your primary carrier, you must make sure that this is done. You are responsible for accurately completing all paperwork as it relates to your primary insurance.
- ❑ Following receipt of the claim, your primary insurance plan will do one of two things:
  1. Honor the claim and pay all or part of the bills incurred.
  2. Not honor the claim and send you a letter of denial.
- ❑ If a balance remains after your primary insurance plan has contributed toward the claim, the explanation of payment or letter of denial from the insurance company and a copy of the itemized bills must be submitted to Trinity's athletic insurance coordinator. **(This is the athlete's and parent's responsibility.)**
- ❑ The Athletic Insurance Coordinator will submit the claim to the secondary insurance company for processing. They will review the claim and, within the limitations of Trinity's policy, will consider payment of the balance.
- ❑ Any balances that remain following payment or denial by the secondary insurance become the responsibility of the student-athlete and his or her parents/spouse.
- ❑ Secondary coverage is only in effect for the care and treatment of the injury in the fifty-two weeks following the date of injury.
- ❑ Please use the Athletic Handbook as a general summary of the insurance. The policy on file at the Athletic Department contains all of the provisions, limitations, exclusions, and qualifications of these insurance benefits, some of which may not be included in the handbook. If any discrepancy exists between the handbook and the policy, the policy will govern and control the payment of benefits.

**All athletic insurance questions should be directed to the athletic insurance coordinator, Jill Rokosik at [jrokosik@tiu.edu](mailto:jrokosik@tiu.edu) or 847.317.6486**

# Athletic Training

## Introduction to Sports Medicine and the Athletic Trainer

Sports medicine is a broad field that encompasses the teamwork of many professionals (physicians, physical therapists, nutritionists, emergency medical technicians, sports psychologists, strength and conditioning coaches, etc.). The athletic trainer is recognized by the American Medical Association as an allied health professional that networks with those listed above while providing prevention, recognition, management, and rehabilitation for sports injuries on a daily basis under the supervision of the team physician. In addition, the athletic trainer provides the administration of a program to educate and counsel athletes so that they may return to activity quickly and safely.

## Condell Relationship

Trinity, with the Sports Medicine Department at Condell Medical Center, provides a staff of experienced certified athletic trainers, a network of medical and allied health professionals, state-of-the-art medical facilities and equipment used for athletic coverage.

## Staff and Team Physicians

The Athletic Training Room is staffed by three full-time certified athletic trainers and one athletic training program director, in addition to student athletic-trainers. For a current list of team physicians, please contact the Athletic Training Room.

## Athletic Training Room General Information

- Athletic Training Room hours are 2:00-6:00 p.m. Monday through Friday, varying with sport seasons and game/practice schedules.
- An orientation session will be provided to each team before physical exams, regarding the athletic training room and insurance policies.
- Rules of the Athletic Training Room are posted to create a safe, consistent, and efficient environment.
- Immediate assessment and care of acute injuries will be provided at practice or in the Athletic Training Room.
- Nonacute injury assessment and treatment are encouraged one hour before practice or by special arrangement. Plan appropriate early arrival for prescribed injury treatment and preventative procedures with the student athletic trainers.

## Pre-Participation Physical Exams

Each student-athlete is required to have a physical examination before participating in any intercollegiate sport. The final decision on physical qualifications or reason for rejection is the responsibility of the team physician in consultation with the athletic trainer. The team physician

also decides when an athlete may return to competition after a previous injury.

## **Documentation of Prior Medical History**

If you have had athletic related surgery, other extensive illness-injury, or a congenital condition that affects your athletic performance:

1. Be prepared to discuss details of the incident with team physicians at Trinity.
2. Have your medical records faxed or sent to the Trinity International University team physician and athletic trainers. The phone numbers are at the back of this handbook.
3. Provide a summary and substantiating data from your doctor that states:
  - Doctor's name, address and phone number
  - History of injury
  - Treatment/Repair
  - Outcome/Results
  - Operative notes, consultation notes, diagnostic tests (X-ray, MRI, scans, etc.), and hospital discharge summaries should be included.

## **Physical Screenings**

- **You must attend the physical screenings provided for your sport at Trinity International University.** Do not get your own physical at home.
- The dates of the physical screenings are on the appendix cover.

## **Preparticipation Physical Exam Fee**

We have had to add a fee that will cover the cost of giving the exams. The cost is \$20.00, which is due at the time of the physical. Checks can be made out to "TIU Athletics."

### **Please note:**

- This **does not** automatically clear you for participation; additional tests may be required at **your expense** at the discretion of the head team physician.
- If you have an athletic injury or other illness that has bothered you in the past, **but you have not seen a physician**, note this on your medical history with details (use a separate page) and bring attention to it at your physical exam.

# Eligibility

## **Freshmen must meet two of the following three requirements:**

- Graduate in the top half of your high school graduating class.
- Achieve an overall high school grade point average of at least 2.0 on a 4.0 scale.
- Score 18 on the ACT or 860 on the SAT.

## **Returning students must:**

- Pass 24 credit hours over the two previous semesters.
- Have a cumulative 2.0 GPA when at junior status (58 hours) and/or beginning third season of play.
- Freshmen must pass 9 hours during the first semester to be eligible for the second semester.

## **Transfer students:**

- All transfer students' transcripts must be reviewed individually to determine eligibility by the eligibility chair.
- Transfer students must meet with the eligibility chair before participation to complete an eligibility statement.

## **The Eligibility Committee is made up of the**

- College Registrar
- Faculty Athletic Representative
- Director of Athletics
- Eligibility Chair

Freshmen and Transfers must have an official final transcript in Trinity International University Record's Office to complete eligibility. A faxed or hand-delivered copy is not an official transcript.

All eligibility matters must be resolved before the first team scrimmage or game in order for an athlete to participate.

All eligibility questions should be directed to the eligibility chair.

**Although there is an athletic eligibility committee and chair, the primary responsibility for eligibility falls upon *the head coach and the individual player.***

# Athletic Department Staff

Director of Athletics:	Patrick Gilliam .....	847.317.7094
Assistant Director:	Jill Rokosik .....	847.317.6486
Assistant Director:	Tomas Raven .....	847.317.7093
Office Coordinator:	Dan Basinger.....	847.317.7027
Sports Information Director:	Summer Stout.....	847.317.7024
Facilities Coordinator:	Andy Euler .....	847.317.7098
Athletic Insurance:	Jill Rokosik .....	847.317.6486
Athletic Training Program Director:	Karl Glass.....	847.317.7066
Athletic Training Room:	.....	847.317.7116
Angie Ryan		
Greta Schutte		
Katy Baumgartner		
Advancement:	Tomas Raven .....	847.317.7093
Baseball Coach:	Tomas Raven .....	847.317.7093
Men's Basketball Coach:	Andy Euler .....	847.317.7098
Women's Basketball Coach:	Summer Stout.....	847.317.7024
Football Coach:	Mike Gims .....	847.317.7092
Assistant Football Coach:	Robbie Schomaker .....	847.317.6493
Offensive Coordinator:	Kirk Wherritt.....	847.317.7182
Men's Soccer Coach:	Patrick Gilliam .....	847.317.7094
Women's Soccer Coach:	Patrick Gilliam .....	847.317.7094
Softball Coach:	TBD.....	847.317.7099
Women's Volleyball Coach:	Jill Rokosik .....	847.317.6486

## Important Athletic Phone Numbers

Athletic Office .....	847.317.7099
Athletic Fax .....	847.317.8056
Athletic Training Room .....	847.317.7116
Faculty Athletic Representative, Karl Glass.....	847.317.7066

Athletic Insurance Coordinator, Jill Rokosik..... 847.317.6486  
Sports Information Office, Summer Stout..... 847.317.7024  
Sports Information Hotline ..... 847.317.7125