

Southeast Community College



Student-Athlete Handbook

"It is the desire of Southeast Community College that we provide a tremendous experience for our Student-Athletes, keeping in mind the mission of the NJCAA with regards to the spirit of fair play and adherence to a strict code of ethics and correct behavior. The integrity of your game cannot and will not be compromised; our overall goal is to use competition to teach honesty, integrity, sportsmanship and above all, instill a love and respect for your game. This includes emphasis towards the fact that how you handle yourself on the court or field in a competitive situation will mirror how you handle yourself with the rest of your life."

2015-2016

Southeast Community College

Student-Athlete Handbook

The athletic program is an important and integral part of student life at Southeast Community College. This handbook is designed to assist Student-Athletes in their orientation to SCC policies and procedures and to help them meet their goals and achieve success while attending SCC. Additional information concerning educational programs, degree requirements, course descriptions, student personnel policies, financial assistance, support services, etc., can be found in the *college catalog* and *student handbook*.

SCC Athletics

The athletic program at Southeast Community College offers competition in six intercollegiate sports; men's basketball, golf, and baseball and women's basketball, softball, and volleyball.

SCC is a member of the National Junior College Athletic Association and competes in Region IX and the Nebraska Community College Athletic Conference.

Process of Becoming a Student-Athlete at SCC

To become a Student-Athlete at SCC, follow the steps below. Administrators, Coaches, and advisors are available at any time to answer questions and help students complete the process in a timely manner.

- ✓ **Letter of Intent-** Complete and sign the National Letter of Intent and/or the SCC Agreement form. All student-athletes who participate in our athletic programs must sign this form.
- ✓ **Transcripts-** Requests for official college, high school, and/or GED transcripts should be sent to the Registrar's office upon completion of the application process.
- ✓ **NJCAA Transfer Waiver-** Student-Athletes who have transferred from another NJCAA institution will need to have a validated NJCAA Transfer Waiver on file
- ✓ **Insurance Questionnaire-** Your Coach will send you questionnaires for you and your parents to complete regarding your accident insurance status. No claims may be processed until these completed forms are filed with the athletic office. These forms may also be accessed on the SCC website (www.southeast.edu)
- ✓ **Physical Exam-** Student-Athletes are required to complete a physical exam each school year before they are allowed to practice. See your Coach or the SCC website (www.southeast.edu) for physical forms or more information.
- ✓ **Financial Aid-** To help defray other educational costs, the Student-Athlete is encouraged to apply for additional funding through the Financial Aid Office. Applying for financial aid takes time and should be done immediately upon learning of your interest in SCC or by March 1 of your first year.
- ✓ **NJCAA Eligibility Affidavit-** All Student-Athletes need a completed eligibility affidavit on file at Southeast Community College. See your Coach for the paperwork! These forms may also be accessed on the SCC website (www.southeast.edu)

Student-Athlete Code of Conduct

Each Student-Athlete accepts responsibility above and beyond that of the general student body with regard to his/her conduct as a representative of Southeast Community College. Southeast Community College views participation in the athletic program as a privilege and not a right. Therefore, the Student-Athlete is held to a higher standard. This includes the expectation that you will attend all classes when not involved in intercollegiate competition. Furthermore, you will not engage in behavior that is detrimental to the image of your team, the athletic department, and/or Southeast Community College. Academic success, citizenship, sportsmanship, and fair play are viewed as a prelude to winning.

The Athletic Department requires the following guidelines to be adhered to by all members of the Southeast Community College athletic program. The following guidelines and regulations, as well as those listed in the College's Catalog and Student Handbook, shall apply to all Student-Athletes.

Academics

It is the responsibility of each Student-Athlete to maintain a good academic standing for participation in the athletic program. Each athlete must meet the eligibility requirements established by the National Junior College Athletic Association (NJCAA), and those specific to Southeast Community College. This includes making satisfactory progress and maintaining **full-time** enrollment during each term of athletic participation. Dropping below 12 credit hours during athletic participation results in immediate ineligibility and could result in forfeiture of contests. Failure to meet these and other academic requirements may result in the suspension from practice, athletic participation, or the immediate removal of the Student-Athlete from the athletic program, carried out by the Coach and/or the SCC Administration and the Athletic Director. If the NJCAA standards are less rigorous than those standards set by Southeast Community College, SCC will opt to enforce its institutional academic standards.

Your academic success at Southeast Community College is very important to us. Your class attendance and academic progress will be monitored both by your Coach and the Athletic Director throughout each term of enrollment. Students involved in the SCC athletic programs are required to attend all classes when not involved in athletic participation.

In the case of academic monitoring by the Athletic Director, attendance and academic progress information will be obtained by contacting your instructors directly. Upon the first occurrence of a negative attendance/progress report, the Athletic Director will turn this information over to the Coach for counseling and possible discipline and tutoring. Upon the second occurrence of a negative attendance/progress report, the Student-Athlete will meet with the Athletic Director and/or the Coach for counseling and possible discipline and tutoring. Mandatory daily attendance/progress reports and tutoring may then be assigned to the Student-Athlete as a condition for athletic participation. A behavioral contract may also be written outlining the procedures for the Student-Athlete to remain in good academic standing with the athletic department. Additional negative attendance/progress reports may result in suspension from practice and/or athletic participation or the immediate removal of the Student-Athlete from the athletic program. Termination from the athletic program due to the violation of this policy is also grounds for the termination of the athletic scholarship aid.

Student-Athletes are also required to register for the Intercollegiate Academic course for their respective sport. See the term class schedule regarding the details for registration.

Representing Southeast Community College

An athlete is seen in the public eye more often than the average student. Remember, it is a privilege to be a Student-Athlete at Southeast Community College, but it is also an obligation and responsibility to represent the College with dignity and pride. The Student-Athlete Code of Conduct will be in effect both on and off-campus as well as during team travel. Failure to conduct yourself responsibly by the terms set forth by this handbook and Southeast Community College may result in disciplinary action from the Coach and/or the SCC Administration and Athletic Director. Southeast Community College reserves the right to suspend an athlete from intercollegiate competition and practice until the pending case is resolved in cases of the violation of the Code of Conduct or criminal offenses. By suspending the Student-Athlete, Southeast Community College is not prejudging guilt or innocence nor whether discipline is necessary. Rather, the suspension protects the integrity of the college in instances where a Student-Athlete has been in violation of the Code of Conduct, arrested, or charged with a criminal offense. Any Student-Athlete who breaks the laws of the State of Nebraska or local municipality will be referred to the appropriate legal authorities. Discipline for violating this Code of Conduct may range from a reprimand, probation, suspension from intercollegiate completion and/or practice, loss of scholarship, or dismissal from the team or school. In the case where actions caused by the student-athlete result in the damage to property, Southeast Community College reserves the right to collect such damages from the student-athlete.

Alcohol and Drug Use

Student-Athletes must adhere to the alcohol and drug policies outlined in the Southeast Community College Student Handbook, the NJCAA, and the team's Coach. Those found under the influence of, or in possession of, alcoholic beverages or illegal drugs not prescribed by a physician, may face immediate suspension from the athletic program and disciplinary proceedings from the Coach and/or SCC Administration and Athletic Director.

Due Process

The following principles of "due process" shall be employed for any Student-Athlete accused of violating the Athletic Department or College regulations:

- a) In less serious cases involving a minor offense, corrective action may be taken by the appropriate Coaching staff. An appeal by the Student-Athlete may be made to the Athletic Director.
- b) In a more serious conduct situation, where suspension or dismissal is possible, the Head Coach and/or the Athletic Director and SCC administration may determine the disciplinary action. An appeal of that decision may then be made to the Dean of Students and/or Campus Director.
- c) Student-Athletes may also opt to follow the grievance procedures as outlined in the Student Handbook.
- d) All attempts to render a fair and just decision to any offense will be made as quickly as possible.

Other Relevant Policies

Violation of Southeast Community College Regulations

Violation of the College's Student Disciplinary Regulations, are available in the Student Handbook and under the jurisdiction of the Dean of Student Services.

Violation of Team Rules

Each head Coach may develop and enforce their own set of rules to establish standard of team conduct. These rules may be more restrictive than the athletic department, college, or the NJCAA. Head Coaches have the authority to suspend or dismiss Student-Athletes if violations of team rules warrant such a decision. Appeals of dismissal by the head Coach as a result of team rules violations are to be resolved by the Athletic Director in conjunction with the SCC Administration.

Violation of NJCAA Regulations

Student-Athletes are subject to the rules and regulations of the NJCAA, which governs Student-Athlete eligibility, scholarship awards and procedures, sportsmanship behavior, and other forms of athletic conduct. To review these regulations Student-Athletes may contact the Athletic Director or online at www.njcaa.org.

Travel Policy

Each Student-Athlete will travel to and from contests with College approved transportation only. If a Student-Athlete wishes to receive alternate transportation for any part of the trip, he/she must receive approval from his/her Coach, the Athletic Director, and the Student-Athlete's parents.

Insurance/Injuries

The SCC athletic insurance policy will cover only injuries incurred during participation in official games and practices. Student-Athletes and their parents will be required to complete the necessary paperwork as required by our insurance company.

The SCC athletic insurance policies provide **secondary** coverage. This means that the athlete's personal insurance policy (or the parents' personal insurance) must be filed at the time of a visit to a physician or hospital. Once the personal insurance has stopped paying, SCC's insurance policy may pay the remainder of the costs.

All injuries must be reported to your coach or the athletic trainer as soon as possible. Student-athletes are required to communicate their injuries prior to initiating care. To expedite compensation for bills, Student-Athletes must complete necessary forms and return them to the athletic department **before claims can be processed.** Depending upon the injury or circumstances such as a concussion, students may be required to have approval from a certified athletic trainer or physician before resuming athletic participation.

SCC does not offer the Student-Athlete health coverage insurance!

Eligibility

You must be registered and remain registered in 12 or more hours during your eligibility terms. **Your Coach and/or the Athletic Director must approve any drop/add of classes you desire to make.** Note: financial aid/scholarship standards might be substantially higher.

At the end of the first term of attendance, you must have completed 12 Quarter hours with a 1.75 gpa or higher. Best grades can be used for the computation of the gpa.

After the first term and each term thereafter, you must pass 12 hours with a 2.00 or have a cumulative number of hours equal to 12 credits times the number of full-time terms attended with a minimum of a 2.00 cumulative gpa.

To play a second season, you must have passed 36 Quarter hours with a minimum 2.00 gpa.

The standards above reflect the minimum eligibility requirements set by the NJCAA. Keep in mind that your coach has the authority to require stricter standards for playing eligibility.

Scholarships

SCC participates on the Division II level which means that athletic scholarships may not exceed the cost of tuition, books, and course related fees. Scholarships are awarded on a **one-year** basis and are renewable upon the dates established by the NJCAA for each sport. Student-Athletes who are resigned for a second year and are academically eligible, must be awarded at least the same amount of scholarship aid the second year or the Student-Athlete shall be allowed to void the Transfer Waiver commitment and transfer to any NJCAA member college. The scholarship must be awarded by June 15th.

Permitting a Student-Athlete or member of their family to receive assistance, in cash or kind, which is not administered by the institution, or which does not fall within the permissible limits set forth by the NJCAA is prohibited.

Student-Athletes signed to a NJCAA National Letter of Intent (LOI) are unrecruitable by other NJCAA member colleges. Student-Athletes must be released from the LOI in effect in order to talk to or be recruited by other NJCAA member colleges.

Cancellation or modification of scholarships due to injury or good or bad performance is not permitted by the NJCAA.

Scholarships may be cancelled as outlined in the NJCAA National Letter-of-Intent, the SCC Athletic Agreement form, and the Athletic Handbook.

Transfer Policies

A transfer student is considered anyone who has attended college beyond 15 calendar days of a term or has participated in an athletic contest and at a later date enrolled and attended classes at another college.

Transfers from a NJCAA college must have a **transfer waiver** and/or a **NJCAA National Letter-of-Intent release form** signed by the college they attended and meet the general eligibility requirements to become immediately eligible for participation. Those not having a release signed or meeting general eligibility requirements will be required to complete a probationary period.

Transfers from a non-NJCAA college do not need a transfer waiver but must meet general eligibility requirements as noted above to be immediately eligible.

SCC Student-Athletes wishing to transfer to another NJCAA college during the school year in progress must have a **release agreement** signed by the Athletic Director and campus president before they may be recruited by another NJCAA institution. If a Student-Athlete contacts another NJCAA institution before the release is signed, that institution is obligated by the NJCAA to contact SCC immediately.

NJCAA Code of Conduct

The basic principles of the National Junior College Athletic Association stand for the highest ideals in sportsmanship. One of the primary objectives of competition is to develop and foster respect for fellow participants, Coaches, officials and spectators. With this in mind, and since it is fundamental to the continuance of the activities sponsored by the NJCAA that the rights of the majority shall not be jeopardized by the actions of a few, this CODE of CONDUCT has been adopted.

Regulations of Conduct

Sportsmanship

Certain standards of behavior are expected of all Student-Athletes and team personnel participating in any NJCAA event. Student-Athletes are guests at any event, their participation is a privilege, not a right. Sportsmanship and citizenship are modes of conduct that promote and develop respect for fellow participants, Coaches, and teammates. Respect should also be reflected in each Student-Athlete's behavior toward officials and spectators. Every individual participating in any NJCAA event must abide by the following:

Violent Behavior

Acts of violence or flagrant acts during or related to an athletic contest are not permitted. A violent act is one which physical contact or an attempt to make physical contact occurs, the purpose of which is to damage, harm, intimidate, or otherwise injure a person or property.

Penalties for Violent Behavior

Any player, Coach or team personnel who is guilty of leaving his/her sideline, bench or position to participate in violent behavior will be considered a responsible party in such behavior and will be subject to the sportsmanship regulations governing their respective sport as regulated by the NJCAA. In the event that a situation occurs which is not specifically addressed by the NJCAA rules and regulations, individuals will be subject to the following:

- 1) Immediate ejection;
- 2) A two game (violent) or a one game (non-violent) suspension to be served during the next scheduled contest during the regular season and/or postseason play. Suspension of Student-Athletes or Coaches occurring at the end of the season shall carry over to the next academic year and will be served during the first scheduled contest of that year.
- 3) Should an individual be ejected for violence a second time during a given season, this individual shall be prohibited from participating in any intercollegiate athletics for the remainder of the year. In the case of a second non-violent ejection, the Student-Athlete will serve a two

game suspension.

Equity & Diversity

It is the policy of Southeast Community College to provide equal opportunity and non-discrimination in admission, attendance and employment matters for all qualified persons, attending or seeking admission to the College, without regard to race, color, ethnicity, religion, sex, age, marital status, national origin, veteran status, sexual orientation, disability, or other factors prohibited by law. Inquiries concerning the application of Southeast Community College's policies on equal opportunity and nondiscrimination should be directed to the Vice President for Access, Equity and Diversity, SCC Area Office, 301 S. 68th St. Place, Lincoln, NE 68510; Phone (402) 323-3412; FAX (402) 323-3420 or Internet e-mail; jsoto@southeast.edu

Sexual Harassment

Sexual harassment is a form of sex discrimination and is a violation of federal and state laws. It is the responsibility of all SCC employees and students to discourage and refuse sexual overtures and not to engage in behaviors that, because of their nature, have a high probability of being misinterpreted or classified as sexual harassment. All employees, students and visitors are expected to maintain appropriate professional boundaries at all times.

If you believe you have been a victim of sexual harassment:

1. Inform the person responsible for the harassing behavior that such behavior is offensive and must stop. If the behavior continues, a complaint should be filed.
2. Any allegation of sexual harassment will be investigated and appropriate action to resolve the complaint will be initiated while protecting the anonymity of all individuals involved.

Reporting Harassment/Discrimination

Southeast Community College believes that it is the right of all students to obtain an education in a college environment free from all forms of discrimination or harassment, including sexual harassment. Any student who believes he/she has been the subject of discrimination should report the incident to a member of the College's professional staff with whom the complainant feels comfortable, or to one of the two designated educational equity representatives on the Beatrice Campus; Tom Cardwell, Dean of Student Services, 402-228-8220 and Jan Arnold, Instructor, Academic Education, 402-228-8229

Social Media Conduct

The Southeast Community College Athletic Department understands that many of its student-athletes have active accounts on social media networks, including but not limited to Facebook, Twitter, Instagram, and Youtube. Southeast Community College supports students' use of these sites, providing that student-athletes uphold the following modes of conduct.

Students must not post photos of themselves or others that may be considered inappropriate or offensive. They must also not post photos which might depict Southeast Community College, its students, affiliates, or identifiable activities in a negative light. Absolutely no information may be posted which may violate Southeast Community College's Code of Conduct, or any regulations in this Student-Athlete handbook, in either language or connotation. This includes

all inappropriate or offensive comments or posts.

Students should also refrain from posting their email addresses, home address, local address, telephone numbers(s), or other personal information as it could lead to unwanted attention, stalking, identity theft, etc.

Please keep in mind that you are representing the Southeast Community College Athletic Department and Southeast Community College at all times, both on- and off-campus. Be aware that SCC employees, including coaches, faculty, and administrators, can access these sites just as easily as your peers. Current and future employers often access on-line social network sites for information. Many college programs and scholarship committees now search these sites to screen applications. You should think about any information you post on Facebook or similar sites potentially providing an image of you to a prospective employer. The information posted is considered public information. Protect yourself by maintaining a self-image that you can be proud of years from now.

Recommendations for best practice are:

- **Think twice before posting.** If you wouldn't want your boss, parents, or future employer to see your post, don't post it.
- **Be Respectful and Positive.**
- **Remember that many different audiences will see your posts;** fans, alumni, children, teammates, parents, staff, faculty, and administration.
- **Don't post anything that you would not say openly in person** such as comments about alcohol and drug use, profanity, off-color or sexual humor, ethnic slurs, or personal insults.
- **Be in the right state of mind when you make a post.** Don't post when you are angry, upset, or your judgement is impaired in any way. Remember that the internet is permanent!

Conduct, in any public forum, is inevitably monitored by the public eye. We ask that student-athletes behave accordingly and uphold the standards of the College to the best of their abilities. **A student is susceptible to suspension, dismissal, or other disciplinary measures if he or she violates the above Social Media Conduct Policy for Student-Athletes.**

Tips for Becoming a Successful Student-Athlete

- ★ Basically it comes down to these 3 simple guidelines: **1) Be the best you can be academically, athletically, & socially 2) Do and say what is right! 3) Treat people like you would like to be treated!**
- ★ Show respect to all your teammates, SCC Coaches, faculty, staff, administration, and students as well as conducting yourself in a respectful manner at all times. Be a role model for each other, other students, and Southeast Community College.
- ★ Show an understanding and appreciation for those who have backgrounds dissimilar to your own and who may have a different belief system; demonstrate tolerance!
- ★ Respect the integrity and judgment of game officials. Treating officials with respect, even when you disagree with their judgment, will only make a positive impression of you and your team in the eyes of the officials and all people at the event. Use your influence on and off the court to help curb booing or officials and opponents by spectators. Inform students and friends that good crowd behavior makes going on the field or court easier for the players.

- ★ Treat opponents the way you would like to be treated- as a guest or friend. Refrain from taunting, trash talking or making any derogatory remarks to your opponent during the game, especially comments of ethnic, racial, or sexual nature. Refrain from intimidating behavior. Congratulate opponents in a sincere way following either victory or defeat.

Tips for Becoming a Successful Student

- ★ Attend class regularly and be on time. Nothing is more frustrating to an instructor than students who walk in late to class. Make a great first impression! Remember you never get a second chance at making a first impression.
- ★ Be prepared to sit and remain in the classroom for the entire period. Due to the 10 week quarter system, class times might be longer than you are use to.
- ★ If you miss a class, attempt to contact the instructor ahead of time. You will be responsible for all assignments and work given in class. In case you cannot contact the instructor, exchange email addresses and phone numbers with fellow students in order to obtain the assignments missed. Your instructor will expect you to be prepared and to have completed all assignments you missed due to absence.
- ★ It is your responsibility to inform your instructor you will be missing class due to an athletic event. Instructors are *not* required to make provisions for any make-up tests or assignments if you do not make contact before missing classes.
- ★ Review and understand the syllabus received from all your classes. Be ready to adjust from instructor to instructor. Each instructor will have their own demands, policies, and procedures.
- ★ Turn in assignments on time. Take the time to produce a final product that looks good and shows a caring attitude and pride in your work.
- ★ Sit in front of the classroom. Participate in class. Sit upright, ask questions, and most of all, pay attention.
- ★ Refrain from becoming a class disturbance. Such behaviors as side talking with other students, note passing to other students, and working on class assignments from other classes is annoying to your instructor. Remember this is not high school and other students are paying a substantial amount of money to take classes at SCC
- ★ **Turn off all cell phones and personal electronic devices** that are not preauthorized by the instructor. SCC prohibits the use of unauthorized electronic devices in the classroom.
- ★ Visit your instructor frequently regarding grades, comments made on a paper, or upcoming tests. Show the instructor that you care!
- ★ Earn extra credit if available. Demonstrate that you care about your grades and are willing to help yourself earn a better grade. Instructors are not obligated assign extra work, but if they offer, take advantage of the situation.
- ★ Visit with your academic advisor frequently. Make sure that you are making progress towards your degree. Make an appointment to register for your classes for the next term the day registration is available. Class sections fill and close quickly after registration is open.

Tips for living in the Resident Hall

- ★ Have insurance coverage. Check your parent's homeowner's insurance policy or purchase renter's insurance. Keep money and valuables secured even in your own housing unit.
- ★ You will be building lifelong friendships which will last a long time after your college years are over. This is one of the greatest values for living in the resident halls. Living with others and getting along, however, takes constant work. Communicate with your roommates and solve problems together.
- ★ Make sure that you understand all the rules and regulations for living in Student Housing. Keep the noise level (music, tv, etc.) down in the room. Use your headphones! Don't hang things on the wall which violate housing policies. Do not use nails or tape. Do not display items which other find offensive (race, sexual orientation, etc.)
- ★ You are required to attend all resident hall meetings as required by the housing staff.
- ★ Build positive relationships with the other students living in housing and encourage them to attend our events. Filling the stands with students makes for a home crowd advantage.
- ★ Follow the direction of the resident hall administration and RA's. Follow their direction without question first, and bring issues of disagreement to your Coaches second. Show respect to earn respect. Be the most mature person when addressing housing issues.
- ★ Keep your rooms locked at all times; even if you are going across the hallway. Windows and sliding glass doors should be locked when no one is occupying your apartment. Keep a rod like object in your sliding glass door guide even if you are on the 3rd floor.
- ★ Know where your keys are at all times. Do not loan your keys to anyone outside of your apartment.
- ★ Resident Hall living bans alcohol and weapons **of any kind** on campus and in your living facilities. Don't forget that if any of these items are found in your room, **all** roommates may be sanctioned.

Important Contact Information

Administration

Bob Morgan	Campus Director	228-8272	Kennedy 261
Toni Landenberger	Assistant Campus Director	228-8286	Kennedy 257
Jennifer Rupprecht	Administrative Secretary	228-8265	Kennedy ADM
Donnetta Hajek	Secretary I- Athletics	228-8210	Kennedy 333

Business Office

Linda Creevan	Business Office Coord. Athletic Insurance	228-8203	Kennedy 263
Audrey Priefert	Assistant Business Coord. Student Accounts	228-8222	Kennedy 264

Student Services

Tom Cardwell	Dean of Student Services	228-8220	Kennedy 256
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Key Student Service areas

Admissions and Recruitment

Mary Ann Harms	Admissions Tech	228-8214	Kennedy 251
Casey Holsing	Recruiter	228-8204	Kennedy 250

Athletics

Dan Johnson	Athletic Director	228-8232	Kennedy 411
Joel Wooton	Men's BB Coach	228-3468 x1323	Kennedy 421
Vicki Wooton	Women's BB Coach	228-3468 x1322	Jackson 104
Carrie Puhalla	Women's VB Coach	228-3468 x1353	Kennedy 415
Bill Campbell	Men's Golf Coach	228-8234	Kennedy 414
Dion Parks	Men's Baseball Coach	228-3468 X1364	Kennedy 423
Bob Ginsburg	Women's Softball Coach	228-8235 X1235	Kennedy 423

Career Advising & Assessment Center

Lori Balke	Career Advisor Testing center Coord.	228-8242	Jackson 406
Kara Osborne	Career Center Testing Technician	228-8208	Jackson 410

Financial Aid

Ann Hajek	Assoc. Financial Aid Dir.	228-8212	Kennedy 254
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Housing

Lacy Jurgens	Director Resident Life	228-8291	Hoover 101
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Retention

Margarita Feyerherm	Retention Specialist	228-3468 x1351	Kennedy 404
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Registration

Robert Overkamp	Associate Registrar	228-8213	Kennedy 253
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Graduate Job Search and Placement

Shirley Huttenmaier	Placement Spec.	228-8216	Kennedy 259
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Parents of All Ages

Barb Jantzen	POAA Coord.	228-3468 x1350	Adams 201
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Student Activities

Carrie Puhalla	Student Activities Coordinator	228-3468 x1353	Kennedy 415
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TRIO Student Support Services (SSS) and Upward Bound (UB)

Tanya Jarchow	Trio Program Director	228-8228	Kennedy 252
Erica Weedin	Trio Advisor	228-8215	Kennedy 403
Kandice Jurgens	Sec. Upward Bound	228-3468 x1362	Hoover 401
Melissa Decker	Upward Bound Director	228-3468 x1406	Hoover 404

Tutoring and Academic Support

Lila Thomas	Academic Advising	228-8278	Kennedy 405
Margarita Feyerherm	Retention Specialist	228-3468 x1351	Kennedy 404
Library (Learning Resource Center)		228-8224 or 228-3468 x1317	Kennedy 503

To An Athlete

There are little eyes upon you,
And they're watching night and day;
There are little ears that quickly,
Take in every word you say;
There are little hands all eager
To do anything you do;
And a little one who's dreaming
Of the day they'll be like you.

You're the little one's idol,
You're the wisest of the wise,
In their mind about you,
No suspicions ever rise;
They believe in you devoutly,
Holds all that you say and do,
They will say and do, in your way,
When they're a grown-up like you.

There's a wide-eyed little one,
Who believes you're always right,
And their ears are always open,
And they watch you day and night;
You are setting an example,
Every day in all you do,
For the little one who's waiting,
To grow up and be like you

It is not easy.....

To apologize,
To begin over,
To admit error,
To be unselfish,
To take advice,
To be charitable,
To be considerate,
To endure success,
To keep trying,
To forgive and forget,
To keep out of the rut,
To make the most of a little,
To maintain a high standard,
To recognize the silver lining,
To shoulder a deserved blame.