2020-21 Student-Athlete Handbook

#StrongerTogether
Dear Herons & Statesmen:

Welcome first-years and transfers and welcome back returners! Being a student-athlete comes with high expectations—in your sport, in the classroom, and in our community. I encourage you to engage with a growth mindset, with a hunger to learn and a willingness to step out of your comfort zone.

The HWS Student-Athlete Handbook outlines our expectations of you as a student-athlete and identifies the many ways Hobart and William Smith Athletics will support you throughout your time at HWS. While this is the first year in the history of Hobart and William Smith Athletics that we have a combined Handbook, it is important to state that we will continue to celebrate you as Statesmen or Herons AND we will support each other with a mindset that we will be #StrongerTogether.

As Statesmen or Herons, you have the opportunity to learn from faculty who make HWS one of the top liberal arts colleges in the United States AND you have the opportunity to be mentored by the top coaches in the nation. The primary responsibility for balancing academics AND athletics lies within each of you. The faculty, coaches, staff and administration are here to assist you reach your goals.

This year, we must expect even more from each other. The coronavirus pandemic is challenging the entire world and as I type, positive cases and deaths in the United States continue to climb. While we see consequences today, we can’t fully predict nor understand the consequences for the future. The same is true with systemic racism and inequalities that permeate throughout our communities—from educational systems, to housing, to our criminal justice system, to the pandemic—we must and we will engage in sustained dialogue on diversity, equity and inclusion. “We the people” needs to mean black, indigenous, people of color, women AND others who face oppression.

The world needs you to study the health crisis and racial and social injustices in our interdisciplinary academic program AND apply your learning in your career and life. The world needs you.

This November brings the next presidential election. Listen. Learn. Engage. Vote.

This is a new world for all of us. Be patient, kind and compassionate while also demanding commitment from each other.

I wish you the very best this year!

Hip Hobart! Go Herons!

Deb Steward
Arthur Cleveland Coxe ’95, the namesake of Bishop Author Cleveland Coxe, his grandfather (for whom Coxe Hall is named), designed the seal in 1895. He died tragically in 1895, at the age of 19, in a boating accident on Seneca Lake. His body was never recovered from the lake, and his death was a blow to the College community.

The Latin phrase Sigilla vm Collegii Hobartiani in Ciy Neo Ebor, along the margin of the seal translates, “The Seal of Hobart College in the State of New York.” Vita Lux Hominvm, the phrase on the scroll, translates “Life and Light of Mankind.” 1822 signifies the date of the College’s charter. Disce the Latin word for “learn” is undoubtedly a charge to the students to excel.

On the shield, the book represents learning and education, the cross, which symbolizes spirituality. The two together represent the union of spirituality and education.

The key on the left may symbolize knowledge. The cross key, on the right is symbolic of the bishop’s crook – a reminder of the College’s founder, Episcopal Bishop John Henry Hobart.

The Beginning

Tradition has it that in the gray predawn hours of a morning in September, 1820, Bishop Hobart led a small group to a hillside overlooking Seneca Lake. “Here Gentlemen,” he stated, “is the sport for the College,” as he slowly raised his staff and stuck it into the ground. For many years, Bishop Hobart’s walking stick has been carried in Hobart processions. It represents the founding of the College and links us to that defining moment.

The first College building, Geneva Hall, was built near that site in 1822.

Legends of Agayentah

The legends of Agayentah, a Seneca warrior, have been associated with Hobart since the early days of the College. Agayentah perished after being struck by lightning along the shore of Seneca Lake. Beloved Hobart professor Charles Delamater Vail characterized the warrior in these words.

“...Among these braves there was one, straight as an arrow; one whose regal form towered above all others...whose eagle eye and steady voice ever guided the fiercest contest to successful issue, the great Agayentah. Calm and dispassionate at the council fire, prudent and cautious on the warpath, terrible and resistless in battle, kind, benevolent, and hospitable in peace, well beloved was Agayentah. - Agayentah! The power of six nations, the idol of the Seneca’s!"

Another legend has it that as he died, the echo of his cry rang out, and in 1858 the Hobart year book adopted the title “Echo of the Seneca” to honor Agayentah. Nearly 100 years later, the
Hobart class of 1951 gave a bronze bust to a Native American to the Colleges as its graduation gift. Classmates Jim Hall and Phil Christ were instrumental in bringing the statue to our campus. In the winter of 1951, Jim Hall asked art professor Eloise Woods where the class might find a Native American sculpture to commemorate Agayentah’s legend. Professor Woods directed the eager Statesmen to sculptress Marjorie Dangerfield. Ms. Dangerfield came to campus during graduation week for the unveiling and dedication. Christ and Hall also approached a quarry in Syracuse and, after hearing the diligence demonstrated by the class of ’51, the quarry not only donated a boulder on which to place the warrior, they delivered it to campus free of charge. The fierce and beloved member of the Sachem tribe of the Seneca nation has represented strength and resolve for Hobart’s athletic teams over the lifetime of his heritage.

For many years Agayentah’s bust stood on the lawn near Williams Hall. Probably due to weather damage, the bust was coated with plaster and painted and placed in Bristol Gymnasium. Often the target of campus pranks, the statue was found one autumn morning in the late 1980’s near the College’s flagpole, the plaster coating badly cracked.

Art professor and sculptor Ted Aub III came to the rescue and had the statue sand blasted only to discover the original bronze work under the plaster. Agayentah was properly restored and placed on a square of handsome black Georgia marble and now greets visitors with “Statesmen Pride” at the entrance to Bristol Gymnasium.

**Hobart Teams of Distinction**

In 2006, the Statesmen Athletic Association Board of Directors instituted the recognition classification, “Teams of Distinction,” to pay tribute to Hobart College intercollegiate teams of the past for their outstanding achievements in their respective athletic arenas and for their contributions to the athletic legacy at Hobart College.

Teams become eligible for Team of Distinction recognition 10 years after the completion of their season. Typically, a Team of Distinction would have won a conference, regional, or national championship; or been undefeated over the course of its season; or considered to be one of the “very best Hobart teams ever” in the respective sport; or would have overcome exceptional challenges to be successful.

Members of the Teams of Distinction receive a specially designed etched glass award and their team photo earns a place of permanent display in the Hobart College Hall of Fame & Trophy Lobby in Bristol Gym. A Team of Distinction may be recognized at any number of special events such as Hobart home athletic contests, the Block H or Hall of Fame dinners, or during HWS Reunions.

**The Hobart Hall of Fame**

Founded in 1986, this means of recognizing outstanding Hobart athletes, coaches, administrators, and friends enhances the esteemed tradition of Hobart Athletics. The formal recognition of these Hobart men and those who follow them in years to come, was a dream of longtime followers of Hobart sports for many years.

The Statesmen Hall of Fame is located in Bristol Gym and was renovated in 2001 thanks to a gift from the estate of the late Betsy Kline Stiles WS ’45.

In recognition of the living inductees, specially designed Hobart Hall of Fame rings are presented at the induction dinner.
Induction into the Hobart Hall of Fame is an honor reserved for individual athletes, coaches, staff, friends and benefactors. To date 125 Statesmen are Hobart Hall of Fame members.

**The Statesmen Nickname**

Sports have been played at the College since the 1860’s and for the first 70-plus years Hobart went without a moniker. Now Hobart College is blessed with a special and unique nickname, “The Statesmen”.

It has been a mystery to most how Hobart became known as the Statesmen, but the origins of Hobart’s nickname came innocently enough. The Hobart football team was playing the opening game of the 1936 football season on September 26th at Amherst College. The following day The New York Times published a story describing the scoreless tie that occurred between the two teams. The article begins, “In the Pratt Field opener today, Hobart and Amherst battled to a scoreless tie before a crowd of 3,000. The defensive play of both teams was superb. Hobart recorded eight first downs to Amherst’s nine.”

“The statesmen from Geneva receive a lucky break in the first period when Wanzo fumbled and Benjamin recovered on Amherst’s 40-yard line.” The author of the story referred to Hobart as the statesmen one final time, concluding the story with, “Snowball and Pagnotta stood out for Amherst, while Bowling and Wright excelled for the statesmen.”

And with these two references, Hobart College was given its nickname.

**Mission of Hobart Athletics**

The Hobart College Department of Athletics believes intercollegiate athletics plays a major role in the educational process, and strives to provide a challenging, meaningful, and exciting experience for student-athletes. The Department accomplishes this mission by serving as teachers, counselors, leaders, and representatives of the College and by offering quality instruction, services, and athletics facilities, while promoting a high level of sportsmanship and competition. The coaching and support staffs place the highest value on:

- COMMITMENT
- INTERGRITY
- LOYALTY
- RESPECT
- TEAMWORK
- FUN

In carrying out its mission, the Department will strengthen the ability of Hobart men to manage their lives and fulfill their potential as students, athletics, and citizens.
In 1906, William Smith, a local businessman and nursery owner, signed a deed of gift, which was quickly accepted by the Hobart Board of Trustees, to establish the college that bears his name. The gift ($475k) was larger than the entire accumulated endowment of Hobart College. At the turn of the century, as Smith was determining how to best transform his wealth into opportunity for others, he befriended a number of suffragettes and activists including Elizabeth Smith Miller and her daughter, Anne Fitzhugh Miller. The two had a deep impact on him. The elder Miller, whose childhood home was a station on the Underground Railroad, was the daughter of U.S. congressman and abolitionist Gerrit Smith. Her cousin was women’s rights activist Elizabeth Cady Stanton. It is probable that in his many visits to the Miller home on Seneca Lake, Smith had an opportunity to meet and exchange ideas with Stanton, Susan B. Anthony, Lucy Stone and others. At that time, the people who passed through Geneva were a ‘Who’s Who’ of cultural reform and transformation, and Smith was not immune to the influx of fresh ideas.

It is because of Smith’s resolve that William Smith College was founded as a nondenominational, liberal arts institution dedicated to educating women broadly, not just vocationally.

In 1908, William Smith College opened with 18 students in the charter class, although there were 20 by the end of the year. The College was founded adjacent to Hobart and entered into a coordinate arrangement that is now unique among American colleges. The College was founded so that “[W]omen ... might have life and have it more abundantly.” Thus, from its very beginning, the College has been committed to empowering women and enriching their lives. The effect of that philosophy has been repeatedly demonstrated in many ways including the academic accomplishments of students, the lifetime achievements of alumnae, and in the quality and success of the William Smith athletics program.

The College currently offers 12 varsity sports: basketball, cross country, field hockey, golf, ice hockey, lacrosse, rowing, sailing, soccer, squash, swimming and diving, and tennis. The soccer program sponsors a junior varsity squad, and the rowing program includes a novice team. Coaches welcome and encourage multi-sport participation.

The Herons compete for championships in the National Collegiate Athletic Association (NCAA), the Liberty League, the Middle Atlantic Intercollegiate Sailing Association (MAISA), the United Collegiate Hockey Conference (UCHC), the Intercollegiate Sailing Association (ICSA), and the Collegiate Squash Association (CSA).

The Naming of the Herons

Since September 19, 1908, when the charter members to William Smith College registered for classes, many changes have occurred on campus – rules, the curriculum, campus buildings, athletic participation opportunities, and in 1981, the school’s nickname changed from the “Smithies”
Exasperated with being confused with the Smith College Smithies, the William Smith College Department of Athletics wanted to have a mascot of its own. This desire led to a campus-wide contest to determine a mascot for William Smith College.

In 1981, on a fall afternoon during a field hockey practice, a heron, taking off from Odell’s Pond, flew over the field. It was fortunate that Head Coach Pat Genovese had separated the team into skill work on opposite ends of the field because as the heron reached midfield it squawked and left a large odoriferous deposit on the field. The team was convinced that the heron and William Smith were irrevocably linked. After that field hockey practice, two players, Mary Stowell Nelson ’82 and Ginger Adams Simon ’83, entered the heron into the mascot contest. They won the contest which included more than 175 proposals.

On November 8, 2008, during the William Smith Centennial Celebration, the Heron Society Board of Directors and William Smith College Department of Athletics presented the Heron Award to Mary Stowell Nelson ’82 and Ginger Adams Simon ’83 in recognition of their commitment to William Smith Athletics. On that fall afternoon in 1981, the heron flying over ‘Field Beautiful’ (now McCooey Field) truly made its mark on Mary, Ginger and their teammates, and since that time, the Herons have made their mark on women’s intercollegiate athletics.

William Smith Teams of Distinction

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Teams of Distinction receive a specially designed etched cut glass award.

Heron Hall of Honor

Established by the William Smith College Heron Society Board of Directors in 1996, the Heron Hall of Honor celebrates the role, advancement, and importance of women in athletics. The honorees exemplify William Smith’s standard of excellence by advancing women in sports through their commitment, participation, and support.

Inducted on October 4, 1997, the Charter Class of the Heron Hall of Honor featured 11 women who played an integral role in establishing William Smith athletics as something special and unique. William Smith is proud to celebrate and honor the rich tradition of athletics that members of the Charter Class worked so hard to establish.

The Hall is open to former athletes, current and former staff members, and any other person deemed worthy by the Heron Hall of Honor Nominating Committee. Inductees have their names affixed to the wall of the Hall of Honor Room.
Mission and Goals of William Smith Athletics

The mission of William Smith College Department of Athletics is to provide a highly competitive intercollegiate athletic experience within a rigorous liberal arts education.

William Smith College Department of Athletics is committed to maximizing the potential of Heron student-athletes in a learning environment that values and enhances teamwork, competitiveness, respect, discipline, leadership and personal responsibility. William Smith coaches are high caliber teaching professionals who utilize an ethical approach to training, competing, mentoring and recruiting. In addition, William Smith College and its coordinate partner, Hobart College, strongly support the principles of gender equity.

The goals of the William Smith Department of Athletics are categorized under four headings:

Quality

We will be known for the quality of our student-athletes, staff and alumnae. We will be recognized for the quality of our athletic program – a hallmark of William Smith coaches will be the ethical approach to training, competing and recruiting and our student-athletes will be responsible and respected students, athletes and citizens. We will be known for our athletic facilities that provide a top-notch experience for our student-athletes, opponents, officials and spectators.

Access

William Smith College and its coordinate partner, Hobart College, strongly support the principles of gender equity. William Smith College Department of Athletics will seek to offer a distinctive athletic experience with a wide range of sports for women so that many students have the opportunity to compete. We will provide meaningful competition and support post-season opportunities. William Smith coaches will seek to attract high quality student-athletes who will not only enrich the Heron athletic programs, but the Hobart and William Smith Colleges community as a whole.

Community

We will acquire and refine a sense of personal responsibility for our own behavior and also a willingness to share in the responsibility for the behavior and performance of our teams. In our interactions with campus colleagues, opponents, officials, our local and global community, we will model positive sportslike behavior and engaged citizenship.

Tools for the Future

Our staff will be supported with the necessary tools and resources to develop student-athletes within the mission and goals of William Smith College Department of Athletics. By providing our student-athletes with the tools that will enable them to develop their intellect and physical being, we will equip these women to lead examined and productive lives.
HWS Student-Athlete Code of Conduct

Introduction

As highly visible members of the campus community, Hobart and William Smith student-athletes bear exceptional responsibility for exemplary conduct because they represent themselves, their teammates, and the Colleges in a public forum throughout the academic year. Statesmen and Herons are expected to demonstrate the qualities of sportsmanship – respect, fairness, civility, honesty, and responsibility – toward opponents, coaches, officials, and fans. Additionally, HWS student-athletes and coaches are expected to exhibit model behavior when traveling to and from contests, conduct themselves outside the athletic arena in a manner that is above reproach, and express inclusiveness for individual differences.

Academics

Being committed to academics as their first priority, student-athletes will attend all classes unless excused for personal or institutional reasons. NCAA rules mandate that classes may not be missed to attend a team practice. Student-athletes will communicate with faculty well ahead of time when a class is to be missed to participate in an athletics contest. As students first, participants in athletics will strive to fulfill their intellectual potential with enthusiasm, integrity, and respect for their faculty and for other students.

The coaching staff fosters academic development and monitors academic success as a contingency for continued participation in athletics. Below is a list of policies that reinforce the balance between athletics and academics:

1. Normal Progress – athletes are expected to maintain a cumulative and term grade point average of 2.0 or better and successfully complete a minimum of eight courses per academic year. Failure to do so results in a student being academically reviewed by the Dean and the athletics director and could result in the withdrawal of athletics participation privileges.

2. 10-Semester Rule – athletes must complete their four seasons during the first 10 semesters they have been enrolled full-time at ANY collegiate institution. An athlete is considered to have used a season of eligibility if they compete in any regular season contest or PRACTICE any time AFTER the first scheduled regular season contest in their sport.

3. Missed Classes for Contests – HWS Athletics and our conference partners attempt to schedule as many contests as possible on weekends. It is strongly encouraged that all student-athletes who will miss any classes meet with their professors to discuss arrangements for making up missed work. Student-athlete contracts must be completed in advance of any missed classes due to athletic contests. See your coach for the contract.

4. Practice Schedule – some practice times may conflicts with scheduled classes. Student-athletes are expected to attend all classes and then join their team to participate in the remainder of practice.

5. Practice & Playing Season – the practice and playing season for a particular sport is the time between the date of the first officially recognized practice and the date of the last practice or competition, whichever occurs later. The length cannot exceed 18 or 19 weeks (depending on the sport) and may include a “non-traditional” segment. In 2020-21, due to the impact of the COVID-19 pandemic, the NCAA announced that Division III sports will have 114 days in each sports playing and practice season rather than defining the season by weeks.

6. Time Conflicts – student-athletes are counseled on how to develop efficient time management strategies in order to meet their academic commitments. On occasions, a conflict may arise. Student-athletes are expected to discuss the conflict with their
coaches who will work with them to resolve the problem in a constructive and positive way that allows the student-athletes to meet their academic commitments and minimize the amount of practice or game time missed.

7. Submission of HWS & NCAA Forms – all potential student-athletes must complete all medical forms before the first PRACTICE and all necessary NCAA compliance forms before the first COMPETITION of the season.

For academic assistance, contact Center for Teaching and Learning located in the Rosensweig Learning Commons in the Warren Hunting Smith Liberty – ctl@hws.edu (315) 781-3351.

**Alcohol, Tobacco and Substance Abuse and Use / Drug Testing**

The Hobart and William Smith Athletics Department views the abuse of alcohol and substances which adversely affect athletic performance as contradictory to the goals and principles of intercollegiate athletics. The use of alcohol is prohibited while participating in any official team function, including practice, competition, trips, meetings and banquets. Also prohibited is the use of tobacco products, illegal use of controlled substances or underage consumption of alcohol. Any violation of federal and/or state law will be considered a violation of the HWS Athletics Department policy.

Drug testing may be conducted at NCAA championships. For a complete list of NCAA banned drugs, go to http://www.ncaa.org/sport-science-institute/topics/2020-21-ncaa-banned-substances. Please note that all nutritional/dietary supplements carry some risk of containing an NCAA banned supplement and may result in a failed appeal with a positive drug test. Therefore, athletes are encouraged to consult with our sports medicine staff prior to using any nutritional/dietary supplement.

**Citizenship & Sportsmanship**

While playing the game with the utmost competitive spirit, sportsmanship is to remain a trademark of HWS Athletics. All team members will extend respect to opposing players and coaches, to event personnel, to spectators, and to contest officials. Retaliation toward opponents will only serve to distract our focus from our own play and may result in penalties that are detrimental to our team – poise is essential and an invaluable team trait.

Away from the athletics arena, student-athletes are encouraged to make as many friends as possible within the community. Team members are expected to extend an attitude of cooperation to support staff such as administrative assistants, athletic trainers, strength and conditioning coaches and equipment personnel and to demonstrate respect for College property. Our corporate partners offer important support to the athletics program and our off-campus behavior should foster continued development of that favorable relationship.

Student-athletes are reminded that they have the opportunity to serve as role models for children and for high school students; team members are encouraged to accept this responsibility as part of their commitment to make a positive difference in the lives of others.

**Conflict Resolution**

A student-athlete who has concerns related to their athletic participation has several options available to resolve the issues, including:

1. Scheduling an individual meeting with their head coach,
2. Seeking counsel from the team captains, SAAC members, or other team leadership
groups,
3. Scheduling an individual meeting the director of athletics, or
4. Seeking counsel from an appropriate person outside the athletic department (e.g.,
   academic advisor, dean, counseling center staff)

All HWS students are considered adults under the Family Educational Rights and Privacy Act,
college personnel may not discuss issues with parents unless the student provides a waiver.

Coronavirus Pandemic Expectations/Potential Outcomes for Violations

Hobart and William Smith Athletics will be #StrongerTogether when we each make a commit-
ment today+today+today+today ... to:
✓ Wear a mask
✓ Maintain social distance
✓ Adhere to limits on group size for gatherings
✓ Wash our hands frequently & only touch our faces with clean hands
✓ Disinfect high touch surfaces
✓ Complete a daily symptom check

These are daily expectations of you. We will educate you on phases of returning to practice and
hopefully, after January 1, 2021, competition. Our passion to compete in sports relies on our
commitment to the above behaviors. We will expect you to be leaders on our campus.

We expect student-athletes to comply with the HWS Community Standards, including the
addendum regarding COVID-19 directives. The Community Standards Addendum will guide our
decisions for any violations of these expectations. Based on the severity of the violation, HWS
Athletics may:
• Issue a verbal and written warning
• Place the student-athlete on athletic probation (i.e., limit access to athletic privileges)
• Suspend the student-athlete from the next opportunity for competition
• Suspend the student-athlete from the privilege of participation in athletics

Cyber Image & Social Media

Electronic social networking sites provide a communication opportunity for college students and
sites such as Facebook, Instagram, Twitter, Snapchat, Tik Tok, etc. are being used in many positive
ways. It is well documented that photos and text posted on these sites have also compromised
the integrity and reputation of colleges, universities, and users. At times, this has resulted in the
suspension of athletic seasons for teams and/or individuals. Hobart and William Smith Colleges
coaches, support staff and administration reserve the right to monitor social media use.

Student-athletes will be held accountable for their behavior and any resulting images or other
information that displays the type of inappropriate conduct as described in the Student-Athlete
Handbook. This includes all texts, images, or other documents posted on the internet or sent
electronically which could be harmful to Hobart or William Smith students, to opposing teams,
to the athletics department, or to the reputation of the Colleges. No pictures can be exhibited on
internet sites in which HWS apparel is on display unless it clearly depicts the positive characteris-
tics that define HWS.

Five Rules of Smart Use of Social Media:
1. Every day is a job interview—your account is your brand. Anything you post online can
   and will be used against you.
2. Remember who/what you represent (e.g., HWS, your team, your family).
3. If you can’t say it in front of or show it to the Athletic Director/Coach, then don’t post it.
4. Win or lose, always tells fans, family and friends, “Thank You.”
5. Use it to promote your next game/meet/match/regatta!

Hardship Waiver

All waiver requests for additional season of eligibility must follow established NCAA and if applicable, Liberty League policies. Hardship waivers must be medical in nature with documentation submitted by the HWS Compliance Office in consultation with the sport medicine staff and appropriate health care providers.

Hazing

The Colleges’ Handbook of Community Standards defines hazing as “any activity which recklessly or intentionally endangers the physical or mental health of anyone, that involves the forced or coerced ingestion of alcohol or other drug(s), or that interferes with anyone’s academic obligations.” It further states that no “athletic team or other campus organization shall engage in hazing or hazing-type behavior, whether required as a condition for membership, expected as a part of a group tradition, or carried out as a spontaneous action.” The HWS Athletics Department is opposed to any form of hazing. As hazing clearly violates New York State law and College policy, student-athletes should be aware, any team activity that involves hazing will result in serious consequences for those responsible. Teams should plan and conduct only those activities which reflect respect for and are in the best interest of every team member.

Hosting a Prospective Student-Athlete

Student-athletes have both an opportunity and a responsibility when working with our respective coaches in the process of recruiting prospective student-athletes to HWS.

Serving as hosts of prospective student-athletes, Statesmen ad Herons have the opportunity to provide our guests with a favorable and honest impression of the Colleges. Student-athletes must ensure that recruits are treated with courtesy and a meaningful insight into the academic, athletic and social sides of life as a student-athlete and as a citizen of the HWS community.

Along with our coaches, student-athletes serving as hosts have a responsibility for the welfare and safety of the visiting prospects. In carrying out this responsibility, we must comply with the Community Standards of the Colleges, the regulations of our team and the NCAA, and the laws of New York State and the City of Geneva.

Non-Traditional Seasons

Several sports programs offer non-traditional season training opportunities under the supervision of the respective team coach. Student-athletes are expected to attend all non-traditional season practice and contests unless a special circumstance has been agreed upon with the coach and student-athlete. Non-traditional season contests may not conflict with any part of the academic schedule. Multi-sport athletes may not take part in the off-season program if it in any way conflicts with or jeopardizes their in-season participation in another sport.
Postseason Competition

Athletics teams are eligible for postseason play if the competition is sanctioned by an appropriate governing body such as the Liberty League, NEC, MAISA, UCHC, NEHC, NCAA, CSA or ICSA. Students are responsible for contacting professors to make arrangements to resolve potential academic conflicts which may arise due to postseason competition.

Student-athletes who participate in NCAA postseason competition may be subject to drug testing. Note previous Drug Testing section. The department will fully support, with proper documentation, the use of a properly prescribed drug which may be found on the banned substance list.

Preseason/Vacation Training

Attendance by student-athletes for preseason or vacation training sessions shall be considered mandatory if the respective sport budget completely covers the expense incurred by the training sessions. Attendance shall not be mandatory if student-athlete fundraising is required to cover costs of any part of the sessions. Student-athletes are required to stay in the housing arranged by the coach during preseason or vacation training sessions.

Protest Policy at Athletic Events

Student-athletes are permitted to protest during the National Anthem, starting lineup announcement, coin toss, etc. provided the protest is conducted peacefully and in respect to other participants and spectators. Acts or communication that are profane, boisterous, obscene, indecent, unreasonably loud, etc., will be deemed unsportsmanlike and are grounds for removal from the contest.

Team Travel

Travel for athletic teams is planned by the department with safety as a priority. Vans may be used for teams with less than 12 travelers, while charter bus transportation is provided for the majority of team trips. Athletes must travel to and from the contest under the supervision of a department staff member. Student-athletes are not permitted to drive their own vehicles to or from athletic contests. If an exception is warranted, a coach may release a student-athlete to a parent or guardian at the completion of the contest by completing the Student-Athlete Transportation Release/Waiver of Liability form.

Well-Being

Hobart and William Smith student-athletes are responsible for their own conduct and well-being. Student-athletes should be aware of how their choices regarding wellness and health affect not only themselves but those around them. The following aspects of wellness are considered to be elements of a comprehensive approach to attaining peak performance as a student-athlete: sleep, stress management, time management, nutrition, physical conditioning, psychological conditioning, positive social behavior, career planning and financial management.

Conclusion

All who participate in athletics will value the importance of representing the Colleges, their responsibility to the team and their teammates, and will conduct themselves in such a way, both in the athletics arena and away from it, as to bring credit to themselves, to their team, and to Hobart
Consequences

A Hobart or William Smith student-athlete who violates the HWS Student-Athlete Code of Conduct can minimally expect to be reprimanded on the first offense, suspended from practices and/or competition on a subsequent offense, and may forfeit the privilege of participation in intercollegiate athletics. For severe violations of the code of conduct, a review may be conducted by the Director of Athletics, Associate Directors of Athletics, Faculty Athletic Representative, a Hobart Head Coach, a William Smith Head Coach, Hobart SAAC president and William Smith SAAC president. Should there be a conflict of interest, a designated replacement would serve on the review panel.

HWS Athletics Coordinate Team
Athletic Communication

All publicity related to team or individual accomplishments is handled by a member of the athletic communications office. They report scores to local, regional, and selected national media and send hometown press releases that identify special accomplishments for varsity athletes. In addition, the athletic communications staff is responsible for the publication of team brochures and providing information on individual athletes who have been nominated for national, regional or conference awards. The athletic communications staff maintains the Colleges’ athletics website, HWSAthletics.com, as well as a presence on Facebook (facebook.com/HobartStatesmen & facebook.com/WilliamSmithHerons), Instagram (instagram.com/HWSAthletics), Twitter (@HWSAthletics), and YouTube (youtube.com/HWSAthletics).

Athletic Compliance

Hobart and William Smith Colleges are committed to the principle of institutional control in operating its athletics programs in a manner that is consistent with the letter and the spirit of the NCAA, conference and HWS rules and regulations. The adherence to control is both institutional and individual.

The Director of Athletics Compliance or Assistant Director of Athletics Compliance will meet with student-athletes prior to the first date of competition to educate on multiple aspects of eligibility. In addition, student-athletes will be responsible for completing applicable NCAA eligibility forms prior to the first date of competition. Student-athletes may request a rule interpretation verbally, electronically or in writing. Student-athletes seeking more information on medical hardships, academic eligibility, transfer process, amateurism, or other aspects of athletic compliance should contact the office of athletics compliance.

Equipment

The department makes every effort to provide the best possible uniforms for all of its teams. Each athlete will collect and return their equipment under supervision of the equipment manager and the coaching staff. Athletes are required to sign for the items distributed to them. At the conclusion of the season, each athlete must return all items in a clean and usable condition. Athletes will be billed for any items which are lost or returned in unusable condition not due to normal wear and tear. Should an athlete have any assigned equipment lost or stolen during the season, they should report it to their coach and the equipment coordinator immediately.
Sports Medicine and Health Services

Hobart and William Smith Colleges employ Certified Athletic Trainers and student athletic trainers. Certified Athletic Trainers routinely perform the following clinical tasks; injury/illness prevention, clinical evaluation and diagnosis, immediate and emergency care, treatment and rehabilitation, organizational and professional health and well-being. There is a shared commitment among members of the sports medicine staff and the coaching staff to be vigilant in conducting practices and contests safely, to equip teams properly, to respond to accidents, injuries, and illnesses promptly and effectively, and to assist student-athletes in obtaining appropriate treatment for rehabilitation and recovery.

The Colleges have two fully equipped athletic training rooms available for the treatment and rehabilitation of injured student-athletes. Student-athletes have access to the athletic training rooms throughout the day, as well as before and after games and practices. The athletic training rooms are located on the first floor of Bristol Gym as well as Elliott Varsity House.

It is the responsibility of the student-athlete to notify the sports medicine staff of any illness or injury as soon as possible. It is expected that student-athletes are familiar with and adhere to the policies and procedures of the sports medicine department including but not limited to the Concussion Management Protocol that can be found on the HWS athletics website under the sports medicine section termed policies and procedures. The sports medicine staff works in consultation with Hubbs Health Center, Finger Lakes Health as well as Interlakes Orthopedics to ensure that all illnesses and injuries are evaluated, treated, and rehabilitated in a safe yet timely fashion. A commitment by the student-athlete to adhere to the prescribed treatment and rehabilitation programs is essential and expected.

Each student-athlete will need to have all sports medicine electronic paperwork completed as well as received medical clearance from Hubbs Health Center to be eligible to participate in any team activity including but not limited to strength and conditioning sessions as well as practice related activities.

Strength & Conditioning

The Raleigh, Foley, Kraus Varsity Strength Training Center (RFK) is located on the 2nd floor of Bristol Gym and is restricted to intercollegiate athletes of Hobart and William Smith Colleges.

Rules and Responsibilities:
- All student-athletes must be cleared by the HWS Sports Medicine staff prior to any strength or conditioning training activity.
- Student-athletes must report any new injuries to the HWS Sports Medicine staff prior to continuing any training.
- Proper Hobart or William Smith attire must be worn at all time. Shirts must be worn at all times.
- Strength and Conditioning staff or HWS Coach must be present to use the facility.
- Respect the RFK Center, the RFK staff and other users. Failure to do so will result in disciplinary actions.

The Head Strength & Conditioning Coach will review all policies for RFK. This list is not all-inclusive.
The Teams behind Our Herons & Statesmen

Heron Society

Founded in 1983 to celebrate the many student-athletes and coaches who bring increased recognition to William Smith College for their individual and team accomplishments, the Heron Society works to support the entire William Smith athletics program with financial assistance, to increase visibility for William Smith athletics and to promote camaraderie among William Smith alumnas, parents and friends. The Heron Society is led by a Board of Directors comprised of alumnas, a parent representative, a head coach, two student-athletes and the director of athletics.

Over the years, through annual membership donations, the generosity of Heron Society members has helped fund a variety of facility projects, video equipment, practice apparel and team specific equipment. The Heron Society also underwrites the nationally recognized Peak Performance Plan, senior rings, a web-based recruiting program, recruiting cars and much more. Annually over 1,000 alumnas, alumni, parents and friends contribute to the Heron Society and they are champions building champions. The Board of Directors encourages student-athletes to join the Heron Society at www.hws.edu/herons.

The Statesmen Athletic Association

Led by then director of athletics Bill Stiles ’43, in 1970, a group of loyal Hobart alumni founded the Statesmen Athletic Association (SAA) as the support foundation of Hobart Athletics. For decades, the SAA has been playing an increasingly critical role in the development of Hobart Athletics and in the experiences of our student-athletes, coaches, support staff, parents, alumni and fans. The SAA is led by the Board of Directors that includes 12 alumni and four Hobart student-athletes.

The SAA’s purpose is to encourage the continuing development of all athletics programs at Hobart, where on an annually basis, about one-third of Hobart’s students participate in one or more of the 11 varsity programs.

In addition to playing a key role in the development of athletic facilities on campus, the SAA assists teams with equipment and uniform purchases; helps with special team trips; sponsors the annual Block H Awards Dinner and awards for championship seasons; augments the recruiting budget for each sport; and funds nationally recognized Napier Student-Athlete Leadership Seminar.

Annually over 1,000 alumni, parents and friends contribute to the SAA and it is the loyalty of these SAA members that makes the Statesmen Athletic Association, “the team behind Hobart’s teams.”

Statesmen Seniors

The Statesmen Senior concept was established in 2006 to better acquaint Hobart athletes with the work of the Statesmen Athletic Association (SAA) which has been the support arm of Hobart Athletics since 1971. The Statesmen Seniors are comprised of one senior from each of Hobart’s 11 varsity teams. This team of student-athletes will be kept apprised of SAA initiatives and along with their respective head coaches will keep their teams informed of how the SAA is supporting not only their team, but Hobart Athletics overall.

The Statesmen Seniors will be invited to periodically attend SAA Board meetings, will receive
communications from the SAA Executive Director and will interact with their respective coaches about the SAA.

**Leadership and Life Skills Programs**

**Napier Student-Athlete Leadership Seminar - Hobart Athletics**

Founded in 1996, the Napier Leadership Seminar offers student-athletes and staff of Hobart Athletics comprehensive and rigorous training to foster leadership growth, character development, and expertise in a variety of life skills such as teamwork, communication, financial management, and career planning.

The seminar honors the late William J. Napier ’57 (March 11, 1935 – April 19, 1993). This life skills development program recognized the loyalty and service which Bill Napier rendered to the Colleges as an alumnus, as a director of the Statesmen Athletic Association (SAA), and as one of Hobart College’s most devoted sons. Bill fully understood and endorsed the value and the importance of intercollegiate athletics in education of Hobart men.

The dedication of Bill Napier to his alma mater and to those in need was sportsmanship at its absolute best – a standard for all Hobart men to strive for. As a partner in the investment firm of Manning and Napier, Bill was a high performer. As a citizen, he was quietly generous, a champion of the less fortunate. As a husband and a father, he set a positive example for all men to follow. As outstanding as his contribution and achievements were, arguably his most noteworthy trait was his humility.

Hobart and William Smith Colleges continue to benefit from the loyalty and the leadership of the Napier family through the service of Jane Napier, Bill’s wife, who is a trustee of the Colleges. It is through her generosity and that of Bill and Jane’s children, William W. Napier and Marylouise Napier, that we are able to offer the exceptional experience of the Napier Seminar to the student-athletes, coaches, and support staff of Hobart College Athletics.

**Student-Athlete Development**

Through this seminar, student-athletes, coaches, and staff build the skills they need for high performance, be it in the classroom, athletic arena, or in their professional endeavors. The programs within the Napier Leadership Seminar develop, challenge, and support the participants in their on-going pursuit of excellence.

Programs are designed to offer insight, ideas, and answers for first-years, sophomores, juniors, and seniors and other seminar presentations are sport specific. Along with our guest coaches, upperclassmen are selected to share their experiences with the underclassmen.

Hobart Student-Athlete Advisory Committee (SAAC) consists of one representatives from each of teams. The purpose of the SAAC is to provide a mechanism for communication and to promote activity between student-athletes, the athletics department, and the campus community. The committee meets regularly with a staff member serving in a leadership role.

**Peak Performance Plan - William Smith Athletics**

The Peak Performance Plan, sponsored by the Heron Society, is a comprehensive educational initiative to enhance the lives of Heron student-athletes and coaches. The curriculum includes personal and athletic development through the education and empowerment of Heron student-athletes and coaches. This program emphasizes leadership and life skills development of our student-athletes.
William Smith coaches, HWS staff, alumnae, current student-athletes, a sports psychologist, and other guest speakers will lead seminars in their fields of expertise to develop the complete student-athlete. Student-athletes interested in furthering their leadership skills will participate in programming as follows:

**Rising Stars** are “high potential” leaders in their first year of the leadership program. The curriculum provides future leaders with insights, strategies, and skills necessary to become effective leaders. Leadership by example will be emphasized. The Core is comprised of “proven” veteran leaders (must have completed Rising Stars) and positive followers. The program provides leaders with critical skills and insights necessary to be ethical, responsible and respected leaders. Vocal leadership will be emphasized.

**William Smith Student-Athlete Advisory Committee (SAAC)** consists of two representatives from each of William Smith’s 12 varsity programs. The purpose of the SAAC is to provide a mechanism for communication and to promote activity between student-athletes, the athletics department, and the campus community. The committee meets regularly.

**Student-Athlete Recognition**

**Block H Dinner**

Since the early 1960s, Hobart College has held the annual Block H Awards Dinner near the end of the academic year to celebrate the accomplishments of Statesmen teams and athletes. Having all 11 Hobart teams together for this year-end dinner ceremony is a unique opportunity and a special Statesmen tradition hosted by the SAA.

The ceremony features the presentation of over 50 individual awards and several department awards. Nearly all of the awards are endowed and thus permanent. Endowed awards are named for alumni and friends through the wishes of the donor; the annual recipients of the endowed awards are recorded on permanent plaques displayed throughout Bristol Gymnasium.

The SAA presents each graduating senior a Hobart Senior Watch during the Senior Salute at the conclusion of the dinner. The SAA also provides team picture plaques or other comparable award to Hobart teams who win league, regional or similar championships. Teams who win national titles, achieve exceptional year-end rankings or who have regional or other unique honors and accomplishments will receive team picture plaques and may be presented with an appropriate award such as rings or watches. Awards such as rings and watches are not within the budget of Hobart Athletics or the SAA and are dependent upon successful fund raising among a sport’s alumni.

**Heron Night of Champions**

Over the past decade, the Herons have developed an exemplary athletics program. Collectively, the teams have won 64 percent of their contests and William Smith athletics have amassed hundreds of individual awards for excellence in athletics and academics. Each academic term, at least 75 percent of William Smith student-athletes record a grade point average of 3.0 or better.

An annual awards banquet is held each spring to celebrate the accomplishments of the Herons’ 12 teams. Twelve department awards are presented to student-athletes, in addition, the William Smith Dean’s Award is presented to the team who earned the highest GPA in the fall semester. Each team also presents two awards. Endowed awards are named for alumnae, alumni, coaches and friends through the wishes of the donor. The annual recipients of the endowed department awards are recorded on permanent plaques displayed in Winn-Seeley Gym.
The Heron Society presents each graduating senior with a Heron ring during the evening celebration. The Heron Society also provides team pictures to each student-athlete. Additionally, NCAA, Liberty League and other conference awards are presented at the banquet.

Other Resources

Center for Teaching and Learning
Rosensweig Learning Commons, Library
Phone: (315) 781-3351
Fax: (315) 781-3862
Email: ctl@hws.edu

The Center for Teaching and Learning at Hobart and William Smith Colleges promotes an engaged, productive, innovative, and inclusive intellectual community for faculty and students. The CTL serves as a catalyst for excellence in teaching and learning by providing enrichment programs for faculty and students.

At the Center for Teaching and Learning, we believe that in order to create, innovate, inspire, and lead lives of consequence, our journeys begin with 4 cornerstones: we ENGAGE in our own learning processes in order to ACCOMPLISH the goals we set so that we can EMPOWER ourselves and others and ENRICH our lives as learners and teachers.

The Center for Teaching and Learning promotes critical engagement and reflection on teaching and learning in pursuit of HWS’s commitment to excellence, equity, innovation, and engaged citizenship. We view both teaching and learning as a collaborative process that values diversity of learning, teaching, and disciplinary styles.

The Salisbury Center for Career Services and Professional Development
Trinity Hall
Phone: (315) 781-3514
Fax: (315) 781-3515
E-Mail: cso@hws.edu

PATHWAYS: A Career Development Plan

There is a direct relationship between how well you follow a specific professional development plan and your ability to secure employment or advanced degrees after graduation. To enable you to create, follow, and mark progress throughout such a plan, HWS offers a Pathways Program, a comprehensive process designed to prepare students for professional life.

Assess: Tap into who you are. Assess your interests, values, and skills. We encourage you to start Pathways as early as the first semester of your first year at HWS.

Explore: Network and research careers. Get involved on campus and within the community. Develop a gap analysis on your potential career fields.

Experience: Develop your action plan; what are you excited about pursuing? Try an internship. Build confidence, your resume, and your portfolio.

Connect: Step forward, put your action plan into motion, and accomplish your goals through a job search or graduate school applications.