

# 2019-2020

## STUDENT ATHLETE PRACTICE AND GAME GUIDELINES

The coaches have assisted in developing the following practices and/or game schedule. If at all possible, please avoid scheduling students into classes at these times. This will help minimize student frustration of missing classes or practices and/or games. Missing class for practice is not recognized as an excused absence.

<p><b>WOMEN'S BASKETBALL</b> (Coach: Katie Gearlds) <b>Fall &amp; Spring</b></p> <p>Practice M-Th 4 – 6:30pm, F 3-6pm</p> <p>Games Mid-November through Mid-December, 7:00P games. <b>(Fall)</b></p> <p>Away games (earlier departure).</p> <p>Games January through February. <b>(Spring )</b></p> <p>Home games usually start at 7:00P.</p> <p>Away games (earlier departure).</p>	<p><b>MEN'S BASEBALL</b> (Coach: Todd Bacon) <b>Fall &amp; Spring</b></p> <p>Practice 3:00P-5:30P daily <b>(Fall)</b></p> <p>Practice 6-7:30A &amp; 3:30-5:30P Monday, Wednesday and Friday. <b>(Spring)</b></p> <p>Games Thursdays, Fridays and Saturdays/Sundays.</p> <p>Home games usually start at 2:00P, a few at 4:00P.</p> <p>Away games usually start at 2:00P (earlier departure).</p>
<p><b>WOMEN'S CROSS COUNTRY</b> (Coach: Mike Holman) <b>Fall</b></p> <p>Practice M-F 6:30A-9:00A &amp; 3:30-6P</p> <p>Meets Fridays &amp; Saturdays, August through November</p>	<p><b>MEN'S BASKETBALL</b> (Coach: Scott Heady) <b>Fall &amp; Spring</b></p> <p>Practice M – F 3:00P – 5:30P</p> <p>Games Generally after 6:00P on weekdays or on weekends.</p> <p>(Evening away games, earlier departure).</p>
<p><b>WOMEN'S GOLF</b> (Coach: Daniel Stanjevich) <b>Fall &amp; Spring</b></p> <p>Practice after 2:30 daily</p> <p>Matches All day events, leaving before 9A</p> <p>Matches from August thru October and February to May</p>	<p><b>MEN'S CROSS COUNTRY</b> (Coach: Mike Holman) <b>Fall</b></p> <p>Practice M-F 6:30A-9:00A &amp; 3:30-6P</p> <p>Meets Fridays &amp; Saturdays, August through November</p>
<p><b>WOMEN'S SOFTBALL</b> (Coach: Scott Fleming) <b>Fall &amp; Spring</b></p> <p>Practice MTWR 3:30P-5:30P, F 3:00P-5:00P <b>(Fall)</b></p> <p>Jan – Feb Sundays 7-9P, MWTh 5:30-7:30P, Tu 3:30-5:30P</p> <p>Practice When no games are scheduled 3:30P <b>(Spring)</b></p> <p>Games March - May – mostly during the week, game at 3:00P. Leave at noon for away games</p>	<p><b>MEN'S GOLF</b> (Coach: Stephen Ford) <b>Fall &amp; Spring</b></p> <p>Practice T – 12NN, MWRF – after 2:30P</p> <p>Matches Fall - Tournaments to be played from August through October. Spring tournaments to be played March until mid-May.</p>
<p><b>WOMEN'S SOCCER</b> (Coach: Gary Yohe) <b>Fall &amp; Spring</b></p> <p>Practice 7:00A – 8:30A daily, 3-5pm when football is off</p> <p>Games Most games start around 7:00pm.</p> <p>Spring Practice: 2:30-4pm</p>	<p><b>MEN'S SOCCER</b> (Coach: Ernie Yarborough) <b>Fall &amp; Spring</b></p> <p>Practice 7:00A-9:00A daily (most likely) until December, 4:00P-5:00P daily (preferred) until December, 7:00A-9:00A (preferred) in spring, After 4P (most likely) in spring</p> <p>Games Fall: Matches played or travel begins after 12pm on Tues/Wed/Sat. Spring: Played on weekends or as allowed – no missed class time</p>
<p><b>WOMEN'S TENNIS</b> (Coach: Tyler Scanlan) <b>Fall &amp; Spring</b></p> <p>Practice M-F 3:00-6:30pm</p> <p>Matches Weekday matches vary between 1P, 3P, &amp; 4P (conference rules require us to start at 1P &amp; 3P during the 2018-19 season). Away matches require earlier departure. Matches will alternate each week in fall. One match on Tuesday. The next week, match on Wednesday. September Tournament in fall (begins Thursday and ends Saturday).</p>	<p><b>MEN'S TENNIS</b> (Coach: Steve Mackell) <b>Fall &amp; Spring</b></p> <p>Practice M-F 3:00-6:30pm</p> <p>Matches Weekday matches vary between 1P, 3P, &amp; 4P (conference rules require us to start at 1P &amp; 3P. Away matches require earlier departure. Most matches on Tues. /Thurs., September Tournament in fall (begins Thursday and ends Saturday).</p>
<p><b>WOMEN'S TRACK</b> (Coach: Mike Holman)</p> <p><b>Winter Practice</b> M-F 3:30-6P</p> <p><b>Winter Meets</b> Fridays &amp; Saturdays, December to March</p> <p><b>Spring Practice</b> M-F 3:30-6:30P</p> <p><b>Spring Meets</b> Fridays and Saturdays, December through May</p>	<p><b>MEN'S TRACK</b> (Coach: Mike Holman)</p> <p><b>Winter Practice</b> M-F 3:30-6P</p> <p><b>Winter Meets</b> Fridays &amp; Saturdays, December to March</p> <p><b>Spring Practice</b> M-F 3:30-6:30P</p> <p><b>Spring Meets</b> Fridays and Saturdays, December through May</p>
<p><b>MEN &amp; WOMEN'S CYCLING</b> (Coach: Dean Peterson)</p> <p><b>Fall</b> - Practice M,T,Th, 545-745am and/or 3-6pm (Aug.-Sept.=Track; Sept.-Oct.=MTB, Oct.-Dec.=CX, Oct.-Nov.=BMX)</p> <p><b>Spring –</b></p> <p><b>ROAD:</b> Arranged in small groups by road team for rides or during PowerBooster training sessions in cycling center (early morning or evenings)</p> <p><b>BMX:</b> gate practice/sprints Monday, Tuesday, Wednesday, Saturday afternoons [subject to change]</p> <p>Track Nationals: September 12-15 2019 (Rock Hill, SC)</p> <p>MTB Nationals: October 17-20 2019 (location TBD)</p> <p>Cyclocross Nationals: December 9-14 2019 (Tacoma, WA)</p> <p>BMX Nationals: March or April 2020 (location TBD)</p> <p>Road Nationals: late April or early May 2020 (location TBD)</p>	<p><b>MEN'S FOOTBALL</b> (Coach: Mark Henninger)</p> <p><b>Fall</b></p> <p>In Season: August thru November</p> <p>M – off (except second Monday of school year)</p> <p>T, W, Th – 2:30-4 p.m. Meetings &amp; 4:00 – 6:00p.m. practice.</p> <p>F – Travel day if playing away – departure times range from 10am – 3pm</p> <p>Saturday – games played anywhere from 11am to 2pm</p> <p><b>Spring Football</b> – Last two weeks of March and first three weeks of April –</p> <p>T, &amp; Th - 2:30-4pm meetings &amp; 4:00-6:00pm practice;</p> <p>Sat - 8-11 am or 3-5pm practice</p> <p>M, W &amp; F - 3-6pm meetings</p>
<p><b>CO-ED CHEERLEADING</b> (Coach: Jena Robinson)</p> <p><b>Fall &amp; Spring</b></p> <p>Game Day Practice: T 4-8P</p> <p>Competition Team: T/Th 4-8P</p> <p>Games: Cheerleading competitions. All football and basketball home</p>	<p><b>WOMEN'S VOLLEYBALL</b> (Coach: Ashlee Pritchard)</p> <p><b>Fall:</b> Practice 2:15-5:30p (once basketball starts up, practice could go in the evenings)</p> <p><b>Spring:</b> Practice 4-6p</p> <p>Games - Most conference games are on Wednesdays, Fridays, and Saturdays.</p>

<p>games.</p>	<p>Tournaments are on most weekends. Departure times will vary throughout the season but mostly between 1-2pm. On tournament days (Fridays), team could leave as early as 8am. Weekday games will occur mostly at 7pm.</p>
<p><b>DANCE TEAM</b> (Coach: Tamara Ammons-Jones)  <b>Fall &amp; Spring</b>  Practice: T/Th/F 6-9p  Games: All home football, m/w basketball games, requested conference and/or championship games  Dance Competition - Weekend competitions</p>	<p><b>MEN &amp; WOMEN'S BOWLING</b> (Coach: Jordan Gray &amp; Jerracah Heibel)  <b>Fall &amp; Spring</b>  Try to avoid classes between 2 and 6pm.  Tournaments are typically Friday-Sunday.</p>
<p><b>MEN'S WRESTLING</b> (Coach: Steven Bradley)  Fall &amp; Spring  Practice 3P start time or after  Games November through March – Mostly Saturday competitions, could have some on a Friday or Sunday. One or two competitions may require leaving times around 12pm on a Friday.</p>	<p><b>MEN'S &amp; WOMEN'S OLYMPIC WEIGHTLIFTING</b> (Coach: Dan Brown) <b>Fall &amp; Spring</b>  Practices will be from 7-8:30am &amp; 3-5pm M-F  Competitions will be throughout the year.</p>
<p><b>WOMEN'S LACROSSE</b> (Coach: Lauren Kincaid)  Spring (January-May)  Practice M-F evenings and Saturday mornings with morning workouts  Games Usually weekends with occasional week day games. Far games will be scheduled for the weekend due to travel time.</p>	

Games and practices are scheduled in accordance with NAIA guidelines.

March 2019

## NAIA Eligibility Regulations Summary

\_\_\_\_\_ is a participant in intercollegiate athletics at Marian University. In addition to meeting academic requirements that all students at Marian University must meet, student athletics must also meet the following NAIA eligibility requirements:

### A student-athlete must:

- ✓ Make normal progress toward a recognized baccalaureate degree.
- ✓ Maintain a total cumulative GPA of 2.000 on a 4.000 scale.
- ✓ Be identified and enrolled in a minimum of 12 institutional credit hours at the time of attendance.
- ✓ Be enrolled in at least 12 credit hours to participate in an NAIA sport during their seasons of competition.
- ✓ After completion of the second term of attendance and from then on, have accumulated a minimum of 24 institutional credit hours in the two immediately previous terms of attendance. No more than 12 institutional credit hours earned during summer and/or during non-terms may be applied to meet the 24 credit hour requirement.
- ✓ Not count repeat courses previously passed in ANY term toward the 24 credit-hour rule.
- ✓ Be within the first 10 semesters of attendance as a regularly enrolled student.

### Participation:

- ✓ To participate in a second sport season, a student-athlete must have accumulated at least 24 total earned hours.
- ✓ To participate in a third sport season, a student-athlete must have accumulated at least 48 total earned hours.
- ✓ To participate in a fourth sport season, a student-athlete must have accumulated at least 72 total earned hours.
- ✓ A student may not participate in any one sport for more than four seasons.

### Transfer Students:

- ✓ See Dr. Jeff Kauffman, Faculty Athletic Representative, for additional academic, eligibility, and residency regulations that apply to transfer students.

Any pertinent information concerning a student athlete's class attendance or academic progress will be sincerely appreciated by the athletic department. Thank you for your assistance and please feel free to call Dr. Jeff Kauffman at X6348 if you have any questions or wish to discuss the academic progress of this student-athlete.

**PLEASE KEEP THIS DOCUMENT IN THE STUDENTS' ADVISING FILE**