Student-Athlete Handbook
2017-2018
# Table of Contents

3 Emergency Contacts  
4 Letter from Provost  
5 Letter from Athletic Director  
6 Athletic Department Mission Statement  
7 Student-Athlete Code of Conduct  
8 Trojan Family Code

9 Athletic Department Policies  
9 Hazing  
10 Sexual Harassment  
10 Student Conduct  
11 Academic Integrity  
11 Student Grievances

12 Student Athlete Academic Services  
12 Staff  
12 Hours and Location  
13 SAAS Mission Statement  
13 Commitment to Academic Excellence  
15 Commitment to Personal Development  
16 Student Recognition  
16 Awards  
17 Postgraduate Scholarships  
18 Stevens Academic Center Policies

21 Trojan Athletic Senate (TAS)

23 Athletic Medicine  
23 Staff  
23 Mission Statement  
23 Insurance Coverage  
24 Nutritional Supplements  
24 NCAA Banned Drugs  
26 Concussion Education

28 Counseling Services

29 Nutritional Services  
31 Grocery List

32 Strength and Conditioning  
32 Staff  
32 Strength & Conditioning Policies and Procedures

35 Media Relations  
35 Staff  
36 The Media  
36 Interviews  
38 Social Media

41 Student Services  
41 Staff  
41 Athletic Scholarships  
44 University Aid/Outside Awards  
44 Stipend Checks  
45 Meal Plans  
46 Book Loan Program  
46 Fifth Year Aid  
47 Summer School

48 USC Academic Policies  
48 Registration  
53 University Policies  
56 Examinations  
57 Academic Standards  
62 Exception Procedures

65 University Resources  
65 University Organizations  
68 Campus Resources
## Emergency Contacts

### University Park Campus

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>EMERGENCY (Police, Fire, Ambulance)</td>
<td>213-740-4321</td>
</tr>
<tr>
<td>Public Safety (Non-emergencies)</td>
<td>213-740-6000</td>
</tr>
<tr>
<td>University Park Health Center</td>
<td>213-740-9355</td>
</tr>
<tr>
<td>Safety Office</td>
<td>213-740-6448</td>
</tr>
<tr>
<td>Facilities Customer Resource Center</td>
<td>213-740-6833</td>
</tr>
</tbody>
</table>

### Health Sciences Campus

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>EMERGENCY (Police, Fire, Ambulance)</td>
<td>323-442-1000</td>
</tr>
<tr>
<td>Public Safety</td>
<td>323-442-1200</td>
</tr>
<tr>
<td>USC Student Health</td>
<td>323-442-5980</td>
</tr>
<tr>
<td>Safety Office</td>
<td>323-442-2200</td>
</tr>
<tr>
<td>Facilities Management Services</td>
<td>323-224-7001</td>
</tr>
</tbody>
</table>
Dear Students,

As USC’s Provost and Senior Vice President for Academic Affairs, I am pleased to welcome you to campus as we start the 2016-2017 academic year.

As new and returning USC students, each of you has already demonstrated tremendous talent, intellectual ambition, and dedication. As USC student athletes, you have also proven your ability to compete with enthusiasm and sportsmanship.

USC is an exceptional community of artists, researchers, musicians, athletes, poets, filmmakers, and so much more. The learning that happens in the classrooms on campus is stimulating and rigorous, and you also have a myriad of opportunities to engage in service-based learning, hands-on research, and even international travel that will expose you to real-world challenges and fresh perspectives. I hope that you explore a number of these programs and resources, including those found off-campus throughout our vibrant city.

I wish you the greatest success both on and off the field of competition.

Sincerely,

Michael Quick
Provost and Senior Vice President for Academic Affairs
Welcome to new and returning student athletes!

All of us in the athletic department are delighted to have you back for another great year at USC. We are lucky to have you and want nothing but success for you academically, personally, and athletically. You can have an incredible academic experience at USC, one of the world’s best universities, compete on the national and world stage athletically, and still have a personal experience of growth and maturity. This is our hope for you. Seize this once in a lifetime opportunity! Do not waste this moment in time. Every year nearly 50,000 high school students apply to attend USC and desire to sit right where you sit. Only a small fraction (2,800 students) are admitted. You are the chosen few.

Please avail yourself of all our resources, including Student Athlete Academic Services, our training staff, coaches, counselors, and athletic staff. Our job is to help. You are not alone – ever. So please do not be afraid to ask for help.

My hope is that you will have an amazing year in so many different ways. Go see a play; listen to a debate; enjoy a concert; explore Los Angeles. Have a rich and rewarding year and let me know how we can make your USC experience the best it can be.

Fight on!

Lynn Swann
Mission Statement

To attract and develop student-athletes who will perform successfully in the classroom and compete at the championship level in every sport while in compliance with the letter and spirit of all NCAA and Pac-12 rules. To operate under an administrative structure managed in an open and fiscally sound manner, supporting equitable opportunity for all students and staff, and committed to the highest standards of ethical conduct. Decision-making of the Athletics Department will follow four basic principles: promoting the well-being of student participants; attaining and maintaining competitive excellence; administering clearly, openly and responsibly; and supporting the overall goals of the USC community.

Specifically, the goals for USC Athletics are: to graduate every student-athlete who completes athletic eligibility at USC; to compete successfully in every sport, striving to be in the top 10 nationally, with the ultimate goal of winning national championships; to provide an environment conducive to positive growth and development of student-athletes and Athletics Department staff; to encourage a real, complete and robust college experience, not just an athletic experience; to provide adequate financial support within the department to ensure continuing development of each sport program without university subsidization; and to do all the above while complying fully with all NCAA and Pac-12 regulations.

* * * *

The central mission of the University of Southern California is the development of human beings and society as a whole through the cultivation and enrichment of the human mind and spirit. The principal means by which that mission is accomplished consists of teaching, research, artistic creation, professional practice and selected forms of public service. The first priority of faculty and staff is the education of students through a broad array of academic, professional, extracurricular and athletic programs of the first rank. The university strives constantly for excellence in teaching knowledge and skills, while at the same time helping students acquire wisdom and insight, love of truth and beauty, moral discernment, understanding of self, and respect and appreciation for others.
Mission Statement

“It matters how I present myself when I represent more than myself”

When you become a USC student-athlete you become a member of a family that carries with it an enormous amount of responsibility. As a student-athlete you and your behavior will be watched and judged while you are both on campus (classroom, bookstore, dorms) and off-campus (movies, mall, bank). It is important that you carry and conduct yourself with respect to the University and the Athletic Department along with your parents and teammates.

I. Student policy concerning USC Athletics (adopted from University policy and governance)

USC student-athletes may be held responsible for the acts of other USC athletes. Acts include but not limited to the following types of circumstances:

1. when a member of a USC athletic team is violating state or university standards and you fail to indicate your disapproval, or your continued presence without objection condones the behavior;
2. when the act grows out of a USC athletic activity or environment created by USC;
3. when the acts are those of guests of yours or of USC athletics;
4. when a USC athletic team imposes any hazing on new athletes

II. Policy concerning student-athlete conduct and behavior

As ambassadors of the university, USC student-athletes are expected to comply with the following guidelines:

1. abide by all federal, state and local ordinances and university regulation
2. gambling, betting in any form on any athletic activity is prohibited.
3. cheating, plagiarism, submitting other’s work, and forging signatures is prohibited
4. alcohol consumption is not permitted on road trips
5. make positive contributions to their teams
6. make a commitment to support your team
7. respect USC property and facilities
8. never place yourself in a compromising position while under the influence of alcohol
9. attend all classes and complete all assignments on time

III. Policy regarding Facebook, Twitter, Badjocks.com and the Internet.

The profiles you create on Facebook, Twitter, etc. can be seen by anyone and everyone. Your profiles are a representation of you, the Athletic Department and this University. You will be held responsible for anything that appears under your profile, which includes things that you write and photos that you post. The Athletic Department guidelines that govern your actions while on and off-campus will also apply to your profiles on the Internet. You could be held responsible for anything that is deemed improper or unacceptable according to University policies governing student conduct and behavior.
The Trojan Family Code

As a TROJAN, I will always do WHAT IS RIGHT! I will act ethically, honestly, and fairly, and respect the rights and dignity of all people, at all times.

As a TROJAN,

- I will not lie, cheat, or steal.
- I will not bully, haze, mistreat, harm or take unfair advantage of anyone.
- I will not harass anyone about their race, ethnicity, religion, physical condition or sexual orientation.
- I will not take sexual advantage of anyone, by any means or manner (including alcohol, drugs, force or coercion).
- I will not drive under the influence of alcohol or drugs, nor will I get in the vehicle of an impaired driver.
- I will not stand by and allow a Trojan to ignore the Trojan Family Code.

I WILL always protect the TROJAN Family and . . .

- DO what is RIGHT.
- STOP what is WRONG.
- TEACH fellow Trojans to follow the Trojan Family Code and RESPECT the Trojan Family.
- Responsibly REPORT any unethical, dishonest, disrespectful or wrongful behavior.

DOING THE RIGHT THING ISN’T ALWAYS EASY, BUT IT’S ALWAYS RIGHT.
University Policy against Hazing
The University of Southern California expects that all members of the university community will observe and fully comply with the State of California Education Code requirements on hazing. In addition, all students are expected to adhere to related regulations set forth by their respective international, regional or local organizations and university policies concerning practices commonly referred to as hazing. It is the responsibility of the officers of organizations to be informed of all the above-mentioned regulations and to see that they are brought to the attention of the rest of the membership.

USC Athletic Department Hazing Protocol
The athletics department procedures for hazing occurrences will be the following:

Ascertain all facts, sports, and specific student-athlete involvement in the hazing incident. Student-athletes will be required to meet with his/her sport administrator to provide details regarding the hazing incident. The student’s sport administrator will draft a report explicating the information provided by the parties involved in the incident. Subsequently, the respective head coach will be notified and provided pertinent details regarding the hazing case. The USC Student Judicial Affairs and Community Standards Office (SJACS) will also be contacted regarding the suspected hazing violation.

A meeting with the sport administrator, the head coach, and the involved student-athletes’ will be conducted to discuss appropriate consequences and punishments for the suspected hazing violation (i.e. suspension from practice, competition, and organized team activities). Pending the severity of the violation, Pat Haden (Director of Athletics) may be actively involved in the punitive process.

After serving the determined penalty for the hazing infraction, a follow-up meeting with the sport administrator will be conducted with the student-athletes'/team involved in the hazing violation. In this meeting, the sport administrator will review the USC Anti-Hazing Policy, as well as provide clear examples of acceptable initiation activities. A representative from (SJACS) will also be in attendance.

State of California Education Code 32051
No student, or any other person in attendance at any public, private, parochial, or military school, community college, college, or other educational institution, shall conspire to engage in hazing, participate in hazing, or commit any act that causes or is likely to cause bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm to any fellow student or person attending the institution.

Procedures for Dealing with a Hazing Incident
Anyone with information about a hazing incident which violates university policy has a responsibility to report it to the Office of Student Judicial Affairs and Community Standards, the Greek Life staff, Campus Activities or the Office of the Vice President for Student Affairs. For more information visit: http://www.usc.edu/dept/publications/SCAMPUS/governance/gov25.html
Sexual Harassment

University Policy on Sexual Harassment
The University of Southern California is committed to maintaining an environment that is conducive to learning and scholarship and free from sexual harassment. To this end, a formal written policy has been developed that specifies certain behaviors by employees of the university, acting under the aegis of the university, which fall within the definition of sexual harassment and which are therefore subject to sanction. In addition, even though students are not covered by the public laws on this subject, behavior by students that falls within the definition of sexual harassment is also subject to sanction by the university. In addition, the university president has issued statements on sexual harassment and on tolerance, and USC has policies: (1) prohibiting sexual harassment by students, (2) committing the university to equal opportunity and nondiscrimination, (3) providing for resolution of grievances, and (4) manifesting the university’s commitment to academic freedom, academic tenure and full academic due process.

Definition of Sexual Harassment
Conduct is sexual harassment if it is an unwelcome sexual advance; request for sexual favors; or any other verbal, physical or visual behavior of a sexual nature.

Complaint Procedures
Copies of the detailed procedures followed by the university in the event of a complaint being made against a faculty or staff member, or against a student, may be obtained from the Office of Equity and Diversity, Figueroa Building 202, (213) 740-5086; or from the Center for Women and Men, Student Union 202, (213) 740-4900. For more in depth information visit: http://www.usc.edu/dept/publications/SCAMPUS/governance/gov23.html

Student Conduct

University Policy on Student Conduct
Sanctions for violations of the University of Student Conduct Code are assessed appropriately for the cited violation. Sanctions will be considered in light of students’ entire conduct records at the university and will be designed to hold students accountable for their actions and the resulting or potential consequences of such actions, to promote the educational well being of students and to protect the educational environment of the university and the safety of its community.

Sportsmanship
NCAA
USC adheres to the principles of sportsmanship as defined by both the NCAA and Pac-12 conference. In 1997, the NCAA’s member schools and conferences established a Committee on Sportsmanship and Ethical Conduct, representing educational institutions from all three Divisions. The committee’s mission is to improve the condition of sportsmanship and ethical conduct in all aspects of intercollegiate athletics by developing and implementing strategies that foster greater acceptance of the value of respect, fairness, civility, honesty and responsibility.
Pac-12 Conference
The Constitution of the Pacific-12 Conference cites as a purpose of the Conference that its members shall participate in its athletics program on the basis of mutual trust and confidence and based upon high standards, scholarship, and sportsmanship. It adds that the members value quality competitive opportunities for student athletes, compliance with the rules of fair play, and sportsmanship. Understanding that realization of those goals requires that opponents respect each other and admire earnest effort made fairly in pursuit of victory, the Conference shall require adherence to the standards it has adopted or which are set forth in the respective playing rules. It will require ethical conduct worthy of the educational stature and the standards of its member institutions. While victory shall be the expected goal of every competitor, defeat is not a disgrace, and the prospect of defeat is never an excuse for unethical behavior or a lack of sportsmanship. Adherence to these principles will maximize the benefits and enjoyment of intercollegiate competition for all—participants, coaches, and spectators.

Academic Integrity

University Policy on Academic Integrity
General principles of academic honesty include and incorporate the concept of respect for the intellectual property of others, the expectation that individual work will be submitted unless otherwise allowed by an instructor, and the obligations both to protect one’s own academic work from misuse by others as well as to avoid using another’s work as one’s own. All students are expected to understand and abide by these principles.

Student Grievances

University Policy on Student Grievances
The University of Southern California is committed to treating all students equitably and fairly. Consequently, in its interactions with students, the university does not differentiate between students on the basis of race, color, religion, gender, gender identity, sexual orientation, national origin, disability, medical condition or veteran status. Likewise, in creating and maintaining a learning environment that promotes academic excellence, one element of maintaining such an environment is ensuring that students are free from the effects of misconduct by other members of the university community, including faculty members.

Definition
A grievance arises when a student believes, based on established administrative policies and procedures, that he or she has been treated in an arbitrary, capricious or discriminatory manner by a university department or a representative of the university.

Formal Grievance Resolution
Should a situation arise in which a student is unable to resolve his or her grievance informally, the university’s formal grievance process may be employed. This process, outlined in SCampus, should also be initiated within 30 days of the failed informal resolution if applicable. For more information visit: http://www.usc.edu/dept/publications/SCAMPUS/governance/gov24.html
Dr. Magdi El Shahawy  
Sr. Assoc. Athletic Dir.  
melshaha@usc.edu

Dr. Denise Kwok  
Director of SAAS  
dkwok@usc.edu

Heather Bell  
Director of Academic Advising  
MBB, MFB  
bellh@usc.edu

Kevin Bolen  
Asst. Director of Academic Support  
bolen@usc.edu

Erin Bridgewater  
Academic Advisor  
WVB, MVB, WCR  
ebridgew@usc.edu

Cory Buckner  
Asst. Director of Academic Support  
cbuckner@usc.edu

Mimi Butler  
Associate Director of Athletic Support  
miriambu@usc.edu

Susie Cognetta  
Academic Advisor  
WGO, WSO, MPO, WPO  
scognetta@usc.edu

Howard Croom  
Academic Advisor  
LAX, MFB  
hcroom@usc.edu

Martin Jauregui  
Learning Specialist  
jaregum@usc.edu

Angela Munger-Rivera  
Asst. Director of Academic Advising  
MFB, MTR, WTR  
mungera@usc.edu

Jackie Owens  
Executive Asst to Director of SAAS  
owensjm@usc.ed

Nisha Parmar  
Learning Specialist  
npparmar@usc.edu

JR Pulido  
Academic Advisor  
MGO, LAX, MFB  
jamespul@usc.edu

Renee Ramos  
Academic Advisor  
MBA, MSW, WSW  
renearam@usc.edu

Whitney Rotrock  
Director of Personal Development  
rotrock@usc.edu

Marisa Samaniego  
Learning Specialist  
msamanie@usc.edu

Rosie Sese  
Learning Specialist  
sese@usc.edu

Lubbock Smith  
Academic Advisor  
WBB, MTE, WTE  
lubbocks@usc.edu

Jonathon Young  
Computer Systems Administrator  
youngjj@usc.edu

**Location:**
Stevens Academic Center  
940 W. 35th St.  
Los Angeles, CA 90089

**Website:**
www.usc.edu/saas

**Hours:**
Monday - 8:00am-10:00pm  
Tuesday - 8:00am-10:00pm  
Wednesday - 8:00am-10:00pm  
Thursday - 8:00am-10:00pm  
Friday - 8:00am-5:00pm  
Saturday - Closed  
Sunday 12:00pm-9:00pm
Mission Statement

The USC Student-Athlete Academic Services (SAAS) Program is committed to providing the necessary support to assist all student-athletes in reaching their full potential academically, personally, and professionally. The SAAS Program is fully integrated with the University. Our program includes academic advising, career development, community service, tutorial programs, and learning specialists, which are all aimed at promoting a philosophy of individual responsibility so as to encourage each student-athlete to value their educational experience. In providing such services, student-athletes will be afforded the opportunity to develop the skills needed to persist towards graduation, become leaders within the community, and lead successful and productive lives.

Commitment to Academic Excellence

Degree Progress & Graduation Monitoring
SAAS Academic Counselors are responsible for monitoring the academic progress of each student-athlete to promote effective communication between the student, academic counselor, coaches, and faculty members. All information gathered encourages the student-athletes to take ownership of their academic program and make appropriate decisions regarding their future. Academic progress updates are also provided to the coaches on a daily basis to ensure that the coaching staff is fully aware of how their students are progressing in their courses and how their progress may affect their eligibility status.

Priority Scheduling
All student-athletes are given priority scheduling to allow them the opportunity to register for courses they need at the times requested and enable them to stay on a steady graduation plan.

Academic Progress Reports
Throughout the semester, faculty submit midterm grade reports with detailed information on academic performance including current grade, attitude, and attendance. In addition, emails are sent to instructors seeking academic progress information on student-athletes as needed.

Tutorial Services
All student-athletes have access to free tutorial services provided by qualified undergraduate and graduate students in a variety of subject areas. Tutoring is offered either on a one-to-one basis or in a group setting. Upon the completion of each tutorial session, the tutor fills out a feedback form that evaluates the student’s comprehension of the course material, provides suggestions for learning strategies, and outlines new grade information. Although tutoring services are free, student-athletes will be charged $10 for each unexcused miss of a tutorial session.

Class Monitoring
To ensure student-athletes are attending class regularly, attendance will be monitored by the SAAS staff through faculty communication and the use of class checkers.
**Learning Specialists/Assistants**
These individuals work one-on-one with student-athletes to expand their academic skills and further develop essential college level learning modalities. Some areas of focus include time management, reading, writing, note taking, test taking, and critical thinking strategies. In addition, special attention is paid to transitioning freshmen and learning disabled student-athletes.

**SAAS Computer Labs**
Located in the Stevens Academic Center, the SAAS Computer Lab is open exclusively to student-athletes. Each computer in the lab is connected to the Internet and includes a host of software programs. The lab is open on Sundays from 12:00pm-9:00pm and Monday-Thursday from 8:00am-10:00pm and Fridays from 8:00am-5:00pm.

**Travel Excuse Letters**
One week prior to an away competition, academic counselors are responsible for providing each traveling student-athlete with a Competition Excuse Letter for the classes they will be missing while on the road. The purpose of the excuse letter is to make the instructor aware of any absences that may occur due to university-sponsored athletic events. In the letter, the counselor must include the following:
1) competitor,
2) competition site,
3) competition date(s),
4) excuse dates, and
5) a list of those student-athletes who will be traveling for the specific competition.

Details, including travel squad roster, for the competition must be obtained from the coach of each team and a travel itinerary is to be provided to both the academic counselor and Assistant Director of Student Services.

http://www.usc.edu/dept/athletics/saas/students/academic/services/absence_letter/index.html

It is the responsibility of the student-athlete to provide each instructor with the letter prior to leaving on their trip and arranging to make-up any missed assignments or exams.
Commitment to Personal Development

**New Student-Athlete & Parent Orientation**
All freshman & transfer student-athletes are invited and mandated to attend a two-day orientation program. This program introduces student-athletes to athletic department and university resources and educates them on health and wellness topics relevant to the student-athlete experience.

**PHED 165a**
During a student-athlete’s first year at USC, he/she is required to take PHED 165, a semester long course designed to address the current issues affecting the personal development of the student-athlete. Discussion topics include study skills and strategies, test taking and library research, sexual health and conduct, interpersonal communication, financial management, media relations, selecting a major, career development and campus resources. This one unit course is facilitated by SAAS Staff with guest speakers from SAAS, former student-athletes, and various student service departments across campus.

**P.O.W.E.R. Program**
Each semester student-athletes attend various presentations featuring a well-known keynote speaker, who will address personal development issues, such as alcohol and drug abuse, sexual responsibility, diversity, leadership, life after sports, and more.

**USC Career Center**
The Career Center is the one-stop resource for career services on the USC campus. Whether students need assistance with selecting a major, looking for an internship, resume development, mock interviews, or pursuing a professional position, the Career Center is an excellent resource. Each semester, the Career Center hosts a variety of career fairs for students in all majors and disciplines. The Career Center also maintains the “Trojan Network”, an alumni database connecting students with alumni to gain information about career fields, companies, and organizational cultures, and “ConnectSC”, a job database containing listings for full-time, part-time as well as internship, summer, and work study positions.

**PHED 165b**
Student-athletes will take a career development course during their sophomore, junior or senior year. Many will take PHED 165b instructed by the career center, but may also take an internship class through their major.

**Career Month**
Each spring a month long series of events is planned to assist student-athletes prepare and apply for internships and full time employment opportunities. Included in the month are graduate school workshops, a career fair, and alumni panels.

**Community Service**
Each year the athletic department and TAS sets a goal for student-athletes to complete 3,000 hours of community service. Community service opportunities are publicized and tracked through SAAS and Compliance.
Student Recognition & Awards

**Student-Athlete of the Month**
Each month during the regular academic year, the SAAS staff is responsible for selecting six student-athletes (3 male and 3 female) who are believed to exemplify high academic standards. This can be either through outstanding performance in the classroom or dedication to study hall or tutorial sessions.

**USC Senior Recognition**
Each spring, the USC Student Recognition Award Committee organizes the Senior and Graduate Award Recognition Ceremony to honor student leaders who have demonstrated a noteworthy level of commitment to leadership, involvement, service, and scholarship at USC.

**Marks Scholars**
Each May, the Daniel X. Marks Foundation, in conjunction with the USC Athletics Department, hosts the Marks Luncheon. The purpose of this luncheon is to honor those student-athletes who have excelled in the classroom. Specifically, scholarship students (non-scholarship/walk-ons do not qualify) are invited to the luncheon if they have at least a 3.0 cum GPA (or are in the top 10% of their team and have a 2.75 cum GPA or better).

**Athletic Department Senior Graduation Reception**
At the conclusion of every school year, the athletic department recognizes the academic pursuits of its graduating seniors by hosting a graduation ceremony and reception during commencement week. Students and their families are encouraged to attend and celebrate their achievements with the athletic department. During this reception, three annual awards will be given out to the year’s most outstanding seniors.

These awards include:

- **Trojaneer Diamond Award** recognizes the student-athlete who brought the most fame and distinction to the university.
- **Gimbel Award** recognizes the student-athlete who was deemed ‘most cooperative’.
- **Willis O’Hunter Award** is awarded to the senior who has the highest cumulative grade point average.

**Stevens Scholars**
Each May, graduating student-athletes who have achieved a 3.5 cumulative GPA or higher are awarded a Stevens Scholar medallion during our Student-Athlete Graduation Celebration.

**Varsity Award**
A one-time only Varsity Award will be given to a student-athlete who fulfills the Varsity Letter winner award criteria set forth by each sports Head Coach. This award could be given during any of the years a student-athlete participates in their respective intercollegiate sport. Their coach will inform a student-athlete that they have been awarded such an award and will then be asked to choose from a Varsity Letter Jacket or Varsity Blanket. The athletic department will
also award watches to members of team conference champions and rings to NCAA National Champions.

Postgraduate Scholarships

Pac-12 Post Graduate Scholarships
Each spring, the Pac-12 awards four $3,000 scholarships per institution (two men and two women) to be used for graduate study. Academic and athletic achievements are weighed equally. In order to qualify for the award, the student-athlete must have a 3.0 cumulative GPA, have competed in their final year of athletic eligibility, and must begin their graduate work within 3 years of receiving the scholarship.

NCAA Post Graduate Scholarships
The NCAA awards 174 scholarships to student-athletes who have excelled both academically and athletically. The award is a one-time grant of $7,000 to be used toward graduate study within three years. To qualify, the student-athlete must have a minimum of a 3.2 cumulative GPA, competed in their final year of eligibility, performed with distinction on their varsity team, and be seriously considering graduate study. Students must apply during their final season.

Walter Byers Postgraduate Scholarship
A $24,000 award given to one male and one female student-athlete nationally by the NCAA. Applicants must have above 3.5 cumulative GPA and have competed in their final year of athletic eligibility.

Jim McKay Scholarship
A $10,000 award given to one male and one female student-athlete or former student-athlete annually by the NCAA. To be eligible the student-athlete shall have a cumulative undergraduate GPA of 3.5 or better, be enrolled in a graduate study program or intend to enroll within 5 years of receiving the award, demonstrate the potential to make a contribution to the sports communication industry, and have an understanding and appreciation of Jim McKay and his contributions to sports broadcasting.

Ethnic Minority and Women’s Enhancement Postgraduate Scholarship for Careers in Athletics
The NCAA awards 13 scholarships to ethnic minorities and 13 scholarships to female college graduates who will be entering their initial year of postgraduate studies. The applicant must be seeking admission or have been accepted into a sports administration or other program that will help the applicant obtain a career in intercollegiate athletics, such as athletics administrator, coach, athletic trainer or other career that provides a direct service to intercollegiate athletics.

International Fellowships
Competitive international and national fellowships can be an incredible way to enhance your knowledge in your area of study, while also giving you a competitive edge on any graduate programs you may apply to in the future. Fellowships are available to support research, study at a foreign university, teach English, or take part in an internship abroad. Fellowships can be for graduate and/or undergraduate students, and vary by location, length, and field of study. To learn more about international fellowships such as the Rhodes, Marshall, Mitchell, and
Fulbright contact USC Academic Recognition Programs at (213) 740-9116 or go to http://www.usc.edu/student-affairs/arp//fellowships.

Stevens Academic Center Policies

<table>
<thead>
<tr>
<th>General Policies</th>
</tr>
</thead>
</table>

**Food**

With the exception of bottled water, food and drinks are prohibited inside Stevens Academic Center. Food and drink are permitted on the patio provided students are responsible for proper disposal. No tobacco products are allowed in the facility. (Chewing)

**Vehicles/Transportation**

All forms of transportation outside of the approved list from the Athletic Medicine/Trainers are strictly prohibited in the Stevens Academic Center. Examples of prohibited vehicles/accessories/equipment include but not limited to: rollerblades, roller skates, scooters, electric one-wheel scooters, two-wheel balancing scooters, skateboards, etc.

**Phone Calls and Music**

To ensure a quiet learning environment for all students, making or receiving calls on cell phones is prohibited in all tutorial and study areas inside of the Stevens Academic Center.

If listening to music, headphones should be set to a volume so that only you can hear it.

**Pets**

Pets are prohibited from all areas inside and outside of the Stevens Academic Center.

**Student Dress Code**

In order to maintain hygiene and common decency within the academic facilities where student-athletes can focus and concentrate during their tutorial session, student-athletes are expected to follow the below dress code while using the Stevens Academic Center. Also, student-athletes are required to shower after practice or workouts before entering Stevens Academic Center.

- No cleats
- No exposed midriffs, ‘crop tops’
- No spandex shorts
- No visible undergarments (pants/shorts around waist)
- No spaghetti straps
- No excessively short skirts or shorts
- No excessively low or cut off top
**Appointments**

Student-athletes who are coming to speak with an SAAS staff member, should schedule an appointment. If the SAAS staff member is unavailable, student-athletes should wait outside of the staff member’s office and not interrupt any student-athlete in tutorial or studying.

Students who are coming in to pick up their stipends or to discuss their financial aid, housing plans, meal plans, or any other student service related items must see compliance as well as check in at the SAAS reception area and wait until one of the Student Services staff members are available to assist them.

**Computer Labs**

All student-athletes are welcome to utilize the two computer labs at JMC as long as it pertains to their studies. The main lab features 24 DELL PCs and 40 Apple iMacs. In order to provide students with the necessary computing resources and maintain an academic setting, the following guidelines have been set.

**Enforcement of the Computer Labs**
The Lab Administrator, Staff and Student workers monitor all rules.

**Rules of Conduct**

Absolutely **NO FOOD or DRINKS** are allowed in the computer labs.

When using the lab please:

- Respect fellow student-athletes.
- Do not engage in any disruptive behavior.
- Set cell phones to vibrate or silent or turn them off.
- Use headphones and set the volume so that only you can hear it.
- Speak quietly.
- Refrain from using tobacco inside the building.
- Log out of the computer after finishing a session. SAAS is not responsible for any work that was lost. Students who did not log out are also liable if others copy their work.

**Technical Assistance**

Student workers are available to assist students with the following:

- Navigating to find applications
- Opening of documents
- Force closing applications that aren’t responding
- Saving documents to flash drive
- Scanning of papers to be uploaded to Blackboard

Contact the Lab Administrator for further assistance.
Printing procedures
The printing procedure is different for each lab.

Main Lab
- Select print.
- Paper will go into a printing queue located at the Print Release Station (PRS) and will be appended to your USC Username.
- On the touch screen panel at the PRS, select your name and click print.

Small Lab
- Select print.
- Pick up your paper from the shared network printer in the lab.
What is the Trojan Athletic Senate?
The USC Trojan Athletic Senate (TAS) is a committee made up of student-athletes assembled to provide insight on the student-athlete experience. Members of the TAS have the opportunity to address issues affecting student-athletes at USC and have the opportunity to offer input on issues, at the campus, conference, and national level.

Purpose of TAS at USC
The USC Trojan Athletic Senate (TAS) was formed for the purpose of:

• Serving as a line of communication between the student-athletes and the USC Athletic Department.
• Providing the student-athlete population with an opportunity to more effectively communicate with USC athletic administrators and offer suggestions on programs designed to serve student-athlete needs.
• Staying abreast of and acting on issues facing student-athletes, Athletics Department policy, University rules and regulations, and NCAA rules to protect the interest of all student-athletes.
• Designing programs that will encourage academic achievement, social responsibility, health promotion, and general awareness.
• Encouraging student-athletes to become more involved in campus and community projects.
• Build a sense of community and cohesion within the athletics program involving all athletics teams.
• Promote a positive student-athlete image on campus and in the community.

Who can participate in TAS?
TAS is comprised of two senators from each athletic team. In order to be eligible to serve as a senator, you must be listed as a current member on the official team roster and be in good academic standing (2.0 cumulative GPA or higher). Each team will be responsible for choosing its representatives and all representative appointments to TAS are for one year beginning in the Fall semester.

Annual Events
Welcome Back BBQ - As a means of promoting better communication and cohesion between teams, this event is held during the first week of Fall semester for all student-athletes and athletics department staff. At the event, student-athletes have an opportunity to catch up with friends, meet new student-athletes, participate in fun and interactive games and enjoy a BBQ dinner.

Contacts
Whitney Rotrock – rotrock@usc.edu
Darcy Couch – dcouch@usc.edu
“Study Your TAS Off” - Academic Excellence Celebration - TAS hosts a social to honor all those student-athletes who have consistently excelled in the classroom.

Pac-12 Student-Athlete Advisory Committee - Each semester, TAS representatives have the opportunity to participate in the Pac-12 Student-Athlete Advisory Committee Meetings, which is a forum designed to address issues affecting student-athletes at the institutional, conference, and national levels. In addition to the in-person meetings, members of the Pac-12 SAAC participate in monthly conference calls to keep their institutions abreast on the conference and national office news.

Community Service Programs and Events - By participating in community service projects, student-athletes can enhance their leadership and communication skills, while serving as role models and building positive relationships with community members. During the 2010-11 academic year, the athletic department exceeded their community Service goal of 3,000 hours.

Faculty Appreciation Dinner – TAS & SAAS have arranged an annual Faculty Appreciation Dinner. This event offers USC student-athletes a chance to network with faculty while giving the professors a taste of what it’s like to be a student-athlete at USC.
Mission Statement

Our mission is to provide comprehensive, multidisciplinary, student-athlete centered care for the University of Southern California. Our objective is to deliver the best possible health care, both physiological and psychological, through prevention, education, evaluation, management, and rehabilitation. We utilize evidence-based practices to ensure student-athletes can perform safely and at their highest possible level.

Insurance Coverage

All USC Students must show proof of health insurance coverage at the beginning of the academic year. Students who are enrolled in a private health insurance plan may waive enrollment in the USC Student Insurance program by completing the waiver form and providing proof of insurance to the Student Health Insurance Office. A student who does not have health insurance or does not waive out of the USC Student Health Insurance Plan, will be automatically enrolled in that plan. All student athletes must provide their insurance information to the Department of Athletic Medicine prior to participation. This process is the responsibility of the student athletes.

The USC Athletic Department will cover medical costs for injuries or illnesses in which the athletic medicine staff coordinates the necessary services, as determined by USC Team Physicians. The student athlete’s primary insurance policy will be billed first and all subsequent costs that are not covered by the primary insurance will be paid by the USC Athletic Department. Referrals to outside health care providers without prior approval from the USC athletic medicine staff may not be financially covered. Student athletes should not discontinue their insurance coverage assuming that the USC Department of Athletics will assume financial
responsibility for all medical costs. The USC Athletic Department is only responsible for medical costs associated with athletic related injuries or illnesses. The USC Athletic Department is not financially responsible for non-athletic related injuries or illnesses.

***It is important to note that if you have outside health insurance and do not want the USC Student Health Insurance you must fill out the online waiver form. If you do not waive the university health insurance each year you will be charged for it. Your athletic scholarship WILL NOT cover this.

**Physical Examination**
All student-athletes at USC must have a pre-participation physical examination to determine their current state of health. No student-athlete can practice or compete without medical clearance from the USC Department of Athletic Medicine. Physicals are scheduled prior to or during the fall semester each year. Athletes who attempt to walk on must be invited by the head coach and obtain a physical examination on their own and present documentation prior to tryouts. Once they have made the team, they must obtain another physical examination from the Department of Athletic Medicine.

**Reporting Injuries and Illnesses**
All athletic related injuries and illnesses are to be directed to a department of athletic medicine staff member. When special medical services are required, the athletic medicine staff member will coordinate the scheduling of all appointment(s) with the appropriate team physician and/or consultants. Consultants are appointed according to their expertise and selected by the Department of Athletic Medicine.

**Nutritional Supplements**
Due to the lack of federal regulation, nutritional supplements are potentially dangerous. With there being no guarantee that what is on the label is acutely in the product the student-athlete may be subject to a positive drug test, which could cause them to lose eligibility. For that reason, the USC department of athletics does not endorse the use of nutritional supplements other than Powerade and Collegiate Muscle Milk. If a student-athlete has a question of whether or not a particular supplement is safe, they can ask a member of the athletic medical staff or access the Resource Exchange Center (REC) for more information free of charge at www.drugfreesport.com/rec/ (password: NCAA1). In addition, all USC student-athletes will have access to the Aegis Shield database for supplement research via the web or mobile phone app. Login and password is available from each individual sports athletic trainer.

Ultimately, the student athlete is responsible for what they put into their body. Ignorance is not an excuse.

**NCAA Banned Drugs**
The NCAA conducts random drug tests to ensure safety and fairness of competition. If there is a concern of whether a medication could be banned, the student athlete should consult a member of the athletic medicine staff immediately. A positive drug test could result in loss of eligibility for one calendar year. A list of NCAA banned substances can be found on their website: http://www.ncaa.org/wps/wcm/connect/public/NCAA/Student-Athlete+Experience/NCAA+banned+drugs+list
Attention Deficit Hyperactivity Disorder (ADHD) is treated with stimulant medication that may be banned. As with all medications, it should be documented in the student athlete’s medical chart. Additionally, the student athlete who is taking ADHD Medication is responsible for signing the Athletic Departments Stimulant Medication Policy and following the checklist provided. In the event of an NCAA positive drug test for that medication, a medical exception petition may be generated if the student athlete followed the departmental ADHD Policy. Having prescription medication, taking prescription medication without a prescription, or sharing prescription medication is illegal and dangerous.
Concussions are traumatic brain injuries that range from mild (mTBI) to severe. You can have a concussion without being knocked out and even a hit or jolt that does not seem severe can cause brain injury. Concussions can happen during drills, practice, or games, and ones that occur during practice can be just as serious as those that happen during games. The USC Medical staff treats seriously all concussions, and all signs and symptoms of concussions.

Concussions come with many possible signs and symptoms; it is very important that you recognize these signs and symptoms and report these immediately. Symptoms may be subtle and can last for days, weeks, or even longer. The following are common symptoms caused by head injuries; while someone with a head injury would not have all or even most of these symptoms, any of these symptoms could indicate a head injury, and must be reported to the USC Medical staff:

**Common Signs and Symptoms of Concussion**
- Loss of consciousness (LOC) Confusion
- Disorientation
- Delayed verbal and motor responses
- Inability to focus Vacant stare Slurred/incoherent speech Headache
- Nausea
- Vomiting
- Balance Problems/Dizziness
- Fatigue
- Trouble Falling Asleep Sleeping More Than Usual Drowsiness
- Sensitivity to Light and Noise
- Sadness Nervousness Numbness/Tingling
- Feeling Slowed Down Feeling Like in a “Fog” Difficulty Concentrating
- Difficulty Remembering Stiff neck
- Difficulty walking, speaking, or using your arms
- Convulsions
- Unusual or erratic behavior

**NCAA and USC rules require student athletes to report any of these signs and symptoms to their medical staff immediately. It is extremely important that student athletes be truthful about their symptoms and follow the treatment instructions of USC medical staff. Do not try to diagnose or treat your symptoms yourself and do not continue athletic activity until authorized to do so by a team physician or their designee. If you notice these signs or symptoms in other student athletes, tell the USC medical staff immediately.**

Although you cannot completely eliminate the risk of concussion, you play an important role in reducing the risk of concussion by using proper equipment, including personal protective equipment, at all times, by playing within the rules of your game, by choosing a style of play that reduces the risk of impacts to your head, and by immediately reporting signs and symptoms of concussion to USC Medical staff and following their treatment instructions.

Even with all of these protective mechanisms in place, the risks of head injuries cannot be eliminated. These risks can be short-term, such as bleeding in the brain and paralysis, and long-term, such as Alzheimer’s disease, Parkinson’s disease, other brain disorders that become more prevalent with age, and death. Concussions can also cause brain changes affecting physical abilities (such as extremity function and headaches), thinking abilities (such as memory and reasoning), sensation abilities (such as touch, taste, and smell), language skills (such as communications, expression, and understanding), and emotional traits (such as depression,
anxiety, personality changes, aggression, and social inappropriateness). Ongoing research is investigating repeated brain injuries and the risks of depression, CTE, memory problems and early dementia.

If you have any questions or concerns at any time, contact your staff athletic trainer or team physician. As a reminder, you need to be informed about the signs and symptoms of concussions, and you are required by the NCAA and USC to report these immediately and follow the guidelines that the medical staff explains to you.

The undersigned USC student-athlete acknowledges that he/she has received and reviewed a copy of this Concussion Education Handout for USC Student-Athletes.

______________________________  ________________
Student-Athlete Signature        Date

______________________________  __________________
Printed Name   Sport
Location: The Student Counseling Center (SCS) is located on the 3rd floor of the Engemann Student Health Center.

Phone Number: 213-740-7711
When calling SCS: First, identify yourself as a student-athlete, then ask to speak with Dr. Robin Scholefield, Dr. Niki Sims, or Dr. Lani Lawrence. They are the clinical sport psychology team at USC to serve the student-athletes.

USC student-athletes are the largest consumers as a group of the counseling services at the Student Counseling Center (SCS) located on USC campus. The athletic department has three clinical sport psychologists on staff to accommodate the many reasons athletes may come in for counseling. Student athletes typically come in for the same reasons as all university students, such as homesickness, loneliness, anxiety, depression, social anxiety, eating disorders, and substance use. Some issues specific to student athletes include self-improvement, performance anxiety, performance enhancement, teammate issues, confidence, changes in athletic status, retirement, burnout, as well as the additional stress from managing a full academic and athletic schedule. The sport psych team also works with teams and provides consultation to coaches and administration.

Individual, Couples, and Group counseling are offered to all student-athletes who are enrolled in classes. During the summer, if a student athlete is not enrolled in summer school, they must pay a one time student health fee for counseling services. Groups offered include the following: Injured Athlete group, Relationship Group, Social Confidence Group, Mindful Well-Being, Living with Loss, New Choices (Substance Use).

SCS offers confidential services to student athletes on campus. Consistent with state law, counselors will not speak with anyone, including your coach or parents (if you are 18 & older), for any reason without your written consent. There are three exceptions to confidentiality: 1) if you are suicidal, 2) if you are homicidal, or 3) if you report child/elder abuse. Even in these instances, we are respectful of your privacy and inform only those who need to know to help keep you and/or others safe. Unlike other students on campus, student athletes do not have a waiting list to get in to see a counselor, can often make same day appointments, or can be seen within the same week (as long as they identify that they are a student-athlete when calling to schedule an appointment). Student-athletes are also offered unlimited number of weekly sessions during their time at USC.
Nutrition is a vital piece for optimizing a student athlete’s performance. Proper fueling before and during competition can give you that competitive advantage needed to succeed. Learning how to fuel your body correctly before and after workouts and throughout the day will enhance your body’s ability to recover from training and maximize your physical development.

A student-athlete’s schedule can be very busy between practices, classes, and schoolwork so it can be challenging to figure out when and what to eat. Having a plan is crucial, which is why making an appointment with the sports dietitian is important.

Performance Nutrition Program:

- Your team dietitian will work with you to give you a structured individualized meal plan based on your sport and your goals. Your plan includes portion sizes, macronutrient amounts and suggestions for fueling throughout the day using the resources provided.
- Body Composition and Bone Density analysis. Each team will assess body composition via iDxa to determine how their cells are adapting to training and how efficient they are at using the energy they are taking in.
- Provides a grocery list as well as easy inexpensive recipe ideas.
- Can schedule a grocery shopping tour with you and help educate you with what the best products are to buy and which ones to avoid.
- Can help you with ideas on how to stay healthy when traveling and during holiday breaks
- Presents to teams on a variety of topics and can even schedule a night of cooking with your team as a team building exercise and can help you learn how to cook healthy and tasty food

The NCAA allows us to provide two fueling opportunities throughout the day. These fueling opportunities are intended to increase the athletes’ ability to recover throughout the day. If you aren’t training, you’re recovering, therefore it is crucial that the resources provided are utilized in a purposeful manner. Our goal is to provide you with everything that you need for recovery.

This does not mean that you have unlimited access to food. Receiving food is contingent on receiving nutrition education. The department of athletics will provide you with necessities for recovery, but it is not an all you can eat buffet.

**ALWAYS have fuel and a water bottle with you to avoid getting dehydrated and going long hours without eating, which will absolutely affect your performance and energy level**

You have to ask yourself “are you willing to do whatever it takes to be the best” and if you are, you have to take what you are putting into your body seriously! There is a lot of research that
shows what you put into your body will give you an advantage over the rest. You are here at USC because you are a gifted athlete, now you have to motivate yourself to train hard and ensure you are getting the proper fuel to maximize your performance.

**Fuel On!**

All current student athletes, scholarship and non-scholarship will have an opportunity to participate in an enhanced fueling program. Morning fueling will occur in the Galen Dining Center and the Galen Arena from 7am – 11am Monday through Friday.

Outside of the morning fueling, athletes can use the fueling station in McKay for pretraining and recovery nutrition during the hours the weight room is open.

The Galen Cafeteria will continue to operate as a retail operation during the lunch period. Hours of operation will be 11:30am – 1:30pm open to the public.

To manage space and operational challenges in our facilities sports will be assigned a location for their student athlete’s participation in the enhanced fueling program. Some sports will be serviced out of the Little Galen Cafeteria, others will be serviced from the newly created athletic dining station at the Galen Arena. The new athletic dining station is located in the kitchen space of the previous media workroom. The team assignments are as follows:


**Galen Arena Athletic Dining Station:** M. Basketball, W. Basketball, M. Volleyball, W. Volleyball, Sand Volleyball.

Athletes may choose to take items to go OR to dine in, but cannot do both. Sports nutrition staff is present to ensure that athletes are making the choices necessary to attain their fueling goals.

Student athletes will be required to dine in their assigned location and may only check in one time during each enhanced snack period.

Student Athletes are responsible for cleaning up after themselves and for treating the staff and resources with respect.
# GROCERY LIST

<table>
<thead>
<tr>
<th><strong>Trader Joe’s</strong></th>
<th><strong>Ralphs</strong></th>
<th><strong>Fresh &amp; Easy Express</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cottage cheese—Low fat. (Great as a snack, 14g protein/half cup)</td>
<td>Chicken breasts/ Lean ground turkey</td>
<td>Chicken breasts/ or other meats (organic)</td>
</tr>
<tr>
<td>Greek Style mixed berry nf yogurt WITH FIBER</td>
<td>Deli turkey FRESH from the Deli (great as a snack rolled up with string cheese and whole grain crackers or with fruit)</td>
<td>Instant Oatmeal</td>
</tr>
<tr>
<td>Soy corn dogs (I know...soy but they taste great!)</td>
<td>Egg beaters</td>
<td>Kashi Golean Crunch Cereal</td>
</tr>
<tr>
<td>Zone bars/Balance bars/Kashi bars (chocolate turtle roll) <strong>Greens + Protein Bar peanut butter &amp; chocolate</strong></td>
<td>100% natural breads Sara Lee or any other bread that does not contain hydrogenated oils</td>
<td>Hummus</td>
</tr>
<tr>
<td>Beef/turkey jerky (snack)</td>
<td>OJ fortified with calcium and Vit D</td>
<td>Kitchen to go meals (variety of flavors) American-Mexican-Italian and Asian</td>
</tr>
<tr>
<td>Egg white salad (great as a snack with crackers)</td>
<td>Taco seasoning packet (Low sodium) Chili or spaghetti seasoning packets from Lawry’s</td>
<td>Ready to go cut up fruit</td>
</tr>
<tr>
<td><strong>CEREALS</strong></td>
<td><strong>CEREALS</strong></td>
<td><strong>CEREALS</strong></td>
</tr>
<tr>
<td>Kashi Golean Crunch High Fiber Honey, Almond &amp; Flax 9 Whole Grain Crunch Nature’s Path Pumpkin Flax Plus Granola</td>
<td>Barilla high protein and omega fortified pasta (Best tasting whole grain pasta)</td>
<td>Veggies and pre-made salads</td>
</tr>
<tr>
<td>Steamed Lentils ready to eat warm or cold</td>
<td>Brummel and Brown butter made from nf yogurt</td>
<td>Greek yogurt</td>
</tr>
<tr>
<td>Microwaveable Asparagus, Broccoli and Brussels sprouts</td>
<td>Bags of salad greens dark in color</td>
<td>Cottage cheese</td>
</tr>
<tr>
<td>Edamame</td>
<td>Ken’s Steak House Lite Raspberry Vin. Dressing</td>
<td>Veggie straw snack chips</td>
</tr>
<tr>
<td>Blueberry &amp; Pomegranate Green Tea</td>
<td>Newman’s Own low fat sesame ginger</td>
<td>Flax tortilla chips</td>
</tr>
<tr>
<td>Pre-made Salads</td>
<td>Newman’s Own Light Lime</td>
<td>Whole grain tortillas are great to make wrap sandwiches</td>
</tr>
<tr>
<td>Super Sweet Baby Bell Peppers (large zip lock bag)</td>
<td>Sargento Mexican Light cheese</td>
<td>String cheese</td>
</tr>
<tr>
<td>Freeze Dried Strawberries (great as a snack or to add to cereal/oatmeal)</td>
<td>Hummus</td>
<td>Mary’s Gone crackers (flax seed crackers that tastes great©)</td>
</tr>
<tr>
<td>Unsalted /roasted almonds (just a handful) (just a handful of trail mix)</td>
<td>StarkKist Lunch To-Go (snack or light meal) Ideally eat w/ other whole grain crackers</td>
<td>Deli meats</td>
</tr>
<tr>
<td>Honey wheat pretzels</td>
<td>Gen Soy- soy nuts (snack or add to salads)</td>
<td>Amy’s organic soups and Chili</td>
</tr>
<tr>
<td>Dried Fruit/ Just Mango Chunks (has no sugar added)</td>
<td>Avocado (healthy fat) great on sandwiches</td>
<td>Amy’s organic pizza</td>
</tr>
<tr>
<td>Veggie and Flaxseed Tortilla Chips</td>
<td>Smart Bran cereal (if needing extra fiber)</td>
<td>Variety of seasonings and spices to make your meals more appealing</td>
</tr>
<tr>
<td>Reduced Guilt Air-Popped Popcorn</td>
<td>GeniSoy potato soy crisps</td>
<td>Beef and turkey jerky</td>
</tr>
<tr>
<td>All natural almond butter/ peanut butter</td>
<td>Skinny cow ice cream</td>
<td>Whole grain pasta and pasta sauce</td>
</tr>
<tr>
<td>Peanut butter filled pretzels (snack)</td>
<td>Swanson all white meat caned chicken</td>
<td>Peanut butter filled pretzels</td>
</tr>
<tr>
<td>Bambino Pizza Formaggio (cheese one tastes the best)<em>make it directly on oven rack!</em></td>
<td>Laura Scudder peanut butter “all natural” (pour out most of the oil)</td>
<td>All natural nut butters</td>
</tr>
<tr>
<td>Ak-mak 100% whole wheat crackers</td>
<td>Light string cheese</td>
<td>100% fruit jams</td>
</tr>
<tr>
<td>Super Grain and Seed Bread</td>
<td>Rhythm kale chips (zesty nacho flavor)</td>
<td></td>
</tr>
<tr>
<td>Blueberry Raspberry Oat Bran Muffin</td>
<td>Stoneyfield OIKOS organic greek yogurt</td>
<td></td>
</tr>
<tr>
<td>Fiber cake muffins (14 g. fiber)</td>
<td>Beanitos Pinto Bean &amp; Flax Chips</td>
<td></td>
</tr>
<tr>
<td>Frozen Turkey Meatballs</td>
<td>Somersaults sunflower seed snack dutch cocoa</td>
<td></td>
</tr>
<tr>
<td>Frozen Organic Brown Rice( add flavor©) <strong>Chopped basil, cilantro and crushed garlic</strong></td>
<td>Corazonas tortilla chips (squeeze of lime flavor)</td>
<td></td>
</tr>
<tr>
<td>Sweet potato chips (just watch portions)</td>
<td>Food Should Taste Good Chips (sweet potato)</td>
<td></td>
</tr>
<tr>
<td>Frozen French toast made with 4 grain bread</td>
<td>LARA Bars</td>
<td></td>
</tr>
<tr>
<td>Frozen steelcut oatmeal</td>
<td>KIND Bars</td>
<td></td>
</tr>
<tr>
<td>Fat free No Pudge Fudge Brownie Mix (healthy brownies that you make with yogurt)</td>
<td>LUNA Bars</td>
<td></td>
</tr>
<tr>
<td>The chocolate traveler /Dark Chocolate</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
The mission of the University of Southern California Strength and Conditioning staff is to provide a physically and mentally challenging training environment each and every day. Passion must be exuded at all times, and it is expected of each athlete to train with this characteristic. USC’s strength and conditioning facilities are meant to provide the student athletes with the proper equipment, environment, and instruction facilitated by a skilled and knowledgeable staff. The Strength and Conditioning staff is available to provide education, teach proper technique, design individualized sport specific programs, and motivate each student athlete to reach his or her potential.

**Strength & Conditioning Policies and Procedures**

**Hours of Operation**

<table>
<thead>
<tr>
<th>Season</th>
<th>Hours of Operation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring/Fall</td>
<td>6:00am – 6:00pm</td>
</tr>
<tr>
<td>Summer</td>
<td>6:00am – 2:00pm</td>
</tr>
</tbody>
</table>

*Student-Athletes are advised to train with their strength & conditioning coach during their allotted team training block.*

**Dress**

- Tennis Shoes must be worn and tied
- T-Shirt or Tank Top with USC logo that is visible must be worn
- Shorts, Tights (Full or Half Length), or Sweat Pants must be worn
• Some Sports might require the entire team to dress the same
  **No BLUE** is to be worn in the weight room at any time *(this includes – shoes/cleats, socks, shorts, shirts, headbands, etc…)*

**Storage (Backpacks, Personal Items)**

• All Backpacks should be placed on the stadium seating area outside of weight room offices.
• All personal items such as **CELL PHONES, IPODS**, watches, jewelry, etc. are stored in your backpack.

**Scheduling**

• Any sport team planning to use the indoor field turf must schedule through the strength and conditioning staff.
• All strength training days and times are scheduled with the strength and conditioning staff.
• Each sport team is expected to attend their scheduled strength training session.
• All scheduled teams will have priority of weight room space and equipment along with the field turf.

**Audio**

• Strength and Conditioning Staff controls the music selection and volume of the Weight Room and Field Turf area.
• All music played will be the clean/edited versions only.

**Fueling Station**

Products from the fueling station will be distributed by the nutritionist, fueling station student workers, or strength and conditioning coaches only. All products received from fueling station are either consumed and disposed of at station or kept sealed and taken out of the weight room to be consumed later.

**Weight Room Offices**

Student-Athletes are not permitted to use computers, fax machines, copiers, TV’s, or telephones located in the weight room offices.

**Safety Policies**

• All barbell exercises performed have a safety clip fastened around the bar.
• Barbell squatting and pressing movements are performed with a spotter present.
• All Barbells, Dumbbells, Plates, Bumpers, Kettlebells, clips, etc. are returned to their specific storage space immediately after use.
• Thumbs are wrapped around the bar or dumbbell during use.
Injuries

Student-Athletes must report all injuries to Athletic Medicine prior to attending their scheduled strength training session.

Weight Room Orientation

All Student-Athletes must attend a one hour Weight Room Orientation that will be offered at the beginning of each semester. Weight Room access will only be granted to Student-Athletes that complete this one-hour orientation.

Friends and Family

Friends and Family members of Student-Athletes are not permitted to use the Weight Room and Field Turf Area.

Etiquette

- Please wipe down equipment after use (especially cardio)
- Organize all racks and DB areas accordingly (Trojan Head Up)
- No Outside Food or Drink
- No Horseplay
- No Spitting
- No Sitting or lying down unless exercise requires you to do so
- Throw away all water cups
- Dispose of used towels to the soiled towel bin
- No Vulgarity
“Fans judge you as a player according to how you perform on the playing field. They judge you as a person according to how you perform with the media. If fans develop a good impression of you through the media, especially when things are not going well on the field, the benefits to you can be significant.” --NFL Media Relations Handbook

Trojan athletes benefit from tremendous national and local media exposure. And USC has had an outstanding reputation of positive media rapport over the years. Therefore, it is important to understand the media, the value of positive media relations and how best to deal with the media.

The primary way for USC’s fans to find out about you and for you to communicate to USC’s fans is through the media. The stories of USC’s teams, athletes and coaches are told to the fans on a daily basis throughout the year by thousands of newspapers, magazines, Internet sites, radio stations, and television stations.

As a USC athlete, one of your responsibilities is to cooperate with the media--just as giving 100% on the playing field and in the classroom are your responsibilities. It’s all part of the package of being a Trojan student-athlete.

Athletes at USC have many more opportunities than those at other schools to do media interviews because USC is a nationally-prominent university with an unparalleled athletic heritage situated in one of the world’s major media markets.

The media’s role is not to be a cheerleader for you. However, you’ll find that the more cooperative you are with the media, the better chance you will have of the media presenting positive stories about you. You should view your obligation to cooperate with the media as an opportunity to promote yourself as well as your team and sport.

Media attention also means that your conduct both on and off the field will be under intense scrutiny because of your position as a Trojan athlete. The last thing you want is to receive publicity for an unfortunate off-the-field incident.
The Media

Los Angeles is one of the largest and most complex media markets in the world. The Southern California area is home to dozens of daily newspapers, seven commercial television stations, numerous cable networks, scores of radio stations, and the AP wire service. Here’s a more in-depth look at the types of sports journalists—representing both national and local media—with whom you’ll come into contact:

**Beat Writers:** These newspaper and Internet writers cover USC on a daily basis, so they are a key link between USC and our fans. Primarily, they report the facts in an objective way. While beat writers may become the most familiar members of the media to you because of the amount of time they spend with us, they still must remain independent and impartial.

**Television News Crews:** Although you likely won’t see reporters and camera crews from the local television stations as often as newspaper beat writers, don’t overlook their impact. Most people get their news from television.

**Television Game Broadcasters:** If one of your games will be televised, count on seeing the announcers—a play-by-play announcer and an analyst—earlier in the week. They’ll come out to view some of your practices and, along with the TV producer and director might want to meet with you informally the day before the game. They might also want to do a brief taped interview. Obviously, you should not discuss game strategy in detail, or share confidential team information.

**Radio Talk Show Hosts:** Sports radio talk shows, featuring calls from fans, are very popular. It’s possible you’ll be asked to be a guest on one of these shows. Most of the interviews are done live over the phone.

**Photographers:** Photographers for newspapers and magazines, and TV video camera operators, must tell their stories visually. You’ll see them ringing the playing field at practice and games. So, while you must be judicious in your comments to the media, remember that your actions can be captured on film and video, too.

**Campus Media:** USC has various campus media outlets, all staffed by fellow students. These include the Daily Trojan newspaper, KXSC radio, the El Rodeo yearbook and Annenberg TV News. While these journalists are your campus peers, we have always treated them like any media member and have extended them every professional courtesy.

**Interviews**

The main way you will deal with the media is through interviews. Most interview topics are about your team and you. Interviews should be looked at as part of the educational experience offered at USC, helping you develop communication skills that can assist you not only in the classroom but in future professional and business careers. The more interviews you do, the better you will become at handling them and the more fun they will be.

We encourage you to make yourself available to the media, especially because student-athletes have been tremendous representatives of USC.
We ask the media to direct all interview requests through the sports information office. We will contact you and work around your athletic, academic and social schedules. You’ll be asked to come to the sports information office at an agreed-upon time to be interviewed in person or to conduct a phone interview. In addition, following the conclusion of games, coaches and athletes are expected to make themselves available for interviews within a reasonable period of time (generally after a 10-minute "cooling off" period). These post-game interviews occur in various forms: a press conference in front of a group of media, a one-on-one interview with a reporter, or a live interview on radio or TV.

**When doing interviews:**

- Be smart and think before you speak.
- Respect your opponents, teammates, coaches and university.
- Be positive.
- Be humble.
- Don’t make predictions.
- Smile and have fun.
- Look presentable (appearance can say more than words), so take off your hat, spit out your gum, and get rid of gaudy jewelry.
- It’s easy to talk to the media after good times, but your true character comes out after tough times and adversity (so be accountable and available).
- You don’t have to answer every question or do every interview, but be polite when declining.
- Anticipate tough questions and prepare answers beforehand.
- Have message points you’d like to make.
- Turn a negative question into a positive answer.
- Don’t go “off the record” or say “No comment.”
- Don’t use slang.
- Remember, you can’t control the questions, but you CAN control the answers.
AN IMPORTANT MESSAGE ABOUT SOCIAL MEDIA

Social media is a fun and useful tool…but it can also spread information in a negative way that exposes your personal life to the world. USC supports an individual’s expression of First Amendment rights of free speech. We do not place restrictions on the use of social media by our student-athletes. HOWEVER, please remember that you represent USC, the athletic department and your team at all times. Because the Internet can be accessed by anyone, it is recommended that student-athletes do not post information—including photographs and text—and/or join “groups” that do not promote positive behavior. Remember that the general public, coaches, athletic department administrators, media, opponents, NCAA, law enforcement agencies and future employers have access to your social media. Inappropriate language, behavior or postings, as well as postings that violate NCAA rules, could lead to repercussions from the USC athletic department.

It is HIGHLY recommended that you do not post any personal information, including your address or phone number. Put your viewing setting on “Private” so only your friends can see your postings. As a student-athlete, you are highly visible and many people are interested in you…sometimes, it’s the “wrong kind” of people who could put your career or even your life in jeopardy. Also, use discretion when posting pictures of yourself, your teammates and friends. Digital cameras and cell phones with picture and video capability allow the public to catch you in private moments and easily share those pictures with the rest of the world. Do not allow yourself to be photographed in a compromising situation. A photo could be “tagged” to you, leaving you with little control over the content or usage of the photograph.

Bottom line: YOU are accountable for your social media presence. Understand that inappropriate postings can follow you for life. Do not post anything that would embarrass USC, your team or your family. If you believe something you posted would upset your parents, then know that it is going to upset the university, too.
UNIVERSITY OF SOUTHERN CALIFORNIA
ATHLETIC DEPARTMENT
SOCIAL MEDIA POLICY & GUIDELINES FOR STUDENT-ATHLETES

Playing and competing for the University of Southern California is a privilege. Student-athletes at USC are held in the highest regard and are seen as role models in the community. As leaders you have the responsibility to portray your team, your University and yourselves in a positive manner at all times. Sometimes this means doing things that are an inconvenience to you, but benefit the whole team.

Facebook, Twitter and other social media sites have increased in popularity globally, and are used by the majority of student-athletes here at USC in one form or another.

Student-athletes should be aware that third parties -- including the media, faculty, future employers and NCAA officials -- could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the student-athlete, the athletic department and the University. This can also be detrimental to a student-athlete’s future employment options, whether in professional sports or in other industries.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco e.g., no holding cups, cans, shot glasses etc.
- Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Pictures, videos, comments or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.
- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another institution; taunting comments aimed at a student-athlete, coach or team at another institution and derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use).
- Content online that would constitute a violation of Pac-12 or NCAA rules (examples: commenting publicly about a prospective student-athlete, providing information related to sports wagering activities; soliciting impermissible extra benefits).
- Information that is sensitive or personal in nature or is proprietary to the USC Athletic Department or the university, which is not public information (examples: tentative or future team schedules, student-athlete injuries and eligibility status, travel plans/itineraries or information).
If a student-athlete's profile and its contents are found to be inappropriate in accordance with the above behaviors, he/she will be subject to the following penalties:

1. Written warning
2. A meeting with Director of Athletics and Head Coach
3. Penalties as determined by the athletic department, including but not limited to possible suspension from his/her athletic team.

For your own safety, please keep the following recommendations in mind as you participate in social media websites:

- Set your security settings so that only your friends can view your profile.
- You should not post your email, home address, local address, telephone number(s), or other personal information as it could lead to unwanted attention, stalking, identity theft, etc.
- Be aware of who you add as a friend to your site — many people are looking to take advantage of student-athletes or to seek connection with student-athletes.
- Consider how the above behaviors can be reflected in all Facebook applications.

If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as the USC Athletic Department’s and the University’s. Remember, always present a positive image and don’t do anything to embarrass yourself, the team, your family or the University.

By signing below you affirm that you understand the USC Athletic Department Social Media Policy and Guidelines for Student-Athletes and the requirements that you must adhere to as a USC student-athlete. Also, you affirm that failure to adhere to this policy and guidelines may result in consequences that include suspension from your athletic team, and you may be subject to additional penalties imposed by the NCAA, Pac-12 or USC.
If you are a student-athlete receiving athletic aid, we recruited you here and awarded you with an athletic scholarship because we believe you can be successful both academically and athletically, that you intend to graduate with a USC degree, and that you will represent the University in a manner that we will all be proud to call you a Trojan for Life. Your scholarship either partially or completely covers the cost of attendance at USC needed to graduate with a four-year bachelor's degree. We want you to understand your award so that you can make good choices with advice from your academic advisors, coaches, and faculty.

For the student-athlete who has his or her scholarship renewed each year the Athletics Department will provide funding for up to 128 units of credit. That’s the number of units it takes to graduate from USC with a bachelor’s degree for most majors. That’s the same level of support USC gives to its top academic students (those who receive full-tuition Trustee Scholarships). The fact that we’re committing as much to you as we do to Trustee Scholars is a sign of how much we want to support you in completing your degree. In fact, sometimes we’ll even go beyond that level of support.

Provided you make progress toward your degree in a satisfactory manner and have your athletic scholarship renewed each year, there are a few cases where you may be eligible to receive more support. For example:

1. If you declare a major that requires more than 128 units by your sophomore year, then we will finance a maximum of the units required to graduate with a bachelor’s degree in that program.

2. If you graduate and still have athletic eligibility remaining, at that point we can finance subsequent semesters beyond the 128 units up until the point that your athletic eligibility to compete is exhausted. For example, if a student is redshirted and then graduates in 4 years with a bachelor’s degree and then begins a master’s degree in their fifth year of athletic eligibility, we can pay for tuition during that final year of athletic eligibility. Please note that, if the master’s program requires an additional year to complete beyond the final year of athletic eligibility, the athletic department will not be able to continue to cover the cost of tuition (at this point the cost of continuing your education falls to you).
Remember that our primary goal is to help you achieve all your goals at USC, especially your academic goals. There may be some other, more individual instances when we might be able to support you. If something comes up and we can find a way to help you, we will try to do that. But our ability to help will depend on two things: first, you must demonstrate that you are serious about your education by making satisfactory academic progress. Second, you must contact us as early as possible (i.e. your freshman or sophomore year) if you think that the major or majors you intend to pursue will require extra support so that we can discuss your options.

We want to help you reach your goal to graduate and to get the most out of your time at USC. As you know, the University encourages students to pursue more than one emphasis, not just a major but two majors or a major and a minor. It’s what USC calls the Renaissance Scholar Ideal. In many ways, you’re already doing that by combining your athletic goals with your academic goals. If you want to add a second major or a minor, please discuss this with us. We will help you determine if you can do this and stay on track to graduate and whether your award will cover the costs. With careful planning a student can complete their degree with a major and a minor or double major without exceeding the minimum 128 units required to graduate from the institution.

**What Your Scholarship Covers**

A Full Athletic Scholarship includes ONLY: tuition, standard room and board, required and recommended textbooks, compulsory fees, transportation and miscellaneous expenses.

An Athletic Scholarship does NOT include, for example: health insurance, tuition refund insurance, late fees, finance charges, damage charges, and interim housing charges.

A financial award given to a student-athlete based upon athletic ability or sports performance is considered an athletic grant. According to NCAA regulations, athletic grants are limited to bona fide educational expenses including tuition & fees, room, board, and course-related textbooks and supplies.

In compliance with NCAA rules, the Financial Aid Office must notify you of the renewal, non-renewal or reduction, of your award on or before July 1 preceding each academic year. If your athletic grant is not recommended for renewal, the Financial Aid Office will notify you of an opportunity for a hearing to appeal this decision to a University Financial Aid Appeal Committee.

If you have a question about the terms of your athletic grant, please contact your head coach or SAAS.

**Athletic Grant-in-Aid Terms and Conditions**

In acceptance of this grant-in-aid, I understand that:

1. This grant-in-aid is being awarded in accordance with applicable university, Pac-12 and NCAA regulations.

2. Financial aid received from any source other than the university or persons upon whom I am naturally or legally dependent shall be reported by me to the Financial Aid Office.
3. My total financial aid may not exceed applicable NCAA limits. I understand that employment income earned by me during the year is not considered financial aid. However, I will report all employment earnings to the Athletic Compliance Office in order to comply with NCAA amateurism regulations.

4. Any part or all of this grant-in-aid may be reduced or cancelled immediately during the period of the award if I render myself ineligible for competition, fraudulently misrepresent information on an application, letter of intent or financial aid agreement, engage in serious misconduct warranting substantial disciplinary penalty (as determined by the university’s regular student disciplinary authority), or voluntarily withdraw from a sport for personal reasons.

5. To be eligible to represent the university in intercollegiate athletics, and avoid reduction or cancellation of grant-in-aid as set forth in paragraph 4 above, I must be enrolled in at least a full-time program of study, be in good academic standing and maintain satisfactory progress toward a baccalaureate or equivalent degree. I may be eligible to compete while taking less than a full-time program of study, provided that I am enrolled in the final semester or quarter of the baccalaureate program and the university certifies that I am carrying (for credit) the courses necessary to complete degree requirements.

6. This grant-in-aid may be reduced if I have more than three unexcused absences in one month.

7. Failure to attend class may result in the non-renewal of my grant-in-aid.

8. This grant-in-aid may be reduced or cancelled if I agree to be represented by an agent, sign a contract with or receive compensation from an agent or professional sports organization, unless I have completed my four seasons of eligibility.

9. Any reductions or cancellations of aid must be justified with proper cause by the regular disciplinary or financial aid authority of the institution. I will have had an opportunity for a hearing to appeal any reduction or cancellation of my aid.

10. The university may not reduce or cancel my grant-in-aid during the period of this award on the basis of my athletics ability, performance or contribution to my team’s success because of injury that prevents me from participating in athletics, or for any other athletics reasons.

11. If my athletic aid is less than or equal to the amount of my other countable aid, I may decline my athletic aid.

University Aid/Outside Awards

University Financial Aid
Student-athletes are encouraged to apply for the Federal Pell Grant and other financial assistance by filling out the FAFSA application online (fafsa.gov) if they feel they might qualify. The Pell Grant is awarded on the basis of your family’s financial situation, and can range from $600 to $5775 for an academic year. The Pell Grant award does not count towards any NCAA limits. The actual amount of your Pell Grant stipend will be determined by the Financial Aid Office.
Remember, if you are awarded athletics related financial aid, the amount of other forms of financial aid that you may receive is limited. The Financial Aid Office is responsible for making the necessary adjustments to assure compliance with NCAA individual financial aid limitations. Receiving excessive aid can result in you being declared ineligible for competition. University based aid is generally awarded at the same approximate amount on an annual basis for four years or 8 semesters, unless there is some significant change in the student’s financial situation. University aid after 8 semesters is not guaranteed and must be appealed for on an individual basis with the Financial Aid Office.

Tuition Assistance through USC as the dependent of a University employee, must be approved by the Financial Aid Office as non-countable aid: 1) If the student-athlete is recruited, the parent/guardian must be employed by the University for 5 years or more; 2) If the student-athlete is non-recruited and the parent/guardian is employed for less than 5 years, the Admissions, Financial Aid, and Compliance Departments must sign off on the Non-Counter Certification Form for the student to receive the Tuition Assistance as non-countable aid.

**Outside Awards and Scholarship**

The kind and/or amount of outside scholarships and awards you may receive as a student-athlete is limited by NCAA rules. Outside scholarships and awards are funds given to a student-athlete by sources other than the Athletic-Department, the University, Government Grants/Loans or someone you are naturally or legally dependent upon. The NCAA rules apply whether or not you are receiving athletic scholarship. Each year, you must notify the financial aid office if during the year you will receive any outside awards. All outside awards must be processed by the Financial Aid Office who will determine whether the aid is permissible.

**Stipend Checks**

Athletes who receive scholarships of 80% to 100% may receive the value of some portion of their scholarship in a stipend check. Stipend checks are issued when the amount of your scholarship exceeds the charges on your bill from the Bursar’s Office. However, you could still owe money to the University due to charges on your bill NOT covered by your scholarship. The amount of the stipend check varies and will depend upon factors such as meal plan, training table or housing. Other examples of charges that are not covered by your scholarship could be unaowed health or tuition refund insurance, parking permits or tickets, missed tutoring appointments and discretionary. If these charges do appear, you will have to make a payment to the Cashier’s Office BEFORE the stipend check is released. If you have any questions about the charges on your bill you can view your bill on the OASIS system through the university’s website www.usc.edu. If you still have questions, print out a copy of your bill through the OASIS system and bring it into SAAS so that it may be reviewed. Your academic counselor, the director of SAAS or the Athletic Director can also put holds on your stipend for a variety of reasons such as reviewing progress reports, registration or tutorial feedback forms. All missed tutoring appointments will be assessed a $10 charge to the student that must be paid prior to the stipend being released. All debts must be settled before stipend is released. You may pick up your stipend from the Office of once the checks are ready. Stipends are typically available on the 26th of every month. Please contact the Compliance Director or Assistant Director for your sport for details on when and where to pick up your check.
Meal Plans

Meal Plans and Residential Dining
The dining program offers a wide range of options and facilities to ensure that your experience is an enjoyable one. If you are assigned to a building with a mandatory meal plan, you will purchase a “meal plan” package option. You may select from the meal plan or plans available where you live. Regardless of where you live, all students are able to purchase a meal plan. Students living in non-university apartments or commuting to campus may want to choose a convenient “Community Meal Plan.” As a student-athlete you also have access to the Galen Center. In order to eat dinners at the Galen Center you must be on training table, use discretionary, or the Galen Meal Plan.

Mandatory Meal Plans:
Dorms
Cardinal – unlimited meals - $2,750
Gold – unlimited meals plus $500 dining dollars - $3,050
Trojan – All dining dollars - $3,350
Apartments
Apartment Meal Plan – 40 swipes plus $150 dining dollars - $600

Please note:
- Unused Meal Plans DO NOT rollover to the following semester
- Full scholarship recipients in university housing – only Cardinal or Apartment Meal Plan covered
- None of the above meal plans (Cardinal, Gold, Trojan, or apartment) can be used at the Galen Center

The Galen Center
Outside the Northwest corner of Heritage Hall is the Galen Center, a popular sports-themed dining and activity center that opened in 1999. The Galen Center serves as the prime dining facility for USC’s varsity sports, providing training table, pre-game meals and dinner to the Trojan athletic teams. It is open for lunch and dinner only and is closed on holidays, weekends and breaks.

Galen Meal Plans:
Galen 2 - $413 per semester (33 meals)
Galen 3 - $613 per semester (49 meals)
Galen 5 - $1025 per semester (82 meals)
Athletic Scholarship Textbook Program

What do you receive with your athletics scholarship?
- Per NCAA rules, you are permitted to receive only books and supplies that are required or recommended/optional for courses that you are currently enrolled in, per the Course Syllabus/Book List.
- You may only receive one set of required books/supplies. If you lose them, you must replace them at your own expense.

What if your course syllabus lists required books or supplies that you have not received?
- Go to SAAS with your syllabus and ask your academic advisor for an Unfulfilled Form.
- Bring the Unfulfilled Form along with a copy of your registered course list and a copy of the syllabus/booklist to your advisor to get their signature.
- Take the signed Unfulfilled Form to the 3rd floor of the bookstore to pick up the book or supply.

What if your course syllabus/booklist does not list books or supplies that the professor states are required?
- Either get a signed memo on department letterhead from your instructor stating that the books or supplies are required for the course, or have the instructor email your advisor directly stating the books or supplies are required for the course.
- Upon approval, you will receive an Unfulfilled Form.

What if the books or supplies that you need are not available at the Bookstore?
- Purchase the item/s and bring the receipt, a copy of your syllabus stating that the book or supply is required, and a copy of your registered course list, to your advisor in SAAS.
- You will be given a signed Reimbursement Form to take to the 3rd floor of the Bookstore; the Bookstore will reimburse you with cash.
*NOTE: All receipts must be submitted to your Advisor in by the last day of classes in order to be reimbursed.

What if you drop or withdraw from a class?
- You are required to return all books and supplies for that course immediately to your academic advisor before you withdraw from a class.
- Fill out and sign a Release of Class Drop Form.
- If you fail to return any books, readers or supplies for a class that you withdraw from, your student account will be charged the full purchase price including sales tax.

Summer School

Summer School Aid
USC awards athletic scholarship aid for summer school for a select number of student-athletes. Summer school is not guaranteed for any student, and scholarships are granted when the necessary funding is available and are awarded by the Director of Student Athlete Academic Services upon receipt of satisfactory fulfillment of the application requirements.
To Apply:
The student-athlete must submit a completed summer aid application that includes a sufficient explanation of their need to attend summer school. Applications should be submitted to your academic counselor in SAAS. All summer school requests are collected and evaluated by the Director of Athletic Academic Advisors and then submitted to the Director of SAAS for final review and approval. You are required to take and pass all of the units you have signed up for. The Director of SAAS must approve any changes to the units or classes.

Important Points:
If the student fails the class or receives a UW due to poor attendance, the student-athlete will have to reimburse the Department for any stipend money collected during that term. Summer aid covers tuition, books and possibly room and board. However, summer aid covers the same percentage as the student's aid during the previous academic year. Summer aid only covers courses that are taken at the University of Southern California.

Summer Former Athlete Degree Achievement Program (FADAP)

Policy for providing scholarships to former student-athletes who are no longer competing at USC.

Former student-athletes applying for scholarship funding from the athletic department to return to USC should first apply for the NCAA degree completion award, NFL trust fund, or any other professional league’s applicable degree completion program to help finance their return to school. After exploring these options, approval for funding from USC is sent to the FADAP committee (Head Coach, Senior Associate Athletic Director overseeing SAAS, and Sport Administrator).

The FADAP Committee will review each former student-athlete on a case by case basis and within the requirements of the Pac 12 Executive Regulations. The FADAP Committee will determine academic and conduct status at the time of departure from USC, academic history, overall citizenship, how many years the student previously received aid, and what % of aid the student received while competing at USC.

Pursuant to Pac 12 Executive Regulation 3-2-a, if the student-athlete withdraws from USC prior to receiving athletically related financial aid for a period of four years, he or she may return to USC after exhausting athletics eligibility or leaving school to become a professional athlete within 10 years* of initial enrollment in any college or university (whether initially enrolled at USC or another 2 or 4 year institution), and receive a proportional amount of educational expenses (i.e., tuition, fees, books) for the period remaining under the financial aid agreement**, provided the following criteria are met:

- The student-athlete left USC in good academic and citizenship standing without violating any terms of the original financial aid agreement;
• The student-athlete completed at least 50% of his or her degree program at the time of departure and at least one full academic year at the institution; and
• The student-athlete meets all USC’s requirements for readmission (i.e., previous academic achievement, length of absence, etc.).

Student-athletes who return to USC as part-time students after they have exhausted eligibility or left USC to become professional athletes shall receive, at a minimum, educational expenses (i.e., tuition, fees, and books). In addition, student athletes in equivalency sports who received partial scholarships shall receive, at a minimum, educational expenses proportional to the aid he or she received while originally enrolled at USC.

Student Athletes who transfer to another institution are not eligible for aid under the FADAP program.

*Following the 10 year period, students may apply for degree assistance; each application will reviewed on a case-by-case basis.

**Conditions of the original financial aid agreement (i.e., class attendance, good academic standing) still apply to the continuation requirements of the degree completion program.
See USC Website for all current policies and procedures:

https://policy.usc.edu/student/scampus/