



**Student-Athlete
Handbook
2021-2022**

Table of Contents

3	Emergency Contacts	31	Staff
5	Athletic Department Mission Statement	32	Strength & Conditioning Policies and Procedures
5	Student-Athlete Code of Conduct		
6	Trojan Family Code		
7	Athletic Department Policies	34	Media Relations
7	Hazing	34	Staff
8	Sexual Harassment	35	The Media
8	Student Conduct	35	Interviews
9	Academic Integrity	37	Social Media
9	Student Grievances		
10	Student Athlete Academic Services	40	Student Services
10	Staff	40	Staff
10	Hours and Location	40	Athletic Scholarships
11	SAAS Mission Statement	44	University Aid/Outside Awards
11	Commitment to Academic Excellence	44	Stipend Checks
13	Commitment to Personal Development	45	Meal Plans
14	Student Recognition	46	Text Books
14	Awards	46	Summer School
15	Postgraduate Scholarships	47	Former Athlete Degree Achievement Program
16	Stevens Academic Center Policies		
19	Trojan Athletic Senate (TAS)	48	USC Academic Policies
21	Athletic Medicine		
21	Staff		
21	Mission Statement		
21	Insurance Coverage		
22	Nutritional Supplements		
22	NCAA Banned Drugs		
24	Concussion Education		
26	Counseling Services		
28	Performance Nutrition		
28	Staff		
30	Grocery List		
31	Strength and Conditioning		

Emergency Contacts

University Park Campus

<i>EMERGENCY (Police, Fire, Ambulance)</i>	213-740-4321
Public Safety (Non-emergencies)	213-740-6000
University Park Health Center	213-740-9355
Safety Office	213-740-6448
Facilities Customer Resource Center	213-740-6833

Health Sciences Campus

<i>EMERGENCY (Police, Fire, Ambulance)</i>	323-442-1000
Public Safety	323-442-1200
USC Student Health	323-442-5980
Safety Office	323-442-2200
Facilities Management Services	323-224-7001

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

USC Student-Athlete Code of Conduct 2020-2021

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.**



ATHLETICS

Athletic Department Policies

Hazing

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>



Student-Athlete Academic Services

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

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

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

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

Mimi Butler
Director of
Academic Support
miriambu@usc.edu

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

Ricky Coles
Academic Advisor
WCR, MVB, WVB
rcoles@usc.edu

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

Kim Gross
Academic Advisor
MFB, MSW, WSW
kimgross@usc.edu

Dr. Martin Jauregui
Sr. Learning Specialist
jaregum@usc.edu

Monica Morita
Director of ACT Programs
mmorita@usc.edu

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

Kimberly Olson
Learning Specialist
olsonk@usc.edu

Dr. Nisha Parmar
Learning Specialist
npparmar@usc.edu

Whitney Rotrock
Director of
Personal Development
LAX, MTE, WTE
rotrock@usc.edu

Marisa Samaniego
Sr. Learning Specialist
msamanie@usc.edu

Rosie Sese
Learning Specialist
sese@usc.edu

Toni VanEck
Eligibility and Data
Coordinator Operations
antoniaa@usc.edu

Dr. Jonathon Young
Director of Technical
youngjj@usc.edu

Location:

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

Website:

www.usc.edu/saas

Hours:

Monday - 8:00am - 9:00pm
Tuesday - 8:00am - 9:00pm
Wednesday - 8:00am - 9:00pm
Thursday - 8:00am - 9:00pm
Friday - 8:00am - 5:00pm
Saturday - Closed
Sunday 5:00pm - 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, personal and career development, 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 regular 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. Students must be proactive about receiving advisement and clearing holds prior to the priority registration date.

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, subject to tutor availability. Tutoring is offered either on a one-to-one basis or in a group setting and all sessions take place inside the Stevens Academic Center. 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. Debt may not exceed \$30 or access to tutorial services will be subject to suspension.

Learning Specialists/Assistants

These individuals work one-on-one with student-athletes to expand their academic skills and further develop essential college 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 student-athletes with Education-Impacting Disabilities.

Travel Excuse Letters

One week prior to each competition, academic counselors are responsible for providing each competing 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.

The letter will include the following information provided by Compliance:

- 1) competitor(s),
- 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.

It is the responsibility of the student-athlete to provide each instructor with the letter at least one week prior to the competition 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 an in-person orientation program during Welcome Week. This program introduces student-athletes and parents 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, health and wellness, 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. Programs

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, financial literacy 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.

Career Month

Each year 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, career readiness workshops, resume critiques, a career fair, alumni panels, and more.

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 with 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 two \$9,000 scholarships per institution (one man and one woman) 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 have been admitted into a graduate program.

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>.



SAAS Policies

General Policies

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.

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. Service or Assistance Animals may be required to show documentation from Disability Services and Programs in order to be in facilities.

Student Dress Code

In order to maintain a professional and hygienic environment 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. In addition, 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.

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 10 DELL PCs and 22 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.

Wireless Printing

1. Visit <https://LabPrint.usc.edu>
2. Click "Athletics (JMC)"
3. Select Printer A or B
4. Upload file and select amount of copies
5. Continue with print options
6. Wait for completion
7. Release print job from Print Station A or B

Contacts

Whitney Rotrock – rotrock@usc.edu

Darcy Couch – dcouch@usc.edu

Denise Kwok – dkwok@usc.edu

Sam Adams – samantc@usc.edu

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.

Trojan Scholars - Academic Excellence Celebration - TAS hosts a social to honor all those student-athletes who have consistently excelled in the classroom and gives an academic gift to all student-athletes who've achieved a 3.0 semester or cumulative GPA, or who have been honored as a Student-Athlete of the Month.

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.



Athletic Medicine

Russ Romano

Head Athletic Trainer
rromano@usc.edu

Lauren Crawford

Asst. Athletic Trainer
laurenc3usc.edu

Paul Diaz

Assoc. Athletic Trainer
pdiaz@usc.edu

Karin Downen

Asst. Athletic Trainer
kdownen@usc.edu

Catherine Hill

Assoc. Athletic Trainer
c.hill@usc.edu

Shawn McMannes

Asst. Athletic Trainer
mcmannes@usc.edu

Corey Newton

Asst. Athletic Trainer
coreynew@usc.edu

Lisa Noceti-DeWit Asst.

Rehab Coordinator
noceti@usc.edu

Sandra Olsen

Sr. Assoc. Athletic Trainer
solsen@usc.edu

Dunford Rodill

Asst. Athletic Trainer
rodill@usc.edu

Jared Rosen

Asst. Athletic Trainer
jaredros@usc.edu

Justin Shibel

Asst. Athletic Trainer
shibel@usc.edu

Andrew Tai

Rehab Coordinator
andrew.tai@usc.edu

Winnie Voong

Asst. Athletic Trainer
wvoong@usc.edu

Jon Yonamine

Assoc. Athletic Trainer
jyonamin@usc.edu

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.

CONCUSSION EDUCATION—HANDOUT FOR USC STUDENT-ATHLETES

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

USC Student-Athletes are the largest consumers of the counseling services at Counseling and Mental Health (CMH) of any student group on USC’s campus. The athletic department has *three clinical sport psychologists, one postdoctoral fellow, and one part-time psychiatrist* on staff to accommodate the many reasons athletes may come in for counseling.

Locations:

Counseling and Mental Health
Engemann Student Health Center
 3rd Floor

Sport Psychology Offices
Heritage Hall
 Basement Rooms 111 & 113

Phone Number:

213-740-7711

When Calling CMH:

First, identify yourself as a student-athlete, then ask to speak with the clinical sport psychology team at USC who work exclusively with the student-athletes:

Robin Scholefield

Robin.Scholefield@med.usc.edu

Niki Sims

Nichole.Sims@med.usc.edu

Dylan Firsick

Dylan.Firsick@med.usc.edu

Robby Rhodes

Robert.Rhodes@med.usc.edu

KE’Marvin Pitts

kemarvin@sc.edu

Website: <https://usctrojans.com/sports/2019/6/7/usc-athletics-sport-psychology.aspx>

Student-athletes typically come in for the same reasons any university student would, such as:

- Anxiety
- Depression
- Self-Improvement
- Eating Problems
- Homesickness
- Relationship Concerns (roommate, romantic partner, family, etc.)
- Identity Issues
- Academic Problems
- Substance Abuse
- Loneliness
- Grief & Loss

Additionally, they also utilize services for issues specific to student-athletes, including:

- Performance Enhancement
- Performance Anxiety
- Improve Relationship with Coaches
- Managing Pressure/Expectations
- Being a better teammate
- Managing stress from managing a full academic and athletic schedule
- Change in athletic status; Retirement

USC Sport Psychology Mission Statement

The University of Southern California is committed to providing student-athletes overall support for their wellbeing. For the past 20 years USC's Sport Psychology department has provided programming, individual therapy, and educational training to help student-athletes become a "whole healthy person." It is our philosophy that the healthier you are as a whole person the better you will perform.

Services

Individual, Couples, and Group counseling are offered to all student-athletes who are enrolled in classes. Sport Psych also works with teams and provides consultation to coaches and administration. Groups offered include the following: Injured Athlete group, Relationship Group, Social Confidence Group, Mindful Well-Being, Living with Loss, New Choices (Substance Use). 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.

*Student-athletes are offered unlimited number of weekly sessions during their time at USC.

*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).

***USC Counseling & Sport Psychology 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.

Mental Health Emergency Card (take a picture on your phone!)**

Mental Health Emergency: Who to Call?

- 1) **Anyone in danger?** → call **DPS (213-740-4321)**
and **THEN** The Counseling Center (*number below*)
- 2) **If you are unsure, ASK directly** if he/she is having thoughts of suicide.
- 3) If the person expresses any vague ("I don't want to be here anymore") or direct ("I want to die") references to suicide, **call immediately**:
 - a. **Sport Psych (213) 740-7711 (follow instructions)**
 - b. **Crisis Walk-ins 8:30 am to 5 pm**
 - c. **DPS Emergency (213) 740-4321**
 - d. **Off Campus - 911**
- 4) **Do NOT leave them alone** until professional help has arrived.
- 5) **Notify your Coach.**



Performance Nutrition

Kristy Morrell
Sports Dietitian
213 - 740-7647
kristyma@usc.edu

Becci Twombley
Sports Dietitian
213-740-3843
twombley@usc.edu

TBD
Sports Dietitian
213 – 821 – 6085
TBD

Krysten McCaughey
Sports Dietitian
213 – 821 - 8848
kmccaugh@usc.edu

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 IDEXA or by an Ultrasound machine 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:

Little Galen Cafeteria: M. Water Polo, W. Water Polo, M. Swim & Dive, W. Swim & Dive, M. Track & Field, W. Track & Field, Cross Country, M. Tennis, W. Tennis, W. Soccer, W. Lacrosse, M. Golf, W. Golf, Baseball, Football, W. Rowing.

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 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

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



Strength and Conditioning

OLYMPIC STAFF

Joshua Heidegger
Director of Strength
and Conditioning
BASEBALL, MT
heidegge@usc.edu

Tim Ojeda
Assistant Coach
WBB, WVB,
M/W WP
tojeda@usc.edu

Darien Pyka
Assistant Coach
M/W SW, M/W G,
M/W DIVE, WT
dpyka@usc.edu

Jill Zeller
Assistant Coach
BVB, WSOC, LAX
jzeller@usc.edu

Tatyana McMahon
Assistant Coach
M/WTR, XC, CREW
obukhova@usc.edu

Kurtis Schultz
Assistant Coach
MBB, MVB
kurtissh@usc.edu

FOOTBALL STAFF

Aaron Ausmus
Head Strength Coach
MFB
ausmus@usc.edu

Darren Mustin
Assistant Coach
MFB
mustin@usc.edu

Ty Webb
Assistant Coach
MFB
tonywebb@usc.edu

Jared Klingenberg
Assistant Coach
MFB
jklingen@usc.edu

Christian Tupou
Assistant Coach
MFB

Kyle Voigt
Sports Science Coordinator
kvoigt@usc.edu

OUR MISSION

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. 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

Spring/Fall 6:00am – 5:00pm

Summer 6:00am – 2:00pm

**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 Weight Room Orientation that will be offered at the beginning of the year by their assigned strength coach. Weight Room access will only be granted to Student-Athletes that go through an 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



Tim Tessionalone
Director
MFB, MVB
tessalon@usc.edu

Darcy Couch
WBB, MPO,
WPO, MTE
dcouch@usc.edu

TBA
MSW, WSW
MGO, WGO

Jeremy Wu
WVB, WLAX, BVB
MFB Stats
jjw@usc.edu

Dave Tuttle
MBB, MTR, WTR
WCC
davidtut@usc.edu

Jacob Breems
MBA, WSO
breems@usc.edu

Katie Ryan
WTE, WCR, MFB
katierya@usc.edu

“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).



UNIVERSITY OF SOUTHERN CALIFORNIA
ATHLETIC DEPARTMENT
SOCIAL MEDIA POLICY & GUIDELINES FOR STUDENT-ATHLETES

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.

**Joyce Bell**

Associate Athletic Director

joyce.bell@usc.edu**Jen Amran**

Director of Student Services

amran@usc.edu

Athletic Scholarships

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 to graduate with a four-year bachelor's degree from USC. 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 a four- or five-year athletic scholarship agreement the Athletic Department will provide funding for up to 128 units of credit. That is the number of units it takes to graduate from USC with a bachelor's degree for most majors and the same level of support USC gives to its top academic students (those who receive full-tuition Trustee Scholarships). The fact that we are 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. There are a few cases where you may be eligible to receive additional 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, the Athletic Department may finance subsequent semesters beyond the 128 units until the time that your athletic eligibility to compete is exhausted. For example, if a student redshirts 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 may pay for tuition during the final year of athletic eligibility. Please note, if the master's program requires an additional year to complete beyond the final year of athletic eligibility, the athletic department may not be able to continue to cover the cost of tuition.

Our primary goal is to help you achieve all of your goals at USC, especially your academic goals. Some student-athletes may require additional support from the Athletic Department. We will always try our best to support you; however, 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 is 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 scholarship 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.

If your athletic grant is reduced or cancelled, 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 the Office of Athletic Compliance.

Conditions of Financial Assistance

By signing below, I accept this offer of financial assistance, and I understand that to qualify for this award, I must:

- Fulfill the admission requirements of and be admitted to USC;
- Meet and maintain the eligibility requirements for athletics participation and financial aid established by the NCAA, Pac-12 and USC; and
- Meet NCAA transfer-eligibility requirements that require me to be academically eligible to compete had I remained at my previous institution.

I am aware that the amount of this aid may be **reduced, canceled or not renewed** if:

- I become ineligible for intercollegiate competition pursuant to any NCAA Bylaw as written now or in the future (e.g., by carrying less than 12 units, failing an NCAA drug test, not meeting minimum NCAA or USC academic standards);
- I violate the USC Athletic Department's Drug Screening Policy (attached). Violations include, but are not limited to, testing positive for any drug prohibited by NCAA legislation, from any USC administered drug screening, NCAA sponsored drug test, National Governing Body drug test and/or a CLIA accredited hospital laboratory, or refusing to participate in the Drug Screening Policy penalty process. The Director of Athletics (or his/her designee) has sole discretion over penalties relating to violations of the Drug Screening Policy;

- I give false information on my application, letter of intent or Financial Aid Agreement or otherwise fraudulently misrepresent myself to USC;
- I voluntarily withdraw from the team for personal reasons or give written notice that I intend to leave my team;
- I sign a professional sports contract, agree to be represented by an agent (verbally or in writing), or impermissibly accept money based on my athletics ability or reputation (unless my eligibility is exhausted);
- I receive other financial aid that causes me to exceed my individual limit as stipulated in Bylaw 15;
- I have three or more unexcused absences from class within any term (fall, spring or summer);
- I have three or more unexcused absences from any mandatory team and athletic department activity (e.g., practices, meals, meetings, film review, competition) within any term (fall, spring or summer);
- I exhaust my eligibility in the sport;
- I provide written notification of transfer, per USC policy;
- I complete all requirements for the declared major of my undergraduate degree, but not before completing four academic years of full-time collegiate enrollment (at any institution);
- I am convicted of any crime (misdemeanor or felony) by a state or federal court of law;
- Any final finding (after all appellate rights have been exhausted) is made by the proper University authority that I violated any USC Student Conduct Code or Policy (<http://scampus.usc.edu/>), including, but not limited to, findings involving academic integrity, sexual harassment, illegal or unauthorized drug or alcohol use or possession, and hazing; or
- I intentionally or knowingly violate (or assist another in violating) any NCAA, Pac-12, Mountain Pacific Sports Federation (MPSF), or USC rule or regulation.

The Student-Athlete and the Faculty Athletic Representative shall be notified of the reduction, cancellation or nonrenewal and the Student-Athlete shall have the right to appeal the decision in accordance with NCAA rules and USC policy.

I understand that NCAA bylaws, USC policies, and federal regulations restrict the total amount of financial aid a student-athlete can receive. If I receive financial aid or scholarships from sources other than USC (i.e., other than from USC or persons upon whom I am naturally or legally dependent), I will notify the Financial Aid Office and the Department of Athletics prior to accepting any award. I understand that I may have to decline receipt of outside or institutional awards if it is not permissible under NCAA, PAC-12 or USC rules. My total financial aid may not exceed applicable NCAA limits. I understand that employment income earned by me during the year is a resource and not considered financial aid. However, I will report all employment income to the USC Athletic Compliance Office in order to comply with NCAA amateurism regulations.

To be eligible to represent USC in intercollegiate athletics, and avoid reduction, cancellation or nonrenewal of my scholarship as set forth above, I must be enrolled in a full-time program of study, be in good academic standing and maintain satisfactory progress toward a baccalaureate/graduate or equivalent degree. I may be eligible to compete while enrolled in a program of study less than full-time, provided that I am enrolled in the final term of the baccalaureate/graduate program and USC certifies that I am carrying (for credit) the courses necessary to complete degree requirements.

If any term of this agreement is to any extent illegal, or later becomes illegal or otherwise invalid, or incapable of being enforced, such term shall be excluded to the extent of such invalidity or unenforceability; all other terms hereof shall remain in full force and effect; and, to the extent permitted and possible, the invalid or unenforceable term shall be deemed replaced by a term that is valid and enforceable and that comes closest to expressing the intention of such invalid or unenforceable term.

This agreement represents the final and entire understanding between the parties. Neither party is relying upon any oral statement or representation that is not contained in this agreement. This agreement may only be modified by a subsequent writing signed by all parties.

Signature of Dean of Financial Aid (or designee)
Date

Signature of Athletic Director [or designee]
Date

Signature of Prospective Student-Athlete
Date

Signature of Parent (if student is under age
Date

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). The Pell Grant is awarded based on you or your family's financial situation. The Pell Grant award does not count towards any NCAA financial aid 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 type 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. NCAA rules apply whether you are receiving athletic scholarship or not. Each year, you must notify the Office of Athletic Compliance if during the year you will receive any outside awards.

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 unwaived health or tuition refund insurance, parking permits or tickets, missed tutoring appointments and discretionary. If you have any questions about the charges on your bill you can view your bill on MyUSC.

Stipend checks are typically available on the 26th of every month and may be picked up at the Office of Athletic Compliance. 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 University offers a variety of meal plans that are assigned based on housing location and class standing. Students whose residential location does not require a meal plan, including those not living in USC housing, may choose to participate in any plan on an optional basis. A description of meal plans and dining options, including associated costs, can be found [here](#).

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 basement 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.

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.



Academic Policies at USC

See USC Website for all current policies and procedures:

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