**

*West Los Angeles College*

*Intercollegiate Athletics*

*Insert picture*

*2016 – 2018*

*STUDENT-ATHLETE HANDBOOK*

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*Welcome to*

*West Los Angeles College Athletics Division!!*

We are pleased that you have chosen West Los Angeles College for your collegiate education and athletic career. The West Athletic Department is made up of coaches and staff who are dedicated to providing you with the best possible opportunity to succeed in academics and athletics.

The West Los Angeles College Student-Athlete Handbook provides the guideline that all student-athletes must follow. We ask you to become familiar with the guidelines in the handbook so that you can be successful during your time at West.

When you transfer from West, you will be prepared to take on the challenges of academic programs and competitive athletics at a four-your university.

Sincerely,

Dr. Ricardo Hooper

Athletic Director/Kinesiology Chair

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**INTRODUCTION**

This handbook has been designed to assist West Los Angeles student athletes with the transition to becoming and continuing as a member of the West family. There are numerous policies and procedures that must be followed within the California Community College Commission on Athletics, West Los Angeles College and the Health, Physical Education, Recreation/Athletics Division in order to retain your academic and athletic eligibility.

This guide will help with the information on items such as: eligibility, financial aid, athletic training, advisement and much more. The handbook contains information that changes regularly and other information that is fairly constant. This makes for an excellent resource for the student-athlete to get the most up-to-date information regarding all aspects of the collegiate experience. It is a privilege to represent and compete for West Los Angeles College. Please take time to familiarize yourself with the information in order to help you make the most efficient use of your time and resources. As you read the handbook, should you see an area that needs more explanation, please contact one of the athletic staff members.

**West Los Angeles College Athletics Mission Statement**

It is the mission of the West Los Angeles College Athletics Division to provide activities founded upon sound physical education theory. As West Los Angeles College moves into the 21st Century, we must be prepared to meet the ever-changing needs of the West Los Angeles Community College District. This includes providing the athletic, physical education and recreational opportunities that our community desires. In a world where electronic communication is ever increasing, resulting in a more sedentary lifestyle, the need to provide appropriate physical education is more important than ever. Physical activities are important for the health of both mind and body. Following sound theory, the West Los Angeles College Physical Education/Athletic Division, strives to provide:

1. Physical activities which have meaning and significance for the individual, thereby providing an interest in long term participation.
2. Physical activities which provide measured physiological outcomes for the participant.
3. Participation should provide opportunities for the participants to contribute successfully in a community environment. This ability to function and live well as a member of an organized society is a valuable quality.
4. These activities should promote opportunity to find personal success, leadership and responsibility as an individual within a group. We must learn to evaluate and to accept only those things, which seem to be of most value. However, value changes with new knowledge. It is our mission to keep up with the changes, evaluate the value and adjust accordingly. Approved by Athletic Communication Committee

**ATHLETIC DEPARTMENT STAFF DIRECTORY**

**Vice President of Student Services**

Michael Goltermann ……………………..……………………………………….. (310) 287-4333

**Athletic Director**

Dr. Ricardo Hooper ……………………………………………………………….. (310) 287-4273

**Athletic Secretary**

Jo-Ann Haywood …………………………………………………………………..(310) 287-4578

**Athletic Counselor**

Lily Mozafari ………………………………………………………………………(310) 287-4273

**Athletic Trainer**

Victor Pulido ……………………………………………………………………….(310) 287-4456

**Women’s Equipment Coordinator**

Zulma Mena ………………………………………………………………………..(310) 287-4273

**Men’s Equipment Coordinator**

Richard Johnson …………………………………………………………………..(310) 287-4498

**Fall Sports**

**Men’s Basketball**

Anthony Jones ……………………………………..……………………………….(310) 287-4555

**Women’s Basketball**

Colleen Matsuhara ………………………………………………………………..(310) 287-4591

**Cross Country, Men & Women**

Dan Fitzpatrick …………………………………………………………………….(310) 287-4587

**Football**

Marguet Miller …………………………………………………………………….(310) 287-4453

**Soccer**

Robert Looyen ……………………………..………………………………………(310) 287-4293

**Volleyball**

John Anselmo ………………………………………………………..……………..(310) 287-4553

**Spring Sports**

**Baseball**

Murphy Su’a …………………………………………………………………..……(310) 2874536

**Track & Field, Men/Women**

Dan Fitzpatrick …………………………………………………………..…………(310) 287-4587

**ACADEMIC & ATHLETIC SUCCESS**

Successful student athletes:

♣ Are prompt and on time

♣ Attend class and complete assignments on time

♣ Study and read required material

♣ Get to know their professors

♣ Participate in class activities and discussions

♣ Are not afraid to ask questions

♣ Sit in the front of the classroom Expected Behavior: C-D-C = “Choices, Decisions, Consequences”

♣ Make wise decisions

♣ Be Responsible

♣ Treat people the way you want to be treated

♣ Respect students and staff

♣ Respect locker rooms, equipment, vans & buses Academics:

♣ Transfer should be your #1 goal

♣ “Education will be your liberation!”

**♣ A Bachelor’s Degree is worth more than $2.26 million dollars over 40 years!**

**West Los Angeles College Student Athlete Code of Conduct**

Students who represent West Los Angeles College in athletic competition are expected to:

♣ Understand that participation in intercollegiate athletics is a privilege, not a right

♣ Demonstrate good citizenship, sportsmanship, honesty, and integrity on the field or court, on campus, in the classroom and in the community

♣ Attend classes regularly

♣ Develop and follow an academic plan to obtain a certificate, an A.A. degree, or attain transfer status

♣ Demonstrate and understand that participation in athletics is contingent upon adherence to all Commission on Athletics (COA), Big 8 Conference, Southern California Football Alliance and West Los Angeles College rules and regulations

♣ Acknowledge that compliance with the student-athlete code of conduct is required for participation in athletics at West Los Angeles

♣ Acknowledge that any violation of the code will result in appropriate discipline as determined by the head coach and athletic director. Academic Responsibilities, a priority for the athletic department is to wholeheartedly support and augment every effort that will foster intellectual development and academic progress for student athletes. While West Los Angeles College provides a variety of services, the ultimate responsibility for success rests upon the shoulders of the student athlete. As a result, each student athlete is expected to:

♣ Set a primary goal of obtaining a certificate, an A.A. degree, or attaining transfer status in a timely fashion to better ensure academic and athletic eligibility in a 4-year institution

♣ Seek assistance from the instructor and/or athletic academic support services before and/or when academic difficulties occur

♣ Attend and be prepared for every class, except for excused absences

♣ Attend study hall, tutorial, and counseling sessions as required when academic deficiencies are identified

♣ Meet at least once each semester with the athletic counselor

♣ Adhere to the West Los Angeles College policy regarding academic integrity and honesty

♣ Maintain minimum course hour requirements (12 units during season /9 academic units)

♣ Maintain an academic load that will ensure second season eligibility (pass 12 units with at least a 2.0 cumulative GPA)

**STUDENT ATHLETE CODE OF CONDUCT**

Citizen Responsibilities: In addition to academic responsibilities, the athletic department takes a leadership role in requiring that student athletes display good citizenship. Therefore, each student athlete is expected to:

♣ Show respect for all members of West Los Angeles College community

♣ Demonstrate good citizenship and sportsmanship with fellow students

♣ Present a positive public demeanor at all times, on and off campus

♣ Act as a role model for young people and other student athletes

**West Los Angeles College Sexual Harassment Policy**

Sexual harassment in any form is a violation of this code of conduct. Sexual harassment is defined as an action intended, either explicitly or implied, to coerce another into sexual relations. It is also the creation of an intimidating, hostile, or offensive situation through verbal or physical conduct of a sexual nature. Either men or women can be the subjects of sexual harassment. If you believe you are the victim of sexual harassment by someone in the West Los Angeles community, you should talk to your coach, the athletic director, or the athletic counselor to determine what options are available to you.

**Felony Sentence Disclosure**

Under penalty of perjury, the student athlete declares that the provisions of Section 67362 of the California Education Code are not applicable to their participation in intercollegiate athletics at West Los Angles College. Section 67632 mandates that a student may not participate in intercollegiate athletics at a California public college or university if all of the following criteria are applicable:

♣ A conviction,

♣ Tried and sentenced as an adult in any state or country,

♣ The sentence was made after enrollment in any college or university,

♣ Currently serving any portion of their term of probation or assigned prison term or parole period,

♣ For any of the following felonies (number listed is for CA penal code) 187 Murder with Malice 209 Kidnapping 210 Kidnapping for ransom or reward 211 Robbery 220 Assault 243.8 Battery on a sports official Approved by Athletic Communication Committee 8/13/14 kra - 11 - I.

**STUDENT ATHLETE CODE OF CONDUCT**

* 245 Assault with a deadly weapon
* 261 Rape
* 262 Rape of a spouse
* 264.1 Aiding in rape
* 286 Sodomy
* 288 Lewd or lascivious act with a child
* 288a Oral copulation
* 289 Substantial sexual conduct with a child
* 459 Burglary
* 664(a) Attempted murder during the commission of a crime.

The student athlete may be subject to disciplinary action, including, but not limited to, suspension, dismissal, or expulsion, if the student-athlete knowingly provides false information in this declaration. If you are unsure of your status, please consult with the Director of Athletics prior to signing disclosure.

**Good Sportsmanship**

Our student athletes are ambassadors for West Los Angeles College and enjoy certain privileges with such status. They also bear the responsibility of behaving with dignity and sportsmanship. Student athletes will conduct themselves with honesty and good sportsmanship during games and competition. Behavior must at all times reflect the high standards of honor and dignity that should characterize participation in competitive sports.

Student athletes will conduct themselves in a manner reflecting positively on the reputation of West Los Angeles College both on and off the “field of play” and when traveling and participating at other institutions. Our objective is for the student athletes to always maintain an attitude of respect toward opponents.

As models of good sportsmanship, student athletes should look for ways to encourage and appreciate quality play and effort, regardless of whether it’s exhibited by a teammate or an opponent. While intense and emotional game action and conduct is certainly a reasonable part of intercollegiate sports contests, the intent of our student athletes should never be to demean the dignity and individuality of an opponent, an official, or of the athletic contest. To that end, our student athletes are expressly prohibited from engaging in the following behavior at any intercollegiate sporting event:

♣ Fighting opponents, fans, or officials

♣ Taunting opponents or their fans

♣ Inappropriate “celebrations” with the intent to demean opponents

♣ Disrespectful attitude toward opponents

♣ Inciting crowd hostility in an unsportsmanlike manner

♣ Using profane and vulgar language and/or gestures

**Student Discipline**

Each student is responsible to adhere to the policies and procedures of West Los Angeles College, as well as all federal, state and local laws. All rules and regulations applying to conduct also apply to student employees, whether all or a portion of the salary is paid by the District.

**Training and Conditioning Policy**

Student athletes are expected to keep themselves in top physical condition and responsible for continuing training programs prescribed by medical and coaching staffs.

Alcohol consumption is highly discouraged at all times. California state law sets the minimum age for purchasing and drinking alcoholic beverages at 21 years of age. Under-age drinking is a violation of the code of conduct. Students who are of a legal drinking age must abide by the COA and student code rules and regulations relating to alcohol and drug use. The use of illegal and/or “performance enhancing” drugs is totally inconsistent with the purpose of intercollegiate athletics and creates a danger to the health and safety of student athletes and their teammates.

Student athletes are specifically cautioned against illegal or unauthorized use of alcohol, drugs, and other intoxicants and shall not:

♣ Use, or be under the influence of, drugs not prescribed by a physician

♣ Drink, be under the influence of, or be in personal possession of alcohol on campus, during any intercollegiate event, or athletic practice, on road trips associated with athletic events, or at team social activities, or anywhere else that use might be reported The state athletic constitution prohibits the above-mentioned actions, and the athletic department will not tolerate the use of these products. Violators of this policy are subject to disciplinary action.

**Travel Expectations**

When traveling as official representatives of West Los Angeles College to athletic competitions, events, and appearances, student athletes’ actions should reflect favorably on the college, their team, and themselves. Student athletes are expected to adhere to their particular team’s dress code, nutritional needs, team rules and curfew.

All student athletes should travel to and from all away contests with transportation provided by West Los Angeles College. If it is necessary for you to drive your own vehicle to an away contest, you must first sign release forms which your head coach can supply you with. If you must drive you CANNOT drive other teammates with you whether they sign a release form or not. These forms must be turned into the athletic director prior to departure. Student athletes may be released upon approval by the head coach to their parent(s) only for return travel from an away contest. No exceptions (brothers, uncles, etc. are not parents).

**Student Athlete Contract**

You are required to have a signed Student Athlete Contract on file with the Athletic Department, which indicates your agreement to the terms of the Student Athlete

**Eligibility**

To compete as a student-athlete at West Los Angeles College, a student must meet all COA requirements, including, but not limited to:

♣ Register for a minimum of 12 units of academic work and not drop below that number at any time during the season.

♣ Be a student in good academic standing, which is accomplished by maintaining a 2.0 cumulative grade point average (West and Overall).

♣ Make satisfactory progress by passing 24 semester/36 quarter units in course work counting toward an associate degree, remediation, transfer, and/or certification as defined by the college catalog and consistent with the student’s educational plan. Athletic eligibility process:

♣ A&R evaluates other college transcripts when necessary

♣ A&R evaluates degree and certificate petitions (students must submit degree/certificate petition requests) to Admissions - deadlines are published on our website and in the West Los Angeles College catalog (student transferring to other colleges may not be granted scholarship if degree is not posted to West Los Angeles College transcript) Important Note: The Director of Athletics shall work with the Admissions and Records Office to check the eligibility status of each student athlete on a weekly basis during each season of sport. Should any student athlete be found to be ineligible at any point during the season of sport, his or her participation in all activities (including competition, practice and travel) related to the sport program shall cease immediately. The suspension from activities shall remain in force until the ineligibility issue is confirmed as resolved by official college records. An eligibility check for all student athletes, in regard to continuing eligibility status, shall be conducted at the close of each semester grading period. Results of this evaluation shall be made in writing to the head coach of each sports program.

**Residency**

In order to establish California Residency, all students must complete a Residency Reclassification Petition (please go to the Admissions Office to obtain this petition). In addition, West Los Angeles College requires 3 separate documents to confirm residency. All of the documents must contain the student’s name and California address (no P.O. Box). At least one document must be dated one year, one day prior to semester start. Please contact the Admissions and Records office for specific dates. Acceptable documentation includes but is not limited to: ♣ CA Driver’s License or ID card ♣ CA Voter registration card ♣ Bank account statements ♣ Utility bills (gas, water, power, landline telephone) ♣ Official high school or college transcripts\* ♣ CA State Income Tax 540 form with California address ♣ Current W-2 form (showing CA address) ♣ Documentation of possession of CA vehicle license plates ♣ Documentation of entry into a legal agreement in CA (marriage, divorce, etc.) ♣ Active Duty military ID, copy of orders in CA ♣ Recent Veteran: LES, DD214 ♣ Documentation of ownership of residential property or of continuous occupancy of rented or leased property in CA ♣ Selective Service registration\* ♣ Documentation of public assistance, rehabilitation, unemployment or other CA state services ♣ Documentation of active membership in service or social club. ♣ Documentation of credit agreements with CA business(es) ♣ Licensing from California for professional practice ♣ California State Income Tax 540 returns w/date sensitive paystub ♣ California W-2 w/date sensitive paystub ♣ Other (please describe): \* All documents are subject to date requirements and these specific ones may not apply to all students. Please contact the Admission & Records Office (310) 287-4387 if you have any questions.

**Fees and Holds**

Athlete’s financial obligations must be met with the college before they are eligible to compete. Registration Fees include: Enrollment, Health, A.S.O.

Holds include: Unpaid Enrollment Fees, Parking, Library, Athletic, Lab, Equipment, Financial Aid, Health Center, etc.

**Financial aid**

Financial assistance is a resource designed to supplement the cost of education, and is not intended to be used as a student’s sole means of income. The types and amounts of aid West Los Angeles College awards or recommends are subject to availability of funds, enrollment status, college and financial need. Scholarship applications are available online each December with a February deadline. FAFSA applications are available online at http://www.fafsa.ed.gov/.

**Types of Aid Scholarships**

The Financial Aid Office offers scholarships to high school seniors, current and transfer students. Scholarships are awarded on academic achievement, community involvement or extra-curricular activities and/or financial need. Gifts and endowments from private individuals, corporations, community organizations, and other foundations fund scholarships. Private scholarships are derived from a variety of organizations that provide scholarship opportunities to students.

Please contact the scholarship coordinator in the Financial Aid Office for more information or visit our website. Board of Governor's Fee Waiver (BOGW) The BOGW waives enrollment fees to qualifying students who are California residents. To qualify, complete the FAFSA or paper application. A prior year tax transcript is required for any paper application. Some Fee Waivers may require you to pay the Health Center Fee and Student Body Center Building and Operating Fee yourself.

**Federal Work Study**

If a student is offered Federal Work Study as part of his/her financial aid package, the Financial Aid Office will help students find a part-time job on campus. If possible, students will be placed in work related to his/her studies or career plans, or in community service. A student will generally earn between $10.00 and $11.50 per hour and be paid twice per month.

**Federal Pell Grants**

Pell Grants are awarded solely on demonstrated financial need to every eligible undergraduate student who hasn't already earned a bachelor's degree or professional degree. Pell Grants don't need to be repaid. They can be used for tuition, fees, and living expenses. In some cases, a student can even receive a Pell Grant if he/she is attending college less than half time.

**Federal Supplemental Educational Opportunity Grants (FSEOG)**

The Financial Aid Office awards these grants to undergraduate students who have exceptional financial need, with priority given to Pell Grant recipients. Unlike Pell Grants, there's no guarantee every eligible student will receive one. In addition, funds are limited. These grants don't need to be paid back. Cal Grants Cal Grants are awarded to California residents for demonstrated financial need and academic achievement as measured by a GPA to undergraduate students who haven't already earned a bachelor's degree or professional degree. Cal Grants don't need to be repaid. They can be used for tuition, fees, and living expenses. Contact the California Student Aid Commission at 1-888-224-7268 or visit their web site at www.csac.ca.gov for more information regarding deadlines and availability of funds. You must complete a FAFSA by March 2nd of each year to determine your eligibility.

**EOPS Book Voucher**

The EOPS Book Voucher is offered to full time California residents who qualify financially and educationally for the EOPS Program. The EOPS Grant is contingent on the availability of funds. These grants don't need to be paid back. Contact the EOPS Office at (310)287-4317, for more information.

**CARE**

If you are a single parent, you may qualify for the Cooperative Agencies Resources for Education (CARE) program, a component of EOPS. This program provides educational support services for the academically under prepared, single parent population who are receiving benefits through CalWORKs and are EOPS eligible. Additional grants for eligible CARE students may also be awarded (if funding permits).

**Cal WORKS**

The objective of the Cal WORKS program is to serve as an advocate for students in meeting the new Welfare-To-Work requirements. We can provide a variety of support services to help you successfully complete your dream of a college education, while also meeting your county Cal WORKS requirements.

**Direct Federal Stafford Loans**

There are two types of Direct loans: subsidized, for which the government pays the interest while the student is in college; and unsubsidized, for which the student is responsible for paying all the interest on the loan, during college and after. A student can receive both types of loans at the same time. Approved by Athletic Communication Committee 8/13/14 kra - 19 - III. FINANCIAL AID The interest rate is fixed beginning July 1. After graduating, leaving school, or enrolling less than half time, a student will have a six month "grace period" before the first loan payment is due. All student loans must be paid back with interest. Typically, a student will have 10 years to repay the loan. Make sure you check with the Financial Aid Office for any changes/updates.

We do not encourage the use of student loans since the cost of attendance is low at West Los Angeles College. Students are urged to save their loan eligibility for use at four-year colleges or universities where the cost of education is greater.

Direct Federal PLUS Loans for Parents with PLUS Loans, a student's parents or stepparents may borrow up to the total cost of a student's education, minus any other aid that the student receives. PLUS, loans are not based on a student's family's income or assets and are only for undergraduate study. The interest rate is fixed beginning July 1. Interest is charged from the date loan funds are first disbursed until the loan is repaid in full. Generally, repayment starts within 60 days of the loan's final disbursement for the school year, so a student's parents may be repaying both the loan and the interest while the student is still in college. Eligibility Requirements There are a number of requirements that must be met before a student is considered eligible for financial aid. The student must:

♣ have financial need

♣ be a U.S. citizen or eligible non- citizen

♣ not be in default on a Perkins Loan, National Direct Student Loan, Stafford Loan, Guaranteed Student Loan, PLUS Loan, or Supplemental Loan for Students (SLS)

♣ not owe a refund on a Pell Grant or Supplemental Educational Opportunity Grant

♣ be making satisfactory progress (financial aid and academic)

♣ agree to use any federal student aid received solely for educational purposes

♣ have not completed a BA/BS degree

♣ have a high school diploma, GED or proficiency certificate

Many of these items are collected at the time you apply for financial aid and some during the verification process. Before financial aid is awarded the Financial Aid Office will verify that you are enrolled in an eligible program and that you are making satisfactory progress.

Satisfactory Academic Progress Federal regulations require that all students receiving financial aid while attending West Los Angeles College meet established standards of Satisfactory Academic Progress. Students are evaluated against the following three standards. Failure to comply with any of these standards will result first in probation (warning) at the end of the first semester and then termination (ineligible for financial aid) at the end of the second semester. Students who fail to complete any courses for which financial aid was received (i.e.: receives “W”, “I”, “F”, or “NC” grades in all classes) will be immediately terminated from all financial aid programs. ▪ Grade Point Average (GPA): Student must maintain a cumulative (overall) 2.0 GPA each semester. ▪ Unit Deficiency: Students must complete the following number of units based on their units attempted with 2.0 GAP (“C” Grades or better): UNITS ATTEMPTED UNITS TO COMPLETE with 2.0 GPA Full-Time (12 or more units) At least 9 units 3/4-Time (9 to 11.5 units) At least 8 units 1/2-Time (6 to 8.5 units) At least 6 units Less than 1/2-Time (0.5 to 5.5 units) All enrolled units ▪ Total Units Earned/Maximum Unit Limit: Students may receive financial aid until a total of 90 units have been attempted, regardless of how much aid bas been received. Up to 30 units of remedial course work to include ESL units may be deducted from the total attempted units. Sierra College is required to use all attempted units as well as those with a passing grade. Approved by Athletic Communication Committee 8/13/14 kra - 21 - III. FINANCIAL AID Sample Financial Aid Award package based on maximum eligibility and full time attendance: Pell Grant $2,865 FSEOG 300 Federal Work Study 2,400 Total Award $5,565 per semester Note: FSEOG and FWS funds are limited. Students who apply by March 2nd will have priority for these grants 2015-16 FAFSA FAFSA applications for financial aid beginning in Fall of 2015 will be available January 1, 2015. Students are encouraged to apply early. March 2nd is our priority filing deadline. Students who apply by this date have a better chance to maximize their grants for those funds that may be limited. Check with the Financial Aid Office for scheduled FAFSA Workshops in early 2015. In all cases we cannot process financial aid after June 30 of any academic year if a student is considered not eligible due to not completing a FAFSA, not providing requested documents to demonstrate eligibility or did not complete the Satisfactory Academic Progress petition process.

West Los Angeles College provides Athletic Counselors to help insure an athlete’s academic success while at West and to help athletes properly prepare for transfer to 4 year institutions. The various athletic associations’ eligibility rules and transfer requirements are quite complex. Because of this, it is important that athletes meet with an athletic counselor every semester. Following are some of the basic things you need to be aware of as you begin you athletic and academic activities at Sierra. Athletic Counselor TBA, Athletic Counselor Appointments (310) 287-74364.

**Eligibility during the Season**

To remain eligible to participate in intercollegiate athletics during the season of play, students must be enrolled in and attending a minimum of 12 units. Late start classes cannot be counted toward the 12 units until the class actually starts. Student Educational Plan (SEP) to be eligible to participate in the first season of a fall sport a student must have a comprehensive (four semester) SEP on file by October 15. For a spring sport, the deadline is March 1. Students participating in the second season of a sport must have a comprehensive SEP on file before the season begins. Eligibility for Second Season Once a student competes in the first season of a sport, the student must pass 24 semester units to be eligible for the second season. Courses repeated to raise a D grade in a previously completed course may not be counted for this requirement. Eighteen of the 24 units must be from courses needed to reach the student’s academic goals as outlined in his or her SEP. In addition, a student must maintain a 2.0 cumulative GPA beginning with courses taken during the first semester of participation.

The West Los Angeles College Sports Medicine staff consists of the team physician, certified athletic trainers and student volunteers. Our responsibilities include the prevention, evaluation, treatment and rehabilitation of injuries as well as first aid and emergency care for the athletes at West Los Angles College by Certified Athletic Trainers - (310) 287-4456.

**Pre-Participation Health Screening**

A pre-participation health screening must be done by a physician (MD), osteopath (DO) or a nurse practitioner (FNP)/ physician assistant (PA) under the supervision of one of the above. Health screenings by a chiropractor (DC) or by immediate family members will not be accepted. This completed form must be turned in to the athletic trainers before your first practice. Transfers from other community colleges and four-year schools as well as students enrolled in any intercollegiate course who practice with the team during the intercollegiate season must have a pre participation health screening. You have several options for getting a health screening:

1. Each sport will have a designated time and date for a mass health screening at West Los Angeles College.
2. You can go to your personal physician or a medical clinic but the doctor must use the West Los Angeles College pre-participation form.

Before your sophomore season you must fill out and turn in a follow-up medical questionnaire before the first practice in order to be cleared to participate. If you sustained an injury or had other medical issues since your last health screening a clearance note or a second health screening may be required before you are cleared to participate. If you have not participated in a sport at West Los Angeles College for more than two years you will need to have another health screening. If you are a minor at the start of your sport season a Medical Consent for Minors form must be on file in the athletic training room before your first practice.

**Other Forms**

The following forms must be completed and turned into the athletic training room before you may participate in competitions:

1. Insurance information

2. Emergency card

3. Risk acknowledgement

4. Authorization for Disclosure of Protected Health Information

Medical care for any non-emergency illness or injury please contact the athletic trainers before going to see any outside health care providers. Doctors have final say on whether you can participate. If you go to see a health care provider outside of West Los Angeles College you must have a clearance note stating, you can return to your sport. For any emergency medical situations please go to your local emergency room, urgent care or physician.

**Insurance**

The school has secondary insurance for injuries that occur during school sponsored activities. Your insurance is primary and you must submit claims through your insurance first. For example, if you have Kaiser you must go through the Kaiser system, if you have a HMO you must go through your primary care doctor. If you do not follow your insurance procedures, then the West Los Angeles College insurance will not cover the expenses. If you do not have insurance the West policy will become primary for injuries that occur during school sponsored activities. An accident report and claim form must be filled out before submitting claims. Submitting a claim does not guarantee payment.

**Extended Opportunity Programs & Services (EOPS)**

Extended Opportunity Programs and Services (EOPS) is a college success, counseling support program for low income and educationally disadvantaged students. The program provides access to a college education to students regardless of their economic, social and educational status. EOPS makes available to all qualified students a program of academic support by providing academic, career and personal counseling, instruction and tutoring as needed to ensure college success. A book voucher provides monies toward the cost of books each semester. Transportation costs (parking permits, bus passes) may also be offered to eligible students (if funding permits). If you are a single parent, you may also qualify for the Cooperative Agencies Resources for Education (CARE) program, a component of EOPS.

This program provides educational support services for the academically under prepared, single parent population who are receiving benefits through CalWORKs and are EOPS eligible. Additional grants for eligible CARE students may also be awarded (if funding permits). Please contact the EOPS Office at: (310) 287-4317

**Disabled Student Programs & Services (DSPS**)

The DSPS Office oversees three programs on campus: Disabled Student Services, Supportive Education and Learning Disabilities. There are a number of services available, including evaluation of learning disabilities, class and assessment accommodations, test taking facilitation, priority registration, Student Education Plans (SEP), recorded textbooks (RFB&D), identification of learning styles, alternative learning strategies, and assistive technology. For more information, please contact the DSPS office at: (310) 287-4450.

A certified DSPS professional must verify a disability. With specialized services, disabled students can overcome their educational limitations and fully participate in West Los Angeles College courses. All information is strictly confidential. If you need accommodations such as extra time on exams or a note-taker, you are given a form to take to the instructor. The instructor will not know you have a disability until you request an accommodation. An instructor is not entitled to know your specific disability. Disabled Student Services counselors provide the same services as general counseling. You can see any counselor you wish for general counseling. However, you must meet with DSPS faculty and sign your SEP every semester to receive services. You always have the option of not using the programs and services.

**Tutor Center**

The Tutor Center is located in the Learning Resource Center 1st floor of the library. They provide free help to any West Los Angeles College students who would like some extra support in almost any subject. The tutors who work in the center are students who have excelled in the subjects that they tutor, and have been recommended by their instructors. If you would like to meet with a tutor, there are two ways you can do it:

♣ One-on-one Assistance: If you would like an hour of individualized tutoring, come to the Tutor Center and ask for an appointment with one of our tutors. Be sure to bring your student ID card and a copy of your course schedule.

♣ Drop-in Tutoring: If you don’t want to hassle with making an appointment, you can come to a drop-in session! There are tutors available to help with many classes at different times throughout the week. To check the schedule, go to the website, call (310) 287-4283, or visit the Tutor Center to pick up a copy of the schedule.

West Los Angeles College Student-Athlete Acknowledgement Statement 2016-2017. This affirms that I have received and assume responsibility for all the information contained within the West Los Angeles College student-athlete handbook. I understand this handbook is to be used primarily as a reference tool for general information and that I should seek out either my head coach or the appropriate athletics administrator with questions on specific issues. I understand that failure to sign and return this form to my head coach by the announced deadline may result in my being declared temporarily ineligible for practice or competition.

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Your Sport \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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