PLAYER
POLICY MANUAL
2019 - 2020
“The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don’t play together, the club won’t be worth a dime.”
GAINING RESULTS THROUGH TEAMWORK

RESULTS
Mental
Toughness
Accountability
Enthusiasm
Trust

Wins
Bowl Game
Attitude
Dependable
Passion
Belief

Graduate
AAC Champions
Coachability
Conflict
Body
Language
Buy
Into

UCONN
FOOTBALL

7/30/19
INTRODUCTION

“Leave me no compromise on things half done. Keep me with a stern and stubborn pride, and when at last the fight is won, God to keep me still unsatisfied.”

--Amos Alonzo Stagg
The purpose of this policy statement is to familiarize you, the football player, with the rules, regulations, and philosophy of the Connecticut Football program. This manual will serve as a guideline and as a reference and you are responsible to know and understand what it contains.

Remember, organizations are made up of people; the greater quality of the people, the greater the organization.

2019 Team Goals

1. Play as a Team!

2. Play Each Play Like It Is The Last Play You Will Ever Play!

3. Win One Game at a Time!

4. Win the East Division of the AAC!

5. Win the AAC Conference Championship!

6. Go to a Bowl Game and Win!
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This program will be built upon solid values and a strong and focused work ethic. Everyone within the program will be treated with fairness and dignity. We will demand a lot, but with that demanding style, we will achieve greatness.

Everything we do will revolve around the TEAM (Trust, Enthusiasm, Accountability, and Mental toughness) concept. If everyone puts their private agendas and egos aside, the TEAM concept will thrive and translate into successful seasons. Any player not willing to buy into the TEAM concept will not be worthy to wear the Blue and White or have the privilege of representing the University of Connecticut. They will not be allowed to be a part of the dream.

Winning will be the end result. Win in the classroom, and win on the field. Winning does not happen by Accident or without a detailed plan that fits the program. We will win through preparation along with physical and mental toughness.

**GOALS**

1. To consistently improve! Every meeting, every practice, every quarter, every game, every day, STRIVE FOR EXCELLENCE EVERYDAY.

2. Overcome all odds. Display strength, confidence in what we believe in. To demonstrate TEAM (Trust, Enthusiasm, Accountability and Mental toughness).

3. To play harder, give greater effort, display greater poise, and preparation, than our opponents. To play one play at a time as hard as you can for 60 minutes.

4. FOCUS!

5. To physically win every game. Out hit the opponents each week.

6. Be a very good team in September, a great team in October, and an excellent team in November.

7. WIN!
FORMULA FOR VICTORY

1. Play solid defense. Prevent the big play. Force turnovers. Be tough in the red zone and goal line defense.

2. Win on special teams. Score on teams. Create turnovers.

3. Dominate on offense. Win the battle in the trenches. No turnovers. Create big plays. Balance the run with the pass. Score touchdowns in the red zone and goal line.

4. Create turnovers on defense and eliminate turnovers on offense.

5. No critical down penalties. Be the least penalized team in the country.

6. Win the critical down (third down) situations.

7. Win the physical battle. Take the game to the opposition.

8. Play with pride, play with poise, play with confidence.

WHAT PLAYERS CAN EXPECT FROM THE COACHING STAFF

1. To be treated with fairness and honesty.

2. To be treated as a man.

3. To provide the leadership and training necessary to achieve our goals.

4. To work you harder than you have ever worked before.

5. To be loyal to you!

6. To do what is best for the TEAM.

7. To assist you in any way during your collegiate career and after you graduate.

8. To constantly research ways to make you and the program better.
The reason that we practice is to “EARN THE RIGHT TO WIN.” When game day arrives we “EXPECT TO WIN!”

**REMINDERS**

1. Think of winning each time you leave the locker room.

2. “One at a time.” One meeting, one drill, one practice, one day at a time.

3. Helmets on, mouth pieces in at all times.

4. The practice/game field is a place of action, not discussion. Take pride in your work, your appearance, and how others see you.

5. Run from drill to drill.

6. The game is played on your feet, not on the ground.

7. Your position coach is responsible for you. Respect that responsibility and act accordingly.

8. Treat game officials with respect. Team captains are the only players who will speak to them.

9. Talk between players of opposite teams is an unnecessary waste of energy. Play hard, play clean, with the game not the argument.

10. Show poise and determination at all times. Hold your head high. Do not get discouraged. Never let the opponent see you rattled or disorganized.

11. Situation football means substitutions. Organization is key. Leave the field only when someone reports for you and tells you that you are out. Know the various personnel signals.

12. If you are stunned, make every attempt to stay on the field, and await the officials time out.
QUALITIES OF A GREAT COLLEGIATE FOOTBALL PLAYER

1. He has a burning, almost uncontrollable desire to win.

2. He has the guts to prepare himself for victory, realizing that the WILL TO WIN, is not as important as THE WILL TO PREPARE TO WIN. He has the willingness to prepare everyday on the last play of the game.

3. He is a Team Player and glories in a team victory.

4. He loves to run, tackle, and block – football’s three most fundamental actions. He has great contact speed.

5. In a game, he dominates his opponents.

6. He is more relentless, better conditioned, retains greater poise and takes better advantage of the breaks than the man whom he is playing.

7. He works on his weakness and through persistence, turns those weaknesses into new strengths.

8. He strives for a better position on the squad. He ACCEPTS his current position and role, but is NEVER satisfied. He’s constantly striving to improve.

9. He learns his assignments flawlessly. He is committed to practicing.

10. He never quits, never admits defeat and plays every play as if it is the last one he will ever play.

11. He totally accepts coaching. He is coachable in every aspect of the game.

12. He knows that he must work everyday on the practice field if he is to get better.

13. He must consciously work to contribute to the positive attitude of his team.

14. He accepts responsibility for what happens to his team. He wants to be held accountable for what happens to his team. He doesn’t point the finger at anyone but himself.

15. He believes that what he is doing is important. He believes in his teammates and coaches, and feels that they too are something special. He believes that as a team, we will all find a way to win. He expects this to happen and accepts nothing less.
THE 2019 SEASON

OBJECTIVE

To build a TEAM in the true sense of the word! Believe in the mission we are on and do your part to make it happen in every phase of our program. To eliminate all distractions and to focus all energies on gaining an advantage on our 2019 opponents. We have a tremendous opportunity for success and everyone must be committed to each other and the program. We will accomplish our goals because everyone will hold themselves accountable as well as each other.

GOALS

1. To take advantage of each practice opportunity, to improve as an individual and as a team.

2. To become the most physical and best conditioned team in the country.

3. To develop and display physical and mental toughness.

4. To become a highly disciplined football team, to eliminate mental errors, to minimize penalties.

5. To develop “Big Plays” capability on special teams, defense, and offense.

MY THOUGHTS CONCERNING THE UNIVERSITY OF CONNECTICUT FOOTBALL

1. The lessons you learn on and off the playing field will stay with you once your football career is over.

2. Personal pride is the key to individual success. With 101 players who have great personal pride we will have a great team. Take pride in what you do and work on your weaknesses.

3. We will be a great football team. We will be disciplined and work at limiting penalties. Focus on making the play.

4. We want players who play with their heart, mind and will focus on the entire game week after week.
TEAM POLICIES

ACCOUNTABILITY STATEMENT

1. This is a TEAM game and we all must be committed to the TEAM concept. In our program, TEAM will be defined as follows:
   Trust
   Enthusiasm
   Accountability
   Mental toughness

2. You are expected to be the best that you can be in all areas. This includes being the finest student, citizen and football player you are capable of.

3. Think before you act in all interactions. Ask yourself, “Am I doing the right thing?” Have pride in what you do as your signature is on everything you do.

4. Be a problem solver not an excuse maker.

5. Attend all classes with the intent to learn. Participate. Be visible

6. Be punctual for all appointments – academic, football and administrative. Notify the appropriate people as soon as possible if there is a reason you are running late or have to cancel.

7. Loyalty is of the utmost importance. Be loyal to your family, Connecticut, your teammates, and your coaches.

8. Maintain a positive attitude. The attitude you bring will have a profound influence on the quality of everything you do.

9. Be a winner on and off the field.

10. We are not looking for extraordinary men to do ordinary deeds, but we are looking for ordinary men to do extraordinary deeds.
**TEAM POLICIES**

**PLAYER IMAGE**

You have an obligation to your family, school, coaches, teammates, and most importantly, to yourself to project an image compatible with your position in life. Presently, that position includes being a student-athlete at Connecticut. Several points should be considered when projecting the kind of image deemed proper for a student-athlete. The following items are given to you as helpful reminders, having taken into consideration the fact that no two people are exactly alike.

**APPEARANCE:** This is one area of extreme importance since first impressions are often the lasting impressions.

A. You should have the attitude that appearance is important to you. People will tend to judge certain aspects based on your appearance. Take great pride in your appearance.

B. Hair should be kept neat for maintaining an appropriate appearance and safety.

C. Facial hair is suitable but should be kept neat and trimmed as you want to create a positive and clean image of yourself.

D. No jewelry is to be worn at any practice sessions. NCAA rules prohibit the wearing of jewelry in a football game.

E. Dress should be dictated by the activity you are involved in. (Jeans are all right for class and picnics, but not for business). Once again, take pride in how you dress. Dress for all game weekends will be announced at the appropriate time each week.

**MANNERISMS ON AND OFF THE FIELD:** A good rule to abide by in this area is: Never do anything that will be embarrassing to your family, school, teammates, coaches and most of all, to yourself. Being an individual who is in the public eye for the majority of the year, you should always have that in mind. Learn to be humble winners and grudging, but gracious losers.
THE FOLLOWING ARE EXAMPLES OF PEOPLE WHO ARE EVER PRESENT IN YOUR COLLEGE LIFE

A. **Students:** They are with you every day. Remember, you are a member of the student body. Don’t expect to receive anything that is not made available to every student.

B. **Faculty and Administrators:** The same attitudes should apply as with your peers. Get to know the faculty.

C. **Alumni and Friends of the Institution:** Win, Lose or Draw, always have a smile for these people. They are responsible for paying for your education, and should be treated with respect at all times.

D. **Future Huskies:** Take time to chat with these youngsters. Many of them will want autographs, since they love their Huskies. Be friendly to them.

E. **Community of the State of Connecticut:** you will have many opportunities to serve the community by working with young people in the grammar schools, junior high schools, and high schools, as well as organizations such as boy’s clubs. Lectures on drug abuse and academic achievement have been popular with the boys and girls in area schools.

**Rules:** Always be aware of your image as a Connecticut football player. Do not distort, embarrass or challenge the image that we need to maintain, a first class football program. You are expected to observe the guidelines which are provided for each area of student life.
TEAM POLICIES

TRAINING RULES AND REGULATIONS

The following is a list of rules and regulations for your football team. Keep in mind that you are the most visible representative of the University of Connecticut. Your actions will reflect either positively or negatively on you, your family, this institution, our football team… Your actions have both immediate and long range effects upon our program. The rules that are listed are for everyone, regardless of your position on the depth chart. The rules are listed in two categories:

1. Conduct that is detrimental to the football team and program.
2. Conduct that violates team discipline code.

I. CONDUCT THAT IS DETRIMENTAL TO THE FOOTBALL TEAM AND PROGRAM

A. Deliberate and repeated violation of squad policies, rules, and regulations – class attendance, study hall, tutoring sessions, breakfast attendance, etc.

B. Use of non-prescription drugs and anabolic steroids

C. Stealing – including equipment from Connecticut

D. Gambling – as it relates to athletic contests

E. Purposely damaging property – athletic, dormitory, or campus property, at any time

F. Drinking of alcoholic or intoxicating beverages when training is in effect.

G. NO unauthorized overnight guests in dorm rooms during pre-season practice.

H. Once in permanent housing, guest visits to dorm rooms are governed by the rules of that particular dorm.

I. Unexcused absence from practice, any group or team meeting

J. Curfew violation the night before a game

K. Getting arrested and charged with a felony

L. Getting arrested and charged with a misdemeanor

M. Getting arrested and convicted of a misdemeanor

N. Getting arrested and convicted of a felony you will be removed from the team and lose your scholarship

O. Embarrassing the program due to inappropriate behavior
TRAINING RULES AND REGULATIONS

IMPORTANT!! ENFORCEMENT OF SUCH VIOLATIONS

Violations of any of the above listed rules and regulations could result in:
1. 7:15 AM workouts
2. Loss of tickets for games
3. Team suspension – not permitted to play in game(s)
4. Loss of scholarship
5. Team dismissal

II. CONDUCT THAT VIOLATES TEAM DISCIPLINE CODE:

A. Late for practice / meeting / team trips / appointments
B. Breaking curfew – in season curfew

Saturday – Sunday – Monday: Recommended curfew on Sunday – Monday nights is 10:00 PM, with lights out at 11:00 PM. This will be monitored by seniors and coaches. Abuse, including missing breakfast, class or not performing on the field, will result in individual privileges being taken away.

Tuesday through Wednesday: In your dorm by 10:00 PM, with lights out at 11:00 PM.

Thursday: In your dorm room as recommended; is set at 10:00 PM

Friday: Non- travel squad on away games – 12:00 midnight in your rooms
Non – hotel squad on home games – 10:00 PM in your rooms,
11:00 PM lights out

Travel squad – will be listed on your game itinerary.

C. Missing required meals
D. Missing training room treatment sessions or doctor’s appointments
E. No smoking
F. No firearms or weapons on campus
G. Breakfast absences
H. Class cuts – Missing Classes Will Not Be Tolerated
I. Study hall misses
J. Tutoring Sessions missed
K. No use of tobacco products in facilities building, meeting rooms, practice fields, or on any phase of team trips.
L. No card playing or gambling of any sort For Money
M. No one is to leave town without notifying his coach or Coach Edsall so we know where you are in case of an emergency.
IMPORTANT!! ENFORCEMENT OF SUCH POLICIES

A. See Coach Edsall

B. Repeated violations can lead to 7:15 AM workouts, loss of tickets to games, loss of permission to play in a game, suspension, loss of scholarship and/or team dismissal.

EVERYONE READ

THE ULTIMATE VALUE FROM THESE RULES COMES NOT FROM OBEYING THEM FOR THE “RULES SAKE, THOUGH THIS IS IMPORTANT, BUT MORE SIGNIFICANTLY, FROM DENYING ONE’S SELF – SELF-DENIAL. SELF-DISCIPLINE, SELF-SACRIFICE, SELF-DENIAL IN ORDER THAT WE CAN AND DO, EVERYTHING POSSIBLE TO HELP US REALIZE OUR ABSOLUTE OUTER LIMITS AS INDIVIDUALS AND AS A TEAM. ALLOW US TO BE “THE BEST THAT WE CAN BE AS INDIVIDUALS AND AS A TEAM.”

EVERY MEMBER OF THIS TEAM KNOWS THE DIFFERENCE BETWEEN RIGHT AND WRONG. YOU ARE TOTALLY EXPECTED TO USE PROPER JUDGMENT AND TO HAVE THE COURAGE TO DO WHAT IS RIGHT.
TEAM POLICIES

BASIC REMINDERS OF WHAT IS EXPECTED IN THE FALL 2019/SPRING 2020
WEAR ONLY WHAT IS ISSUED FROM EQUIPMENT ROOM

BASIC RULE: We have just one uniform; everyone is dressed in that uniform.

1. **Practice in full pads:** Everyone will wear: mouthpieces, kneepads, thigh pads, shoulder pads, headgear, numbered football jersey, football pants, cleated football shoes (flat bottoms are permitted on turf). It is required that you wear knee braces for all practices.

2. **Practice in shoulder pads:** Everyone will wear mouthpieces, shoulder pads, headgear, numbered football jersey, cleated football shoes (flat bottoms are permitted on turf). It is required that you wear knee braces for all practices. It will be announced whether to wear sweat bottoms or shorts.

3. **Practice in Shells:** Everyone will wear: mouthpieces, thigh pads (in girdles), shoulder liners, headgear, numbered football jersey, cleated football shoes (flat bottoms are permitted on turf). It is required that you wear knee braces for the practices. It will be announced whether to wear sweat bottoms or shorts.

4. **Practice in Shorts:** Everyone will wear: mouthpieces, headgear, numbered football jersey, cleated football shoes (flat bottoms are permitted on turf). It is required that you wear knee braces for the practices. It will be announced whether to wear sweat bottoms or shorts.

5. Should fighting ever occur on the practice field, it must be confined to a 1 on 1 confrontation and will be handled by the coaches only. It is the responsibility of all other players to move away from the fight immediately and make no comment about the situation.

6. **Every Practice:** Everyone will have their ankles taped, wrapped, or braced by a member of the sports medicine staff. **Spatting of shoes is not permitted.**

**PRESEASON**

7. **Everyday:** Everyone will weigh in before and after every practice. Once a week Eric Klein will weigh all players before practice. When weighing, wear only a pair of shorts.

8. **Everyday:** Announcements, practice schedule, special teams, depth charts, etc. will be posted on bulletin boards outside the locker room. Check this board daily.

9. **Everyone:** Will be on time for all meetings and practices. Report to all meetings with iPad and any other materials needed.

**PRESEASON**

10. **Everyone:** Will have his name on front and back of headgear. If it gets knocked off, have the equipment staff replace it. Keep this tape on for all practices.

11. **NO ONE:** will be excused from practice by anyone except Coach Edsall. Our academic staff will see that no conflicts exist between the academic and athletics part of your day.

12. **All Injured Players:** are expected to attend all meetings and be on the field for observation and/or conditioning work, unless specifically designated to training room for treatment by sports medicine staff. An “injured conditioning program” will be coordinated by the sports medicine / strength staffs.
13. **All Injured Players:** are expected to be on time for all treatment sessions and to stay for the entire prescribed time of treatment.

14. **All Injured Players:** will wear uniforms of the day including headgear, with designated injury jersey pulled completely on unless otherwise instructed by sports medicine staff.

15. **Everyone:** Control your language on the field, locker room, training room, equipment room, meeting room, strength center and dining room, etc.

16. **Headgear:** will be worn at all times, with chin straps buckled, unless otherwise told by coaches, if not in a drill, chin straps can be unbuckled. If on the sidelines during team drills, headgear can be removed. Do not put them on the ground.

17. **Tempo on All Drills:** Is full speed unless told otherwise by coaches.

18. **Everyone:** will be in conformity with our grooming regulations

19. **No Jewelry:** of any sort can be worn in practice or in games. Be in uniform. No earrings at football related functions.

20. **Be Proud:** Of our football facilities, take special care of them.

21. **In the event of practice delays:** caused by weather or uncontrollable circumstances, everyone will stay in the dress of the day until otherwise instructed.

22. **On The Field:** the coach is always right. Any discussions about differences of opinions will occur in the coaches’ offices after practice.

23. **Everyone:** will be successful if he does the absolute very best that he can do at all times. Be totally focused on football, both in the meeting and on the field.

24. **It is your responsibility to be coachable:** accept coaching and do it right – the way your coaches are teaching it.

25. Do it right, do it hard/physical, full speed, or do it again.

26. Finally, we will expect to win, every time that we play. This is our only plan. Play as a team and play to win – every time.
TEAM POLICIES

GAME PLAYING POLICIES

It is necessary to establish some basic guidelines regarding those who practice, those who start games, those who play in games, and those who will dress out in games.

1. **Unexcused absence from practice**: If a player has an unexcused absence from practice during “game week” he will not start in the upcoming football game. His status will be evaluated by the head coach to determine if he will dress out and play in the game.

2. **Injury Policy**: If a player is injured, upon his return to action, he will be given an immediate opportunity to compete for the position on the depth chart at which he was listed at the time of his injury.

3. **Injury – Missing Practice during game week**:  
   A. If a player misses practice on Tuesday, Wednesday and Thursday of game week, the head coach will make the decision as to whether that player will dress out for the upcoming game.
   
   B. If a player misses practice on Sunday due to an injury, but does practice on Tuesday, Wednesday, and Thursday, that player can start in the upcoming game. (Same if a player practices on Sunday, Tuesday, Wednesday, but misses on Thursday due to an injury).
   
   C. If a player practices on Tuesday and Wednesday, but misses both Sunday and Thursday, his position as starter will be evaluated by the head coach.
   
   D. Head Coach will make all decisions after consulting with the medical staff on whether guys will start or play.

4. **Player who leaves the team – but is allowed to return**:  
   If a player voluntarily leaves the team and is permitted by the head coach to return, that player will return under the conditions set up by the head coach. These will be appropriate to fit the situation. Any such player will return at the bottom of the depth chart and be subjected to appropriate disciplinary measures as set up by the head coach.
TEAM POLICIES

TEAM TRAVEL

Winning on the road is a challenging task. However, we can use this experience to our advantage provided the concept of unity, “circling the wagons” is understood by ALL!

Playing on the road requires focus. The objective of the trip is to WIN! Thus traveling off campus is to be regarded as a business trip – nothing else. As representatives of University of Connecticut Football our appearance will be sharp, our frame of mind serious, reflective, poised at all times.

DRESS AWAY: Issued warm-up suits and collared shirt, socks and issued shoes

Traveling to the airport, on plane, travelling to the hotel, warm-up suits and collared shirt. Once at the hotel a collared sport shirt may be worn. Traveling home, warm-up suits and golf shirt.

DRESS HOME: (Hotel) Issued warm-up suits & collared shirt, sock, and issued shoes.

GAME DAY/AWAY

Traveling to stadium, on plane – Warm-up suits and collared shirt. Pre-Game Meal – Casual, but neat. Game-Day Meals other than pre-game - Casual, but neat.

* Dress Code substitutions may be imposed for bus trips.

DIET

Travel menu meals as well as snacks have been determined with maximum performance in mind. Quality as well as quantity has been considered. There is no need to purchase snack food at anytime during team travel.

ROOMMATE

By position with few exceptions: Study together, review assignments, discuss the opponent. Review your itinerary – make sure that no one is left in a room at the time of a scheduled team function!

ATMOSPHERE

A confident, controlled business-like atmosphere is our intent. Be respectful of each other; don’t disturb a teammate’s focus.

ENTERTAINMENT

IPod type individual entertainment is acceptable. Travel Light. Keep hotel room TV’s and radios at a quiet volume level.
PROPERTY

Leave all hotel property in the hotel!

VISITS

Visit family members in hotel lobby. No friends, male or female, may visit your room.

CURFEW – BEDCHECK

All players will be in their own rooms by 10:00 pm. Bed check will be at 10:30 pm. Lights out at 10:30 pm.

REST AND CONSERVE ENERGY, RELAX, STUDY

Remember – Review the following when travelling:

1. Check – Pack all your gear. You are responsible for this.
2. Be prompt – Be early. If I say 2:00 pm, I mean 1:55 pm.
3. Know the itinerary – Anticipate the next team function.
4. Ticket arrangements should be handled prior to team travel.
5. Do not loiter in the hotel lobby, game rooms, newsstands, in and out! Rest in your room.
6. Some people enjoy playing cards, no gambling, keep the noise controlled.
7. Be courteous to bus line, airline, and hotel personnel.
8. I would like our players to return to their rooms after team meetings on Friday nights.
9. Saturday is “Game Day” the competitors – gamers will stand up and be counted. Be poised and serious – Quiet for pre-game meal, bus travel to game site, and pre-game locker room.
10. All players will return with the team to Connecticut. You are our responsibility!

WIN!

AWAY SCHEDULE

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<td>September 28</td>
<td>@ UCF</td>
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<td>October 12</td>
<td>@ Tulane</td>
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<td>October 26</td>
<td>@ UMass</td>
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<td>November 9</td>
<td>@ Cincinnati</td>
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<td>@ Temple</td>
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TEAM POLICIES

DRESS OUT / TRAVEL SQUAD

We will travel with approximately 60-65 players per road trip. The travel squad will be decided on Wednesday or Thursday preceding that week’s game.

The following guidelines will be followed for home games:

A. Dress out squad will go to local hotel for Friday evening meal / meeting / curfew.

B. Other members of dress out squad are bound by curfew that Friday evening.

C. Dressing out for home games is a privilege – we do not automatically dress everyone out.

D. Positional coaches and head coach determines who dresses out each week.

E. Positional coaches and head coach will base decision on week’s practice performance.

Those players who do not dress out will not be bound by the curfew the Friday evening before the game. If dressing for home game curfew will be in effect.
4. As a student-athlete, YOU are 100% responsible for what enters your body! All supplements, vitamins, medications, etc. must be disclosed and approved before consumption. If you have a question about a supplement, vitamin, medication, etc., bring it to athletic training room for verification.

5. Anyone late to or not reporting for Athletic Training Room appointments are subject to disciplinary actions per Coach Edsall. The Athletic Training Room will never serve as an excuse for being late to practice or meetings.

6. The student athlete must see a member of the athletic training staff prior to scheduling an appointment with a physician. Health Services will bill you $30.00 for any appointment you miss with a physician.

7. The Athletic Training Staff, in conjunction with the team physician, will decide when an athlete is allowed to return to activities and discontinue treatment and rehabilitation.

8. Report all injuries to the athletic training room after workouts, practices, or games or before showering.

9. The Athletic Training Room is a place of business, not a place to loiter or fraternize.

10. Student athletes must wear shorts at all times while in the Athletic Training Room and Hydrotherapy room. Shirts and shorts must be worn at all times during rehabilitation and treatments.

11. No food or drinks are allowed in the Athletic Training Room or Hydrotherapy Room.

12. Use of cell phones is prohibited in the Athletic Training Room or Hydrotherapy Room.

13. No dipping or chewing of tobacco products are allowed in the Athletic Training or Hydrotherapy Room.

14. Student Athletes should only enter the SwimEx and hydrotherapy pools on the direction of a member of the athletic training staff. No diving or horseplay is permitted in the pools.

15. All student athletes must shower before receiving treatments and/or entering the SwimEx, cold tubs, or hydrotherapy pools. Failure to do so will result in loss of SwimEx, cold tubs, and/or hydrotherapy pool privileges.

16. Student athletes are not to operate equipment and/or perform “self-treatments”.

17. The Athletic Training Room is not a pharmacy and is only allowed by law to dispense a starting dose of any over the counter medication.

18. CHAMPIONS HAVE THE ABILITY TO DISTINGUISH BETWEEN PAIN AND INJURIES.
TEAM POLICIES

GAME DAY AND PRACTICE EQUIPMENT POLICY

From: Mike Shapley, Director of Football Equipment

Coach Edsall and the Football Equipment Staff both feel very strongly about creating a positive image through on-field appearance and the overall care of equipment and facilities. Our goal and expectation is to create a first-class uniformed look that best represents this team and the University of Connecticut. Together we have established the following MANDATORY guidelines pertaining to game day dress, practice procedures, and locker room care.

Game Day:

- UConn issued equipment must be worn at all times. You may not wear anything that was not directly given to you from the equipment staff. This includes cleats, gloves, wristbands, hand warmers, neck warmers, etc.

- All jerseys and undershirts must be tucked in at all times, including warm-ups.

- All base layer gear, which includes mocks, tights, and long-sleeves, must only be navy blue. No other colors are allowed. When wearing tights your socks must be clearly visible above the tights.

- Game gloves are issued directly from the equipment staff. Do not wear practice gloves or any other type of gloves except those given to you on game day. After the game, gloves must be turned in with the rest of your game laundry, do not throw them into the stands.

- **We dress as a team**, not as individuals. **Make a statement with your play**, not your uniform.

Practice:

- Only issued attire allowed at practice.

- Laundry is turned in to the assigned chute in a timely manner. All practice clothes with the exception of practice pants will go on your loop. Pants and towels are turned in to separate chutes.
TEAM POLICIES

- Gloves will be washed at times throughout the week. If you want your gloves washed make sure to Velcro the two gloves together before placing in the labeled chute.

- Always clean your cleats of grass/turf before entering the building.

- If you have any equipment that needs to be replaced because of rips or tears, you **MUST** bring the item with you to the window for exchanging.

- All equipment issued to you is property of the University of Connecticut. **Do not alter any equipment.** The equipment staff will make the adjustments needed.

**Locker Room:**

- The picture in the locker room will show you exactly how your locker should look. It **MUST** remain this way at all times.

- Always lock up your valuables. The equipment room has the combinations if needed. Make sure to always use your combination; do not rip the door open. Report any missing item immediately.

- You are only allowed 5 pair of shoes in your locker at one time. 2 pair of cleats, 1 pair of workout shoes, 1 pair of tennis shoes and 1 pair of shower shoes; any extra shoes must be taken home.

- Before leaving every night make sure to fold and place your chair inside your locker.

- Garbage cans are placed throughout the locker room. **PLEASE USE THEM!** Leftover food, food wrappers, protein bars, shake cartons, and ankle tape belong in the trash cans, not on the floor or in your locker. Please clean up after yourself.

- Only use 1 locker, any empty locker beside you should remain empty.

- Issued 2 towels to use at your discretion. May store them in locker.

- We have an incredible facility. Treat it as such. Be considerate of your teammates and the janitorial staff by keeping your area neat.
TEAM POLICIES

PLAYER MEDIA POLICY
(PRESS, RADIO, T.V.)

I. PLAYER INTERVIEWS

A. Tuesday - Wednesday
   Players to be available after practice upon advanced arrangement. We will try to schedule all player interviews as part of our Tuesday Media Day. Player interviews usually take place at approximately 11:30am. If you have been requested for an interview, you will be informed by text message and at Monday dinner. Players should wear their Connecticut football polo, which will be in their issued locker.

B. All interview appointments are to be scheduled through the Athletic Communications Department.

C. Without the permission of the Athletic Communications Department or the Head Football Coach, no interviews are to be granted. Also, the Athletic Communications Department will not give out your campus telephone number or cell phone number. You should not give it out, either. If you’re approached for an interview, inform them to contact a member of the Athletic Communications staff.

D. When addressing the Press (or Public):
   1. Remember your audience. You are talking to Connecticut fans through the media. The fans are the audience, so make the kinds of comments you want our fans to hear.
   2. Be respectful of our opponents. Remember what you say should not become bulletin board material.
   3. Share the credit… praise your coaches and teammates. You cannot go wrong by giving credit to others.
   4. Be positive and upbeat, not arrogant. Talk about our team with references, “Our offensive line really controlled the L.O.S.,” “Our defense truly swarmed to the ball.”
   5. Be courteous with all members of the media.
   6. Anyone can talk to the media when things are going well. You earn more respect by not avoiding reporters during tough times.
   7. Short and simple… make your point in 20 seconds or less. TV and radio interviews are quick sound bytes, so keep your answers short and simple.
   8. Avoid specific references to the University of Connecticut’s technical football. If asked about schemes, playing time or injuries say “that is a question for Coach Edsall.”
   9. Be prompt for all media appointments. Respect the job of the media person; they can do us a great service. If you are not going to be able to keep a media appointment or if you are going to be late, please reach out to Athletic Communications.
   10. You don’t have to answer everything. Never reply with “no comment.” But do not feel that you have to answer questions you’d rather not discuss. If you feel uneasy, simply say “I’d rather not get into that” or “I’d rather just talk about football.”
II. T.V. SHORT SEGMENT INTERVIEWS

A. Look presentable (Connecticut polo)
B. No T.V. interviews are to be conducted once any phase of practice has begun. No player interviews are to be conducted after practice.
C. No interviews will be granted on Thursdays or Fridays.
D. Special arrangements will be made if necessary to accommodate Network T.V. interviews – both home and away.

III. POST GAME INTERVIEWS

A. No media personnel will be allowed in the locker room following games.
B. Following the game and by individual request, players will be asked to appear at a designated room for post-game interviews. This system will remain creditable as long as the players cooperate and are prompt in appearing.

Neither the Football Office, nor the Athletic Communications Department controls publicity nor do we control which players are interviewed. When we win, we will receive great publicity, great attention. Certain positions by their very nature receive more publicity than others. Both situations will be handled in the same manner.

Team oriented people play themselves down and the team up!

Remember – we do our talking on the field! Let an individual signature appear with pride on every play and let our play be the source of media attention.

Be Alert to Remember the Following:

1. No one will be quoted as an unnamed source.
2. Nothing is off the record when dealing with the media.
3. Never Lie. If a question is about something you shouldn’t talk about (injuries, schemes, etc.) say “that it is a question for the Head Coach.”
4. There is no kidding with media people, even when they do not have a pad and pencil, or are not conducting an interview, or looking for a quote. This includes Twitter, Facebook and other social media sites.
5. There is no excuse for saying the wrong thing – you are responsible!
6. No controversial quotes appear in the newspaper. These quotes are individual oriented and not considerate of the Team.
7. Stick to what you know. News can travel across the world in seconds. Your comments can turn into bulletin board material for the other team. Focus on positives about Connecticut.

8. When a writer approaches you for a story – assess what the writer’s intent is. Remember you will either substantiate or contradict the writer’s theme. We will let you know what the intent of the article will be, and if it differs don’t be afraid to say “I’m not comfortable answering these questions.”

9. Stay away from controversial topics, you will always offend someone. Race, religion and politics → you never win talking about them.

10. Alert Athletic Communications if you have any issues with a media member. Never confront a media member – let Athletic Communications handle it.
IV. WEEKLY MEDIA SCHEDULE

Sunday
Teleconference with Head Coach Randy Edsall at 4:00 p.m.

Monday
Teleconference with Head Coach Randy Edsall on AAC call at 11:20 a.m.

Tuesday
Practice open. Select players available for exclusive interviews and video interview with WTNH on-field from 10:40 a.m. to 11:00 a.m. Weekly press conference at 11:00 a.m. with Head Coach Edsall in the defensive meeting room. Additional players available post press conference in the defensive meeting room. Must make requests 24 hours ahead of time.
Post Media Conference Head Coach Randy Edsall video interview with WTNH.
Head Coach Randy Edsall Radio Show at 6:00 p.m.

Wednesday
Coach Lou Spanos, Coach Frank Giufre, Coach Eddie Allen and QB available post practice on-field from 10:30 a.m. to 11:00 a.m.

Thursday
No player interviews.

Friday
No interviews.
Television Production Meetings.

Saturday
Post-game interviews only.

V. PRE-SEASON ARRANGEMENTS

Certain practices will be open to the media. No blogging, texting tweeting or phone calls will be allowed from practices. Media must stay in a restricted area during practice.
TEAM POLICIES

STUDENT-ATHLETE SUCCESS PROGRAM (SASP) POLICY

How to be a good Husky!

1. Be respectful.
2. Communicate effectively.
3. Be prepared and be engaged.
4. Listen.
5. Be willing and open to learning.
6. Be involved in community service opportunities.
7. Ask questions.
8. Show initiative.
9. Understand boundaries.
10. Be on time.
11. Remember to check in and out of study hall.
12. No phones in study hall.
13. Be involved in your education and overall experience at the University of Connecticut.
TEAM POLICIES

STUDENT-ATHLETE IPAD RESPONSIBILITY & LIABILITY AGREEMENT
Division of Athletics 2019-2020

I understand that I have been assigned a University-owned iPad which is being made available to me as a tool for learning and accordingly, I am assuming responsibility for the item(s) until it is returned to the University.

Sole use of Equipment:
I understand that the use of an iPad is a privilege that can be revoked. Inappropriate use or neglect of the iPad can result in limits to or loss of use of the iPad. I also understand that I have to take every precaution to protect the equipment. This device is for my use only and it may not be sold, rented or leased to any third-party.

Returning the Equipment:
I understand that I must return the iPad and any related chargers or other equipment upon the University’s request, or if I withdraw or transfer from the University, am no longer a member of a UConn athletic team or prior to my graduation. I also agree to return the iPad, all accessories, and its original box to the Assistant Director of Video Services, Ryan Braley upon request. I understand that the iPad shall not be customized with stickers, engraving or any other markings, and recognize that it must remain in its original condition.

What to do if Lost, Stolen, or Broken:
In the case of loss of an iPad or components due to neglect, I understand that I will be held financially liable for the replacement cost of the iPad ($600), and such charges may be applied through the Bursar’s Office to my University accounts. Examples of neglect include leaving the iPad unattended, failing to secure it, leaving it in an unlocked car, leaving it in a classroom, etc. and will not qualify as a legitimate claim for theft. In the event of loss, I agree to immediately contact the Assistant Director of Video Services at (860) 486-5044 (ryan.braley@uconn.edu) and my coach. In the case of theft, I will immediately report the incident to the police and provide a copy of the police report to the Assistant Director of Video Services at (860) 486-5044 (ryan.braley@uconn.edu) and my coach. If an equipment breakage or malfunction occurs, I will immediately notify the Assistant Director of Video Services at (860) 486-5044 (ryan.braley@uconn.edu) and my coach. I recognize that I will not be held responsible for equipment breakage or malfunction that occurs during normal use as long as I report it promptly. I understand that if damage is caused by my negligence, which shall be determined in the reasonable discretion of the University, I will be held financially responsible for the repair or replacement of the iPad (up to $600).

Use of Department-Provided iPad and Applications:
I will not sync the iPad with a personal computer or “jailbreak” the device to alter the configuration or functionality that has been established by the University. I understand it is illegal to copy or distribute any software loaned through the Division of Athletics. I also understand that I cannot copy, forward or otherwise distribute, in any manner, any of the University’s confidential information on the iPad (ex. confidential Playbook). I will not use the iPad for any illegal or unlawful purposes. I agree to sign up for an Apple ID and enable the “iCloud Backup” and “Find My iPad” features. These will be used to locate the iPad if it is lost or stolen, and to restore your content to another iPad if a replacement is needed. All apps supplied by the Division must not be removed from the iPad or modified in any way. Upon final return, all apps and personal information will be wiped from the iPad. I understand that failure to comply with these responsibilities and requirements will result in loss of future access to an iPad, in addition to
applicable financial liability, which may be charged through the Bursar’s Office to my University accounts. The University may also pursue other legal and criminal remedies if warranted.

I have read this entire iPad Responsibility and Liability Agreement. I fully understand it, and agree to be legally bound by it.

Print Name: ____________________________________________

Signature: ____________________________________________

Witness: ____________________________________________

Date: ____________________________ Time: ________
TEAM POLICIES

TICKET POLICY

1. Players may assign up to 4 guests for a home game and up to 4 guests for an away game. Only members of the travel squad may assign complimentary admissions for away games.

2. You may sign up guest until 11:30 pm the Thursday prior to the game – no names will be added to the list after this time period.

3. Guests must have photo identification in order to claim their complimentary admission.

4. All complimentary admissions will be distributed at Gate C, at Rentschler Field. The gate opens 90 minutes prior to kickoff and families/groups wishing to sit together should arrive together. Tickets are allocated on a first-come, first-served basis. Players will NOT handle tickets.

5. Players will use the Jump-Forward player-guest ticketing system to assign their tickets. Instructions on using the system will be provided in detail later.

6. All student-athletes are responsible for the conduct of their guests and may lose ticket assigning privileges should their guests not conduct themselves in an appropriate and civil manner.
TEAM POLICIES

HOUSING POLICY

EXPLANATION OF PROCEDURE & PENALTIES

Your housing assignment will serve as the center of your living-learning environment while at UConn. It is hoped that each individual will treat it as if it were their own home and take pride in themselves and the dorm room and keep it neat and clean. The manner in which you live reflects not only on you, but on the football team as well.

In an effort to improve our housing situation, we will have inspections announced as well as unannounced and repeat offenders will be disciplined. Inspections will be conducted by the football staff, the assistant coaches, and the head coach any day of the week! It should be noted that these inspections are on a dorm room basis, not an individual basis.

You are expected to follow all policies and procedures set forth by the UConn Housing Division in conjunction with Residential Life. If any of these policies or procedures are broken then disciplinary action will be taken.

DISCIPLINARY ACTION

First Time Offenders

First time offenders will be warned in writing and instructed to correct the problem. A letter will also be forwarded to parents or guardians concerning what could occur should the problem continue.

Second Time Offenders

Will have a 6:00 a.m. appointment with the discipline coach. A second letter will also be forwarded to your parents stating that this is your second offense and of future consequences.

Third Time Offenders

A decision will be made by the head coach regarding your future in University Housing. One of two penalties could be levied upon you should you refuse to comply.

1. Housing at the University of Connecticut will be terminated.

2. You will be allowed to continue to live in your University Room, however, you will be responsible for payment the next semester, not the football program.
TEAM POLICIES

PLAYERS' LOUNGE RULES

The following rules were designed to enhance the player’s enjoyment of the players’ lounge for the members of the Connecticut Football team as well as maintain the quality of the lounge and ensure that the lounge will remain in top condition.

1. FOOTBALL PLAYERS ONLY. No other students or outside friends are permitted.
2. No dip or spit cups in the lounge.
3. Shower before sitting on the furniture.

Respect the Lounge because it is ours!!
TEAM POLICIES

FRATERNITY MEMBERSHIP

The University of Connecticut encourages interaction within the institution community. Membership to the various student organizations will enhance a student’s ability to interact outside the framework of athletics.

The policy regarding fraternities is designed to help a student adjust to the pressures of academics, athletics and student life.

Freshmen will not be allowed to pledge a fraternity in their first year.

Student-Athletes must notify their position coach, (who will notify the head coach and their academic advisor) before pledging a fraternity. Should a situation arise where it is deemed necessary, in the best interest of the student athlete, to forgo his membership to a fraternity, the head coach and the academic advisor will meet and set up a program to handle a given situation. Once everything is in order, reinstatement to a fraternity can follow.

MARRIAGE POLICY

Must let Head Coach know of your intentions if you are going to get married while in college.
TEAM POLICIES

STUDENT ATHLETE WORK POLICY

With the NCAA passing a rule allowing scholarship athletes to work while participating in athletics and going to school, the following policy has been adopted to fit the needs and regulations of the football program at UConn.

A. This income will affect the Pell Grant status next year.

B. An affidavit will be signed acknowledging the salary received.

C. Within the football program, the basic rules for working will be:

1. No scholarship athlete will hold a job during the playing season. The head coach will be the only one to okay extenuating circumstances, which would allow an athlete to work during the playing season

2. All scholarship athletes will be eligible to work in their off season under the following restrictions:

   a. No full time jobs Monday – Friday unless approved by the head coach.
   b. Athletes must be eligible to compete in their playing season at the time they are working.
   c. The athlete will be responsible for all paper work involving his job.
   d. The head coach can at any time, cancel an athlete’s employment due to conduct detrimental to the team’s success as detailed in the player policy manual.

D. All athletes must go through the UConn Compliance Office before getting approved from the Head Coach.
TEAM POLICIES

SUMMER JOB EMPLOYMENT POLICY

1. Player is recognized as being interested in summer employment.
   A. Player is categorized as to summer school, non-summer school
   B. Local, possibly out of area.

2. Player and Ryan Steinberg agree on possible employment – position. Player considers
   transportation, hours, pay, duration of employment, all incidentals prior to indicating interest
   in specific employment.

3. Player then makes an appointment to meet the employer so that there is no misunderstanding
   concerning the job requirement.

4. Once the player agrees to accept the position, the player’s responsibilities are the same as all
   football related responsibilities. No tardiness, no absenteeism will be tolerated.

5. The player is expected to work for the agreed upon length of employment.

6. The player is responsible to produce an “honest day’s work for an honest days pay.” The
   football office will expect that the players’ employment record will be exemplary and
   therefore the job will be available for the football program the following summer.

7. The player will write a thank you letter to the president of the firm or the person responsible
   for employment at the conclusion of the summer.

8. Failure to meet with any of these requirements will result in disciplinary action, and the
   player will not be considered for future football related employment.
TEAM POLICIES

PRO SCOUTS POLICY

PRO SCOUTS ARE:

1. Invited to reporting day physicals and timing. We will not allow timing of 40 yard dash in the fall.

2. Permitted to evaluate players throughout pre-season practice. In season, permitted to evaluate on Monday, Tuesday, Wednesday, and Thursday.

3. Permitted to evaluate players in practice for the entire practice.

4. Permitted to do spring evaluations at any time (TBA)

5. Permitted to do video evaluations on Monday, Tuesday, Wednesday, Thursday and Friday during the hours of 8:00 AM – 5:00 PM.

6. Not allowed to have personal contact with players until after eligibility has been exhausted.

7. All scouts must be put on a guest list 48 hours prior to arriving on campus.

We will have a designated pro-timing day in the spring. Scouts will be permitted on this day to time all athletes entering their final year of eligibility in the forty-yard sprint.

Agents are not to be present at any of the UConn pro workouts.

To make a reservation and for further information, please call Michael Zyskowski
Office: (860) 486-2718
TEAM POLICIES

AGENTS POLICY

NCAA Rule C3-1 © States:

“Any individual who contracts or who has ever contracted orally or in writing to be represented by an agent in the marketing of the individual’s athletic ability or reputation in a sport, no longer shall be eligible for intercollegiate athletics in any sport. An agency contract not specifically limited in writing to a particular sport or particular sports shall be deemed applicable to all sports. Securing advice from a lawyer concerning a proposed professional sports contract shall be considered contracting for representation by agent under this rule, unless the lawyer also represents the student-athlete in negotiations for such a contract. A proposed contract may also be reviewed by an authorized institutional career counseling panel, which may meet with the student athlete and representatives of professional teams. Any individual, agency, or organization representing a prospective student athlete for compensation in placing the prospect in a collegiate institution as a recipient of athletically related financial aid, shall be considered an agent or organization marketing the athletic ability or reputation of the individual.”

The following guidelines should also be observed in order to ensure your avoidance of any practice which might endanger your eligibility or good standing as a student athlete:

1. Report any contact – personal, verbal, or written by anyone wishing to represent you to Coach Edsall. Be certain to get the name, address, and phone number of any such person.

2. Inform any agent or counselor that they should contact Coach Edsall prior to any further contact. They will be informed of “agent guidelines” at that time.

3. Agents or counselors are not permitted to watch any practice session during the spring, fall, winter or pro day.

4. Remember the following critical points

   A. No verbal or written contact is permitted before eligibility is complete.

   B. Do not accept money or loans from any agent or counselor.

   C. Do not permit any agent or counselor to buy meals, clothes, or anything of material value to you.

   D. Report any contact by an agent or counselor immediately to Coach Edsall.

AMATEUR STATUS

NCAA Rule 12.1.2 States:

An individual loses amateur status and thus shall not be eligible for intercollegiate competition in a particular sport if the individual: (a) Uses his or her athletics skill (directly or indirectly) for pay in any form in that sport; (b) Accepts a promise of pay even if such pay is to be received following completion of intercollegiate athletics participation; (c) Signs a contract or commitment of any kind to play professional athletics, regardless of its legal enforceability or any consideration received, except as permitted in Bylaw 12.2.5.1; (d) Receives, directly or indirectly, a salary, reimbursement of expenses or any other form of financial assistance from a professional sports organization based on athletics skill or participation, except as permitted by NCAA rules and regulations; (e) Competes on any professional athletics team per Bylaw 12.02.11, even if no pay or remuneration for expenses was received, except as permitted in Bylaw 12.2.3.2.1; (f) After initial full-time collegiate enrollment, enters into a professional draft; or (g) Enters into an agreement with an agent.
TEAM POLICIES

SUMMER SCHOOL FINANCIAL AID POLICY

The Department of Intercollegiate Athletics provides the financial assistance for student-athletes to attend summer school. The main goals are to enable the student-athlete to meet NCAA continuing eligibility guidelines, improve academic standing and to enhance graduation opportunities.

The Director of Athletics, the Head Coach, and the Department of Intercollegiate Athletics Student-Athlete Success Program (SASP) Counselor must approve summer school applications. The following criteria will be used to evaluate a student-athlete’s eligibility to receive athletically related aid.

FUNDING PRIORITIES

1. Student – athletes who fall short of NCAA eligibility requirements
   A. Credits
   B. Major
   C. GPA

2. Student – athletes who are not meeting University graduation requirements

3. Student-athletes who have fallen behind in normal degree progress.

4. Student – athletes who request special consideration to attend summer school.

FUNDING FACTORS

1. A history of poor academic performance for the previous fall or spring semesters. (Failure of one or more courses, excessive unexcused class absenteeism, failure to complete class assignments, failure to seek and utilize tutorial services).

2. Course withdrawals or failure of a summer school course, failure to complete course assignments and unexcused absenteeism will result in the loss of continued funding for sessions in the same or subsequent summers. If a student drops a course all expenses previously funded by the Division of Athletics will be charged to the student’s fee bill.

3. It is important to understand that students will not be able to register for summer school if they have an outstanding fee bill.
FUNDING BY THE DIVISION OF ATHLETICS

1. The Summer School Request Form complete by the head coach and SASP counselor.

2. The Academic Profile Form completed by the SASP Counselor.

3. We will require that the student-athlete sign a contract. The contract states that if a student athlete drops a course he will be responsible for all costs pertaining to that course that have been funded by ICA.

4. Unless there is a very strong recommendation by the head coach and the SASP counselor, student-athletes will be required to register for 6 credits if they are requesting funds.

5. Once summer school has been approved by athletics administration, I will notify the Head Coach and the SASP counselor. It is the student-athlete’s responsibility to meet me to sign the contract. Also at this time, I can confirm with the student-athlete summer housing/meal plans.

6. If the student-athlete is living off campus a signed lease will be required before the Office of Bursar will release funds. One half of the stipend check will be disbursed after the first day of classes and the other half at the beginning of the fourth week.
TEAM POLICIES

UNIVERSITY OF CONNECTICUT HELMET WARNING LABEL SIGN SHEET

I UNDERSTAND THAT FOOTBALL IS A CONTACT SPORT AND I AM AWARE OF THE INJURY RISK POTENTIAL.

THIS IS TO CERTIFY THAT I, THE UNDERSIGNED, HAVE READ THE FOLLOWING

WARNING:

**DO NOT** use this helmet to butt, ram or spear an opposing player. This is in VIOLATION of Football rules and such use can result in severe head or neck injuries, paralysis or death to you, and possible injury to your opponent. Contact in football may result in concussion / brain injury which no helmet can prevent. Symptoms include: loss of consciousness or memory, dizziness, headache, nausea or confusion. If you have symptoms, immediately stop playing and report them to your coach, trainer or equipment staff. Do not return to a game or practice until all symptoms are gone and you have received medical clearance. Ignoring this warning may lead to another and more serious or fatal brain injury.

I UNDERSTAND THAT FOOTBALL HELMETS CANNOT PREVENT ALL HEAD, NECK, AND BRAIN INJURIES. I AGREE TO USE ONLY PROPER AND SAFE BLOCKING AND TACKLING TECHNIQUES.

I HAVE READ AND FULLY UNDERSTAND THE HELMET MANUFACTURERS’ WARNING LABEL PLACED ON THE HELMET AND ALSO THE ABOVE INFORMATION.

Date: ____________________________________________

Print Name: ________________________________________

Signature: _________________________________________

Witness Print Name: _________________________________

Witness Signature: _________________________________

Date: ____________________________ Time: ________
I understand that there has to be rules and regulations for a football program to run efficiently. I agree that these rules are fair and are in the best interest of the team.

I have read and fully understand the 2019-2020 players policy manual and I understand all ramifications if I fail to live up to these policies.

Print Name: ______________________________________________________________
Signature: ______________________________________________________________
Witness: _________________________________________________________________
Date: ___________________________ Time: __________