

# UNIVERSITY OF KANSAS MEN'S



## PLAYER HANDBOOK 2019- 2020

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# University of Kansas

## Men's Basketball

### Mission Statement

Coaches, support staff, and administrators are committed to treating each other with dignity and respect as we provide all student-athletes an opportunity to achieve excellence in their academic, athletic and personal pursuits.

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<b>Location</b>	<b>Lawrence, Kansas</b>
<b>Founded</b>	<b>1866</b>
<b>Enrollment</b>	<b>29,000</b>
<b>Nickname</b>	<b>Jayhawks</b>
<b>Colors</b>	<b>Crimson and Blue</b>
<b>Conference</b>	<b>Big XII Conference</b>
<b>Chancellor</b>	<b>Dr. Douglas Girod</b>
<b>Athletics Director</b>	<b>Jeff Long</b>

## **Player Responsibilities**

The University of Kansas Basketball program is very aware of its image in the community. We are committed to being a positive influence and we need each student-athlete to contribute to that image. Every student-athlete is a representative of our program, as well as our University, each time he steps out in public. This is true whether the student-athlete is on campus, the court, entering or exiting an arena, on a plane, or in any public place including a gym, restaurant, grocery store, etc.

## **Team Guidelines**

- A student-athlete should:
  - Give his best services as well as his loyalty, to the University and Team, and play basketball for the TEAM.
  - Be neatly and fully attired in public.
  - Conduct himself on and off the court according to the highest standards of honesty, citizenship and sportsmanship.
  - Not do anything that is materially detrimental or materially prejudicial to the best interest of the University or the Team.
- The student-athlete understands that if he has bet or has attempted to bet money or anything of value on the outcome of a game participated in by the University of Kansas basketball team, which is a member of the NCAA, Coach Self shall have the power to suspend the student-athlete indefinitely and recommend his dismissal from the team. Gambling of any type is not permitted under NCAA rules.
- Coach Self and other members of the coaching staff may levy disciplinary action accordingly.
- The University of Kansas Basketball Program will strictly prohibit guns and weapons of all kinds. Whether possessed or permitted legally or illegally, guns and other weapons of any kind are dangerous. Weapons include bb, pellet, air guns or knives. You can easily be a victim if you carry or keep any weapons in your residence. You must not possess any weapons while traveling on University related business or whenever you are on the premises of the following:
  - A facility owned, operated or being used by the University of Kansas Men's Basketball Team (i.e. – training table, dormitory, locker room, workout site, parking area, team bus, team plane, team hotel).

- An arena or any other venue being used for any University or NCAA event (i.e. – a game, practice, or promotion).

## **Code of Conduct**

All student-athletes, regardless of scholarship and/or participation status, are expected to read, follow, and adhere to the Student-Athlete Code of Conduct, the Jayhawk Honor Code (attached as part of these Team Rules), and the policies and procedures governing the rights and responsibilities of each Kansas student-athlete. These policies are available at <https://kuathletics.com/501-student-athletes-code-of-conduct/>

## **Communication**

Texting will be the primary form of communication when the coaching staff needs to notify you of anything. You have **TWO HOURS** to respond back to any text or message. If you have a problem with your phone and can't receive texts you need to let the coaches know.

## **Compliance**

***\*Please See the Separate Compliance Brochure for More Details***

The Kansas Basketball program takes the NCAA guidelines very seriously. Please make sure you “Ask Before You Act.”

## **E-mail/Twitter/Social Networking**

Remember that your social networking pages can be viewed by millions of people. Keep your setting set on private and do not put any tasteless pictures on your pages. Keep everything PG-13. Do not write or post any messages that you wouldn't want on the front page of the newspaper.

Keep your e-mail account cleaned up. Your e-mail account is a source of communication for coaches and professors. It needs to be checked at least three times a week. This will help keep your inbox clear. (See Coach Q for help.)

## **Parking**

Get a parking pass at the beginning of the school year. It will save you hundreds of dollars in the long run. Park where you are supposed to and never park in a handicap spot.

## **Position on Drug Abuse**

All Kansas student-athletes are required to comply with the provisions of the Kansas Athletics drug policy. Student-athletes must also comply with all federal, state and local public laws. The failure to comply with the provisions of the policy shall result in the imposition of substantial penalties, which may include suspension from the team and/or expulsion from the University of Kansas and loss of your athletics financial aid. In addition, you may also be subject to federal, state, or local law sanctions.

## **Sexual Harassment / Sexual Offenses**

Sexual harassment or any type of sexual offense will not be tolerated and may result in the immediate expulsion from the team. We treat all females with class and the utmost respect.

## **Traffic Tickets**

If you get a traffic ticket you must handle it appropriately. It will not just go away. Pay your fine immediately.

## **Locker Room Guidelines**

The locker room is essentially your private area. Take pride in it, and maintain its appearance. We want to control traffic in the locker room for your privacy and game preparation. **The locker room (including the training room) is closed to everyone other than persons authorized by the coaches.**

## **Practice and Meetings**

On-time attendance is mandatory at all practices (team or individual) and all meetings (team or individual). If you are unable to attend a practice or meeting, due to illness or injury, you must notify Coach Self. If you cannot contact him, call an assistant coach or Bill Cowgill. Leaving a message with the basketball office will not suffice.

If you would like to have someone attend practice (a close family member or close friend) you must get permission from Coach Self.

Players are required to wear the designated practice equipment. Players must be on the floor with shoes tied and ready to go at the designated time or you will be considered late for practice.

### **Team and Player Appearances**

When an appearance is agreed upon, you have a responsibility to be there on time (early if possible). Wear appropriate clothing or Adidas KU Gear only. The function has been planned around you and they are planning on you being there. **YOU MUST KEEP THAT COMMITMENT!** In the event an emergency arises, notify Coach Q and/or Chris Theisen as soon as possible so we can attempt to cover the situation. Your cooperation is important in promoting the University of Kansas and our basketball program and should also prove beneficial to you.

### **Personal Travel**

You are responsible for your own personal travel. You must always clear it through a coach before you leave Lawrence. Do not book a flight without first making sure it's okay to leave.

You are responsible for setting up your own ride to the airport. It is not the manager's responsibility to give you rides. If a manager is available and able to give you a ride, make sure you pay him/her for gas before you depart. Plan ahead and don't ask for rides the day before you depart or arrive back in Kansas City.

### **Team Travel**

When traveling with the Team, you must wear KU issued Adidas gear. Be kind and courteous to any hotel or facilities staff that you encounter.

### ***Hotel Incidentals***

Each student-athlete is responsible for his own incidentals. This includes phone calls, movies, any additional meals in a restaurant, or anything else billed to your room. Incidentals **MUST** be paid before leaving the hotel. If we have any early morning departure, please try to pay for your incidentals the night before and please do not incur any additional expenses from the time of such payment.

## **Media Services**

### ***Media Policy***

Chris Theisen is our Assistant Athletics Director for Communications. **ALL interview requests should go through him.** He, with Coach Self, will screen and coordinate every media request. *Should you get a direct call from a media member, either don't take it or tell them to contact Chris Theisen.*

*Remember that no interview is ever "off" the record. Use "we" not "I" during interviews. Throughout the season, you will be asked to grant interviews to a variety of reporters. On most occasions, your time commitment will be minimal. Pre-game and post-game interviews for home and away games, will be organized by Chris and/or his staff. Your cooperation in this matter is greatly appreciated.*

Rules for on-camera interviews include no gum, no hats and no jewelry. Please try to be clean shaven as you are representing Kansas Basketball.

## **Strength and Conditioning Facility**

### ***Strength Room Policies***

- Treat the weight room, strength staff and other athletes with dignity and respect. Profanity, offensive language, or harassment will not be tolerated.
- No food, drink or tobacco can be consumed in weight room (Closed containers of water only; no Power Bars/Gels during workouts).
- Appropriate shirts, shorts and shoes must be worn at all times during the workout. (No street clothes and absolutely no other university clothing).
- Each athlete is responsible for replacing weights/ towels/belts/other equipment to the proper place. The last person using the equipment is responsible for returning it to the proper place.
- Stereo and offices are off-limits to athletes.
- No equipment should leave the facility without being checked out by a strength staff member.
- Failure to comply with rules will not be tolerated and could result in loss of weight room privileges.



## **Athletic Training Room**

Training Room Hours: 7:00 a.m. – 7:00 p.m.

### ***Treatments and Evaluations***

Student-athletes who have an injury that will require them to be limited at practice or in the weight room, need to report to the training room before 12:00 p.m. daily. This applies to everyone who has any type of limitation for the day. DO NOT come into the training room 15 minutes before practice to discuss the possibility of not being able to practice. It is very important that you report all injuries or illnesses as soon as they occur to Bill Cowgill. If you are not receiving formal treatment then you have deemed yourself healthy and can participate fully. Do not arrive late or leave early from treatment.

### ***Pre-Practice Procedures***

All taping and treatments will stop 15 minutes prior to practice. Always allow adequate time for taping and other necessities. All ankles must be taped or braced for practices, individuals, pick up and games.

### ***Health Center and Physical Appointments***

The Athletic Department cannot be held responsible for any medical charges unless you have secured permission from the athletic training staff to see the Doctor. Illnesses need to be seen by the Athletic Training Staff room **prior** to going to Watkins Health Center. If you go to Watkins Health Center on your own and receive charges for the visit, you will pay for them yourself. If you receive a dental injury (chipped or lost tooth, etc...) you must report it the day it happens. The Athletic Department does not assume responsibility for any non-athletic related medical or dental injuries.

If you are scheduled to see a physician, then you are required to attend your appointment at that given time. Bill Cowgill, or the student athletic trainer assigned to men's basketball, will go to doctor's appointments with you. You are to report to the training room 25 minutes prior to every appointment. **THERE ARE NO EXCUSES FOR MISSED DOCTORS APPOINTMENTS – PERIOD!!!**

### ***During Practice***

If you do not practice you will be required to perform some form of conditioning program, designed by the strength and conditioning staff or the athletic training staff. You will be out at practice, dressed in full practice gear.

### ***Problems at Night***

If you should encounter a problem at night, contact Coach Self by cell. If it is an emergency situation, use the emergency numbers that are listed in the handbook and then contact Coach Self as soon as possible.

### ***Treatment Guidelines***

**ALL** athletes must shower before receiving treatments and rehabilitation. Athletic Training Room dress must be appropriate since this is a co-ed facility. Horseplay and improper or foul language will not be tolerated. The use of headphones and cellular phones are not permitted during treatment, taping, or rehabilitation. There is no **eating** in the athletic training room. You must check in with an athletic trainer before receiving treatment. The athletic training staff and the University of Kansas team physicians are the only persons that will dictate what treatment and rehabilitation you will receive.

### ***Medical Bills***

Throughout the year you might receive bills for medical care related to basketball related injuries that you have received. It is your responsibility to bring these bills into the athletic training room to Bill Cowgill in order to get these paid. The athletic department is the secondary form of payment on these bills after your family's insurance. Therefore, there should never be any out of pocket costs to your family if these bills are turned in. The athletic department **will not** be responsible for late fees that are a result of you not bringing in these bills when you receive them. Also, notify your parents that if they receive medical bills that they should immediately send or fax them to Bill Cowgill. It will be much easier if you put the basketball office address down as your home address when filling out any medical forms, this way all bills will get sent to the basketball office.

### **Academics**

**We want every student-athlete to leave the University of Kansas with his degree. We take academics very seriously! Respect your professors and tutors. They are here to help you.**

- Cheating and plagiarism will not be tolerated!

### ***Class:***

- Be on time.
- Sit towards the front of the classroom
- No cell phone or ipods or earphones.
- Always have paper and pencil.
- Introduce yourself to your professors.
- Check in with your class checker.
- Don't leave early.

***Tutoring:***

- Be on time.
- Bring the necessary books, paper and writing utensils to tutoring.
- Tutors are there to help you. Don't waste their time and they won't waste yours.
- Always check in for tutoring at the front desk.
- If you are going to be late or miss tutoring make sure you call to let the academic center know. Unexcused absences are not acceptable.
- No cell phones or ipods or earphones during tutoring.

***General:***

- Take care of your holds so that your academic advisor can enroll you on time.
- If your name shows up missing tutoring or class, it is your fault. You must sit where you can be seen and always check in with the class checker. No excuses.

**Gear and Equipment Policies**

- Only Kansas Athletics issued equipment is to be worn for both practice and games. No personal wristbands, hand towels, etc.
- Do not cut or alter any game jersey or game shorts.
- All game jerseys must be tucked into your game shorts per NCAA rules. If you need better fitting shorts or jersey, see Larry Hare. Each pair of shorts has a drawstring; use the drawstring to keep your shorts around your waist.
- **We dress as a team**, not as individuals. Make your statement with your play, not your uniform.
- **Keep out of the Equipment Room at all times. If you need help, come to the issue window. If your problem requires admittance to the Equipment Room, you will be invited in.**
- When laundry is put out, it will be secured on the hook inside your locker.
- Lock up your valuables.
- Do not give out your locker combination.
- Equipment is never to leave the locker room with the exception of games, practices, weight room workouts, and meetings. Do not wear your sweats, T-shirts, shorts, or shoes back to your room for any reason whatsoever.
- Wear only Kansas Athletics issued adidas gear during practice, games, and workouts.
- All issued equipment and lockers are the property of Kansas Athletics. They are on **LOAN** to you. Do not cut or alter any equipment (including practice jerseys, game jerseys, shoes, etc.). The Equipment Room Staff will make any necessary alterations.
- Replacement Policy: If any item of issued equipment becomes worn out or torn **through normal use**, it may be exchanged at the Equipment Room issue window (i.e. socks, towel, shoes, etc.).

- Do not borrow or steal anything. Missing items should be reported to the Equipment Manager or Coach Q.
- All athletes will have 3 Laundry Collars for practice and 1 Laundry Collar for lifting.
- Each laundry collar will contain one Clima-Lite shirt, one pair mesh shorts, one pair of compression shorts, one compression top, reversible practice jersey and one or two pairs of socks.
- Each athlete will receive one laundry collar per practice or lift and one large shower towel personalized with his jersey number.
- After practice, slide your dirty shirt, shorts, compression shorts, compression top, practice jersey and socks in your laundry collar (*through the crotch of the shorts and compression shorts, and through the sleeve and neck of the shirt; use the clips to hold the socks*). Do not overload laundry collars (gear will not get clean nor will it get dry).
- Throw laundry collars in the hamper marked “GEAR ONLY.” Laundry left on the floor **will not** be washed. Put your Laundry Collar in the proper hamper.
- Throw shower towels in the “TOWELS ONLY” hamper.
- Only University of Kansas issued clothing is to be put on your laundry collar or in a hamper. The washing of your personal clothing by the Equipment Room Staff is a **NCAA violation!** *Please, wash your own underwear.*
- Turn in only **one** laundry collar after every practice or lift. Do not put two sets of practice gear in one laundry collar. All laundry will be washed after every practice or lift.
- Your second laundry collar and your clean towel will be returned to your locker and towel hook for the next practice.
- You will be issued a specific laundry collar for lifting. Please do not use this loop for basketball practice.
- NOTE: If you take off any item at practice, **NEVER** leave it on the court once practice as concluded.
- NOTE: You will receive the same laundry collar for **every other** practice. Do not put your ankle braces on your laundry collar because you will need them for every practice. If you need your ankle braces washed please inform the managers that you need them before the next practice.
- IMPORTANT: No player will receive a fresh set of practice gear unless all items have been turned in on his previous set of practice gear. Take a moment to make sure **all items** are on your loop before you place it in the hamper.
- Each player will receive a travel bag which will contain a travel jacket, travel pants, crew neck travel top, pair of shoes, short sleeve tee shirt, hotel shorts, hotel long sleeve top and a short sleeve hotel top. Every player is responsible for returning all items to the equipment room in his travel bag upon returning from a road trip.
- No player is allowed to keep anything from his travel bags, unless Larry Hare or Coach Q has given you permission.
- Treat managers with the same level of respect as you would a coach.

## **Housing**

If you have a minor housing issue such as a light out, leaky faucet, etc. or if you want to have your carpet cleaned, file a report with the McCarthy Hall front desk and they will take care of it. If you have a bigger problem contact Coach Q.

### **Housing Policies...**

1. You are responsible for maintenance and the upkeep of your apartment.
2. Take out your trash to the dumpster.
3. Keep your apartment clean (especially kitchens and bathrooms).
4. *You cannot have locks on your bedroom doors (fire code).*
5. You will be charged a lock out fee for losing your keys, so keep track of them.
6. No loud music.
7. Basic internet is included with your room. If you want expanded internet services, you must pay for it each semester. Contact Apogee Support at 855-643-2149 (available 24 hours) for any computer or Cable TV issues. You are not permitted to illegally download music or videos.
8. The McCarthy Hall staff is there to help you, so be kind and courteous to them.
9. If the fire alarm goes off, you must exit the building.
10. You must keep a residential phone line hooked up in your apartment. (There is no charge for local calls on the residential line).
11. Failure to pass inspections will result in fines that must be paid immediately through KU Housing. You are also subject to additional consequences from the coaching staff.
12. Check your mailboxes in McCarthy Hall and basketball office daily. The mail you receive might contain important information.
13. Respect your roommate and his space.
14. If you receive a housing infraction notice, inform Coach Q immediately.

## Ticket Guidelines

### *Player-Guest General Information – Please read very carefully.*

- **EVERYONE**, regardless of age, must have some form of identification in order to obtain a player-guest ticket on game day. Parents bringing infants and grade school children who do not have school ID's should be prepared to show a social security card for each child. Children in junior high or above must show a school ID or driver's license. Without positive ID, they will not be allowed to pick-up a ticket on game day.
- Each player may use 4 tickets for home games. If you need additional tickets, you need to talk to your teammates and see if they have tickets they are not using. They will need to transfer their tickets to you online in order for you to use them.
- The player-guest admission gate is located in the southeast corner of Allen Fieldhouse (in the Ticket Office lobby). This is the only gate available for entrance for player-guest admissions.
- Due to NCAA rules and regulations we cannot make changes to the player-guest list on game day. When filling out ticket requests you must list the relationship that person has to you and provide a phone number for each person on your list.
- The ticket list for road games will be posted in the lockerroom at least 2 days prior to departure. Ticket list must be completed before we depart with Name and Relation written on the sheet.
- You cannot sell your tickets (NCAA Violation)
- You cannot provide tickets to boosters or agents.
- *Plan ahead on tickets so that they do not become a distraction.*



## 2019-20 University of Kansas Men's Basketball Team Rules

I have read and understand **ALL** the above team rules for the University of Kansas Men's Basketball Team and the Jayhawk Honor Code. I have received a copy of these rules to keep for my records. I understand that these rules are not exclusive and the coaching staff reserves the right to expand, add to, or adjust these rules at any time. I understand that I may ask questions about the rules and the Honor Code and that any violation of these rules or Code may subject me to disciplinary sanctions, up to and including suspension and/or dismissal from the team and loss of any athletic grant-in-aid package.

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Signature

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Date