

University of Kentucky Men's Tennis Program Rules and Expectations

As a member of the University of Kentucky Men's Tennis Program you are bound to abiding all the rules, policies, procedures and codes of conduct outlined in the UK student athlete handbook & the University of Kentucky drug and alcohol program.

You are expected to be punctual and attend all scheduled athletic and academic activities. These activities include:

- Practice, film, strength & conditioning, athletic training, physician, nutrition, training table, all CATS services and all other pre assigned documents.

If you are prevented from attending any of the above **YOU MUST** contact the coaching staff at least 24 hours prior as well as the appropriate department.

Academic

On Campus you are required to:

- Attend and be punctual to all scheduled classes
- All assignments must be completed on time

While at CATS you are required to:

- Attend and be punctual to all scheduled tutors and academic meetings
- Complete all assigned quiet study hours

Athletic

Team Lounge/Locker room

Only members of the University of Kentucky Men's Tennis program and employees are allowed in the lounge and locker room area.

All areas are the responsibility of the team and must be kept clean at all times.

Team apparel

You will wear uniformed team issued University of Kentucky Men's Tennis program NIKE apparel during the following:

- Practice
 - Training Field
 - Film

- Weight Room
- Treatment room
- Game day
- Travel
 - Airport
 - Flight
 - Bus
 - Hotel
 - Team meals
- Any other assigned events as instructed by the coaching staff.

All other equipment and apparel must be worn as the manufacturer intended.

You are responsible for your equipment. Any loss of issued items will be replaced by the student athlete.

Equipment must be out and practice-ready 15 minutes before the beginning of our daily team meetings.

Injuries

You are responsible for reporting all injuries immediately to the following members of staff:

- Coaching
- Athletic training
- Strength & conditioning
- Academic (if applicable)

Rehab

You are responsible for your rehab and must comply with all requests from your athletic trainer. If you have a conflict you must make your athletic trainer aware more than 24 hours in advance and another time will be programmed at their discretion. Training room specific treatment will not occur during training or pre or post game time.

Social Media

Always represent the University of Kentucky with the utmost professionalism. You are an ambassador and in the public eye 24/7. There will be no:

- Promotion of any brands/company's per NCAA rule
- Posting of pictures containing any form of alcohol or alcohol brands
- Posting of personal views regarding outside athletic programs e.g. Politics, Religion or Sexual Preference.

Social media platforms including:

- Twitter
- Instagram
- Facebook

Must be accessible to the University of Kentucky Compliance/Media department

*Always think before you press post, tweet, like, share or send

Cell Phones

The usage of cell phones is not permitted including:

- Calls
- Texts
- Social media
- Internet

During the following times:

- In the tennis facility prior to and until after practice
- In the tennis facility prior to and until after matches
- In the academic department as per CATS rules
- While completing rehab

*cell phones can only be used on game day to listen to music

*cell phones are not permitted at the practice facility. Only designated phone for warm up music

Alcohol and drugs

You must comply with all rules, policies and procedures as established by the NCAA, the UK Athletic department and the University of Kentucky as outlined in the Student Athlete Handbook.

- No use of tobacco products at any time
- No illegal drugs at any time
- No alcohol during fall season period
- Players under the age of 21, per law should not partake/consume alcohol
- Players of drinking age, no alcohol in the spring season 24 hours prior to representing the program at any athletic/academic function

Hazing

There will be no hazing of any form even if the player consents.

Disciplinary Procedures

A member of coaching staff and/or athletic department administration can penalize a student athlete if they are found in violation of any University of Kentucky Men's Tennis standards and expectations. Depending on the severity and frequency of the violations, the range of sanctions can include any of the following:

- A meeting with the Head Coach detailing and documenting the violation of the standards and expectations
- A number of 6am sessions as agreed upon by the coaching staff
- Suspension from University of Kentucky Men's Tennis practice
- Suspension from Individual or Team collegiate event
- Suspension from the University of Kentucky Men's Tennis team
- Reduction and or cancellation/elimination of scholarship

Player Signature

Coach Signature

Date
