

CHAMPIONSHIP GUIDELINES

1. If you have an emergency after 11:00 PM - CALL, do not text!
2. **10 MINUTES EARLY:** Be on time (arrive to all team events 10 minutes prior to scheduled time). Example: If the bus is leaving at 4:00 PM, you should be on the bus at 3:50 PM. If you are ON time - you are LATE!
3. **PLAYING TIME:** Your coaching staff will discuss any topics with your family EXCEPT basketball. Example: Playing time, practice, game day, etc.
4. **COMMUNICATE! COMMUNICATE! COMMUNICATE!**
 - ALWAYS respond timely to all text messages and phone calls. Any time you receive a message from a staff member acknowledge it with a response.
 - Check your email DAILY to ensure you are receiving messages from coaches, academic advisors, professors, etc. Remember to respond!
 - Communicate with Coach Marlene prior to leaving campus for a weekend or holiday.
 - Communicate all illness, injury or sickness to THE ATHLETIC TRAINER immediately.
 - You must HAVE permission from the **trainer** or **team doctor** prior to being excused from any activity that is related to school and/or basketball for medical reasons. Example: study hall, class, community service, etc.
5. **DRESS CODE**
 - Always dress appropriately.
 - Remember that you are ALWAYS representing Texas Tech University.
 - Please do not wear other team clothing (other college[s], AAU, or high school) while attending classes or athletic events (TTU clothing only).

When participating at team functions, events and/or in classes, the following items are prohibited (including study hall, team meals and travel):

- All hats
- All hoods/hoodies
- Bandanas
- Scarves
- “Doo” rags
- Sunglasses - Indoors
- Beanies

You may wear these items while walking to and from places.



6. **GEAR:** While taking part in team activities you must wear TTU issued athletic gear/UA gear. The DOBO and the team captains will decide per event.
7. **LOSS OF EQUIPMENT** (ankle braces, laundry loops, TTU issued clothing, etc.): You will be charged for the cost to replace the item. **Example: Sweat suits could range from \$145 and up.**
8. **HICKIES:** If a staff member notices a visible hickey you will have 3 consecutive morning workouts with the performance coach.
9. **SOCIAL NETWORKING SITES** (Snapchat, Instagram, Twitter, Facebook, etc.): Bottom Line - Any information you post on these sites will become a part of your public record. Remember that you are representing yourself, your family and TTU at all times.

Examples of what you should avoid: derogatory language, negative remarks about teammates, coaches, teachers, administrators or other student-athletes, incriminating photos or videos.

Violation or misuse of these social networking sites could result in suspension or the loss of your scholarship. The accountability for any misuse will be at the discretion of the coaching staff/athletic administration.

10. LOCKER ROOM:

- NO guests or family members are allowed inside the locker room at any time (unless approved by a Coach).
- Keep the locker room clean at all times. There will be random checks throughout the year. You will get one friendly reminder if it is not clean. If it happens a second time there will be team accountability.

11. MANNERS AND COURTESY:

- **Using profanity will result in a timed down-and-back for each letter in the word.**
- Be mindful of athletic staff, trainers' and managers' time. They are here to help you. Always be on time - their time is as valuable as yours.
- Be attentive and always use "please" and "thank you."
- Fans will approach you, so be mindful of your behavior towards them. They may be your biggest fan! (You can only make one first impression).

12. THE FOLLOWING ARE PROHIBITED:

- Talking back or cursing at a coach or staff member at any time.
- Consuming alcohol during the season and at any time if you are under the age of 21.
- Smoking, drugs, tobacco products of any kind or any illegal substances.
- Quitting, lack of effort, acting disrespectfully and lack of focus
- Hazing
- Gambling

Doing so could result in immediate dismissal or suspension from the team.

13. COACHES' OFFICE(S):

- It is most efficient to text/call to make sure a coach is free. (This is simply to keep you from having to wait). **YOU ARE ALWAYS WELCOMED ANY TIME.**



14. PARKING: Vehicles parked on campus must display a valid parking permit or be registered with university parking. Pay attention to designated parking areas. This can place a hold on your account preventing you from registering for classes and athletic participation. **WE CANNOT HELP YOU GET OUT OF PARKING TICKETS.**

15. WORKING OTHER JOBS: During the **Fall** and **Spring** semester, having a job is not permitted. **Summer** job: must get approval from head coach.

16. ABIDE BY NCAA RULES. Failure to do so could result in suspension from the team.

17. ACCOUNTABILITY

The following penalties will be assessed for violating any of these expectations/guidelines:

- 1st Infraction - 5x5 at 5:00 AM
- 2nd Infraction - 5x5 at 5:00 AM, meet with Head Coach, call to parents/guardian
- **3rd Infraction - Head Coach's discretion**

By signing below, I acknowledge that I have received and read the expectations of the Texas Tech Women's Basketball Program. I am committing to abide by all the expectations and I understand they are subject to change. I further understand that failure to abide by the expectations are grounds for disciplinary action that could include suspension and/or loss of scholarship.

Student-Athlete's Name (Print)

Marlene Stollings, Women's Basketball Head Coach

Student-Athlete's Signature

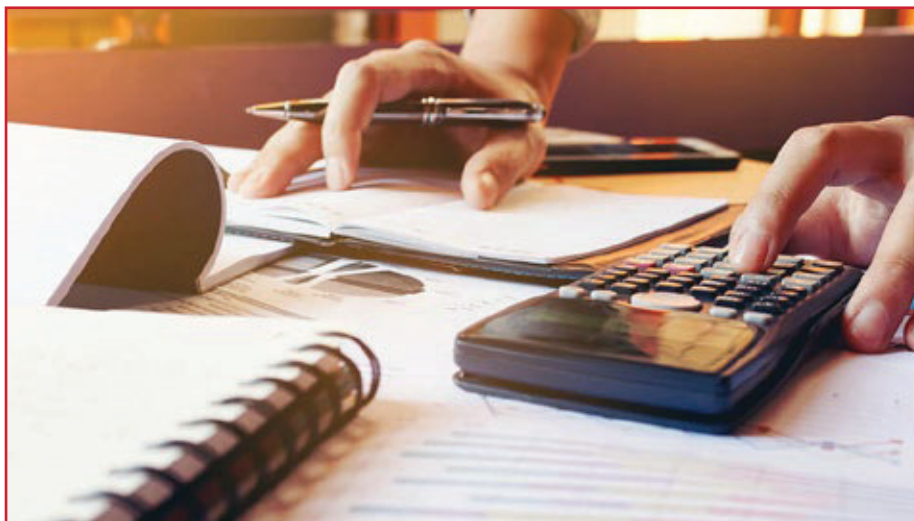
Date

Date



CHAMPIONSHIP GUIDELINES FOR ACADEMIC SUCCESS

The mission of the academic contract is to help you, as a busy student-athlete, optimize your academic potential. We want you to succeed on and off the court. In order for this to happen, you must be accountable for yourself and optimize your communication skills.



BE ACCOUNTABLE AND RESPONSIBLE FOR YOURSELF

STUDY HALL:

- You are **REQUIRED** to attend your designated hours per week.
- Countable Study Hall sessions will be 1 hour and 30 minutes per day.
- **INCENTIVE:** Study Hall hours are based upon your GPA from the previous semester (**excluding summer school**).
- Sophomores, juniors and seniors with a 3.0 or higher will not have any study hall hours.
- D's and F's will result in increased study hall hours (D=1 hour F =2 hours).
 - Note: These are in addition to your total assigned hours per week. Example: If you have 6 total hours and you receive an F, you will have 8 total hours per week for the entire following semester.
- Study Hall is mandatory for all newcomers' first, full semester (**summer school does not count**). Freshman = 6 hours, Transfers = 3 to 6 hours. Additionally, for all sophomores, juniors and seniors who below a cumulative 3.0 GPA.
- Missed tutoring and academic appointments are not acceptable. No excuses! **There is a \$10 fee for unexcused misses. Payment must be turned into Rodney only. Rodney will give you a deadline.**
- Meetings with a coach will **NOT** count towards study hall hours.
- Tutoring appointments **WILL** count towards study hall hours.
- **3.0 CLUB MEMBERS** - You can be returned to Study Hall at any time during the semester due to average or below average performance in a class (hours will be determined at that time).



All SAs are required to meet with your academic coach once per week (unless otherwise noted) to discuss academics. These weekly meetings also serve as a way to touch base with one another.

1. **Class attendance is MANDATORY!** If you are absent due to an illness, you must contact the athletic trainer **AND** your academic coach. Be responsible. You cannot miss class, tutoring, and etc. without approval from the trainer/doctor.
2. **CHEATING POLICY:** University guidelines will be followed for any cheating infraction. These are very strict and could result in **dismissal from the University**. Your coaches cannot help you.
3. **CLASS ETIQUETTE:** You must sit in the first **THREE** rows of each class (unless professor has assigned seating).
4. You must be enrolled in a minimum of 12 credits during the regular school year and you must be in good academic standing at this university to be eligible to practice or compete in a game.
5. Do not drop a class without the approval of Rodney (no one else can approve changing or dropping a class). You could be ineligible.
6. All course work should be completed on time. Arrangements with the instructor for missed work/exams should be made **PRIOR** to leaving on a road trip.
7. No physical education classes can be scheduled without prior approval from academic coordinator.
8. There will be a minimum of three class checks performed on each student-athlete per semester. Extended tardiness counts as an absence.

• **Policy On Being Late to Class or not meeting required weekly SH hours:**

- **1st Offense - One hour of additional Study Hall for the remainder of the semester and a written 3-page paper.**
- **2nd Offense - 2 additional hours of study hall for the remainder of the semester and written 5-page paper**

Location and time of additional study hall hours will be at the coaches discretion

- **3rd Offense - Coach Marlene's discretion**

I understand and will adhere to these academic guidelines and expectations and I will be responsible for my actions and deal with my consequences.

Student-Athlete's Name (Print)

Marlene Stollings, Women's Basketball Head Coach

Student-Athlete's Signature

Date

Date



3.0 CLUB INCENTIVES

AWARDED BY COACHING STAFF · EACH ITEM EMBROIDERED WITH THE 3.0 CLUB LOGO



1st Semester • S/S Cotton T-Shirt



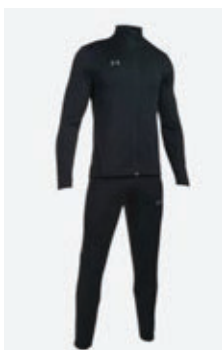
2nd Semester • L/S T-Shirt



3rd Semester • Hooded Sweat Shirt



4th Semester • UA Jacket



5th Semester • Sweatsuit



6th Semester • UA Vest



7th Semester • Custom UA Icon Backpack



8th Semester • UA Custom Shoes

LADY RAIDER WOMEN'S BASKETBALL CHAMPIONSHIP MANUAL



INDIVIDUAL ACADEMIC AWARDS

Texas Tech Academic Awards

President's List

Full-time undergraduate students who earn a grade point average of 4.0 during a semester are eligible for the President's Honor List of the college in which they are enrolled during that semester. For these acknowledgments, students must be enrolled for at least 12 hours, excluding any courses that are graded pass/fail.

Dean's List

Full-time undergraduate students who earn a GPA of 3.5 or higher during a semester are eligible for the Dean's Honor List of the college in which they are enrolled during that semester. For these acknowledgments, students must be enrolled for at least 12 hours, excluding any courses that are graded pass/fail.

4.0 List

Students who make a 4.0 each semester will be added to this list



INDIVIDUAL ACADEMIC AWARDS

Big 12 Academic Awards

Men's & Women's Basketball Scholar Athlete of the Year

Once nominations are received, the Conference communications office will create and forward an on-line ballot to the respective head coaches in each sport requesting their votes.

Below are the steps to follow to submit nominees:

- Must be a junior or senior (athletic and academic standing);
- Cumulative GPA of at least 3.20
- Participation in at least 60% of a team's scheduled contests (senior exempt student-athletes are not eligible for this award)
- Minimum of one year in residence at the institution.

Forward the list of student-athletes from each sport that meet the above requirements to each respective head coach. Inform the head coach they must select one student-athlete to nominate for the award. Once the head coach informs you of their nominee, you forward that name to the assistant commissioner.

Commissioner's Honor Roll

Acknowledging all participants, the Big 12 Commissioner's Honor Roll is an inclusive honor for all sports sponsored by the membership of the league. The Honor Roll is recorded and released each semester and recognizes those student-athletes who:

- Have 3.0 or better grade point average the previous semester

The award includes the letter winners and non-letter winners and recognize every student-athlete who has excelled in the classroom.

Academic All-Big 12 Teams

Recognizing those student-athletes who excel in the classroom on and off the field and court, the Big 12 has academic all-conference teams for all sports. The criteria is as follows:



INDIVIDUAL ACADEMIC AWARDS

First Team

- A student-athlete must have achieved a GPA of at least 3.20 either cumulative or from the two previous semesters.
- A student-athlete must have participated in 20 percent of the team's scheduled contests.
- Freshmen and transfer student-athletes are not eligible during their first year of academic residence.
- Senior student-athletes in their last year of eligibility who have participated for a minimum of two years and meet all criteria except percent of participation are eligible.
- A student-athlete must maintain a 4.00 GPA over the last two semesters or cumulative, in order to be recognized with a perfect GPA.

Second Team

- A student-athlete must have achieved a GPA of at least 3.00 either cumulative or from the two previous semesters.
- Student-athlete must have participated in 20 percent of the team's scheduled contests.
- Freshmen and transfer student-athletes are not eligible during their first year of academic residence.
- Senior student-athletes in their last year of eligibility who have participated for a minimum of two years and meet all criteria except percent of participation are eligible.

Dr. Gerald Lage Academic Achievement Award

This honoree can only be recognized once and in order to be eligible for the accolade student-athletes:

- Lettered at least once in their career while maintaining residence at their institution for at least one academic year.
- Have 100 hours of earned credit with a cumulative grade-point average of 3.80 at the time of the nomination.

Scholar-Athletes of the Year

A Scholar-Athlete of the Year is named in each of the Conference's sponsored sports. Each Big 12 institution nominates one individual per sport with the winners selected by a vote of the league's head coaches for that sport, who are not allowed to vote for their own student-athletes

Nomination criteria includes:

- Must be a junior or senior (athletic and academic standing)
- Cumulative grade point average of 3.20 or higher
- Participation in at least 60 percent of the team's scheduled contests
- Minimum of one year in residence at the institution



INDIVIDUAL ACADEMIC AWARDS

Big 12 Athlete of the Year

The Athlete of the Year Awards is selected based on athletic performance, academic achievement and citizenship within the academic year of nomination. Honorees are selected by a media panel.

Big 12 Sportspersons of the Year

Recognizes student-athletes who displayed an extraordinary degree of sportsmanship and/or community service from within the conference. Honorees are selected by a media panel. Each institution can nominate one male and one female athlete of any classification who has competed for his/her institution during the academic year.

Nomination Criteria:

- Nominee must be a member of an intercollegiate athletics team during the 2016-17 academic year.
- Nominee must be in good academic standing.
- Nominee must have demonstrated consistently good sportsmanship and ethical conduct in his/her daily participation in intercollegiate athletics.
- Nominee must have demonstrated good citizenship outside of a sports-competition setting.
- The noteworthy act or acts of sportsmanship and citizenship must have occurred during the academic year.

Big 12 Rookie Team

Recognizing those student-athletes who excel in the classroom and on the field and court, the Big 12 has academic all-conference teams for all sports.

The criteria for the academic All-Big 12 rookie nominations are as follows:

- The student-athlete must be a new, first time, in-coming freshman.
- The student-athlete must have achieved a cumulative GPA of at least a 3.00.
- The student-athlete must have completed 24 semester hours of non-remedial coursework.
- The student-athlete must have participated in at least one of their team's scheduled contests.
- The student-athlete must have been a member of their respective team for their sport's entire NCAA Championship segment.

Dr. Prentice Gautt Scholarship Program (Postgraduate)

Criteria for these awards include:

- Cumulative grade point average of 3.500 on a 4.0 scale
- Participation in at least two years of intercollegiate athletics at the scholar-athlete's respective institution.
- The scholar-athletes also must graduate from their respective member institutions within 15 months of their selection as postgraduate scholarship recipients and are expected to enroll in graduate/professional schools within 15 months after they graduate.



INDIVIDUAL ACADEMIC AWARDS

National Awards

Co-SIDA Academic All District Team

To be nominated, a player must:

- Be at least a sophomore
- Have a 3.30 cumulative GPA and
- Participated in at least 50 percent of the team's games.

If the student athlete makes the all-district first team they are eligible to be nominated for Co-SIDA Academic All-America Team.

Co-SIDA Academic All-America Team

Student athletes who have maintained a 3.3 cumulative GPA or above and are a sophomore and above. To be nominated:

- Must be placed on the Co-SIDA Academic All-District first team
- A student-athlete must be a starter or important reserve with at least a 3.30 cumulative grade point average (on a 4.0 scale) at his/her current institution.
- Nominated athletes must have participated in at least 50 percent of the team's games at the position listed on the nomination form (where applicable). In baseball and softball, pitchers must have at least 10.0 innings pitched.
- No student-athlete is eligible until he/she has completed one full calendar year at his/her current institution and has reached sophomore athletic eligibility.
- In the cases of transfers, graduate students and two-year college graduates, the student-athlete must have completed one full calendar year at the nominating institution to be eligible.
- Nominees in graduate school must have a cumulative GPA of 3.30 or better both as an undergrad and in grad school.
- There are no limits in the number of athletes an institution may nominate

Arthur Ashe Jr. Sport Scholar Award

The Arthur Ashe Jr. Sports Scholar Awards are designed to honor undergraduate students who have excelled in the classroom as well as on the athletic field. In order to be nominated the student must do the following:

- Student-athletes must maintain at least a 3.2 cumulative grade-point average and
- Be active on their campuses or in their community.

Texas Tech's nominations were selected by the academic staff at the Marsha Sharp Center for Student-Athletes.



ATHLETIC TRAINING ROOM

IF YOU HAVE AN EMERGENCY AFTER 11PM - CALL, DO NOT TEXT

TREATMENT TIMES

Pre-Practice Treatment: 1hr 15mins. before practice

Pre-Game Treatment: 1hr. 15mins. before on court

Post-Practice/Game Treatment: **Immediately** following, end 1hour post

Off-Day Treatment & Rehabilitation: Scheduled time frame with Jenna

Do:

- Ankle braces or tape for all basketball workouts
- Utilize the ice baths and recovery boots regularly. Mandatory ice baths will announced as needed and before/after gamedays. There will always be mandatory recovery at Brenna's discretion during off days and/or after game days. This includes massage therapy.
- Report all injuries and illnesses ASAP, regardless if basketball related or not, and do not wait until immediately before practice.
- Must always wear appropriate clothing in the training room (shorts and shirt required)
- Make all appointments on time with referral
- Respect other athletes/staff while in the training room

Do Not:

- Show up late for or miss treatments or appointments (rehab, MD, massage, sports psychology, etc.)
- Miss class or tutoring for any injury/illness without permission from Brenna.
- Complain about getting your ankles taped. Doing so will result in wearing ankle braces.
- Use foul and inappropriate language.
- Take home any equipment from USA, including ankle braces, unless permission granted from Brenna.
- Eat in the athletic training room. Food should be consumed outside of the athletic training room, unless there is a time constraint and you are granted permission from Brenna.
- Take any drinks from the athletic training room. Brenna will announce distribution of powerade per workout.
- Leave trash or make a mess.
- No headphones/ear buds in the athletic training room except on game day.
- No shoes on treatment tables.
- Take medication without asking. Over the counter medication will be dispensed at Brenna's discretion. Student athletes are not allowed to help themselves to any medication and athletic training students will not dispense any medication without Brenna's approval. Pain medication/NSAIDs will be dispensed before and after practice/competition only, and not during.



ATHLETIC TRAINING ROOM

Do Not (continued):

- Take any nutritional supplements without authorization from Brenna or sports nutrition staff.
- Take anything from the athletic training room without permission
- No fake nails during the season -Fingernails must not extend past the fingertip during season.
- No tattoos during the season. Fresh tattoos are an open wound and highly susceptible to infection.
- No new piercings during the season. The above statement applies.
- Speak negatively about your family, friends, teammates, coaches, opponents, or Texas Tech Athletics.

Consequences for Non-Compliance:

- 1st offense - You will be given a warning
- 2nd offense - The head coach will be notified. An S&C or study hall accountability will be given.
- 3rd offense - Notification of head coach for further review

Student-Athlete's Name (Print)

Brenna Ellis, Athletic Trainer

Student-Athlete's Signature

Date

Date



PRACTICE GUIDELINES



- The hours we spend in practice are for basketball. Any other issues need to be addressed outside of practice time.
- When a coach is speaking - no talking. Focus and learn.
- When a coach is talking to you, look her/him in the eye and always speak in a respectful manner.
- Equipment will be in the locker room one hour before start of practice.
- All treatments and training room issues must be complete BEFORE the start of practice.
- We always stand during practice (no bending over on your knees, no leaning on pads, sitting on tables, etc.).
- Run on and off the court; sprint from drill to drill; jog to bench for timeouts.
- No visible jewelry for any on-court workouts.
- Safety: No Long finger nails. Trainer will ask you to remove/cut any long nails.
- No fake eye lashes during the season.
- Comments directed towards teammates should be positive and encouraging.
- If you are unable to practice, you will be assigned rehab by THE ATHLETIC TRAINER or practice responsibilities by a coach.
- Only TTU issued UA gear is to be worn in practice.
- Quitting, lack of effort, acting disrespectfully and lack of focus may result in dismissal from practice. If you are dismissed from practice, you will report to our performance coach for S&C workout.
- Good personal hygiene must be followed. You must shower after practice unless going straight to your apartment.
- Everyone must wear ankle braces/tape for every workout including shoot-arounds.

