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Women's Basketball Core Values

1. Accountable – To believe I could always do better.
2. Integrity – To always do what is right and appropriate.
3. Discipline – To work harder and accept new challenges.
4. Humility – To give to others and the sport of basketball.
5. Perseverance – To achieve the greatness that lives within.

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Athletic Department Mission Statement

**Winning
Championships,
Changing
Lives.**

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CULTURE

- Commitment
- Sacrifice
- Handle outside influences
- Handle discouragement
- Honesty
- Creatures of Habit

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FLAMES CULTURE

1 COMMITMENT “Do a little bit every day.”

- Work Ethic
- Get out of your comfort zone

2 SACRIFICE “In order to get, you must first give.”

- Give up your free time to achieve excellence

3 HANDLE OUTSIDE INFLUENCES “An opinion must be predicted on facts first.”

- There is not one person outside this locker room who knows what you are doing. Do not let them sway you. You must be accountable to yourself, your teammates, and the staff.

4 HANDLE DISCOURAGEMENT “Love your sister, the spirit of the team, and the joy of competition.”

- The true test of an individual is when she does not get what she wants. Your will power and desire can overcome all obstacles. The problem will come and we must see the benefit of all struggles. This may be the only time in your life that you get this opportunity – enjoy it.

5 BE HONEST

- Open and consistent communication will give us the edge. We tell the truth so we can soar as our journey unfolds. Sometimes the truth hurts, yet we carry no sword with the truth as we understand that with honesty comes responsibility and the more responsible the individual the more delicate we are with the truth.

6 WE ARE CREATURES OF HABIT

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- Good habits are hard to break. Therefore, we do everything with a sense of urgency and pride. We aim to be the best and never compare ourselves to others. We strive for a standard, not a thing.

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ACADEMICS
Player/Staff Assignments

You are listed under your assigned coach:

Coach	Coach Special	Coach Katie	Coach Lillard
	Tylah Lampley	Tiana Jackson	Jada Nneji
	Ahsha Spencer	Daijah Smith	Abreanna Lake
	Amira Coles	Kiarra Thompson	Kimeira Burkes
	Sanai Grayson	Jealissa Presswood	Shelby Case

Student Athletes throughout the semester will work with your coach in the following ways:

1. Syllabi

Every professor will hand you a syllabus containing all pertinent information on grading, books you need to buy, and grading policies. These are to be kept in your notebooks. Please bring your syllabi to the assistant who is working with you after you get it from your professor, and the coach will make copies for our records.

2. Notebook Check

We will be checking to make sure your notebook is properly organized. Again, see your assigned coach. You will also be getting a student planner to log assignments, games, team functions, social functions, etc.

3. Book Assignments

You will need to show your assigned coach that you have purchased all your required books. Either show them your books or your receipt.

4. Report Your Grades

Keep your coach informed! They will be recording every grade

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that you receive for the semester into their own notebook. In order to stay updated, you should set up weekly meetings with your coach and report all the grades you have recently received. You should also discuss upcoming assignments, quizzes, and exams with your coach on a weekly basis.

5. Communicate Any Problems

If you find yourself falling behind or struggling in class, report it IMMEDIATELY to your coach. The sooner we can get you caught up, the better. If you feel like you need a tutor, Sam can organize tutorial sessions.

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UIC Flames
Academic Reminders

1. Be on time for class. Ask your professor if they would mind if you ate in class on the days you are running late because of a long practice or post practice treatment. It is rude and disrespectful to walk into a professor's class after he or she has begun lecturing. You don't skip or come later to practice and the same goes for class.

2. When you attend class, sit towards the front (first three rows), and be attentive. Make sure that you are taking notes. Professors will take a note of your participation because you are an athlete! Never sit in the back of the class!

3. Make sure of the professor's office hours. You should plan to visit with your professors once every 2-3 weeks outside of normal class times. All you have to do is ask him one question to let him know that you are interested. This will make the difference between a C+ and a B-!

4. If the class syllabus lists class participation as a requirement for a good grade, then participate. You want people to come watch you play and professors want people to learn what they are teaching. Ask questions!

5. Keep your graded assignments in your notebook. Never throw anything away until the end of the semester. Professors have been known to lose things or not to record grades properly. This is your insurance policy if that happens to you.

6. Keep copies of all your written work on a computer disk, or flash drive.

7. If you are having problems with a class, let one of the assistant

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coaches know and we will get a tutor. Do not let pride get in the way of your academic success.

8. Never, ever turn in written assignments without first having it proofread!

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UIC Women's Basketball Study Hall Program

Study Hall is required of:

1. All first year players.
2. All transfers.
3. Players below a cumulative 3.0 GPA

Mandatory 8 hours per week. Players will be assigned exact Study Hall times. Tutors and Assigned Coach meetings are in addition to the Study Hall hours required.

- 1) You will **be on time** for study hall. Study Hall is a set amount of time for you benefit. Use it to your advantage.
- 2) Study Hall is **quiet** study time. No cell phones, food, or drinks. No socializing!
- 3) Only a maximum of 2 hours of Study Hall per day will be credited towards your required Study Hall time for that week.
- 4) All student- athletes are required to bring course-related work with them to Study Hall. Magazines, newspapers, phones, etc. (that are not related to course work) are **not** permitted.
- 5) Under no circumstances, unless a class conflict or a medical reason arises, will you be exempt from Study Hall hours.
- 6) Study Hall is available to all student- athletes, even if they are not required to attend.
- 7) Study Hall on away trips can be credited towards your required Study Hall time for that week. All student- athletes will participate in required Study Hall on away trips.

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- 8) All cumulative GPAs will be recalculated at the **end** of each semester.
- 9) You are required to attend Study Hall during the hours that are assigned to you. The week of Study Hall runs from Sunday to Friday.
- 10) It is **your responsibility** to sign in and out of Study Hall.
- 11) Utilize the Tutors and Assigned Coach available to you. This will assist you to be a better student.
 - a. All student athletes are required to meet with Assigned Coach once per week for the entire semester.

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RESPONSIBILITIES OF A UIC WOMEN'S BASKETBALL PLAYER

Represent yourself, UIC, and the Women's Basketball program in a 1st class manner at all times.

Don't do anything to embarrass the program.

Remember:

Basketball is a privilege, not a right, at UIC

You never get a 2nd chance to make a 1st impression

- To give 100% effort at all times...whether it is on the court or in the classroom
- To attend all classes and excel to the best of my personal ability
- To attend all basketball functions
- To be on time for all classes and basketball functions
- To fulfill my team role the best I can
- To be respectful – treat others with the utmost respect – regardless of whether we think they are right/wrong, picking on us, or completely against us – there is a time and place to handle things.
- To look for ways to compliment my teammates, on and off the court to create a positive atmosphere.
- To set high but obtainable goals for myself; to encourage and assist my teammates in attaining their goals.
- To play up to my potential – do extra, go above what is asked of you
- To do what the coaches and support staff members ask of me
- To accept criticism in a constructive manner and not as a personal attack. If you don't understand “why” come and ask questions after

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- To be flexible and maintain a willingness to learn and grow as an athlete and student

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UIC ACCOUNTABILITY/RESPONSIBILITY

FACT SHEET:

1. IF YOU MISS A CLASS = YOU WILL MISS A GAME
2. NO WEARING OF HEADPHONES while walking through the airport, to and from the bus. NO CELL PHONES out when we are in public places. Example, Team Meal at Restaurant.
3. No wearing of baseball caps, do-rags, or work boots while traveling and representing UIC. No inappropriate clothing shall be worn, and when asked to wear **UIC issued gear**, make sure we all look the same – and are tucked in.
4. Keep all personal information updated:
 - Cell phone numbers
There should always be a way to reach you, **NO** excuses about not receiving a message!
 - **No cell phones** at team meetings
 - **Turn cell phones off** in locker room for pre-game
 - If a member of our program (coach, support staff, academic advisor) calls you, return their call immediately!!
 - If a member of our program sends you a text message, respond to the text letting them know that you received it!!
 - **NO CELL PHONES ON THE COURT!!!!**
5. Follow all Training room policies, and rules. **DO NOT MISS APPOINTMENTS**. If you miss there will be consequences at the discretion of the coaching staff. Communicate with Sydney and your position Coach you must make rehab a priority.
6. Be on time for all workouts with Strength Coach Evarist. If you are late – according to the strength coach – you are subject to **TRUST WHAT WE HAVE, BELIEVE WHAT WE CAN DO!**
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consequences at the discretion of the coaching staff. No questions asked. The weight room is an area where we must improve. Hold yourself and your teammates accountable.

7. Treat support staff like you would any Coach on our staff. Be respectful, on time, and if problems arise that you cannot handle, speak immediately to a coach.
8. All players are required to attend all school practices, team meetings, and games on time – remember the time policy.
9. Any piece of equipment left in the gym, locker room or hotel by any team member will cause the team to run for every item recovered. You must take pride in all that you have – be responsible.
10. Be a professional – no cell phones or electronic devices in any classrooms or meetings!

NO using phones and/or texting during class

NO Snapchat, Twitter, or Instagram during class. If your computer is a distraction, take notes the old fashion way – a notebook and pen.

11. Be honest and hard working with your tutor. If you are not getting what you need, please talk to your coach. Do not miss tutoring appointments. Be on TIME!
12. Chemistry – Chemistry problems will be eliminated!

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COMUNICATION IS KEY

- If you are sick, running late or have any issues or concerns please **CALL** your assigned academic coach. **DO NOT** text as the coaches want to speak to you.
- A phone call is the preferred form of communication in these instances. Texts can be misinterpreted and lead to misunderstandings and miscommunication.

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Great Players

Get out of the IT'S

* It's are excuses

“It's too hard” – “It's too early”

If your best player is not driven by competition and achievement, you are probably going to have a bad team.

Our best player must represent what we are all about

Our best player has to buy into the system

Our best player must have mutual respect with Coach Pointer

Our best player must be our best listener

We are only as good as our best player!

The “DNA” of great player!

1. They compete in every practice and game
2. They hold themselves accountable
3. They put demands on themselves and others

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Expectations of a UIC Flames Basketball Player

Academics – Games – Practices

Certain responsibilities of a UIC basketball player were mentioned earlier in this handbook. This section is included to inform all participants that there are other, more specific, expectations of them as members of the UIC Basketball team.

The first area of concern is **ACADEMICS**. You will notice that in the word student – athlete, “student” comes first. The most important reason for attending UIC is to receive an education. Basketball is a small but important part of your total education.

Your coaches are concerned with your academic progress throughout the school year. We will be monitoring your academic standing with each of your professors as the school year progresses.

Remember that during the season it becomes more difficult to maintain acceptable academic standards. This is not because of changing expectations by your professors, but because of less time and energy to do required work (practices, games, etc.). This however, will not be an acceptable excuse to falter academically. Keep in mind that being a member of the UIC Basketball team is a privilege, not a right. Certain considerations and arrangements might be worked out by yourself, your coaches, and your professors to rectify poor academic standing. For example, we will allow student – athletes to miss practice to see instructors for special study times, and for makeup exams. In no way will our student – athletes be given special consideration in regard to grades – we only ask that communication lines be kept open in case problems arise. You must keep your coaches abreast of any problems that may develop. All practices will begin at the scheduled time. On days that school is not in session, practice times will be announced.

All UIC Basketball players will be expected to conduct themselves in a mature and responsible manner both on and off the court. Some of the many expectations we have of our athletes will be listed here. Also, the

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Discipline Policies that we will abide by are given. Ask yourself this question:

What kind of impression do you want to give other students, teams, or fans?

- Always sit in the first three rows
- Dress to impress
- No hats, head phones, or cell phones
- Arrive early to class

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DRESS CODE AND TRAVEL GUIDELINES

As a reminder, a rule of thumb, you are not only representing yourself, but UIC Basketball and University of Illinois-Chicago. It is strongly suggested that you attend class dressed as if you were going to an interview, not as if you just rolled out of bed, or are headed to a club.

When traveling, the Flames always travel with First Class style and unity. We dress up when we travel. Dressing up includes shoes, pants/slacks (no jeans), skirts. ABSOLUTELY no exposed mid drifts. No hats no do rags.

- Curfew will be administered while traveling. Do not be out of your room after curfew.
- Under no circumstances should you leave the hotel, room, or floor unless directed by the coach.
- No visitors are allowed in your hotel room. You can only meet visitors in the lobby with approval of Coach.
- Clean buses and rooms before you leave.
- **Cell phones will be collected before Team Meals.**

When on the road, we sometimes wear our travel gear. Make sure to pack what is listed in the itinerary and always have your shirt tucked in.

Absolutely no head phones anywhere in public, coaches will tell you when they are permitted.

In addition, there will be times when we have reached a destination that we will have a quick meeting while riding the bus to the hotel / practice. Be ready for this and put all head phones away and be attentive to Coach.

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Cell phones should not be used when out with the team, or any team function. They should be in the off position at meetings so they don't interrupt.

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Loyalty

Playing at UIC is not a 4 year commitment – it's a 40 year commitment.

You are very important to us and we want to help you in every way we can. If you believe in us and our system you will not be disappointed. I will do my best to be fair on all decisions and will make every attempt to be the best leader I can. My role as leader will be to get you to think more of yourself.

We as coaches will do all that we can for you – but you have a duty to do what is right. Our relationship must be a two-way street.

If you have a problem, come and see me. Your roommates, parents, girlfriend or boyfriend may not be able to help, and complaining to them will make for a negative situation.

Complaining to your significant others, parents, or teammates will not help solve problems, but most times help to escalate them. Be mature and come and talk to me.

Confidence is necessary for success in any phase of life. Confidence can be gained by experience and being trained to your peak capacity. Some players have difficulty understanding criticism and lose confidence when criticized. Remember, positive reinforcement is used only for your benefit and the teams. Don't worry about losing, just do your best.

We as coaches pledge ourselves in honoring the dignity of each of you regardless of race, creed, religious philosophy, or social status. We take a personal interest in you as human beings first and athletes second. Our concern will not cease at the end of your playing career.

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You and you alone are responsible for your future. You are really free the moment you do not look outside yourself for someone to solve your problems. You will know that you are free when you no longer blame anyone or anything, but realize you control yourself and your destiny.

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ROLES

Understanding and accepting Your Place on Our Team

I am sure all of you think you are going to get playing time this year – but that might not be the case – and even if you do, it might not be the minutes that you think BUT that is life at the next level. Understanding and accepting the role you are given will improve the overall chemistry and success of the team. The coaching staff's 1st responsibility is to build a successful program and win. A good way to possibly increase your court time is to improve your game.

The roles I am going to give you may not be the roles that you want. They might not be great for you – **but they will be great for the team.**

- Not every player is going to be the leading scorer or top rebounder – but every player will be asked to contribute in some way.
- Each player on our team will have a **role** that has value and should be respected.
- Understand your role – accept your role.
- Be the very best that you can at your role.
- Each team member will contribute specific qualities to a winning formula.
- Those qualities and your acceptance of them will make the difference between teams that click and teams that clash.
- Remember it takes maturity and selflessness to put the success of the team ahead of your personal goals.
- Roles change during the course of the season due to a variety of reasons such as injuries, performance, etc. Make sure when your role changes you handle it appropriately. If it changes for the positive – continue to work and take advantage of your increased minutes. If it changes in a negative way – do not pout or feel sorry for yourself – instead **work** and get back to where you want to be.

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**You may not start
You may play only 5 minutes a game
(take advantage of that time; make the most of the opportunity
on the court)
You may only play in two games all season – but your positive
energy could be the difference between us winning and losing**

**“By dwelling upon the mistakes, you can keep yourself in a
sort of error groove.**

**Mistakes can be teachers, but they can also be leeches, clinging
to your thinking, conditioning you to make the same mistakes
again. It is too easy to let yesterdays mistakes ruin today.
Train your mind to emphasize success.”**

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GAME AND PRACTICE RULES

1. Players must be on the court ready to begin practice, not just arriving at the gym ten minutes before the designated time. Medical attention, such as taping of ankles, will be done before the scheduled practice time.
2. **When you report to the floor, you should begin working on the areas in which you felt you need to improve.** The quicker you get on the court, the more time you will have to work on these individual areas.
3. After the practice session, time may be allowed for players to remain and work on skills. However, at no time will horseplay be permitted. Refrain from abusing equipment, please.
4. Communication of class schedule must be given to the trainer prior to the scheduling of any doctor appointments **AND** the coaches must be made aware of any appointment immediately.
5. Be aware of your strengths and weaknesses. Do not be afraid to ask your coaches for advice or assistance if things are not going well. You can receive extra help before and after practice.
6. **Stop all activity** on the whistle and go to the coach or designated area **on the run**. Do not throw basketballs on the floor; place them in the ball rack. (The managers are **NOT** ball boys/girls).
7. Players are not excused from practice for minor injuries. You are expected to be present and observe practice or receive treatment if needed. Do not leave the practice floor without permission. There is a difference between being hurt and injured, know the difference. Too many missed practices will definitely impact your role on the team.

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8. **Cell phones prohibited on the court at all times during practice or games.**
9. There is **never** a need for abusive language on this team. Learn to express your true feelings in an intelligent manner.
10. Players are expected to conduct themselves on the court intelligently during practices and games. No player will be allowed to taunt an opponent, even if you believe she is acting improperly. **Talking to opponents and officials should be limited to friendly conversation.**
11. When traveling to an “away” game or attending a ‘home’ game, all players and managers are expected to dress in a neat & clean manner. Dress as if you are applying for a job. Dress code will be enforced at home and away games and functions.
12. Every person in uniform is expected to be attentive, positive, and prepared to enter the game at any time. Team morale is vital for team success. When you are not in the game, we expect you to encourage those who are. Do not sit at the end of the bench and talk to your neighbor – you will not be ready and focused to play.
13. Rules and regulations of the training room will be met and followed. Tardiness will not be tolerated for scheduled appointment times with the trainer. If you are in rehab, communicate with a coach and the trainer to determine the best possible time for rehab.
14. The decision of the referees will be final. As a team, we must accept them, even though we may personally disagree. If you have questions for an official, go to your team captain. When you ask to speak to the referee, remember the words “Please” and “Thank You”.

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15. Each player is issued practice and game equipment. It is your responsibility to wear the appropriate gear to practices and games. Take proper care of the equipment and gear issued to you. Wear **YOUR** own practice gear and appropriate number – **NOT** someone else's.
16. Do not take any practice gear out of the locker room without prior approval from a manager or coach.
17. If you lose any piece of any equipment that was issued to you, you may be required to pay its replacement costs. Do not go to the equipment room and ask for replacements – you must ask coach!
18. Student managers, trainers, statisticians, and video equipment operators are very important to our team. They are frequently the first to report to practice and the last to leave. They are not to be bullied or bossed around by players. They are integral part of our team. They have a specific job to do each day and they deserve the proper respect for their contributions as members of our team.

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ON TIME POLICY

Early is on time
On time is **LATE**
Late is **Unacceptable**

Training Table (Breakfast and Lunch)

Breakfast and lunch is mandatory and is for you. These meals are designed specifically to meet your nutritional needs, make sure you eat. Saving yourself for late night food will not benefit you. I know some of the food is stuff that you are not used to but please attempt to try new things. We are trying to get you to perform at a maximum level and your eating habits need to improve. Be on time for training table.

ID CARD

It is a University policy to carry your ID card at all times. **DO NOT** allow anyone to borrow your ID card for any reason

PARENTS

Your parents and family are encouraged to come to all games, and be our biggest supports. Remember, your parents love you very much and think you are awesome, so they can't be objective when it comes to such things as playing time – leave that up to the coaches. If you have a problem or concern please show your maturity and come speak to the coaching staff. Your parents or significant other may not be able to help, and complaining to them may make for a negative situation. Please do not have your parents contact me regarding playing time. **I will discuss academics and personal matters with your parents, but I will not discuss playing time!** Practices are closed. Parents can wait for you in the lobby area if they are in town.

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- **PLAYING TIME WILL NOT BE DISCUSSED WITH PARENTS**
- **PRACTICES ARE CLOSED**

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Relationships

We as coaches pledge never to judge you on sexual orientation, race, or religion. We will expect you to act mature in your relationships.

- No public display
- Mature Adult Relationship

We also expect that there will not be any relationships on the team. This is a conflict of interest. If you are having a problem with an abusive, inappropriate relationship, please let someone know so that we can get you help through the appropriate channels.

EQUIPMENT

You will be given more than enough equipment. This equipment is ordered for YOU.

This means you should not be sending home your sweats for your mom, and giving your extra sneakers to your best friend. The equipment is expensive and everyone on the team must have all equipment accessible at any given time. No extra equipment of any kind will be issued. There should never be a scenario such as “I need another pair of shorts because I left them in my room.” Your practice cloths should not leave the gym. They will be washed every night to guarantee that no one will forget anything for practice. If there is a problem, go directly to a Coach – not the equipment room. Put your equipment in the laundry that day so there is NEVER a case where you don’t have clean cloths.

Must have Adidas issued gear at all times – No Exceptions!

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LOCKER ROOM

- Treat the locker room and all facilities like you would a new car. This space was specifically designed for you – keep it cleaned and organized at all times! You never know when an administrator, coach or recruit might be walking through; so make sure it is always looking great.
- Make sure your things are always locked up. Your equipment will not be replaced. Take care of your possessions. We know this is your space; however in the past things have disappeared.
- Limit eating and drinking in the locker room. If you are eating or drinking something (clean up after yourself). Do not leave a mess behind! KEEP IT CLEAN!!!
- NO OUTSIDE GUESTS are permitted in the locker room. You have certain privileges when you are part of this team and one of those privileges is the locker room. It is to be used by UIC Women's Basketball ONLY!!!
- Make sure the radio and TV are off when you leave the locker room.
- **There will be no locker room access during practice. Once practice begins the locker room will be off limits.**
- **Never borrow or take a teammates gear, personal belongings and/or anything from a locker other than your assigned locker area. If you cannot follow this simple rule, you are subject to consequences set forth by Coach Pointer.**

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The locker room is our sanctuary. You will never leave any equipment, shoes, shorts, etc. lying around. If the managers or coaching staff find something you've left, the Team will endure the consequences. **KEEP IT CLEAN** – or your privileges of the room will be taken away. You will never know who will enter the locker room – so it should look perfect at all times.

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INTERNET WEBSITES

Community web boards and social media such as ‘Twitter’, ‘Facebook’, ‘Snap Chat’, and ‘Instagram’ should be kept clean at all times. They are monitored by the athletic department personnel and anything found that is inappropriate will bring consequences that can hinder your athletic career.

Remember, anything that you put on the internet is out there forever. There is great interest in our program, and more people than you can imagine will see what you post.

You can’t take back what you have posted online.

Before you click send, THINK!!!!

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HOUSING

As a student-athlete it is important that you follow all of the housing regulations and guidelines set forth by the University.

Those that are living off campus are subject to the same guidelines and responsibility as those on campus. If the appropriate conduct is not occurring off campus or violations occur you will be subject to consequences set forth by Coach Pointer and Administration. It is a privilege to be off campus, do not take that lightly.

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COMMUNITY SERVICE

An important part of our program is the time we will spend in community service projects. We believe that college athletes are tremendous role models and we want our Student Athletes to take an active interest in their University and community.

Throughout the year, we will provide numerous opportunities for our team as a whole and for individual players to be involved in events on campus, in local schools, and local charities, etc.

We also expect you to get involved with the life skills workshops.

We realize that being involved in Division I athletics places a great demand on Student Athletes in terms of time and energy, but we believe it is valuable for young people to learn how to give of themselves to others.

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TRAVEL/BREAK RESPONSIBILITIES

During off days, extended breaks, holiday breaks it is required that you notify a coaching staff member of travel plans. It is not acceptable to return back on or book travel plans without consulting a staff member. If you are late returning to school, practice due to this you will be subject to consequences put forth by Coach Pointer. Simply have a conversation with a staff member about appropriate travel plans and or scheduling. **If you are purchasing a flight please see Coach Lillard to review dates of travel.**

****IF YOU HAVE A QUESTION ASK COACH LILLARD AND/OR COACH POINTER****

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RECRUITING 101

UIC WOMEN'S BASKETBALL

As a member of the UIC Women's Basketball team, you are not only representing yourself, but UIC, our athletic department, our women's basketball family, your teammates, and your coaches. All team members are expected to conduct themselves with the highest level of respect on the court, in the classroom, and in the community.

- Prior to each OFFICIAL Visit (and some Unofficial Visits), all team members will be given an itinerary and profile on each recruit and her family. It is the responsibility of each player to be familiar with the information on these sheets. Know the schedule and be on time for the events.
- All team members are expected to dress appropriately for recruiting functions. Know the schedule beforehand so that you are prepared. If a dinner is scheduled, make sure that you are dressed nice (pants or skirt, & nice top or uniformed attire shared by Tana) and that your hair and make-up (if applicable) are done. All shirts

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should be tucked in and shoes tied. If an event is planned (i.e. bowling, movies, laser tag), make sure that you have the appropriate clothing and gear to participate. No hats (or other inappropriate head-gear) are to be worn while recruits are on campus.

- All team members will be expected to participate in recruiting events! Even if you do not enjoy one of the events, you are to have a good attitude.
- When a recruit is on campus, always refer to her name – not “the recruit”
- Please be enthusiastic and have a positive attitude... we only have ONE shot to make a great first impression.
- Eliminate inside jokes, which alienates a recruit.
- Upon meeting a recruit or parent, all team members should stand when a recruit or parent enters the room. At appropriate time, each member should take the initiative to introduce herself to the recruit and her parent/guardians/ coaches/siblings. This introduction

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should consist of a handshake and an introduction of self.

Furthermore, a recruit and her parents should be in conversation with UIC personnel at all times!

- One of the main reasons for a recruit to take an official visit is to see how she will fit in with future teammates. Therefore, it is vital that all members of the team make an effort to talk with the recruit and get to know her. If a coach were to ask the recruit about the current players, she should be able to tell the coach something that she learned while on her visit. Therefore, it is your responsibility that she actually learns something on her visit. No recruit should leave campus without knowing the names and faces of each player on the team.

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- It is understood that some team members (seniors) may never play with the recruits that are brought in this year. However, everyone is still expected to take an active role in the visits. Every effort should be made to get to know recruits and make them feel comfortable while they are here. Take the initiative with the recruits!
- All members are responsible for entertaining the recruit. Although a hostess is assigned to the recruit, all team members will be expected to take part in and help with the activities that are scheduled. Neither the recruit, nor her parent(s) should be left alone while on their visit. It is a TEAM EFFORT! (TOPICS WILL BE GIVEN TO EACH CLASS FOR VISITS.)
- Recruits are not allowed to travel outside a 30 –mile radius of UIC’s Campus. At no time should a recruit be taken outside of these boundaries while on a visit. Recruits should not engage in illegal activities while on a visit to UIC.

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- There will be no instance when the team members are allowed to take the recruit with no coaching staff or parental supervision. It is the responsibility of the team members to ensure that no problems occur and that no rules are broken... and that you check in with the assistant coaches periodically. If something should happen and a recruiting rule is violated, a member of the coaching staff should be notified IMMEDIATELY.
- Absolutely, NO cell phones (this includes any form of texting) should be used when a recruit or parent is present. Set them to vibrate, silent or turn them off so that you do not interrupt the conversation or event.

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Athletic Training Room Rules / Expectations

- All injuries must be reported to Sydney as soon as they occur. Sydney will function with authority on all medical matters. Coaches nor athletes will make decisions on whether a player will or will not practice. These decisions are made by team doctors and/or trainer.
- IMMEDIATELY call/text Sydney if you are sick. She will tell you the next steps and schedule a doctor appointment if needed. For example, if you wake up feeling sick call/text during the morning and NOT when you arrive at Flames Athletic Center.
- ALL scheduled treatment sessions are MANDATORY. Any missed treatments will be reported to your academic/leadership coach.
- Players who are hurt/injured and not participating in practice is expected to perform strengthening, conditioning, skill development exercises and/or assisting coaches throughout practice.
- The following items are NOT PERMITTED in The Athletic Training Room:
 - Food
 - Beverages (Water bottles are acceptable)
- You must shower prior to any treatment. You must also be wearing clean and dry clothing.
- NO PICTURES OR VIDEO TAPING IS ALLOWED IN THE TRAINING ROOM DUE TO HIPAA RULES. Earphones are to

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be used at all times and NO PHONE CALLS or VIDEO CHATS will be allowed.

- Appropriate clothing is required for all treatments. Shorts must be worn over spandex.
- The athletic training room is not a lounge. If you are not actively getting treatment or being evaluated by an athletic trainer, you must leave. Loitering will not be tolerated!
- Vulgar and explicit language will not be tolerated and are terms for removal from the facility.
- Please be mindful of others and keep your voices at a low level.
- This is not a self help facility. Please ask an athletic trainer or a student to help you. (You may NOT get your own heat packs or ice bags)

Substance Use/Abuse

- Our policy for drug use/abuse is located in your student-athlete handbook on the UIC Athletics website.
- No alcohol/illegal substances in your dorms, on road trips, team functions or during campus visits by recruits. University regulations prohibit players and staff from using alcohol while traveling as an official university party.
- Marijuana and other illegal substances are prohibited. If you are selected as a randomly tested student-athlete by UIC or the NCAA and test positive for illegal substances there are consequences.

Signature _____ Date: _____

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WBB 2019-2020 Strength and Conditioning Rules

1. Be on Time – Be ready 15 minutes prior to the start of strength training.
2. No Bathroom Breaks – take care of business prior to workouts.
3. No Jewelry – no rings, bracelets or earrings.
4. Everyone in the Same Gear – same shirt, shoes, shorts, socks.
5. Only the Coaching and Athletic Training Staff will make the necessary recommendations to the Strength and Conditioning Program for modifications in the workouts.
6. If you are INDEED injured, seek treatment immediately.
THEN, refer back to #5.
7. Differentiate between SORENESS and INJURY – being sore does not excuse you from workouts. And we will be sore a lot.
8. Chronic issues (i.e. knee inflammation, shin splints, shoulder impingement) are just that – chronic; management is through treatment and modification as assessed by the athletic training/medical staff and strength and conditioning staff.
9. Discipline, effort and intensity – HAVE A PURPOSE to what you do.
10. Be LOUD. Encouraging your teammates is allowed. Both are expected!!

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11. Put weights away when you are done. Respect the equipment, respect the weight room.
12. Train, do not workout. Try and break your personal best every training session.

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Media Interview Policy UIC Women's Basketball

We understand that a student-athlete's studies, team practices and competition schedule come first. We will do our best to coordinate interviews and other media requests accordingly. If you feel overloaded with too many interviews or want advice on how to handle an interview, do not hesitate to talk to a member of the staff. **WE ARE HERE TO HELP.** Please let us know immediately if you feel you are misquoted or if you have had a problem with any member of the working media. Our office staff is at your service 24 hours a day, seven days a week. It is OK to call us at the office or at home if a media-related question or situation comes up.

Please, **ONLY** do interviews that have been arranged by a member of the Athletic Communications staff. This allows us to ensure that requests for your time are legitimate and allows us to remind you of appointments. Also, in the event of a negative occurrence, we can handle requests appropriately and offer advice on how you might deal with certain questions. If you are contacted directly by a reporter, ask that person to arrange the interview through our office.

If you have an interview scheduled, show up and be on time. Because of deadlines and your tight schedules, the media relies on you to be on time. Should you have a problem making a pre-scheduled appointment, always call the Office of Athletic Communications.

Media Policies and Procedures:

- All interviews must be arranged through the Office of Athletic Communications
- All interview must be requested one day in advance (except for post-game interviews)
- Site restrictions...media is off-limits to:

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- Locker room, academic centers, weight rooms, training rooms
- Jenn Zoellick will be present during interviews, if requested by athlete or decided upon by Coach Pointer
- No interviews on the day of the game (except for post-game interview)

Tell Athletic Communications Staff Immediately...

- If you are misquoted
- If you are bothered on your cell by media calls
- If you feel you have been a target of “bad” journalism

Think Before You Speak and Consider These Points...

- Know your audience
- Know your message
- Anticipate all questions
- Avoid jargon
- Use physical animation
- Do not repeat negative phrases
- Keep your cool
- Speak only about us or we
- Avoid “no comment” and “off the record”
- Tell the truth

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How to Handle Tough Questions:

Don't Say "no comment", instead...

- "I'd rather not talk about that"
- "I'm not qualified to discuss that"
- "You would need to speak to Coach Pointer about that"

DO....

- Find out the name and news source of the person who is interviewing you before you do the interview
- Be on time (the longer they have to wait, the less time they have to write a good, accurate story)
- Be presentable (you are representing the University – be neat and remove gum)
- Remember that you are always "ON THE RECORD". Anything you say can end up in the paper, on TV, etc.
- Keep your head up, smile, and maintain eye contact
- Look at the person interviewing you (not the camera)
- Avoid "um", "you know", and "you know what I'm saying", etc.
- Be courteous (it's their job)
- Listen, pause, and think before you answer questions, pauses never show up on paper or Radio/TV
- Be aware of your surroundings/who you are talking to. A private conversation walking down the street can be overheard and repeated to a member of the media
- Contact a member of the staff if you feel you have been misquoted, called at home, or hounded by the news media in any way.
- Thank the reporter when the interview is over. Be gracious and appreciative. It can lead to more favorable stories in the future.

DON'T...

- Criticize teammates, coaches, or officials
- Joke or use sarcasm, you cannot control the tone in which it is written or the context it will be aired
- Say anything "off the record" or "just between you and me"

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- Say “no comment”, instead say, “I’m not at liberty/qualified/advised/able to discuss that issue”
- Pretend you are a coach. Let the coaches answer questions regarding who will start, game plans, and strategies
- Miss class or practice for an interview
- Make sure the interview is pre-arranged by Office of Athletics
- Wear black and white clothing or stripes, or another school’s attire, or clothing with holes for photo shoots
- Give away the game plan – speak in general terms
- Comment on injuries of teammates – allow the coaches, staff, and trainers to handle all medical questions
- Say anything that would inspire your opponent (no bulletin board material)

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University of Illinois-Chicago Athletic Scholarship

In-state Tuition: \$27,474

Out-of-state Tuition: \$42,890

Fees: \$810

Books: We budget for \$1,045

Room & Board: For budgeting purposes we use \$18,130
(single room)

Over breaks: On those days student athletes are required to be here, the amount is \$28 a day for a stipend. Summer classes this past year were \$1,267 per credit, plus a \$75 fee for one class. \$150 plus fees for 2 or more classes.

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UIC Basketball Responsibilities & Commitment

ACADEMIC

- I recognize that the main reason for attending UIC is to complete my Degree
- I will perform to my highest level of academic potential
- I will attend all classes and academic obligations as scheduled
- I must be enrolled in a minimum of 12 credit hours through each semester
- I must pass 24 credit hours between the term of competition and the earlier of the two immediate previous terms of attendance (NCAA: Article V, Section C, Ic.)
- I will not drop a class without having permission from the Coaching Staff, Academic Advisor, and Compliance Coordinator
- I will maintain a cumulative G.P.A. of 2.5 or better – goal is 4.0
- I will follow all rules that relate to academic obligations (study hall, tutoring)

SOCIAL / HOUSING

- I will be responsible for all my actions and will not in any way discredit myself, my parents, my teammates, or UIC.
- I totally understand the use of illicit drugs is prohibited
- I understand that the use of tobacco is prohibited
- I will adhere to all regulations and policies of UIC, including housing and student handbooks
- I understand the guidelines and regulations of Student-Athlete off campus housing

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ATHLETIC

- I fully understand the implications of competing for a college team
- I will always maintain maximum effort in order to perform at my highest level of ability
- I am aware that basketball is a team sport, and I need to integrate myself into the team concept: I am, therefore, accountable to my teammates and coaches
- I will be accountable for all practice sessions, team meetings, and other team functions
- I will meet all requirements delegated by the Sports Medicine Dept.

TEAM EXPECTATIONS

- No cell phones during study-hall.
- No cell phones during team functions.
- ALL team functions are MANDATORY!
- Curfew is 10pm Sunday – Thursday.
- All cell phones and iPads will be turned into the coaching staff by 10pm and returned the following morning.

I have read this handbook in its entirety and understand that consequences may occur if I do not meet my responsibilities as a UIC Basketball player.

Coach Signature

Student-Athlete Signature

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*Coincidence
Or
Not???*

If...

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Equals...

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26

Then

K+N+O+W+L+E+D+G+E
11+14+15+23+12+5+4+7+5 = **96%**

H+A+R+D+W+O+R+K
8+1+18+4+23+15+18+11 = **98%**

Both are important, **but** fall just short of 100%

BUT

A+T+T+I+T+U+D+E
1+20+20+9+20+21+4+5 = **100%**

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