

TEAM RULES 2019-2020

GENERAL

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/>

The following team rules are not exclusive and the coaching staff reserves the right to expand, add to, or adjust these rules at any time.

Alcohol abuse, the use of illegal drugs, and underage drinking in public places may result in disciplinary action, including possible suspension, dismissal and/or loss of athletic grant-in-aid.

The use of tobacco products is not condoned by the Kansas Athletics or the NCAA and will not be tolerated.

Do not make plans to go out of town, go on an interview, take an exam such as the GRE, etc., without first speaking with Coach O'Neil. This also includes plans to go home for the holidays. You *must* return to campus 48 hours before the first day of class for any semester. For example, if classes begin on a Monday, you need to be on campus by 8 am on Saturday.

Fall/Spring/Summer

Any requests to miss practice, a work out, qualifying, or a team function must be made either in person or via a phone call conversation with Coach O'Neil or Coach Nahm. ***Do not leave a message, text or email!***

SOCIAL NETWORKING SITES

All team members are required to permit full access to their social networking accounts (Facebook, Twitter, etc.) to Coach Nahm. Access will continue until the final day of classes of the semester in which eligibility is exhausted and/or termination of the student-athlete's grant-in-aid. This rule applies to 5th year seniors, medical redshirts, and walk-ons.

Any inappropriate material (as determined by the head coach in conjunction with administration) on your social networking account will be required to be removed and cropped within 24 hours of notification. Failure to remove material will be treated as an offense under team rules.

Sanctions will be applied and will be determined on a case-by-case basis for any inappropriate material posted on your account..

ATHLETIC GRANTS-IN-AID

An athletic grant-in-aid is awarded to prospective student-athletes who possess the attitude, talent, and desire to play golf for Kansas, as well as to pursue academic success in the classroom.

An increase in a grant-in-aid depends on the amount of financial aid money available for the next fiscal year within NCAA limits. An increase is merited by substantial improvement in skill and stroke average, giving 110% effort, never making excuses, and continued academic success.

EQUIPMENT & UNIFORMS

All equipment issued to you is for your use and not ABUSE. When you wash your uniforms, please read all washing instructions carefully. Don't mix lights with darks. Wash your uniforms in COLD water.

Tournament uniforms are to be worn for tournaments only—not at practice!!

Damaged or lost equipment may result in a fine or replacement fee.

Any clubs provided to you are the property of Kansas Athletics. At the end of your eligibility, under NCAA rules, you may purchase the equipment at fair market value. If you do not return or purchase clubs, your student account will be debited for the value of the clubs.

Any clubs not returned could jeopardize your eligibility. **Please return all equipment that belongs to Kansas Athletics if you do not intend to use it.**

Do NOT alter uniforms on your own. You must have approval from Coach O'Neil and use the Kansas Athletics alterations person.

DRESS CODE

- At all golf courses no commercial/team t-shirts, no blue jeans, no blue jean shorts. Please make sure that all shorts are an **appropriate** length. If you don't know what "appropriate" means—ASK!
- All team practices—neat appearance appreciated!!
- **NO blue jeans, t-shirts, hats, or flip flops** are allowed when flying to a tournament. You are to wear the team warm-up to all away trips.
- No tank tops, short shorts, skorts, sweats or cut-offs at any golf facility at any time.
- Take pride in your appearance at all times. Remember that you represent Kansas and your entire golf team.

ADIDAS GEAR

Adidas gear must be worn to all team practices (shirts, shorts, shoes, hat, belt, socks, etc.). You may wear KU issued Adidas gear or your own personal Adidas clothing.

If you show up to practice in something other than Adidas clothing, you will be asked to leave and change into Adidas gear. Habitual disregard for this rule will result in suspension from the team for an amount of time to be determined by the coaching staff/Kansas Athletics administration.

When you are practicing or working out on your own at any KU facility, including Alvamar and Lawrence Country Club, you may wear generic clothing that does not have any kind of logo on it.

TOURNAMENT QUALIFYING

Qualifying decisions are at the coaches' discretion. An average target score will be given prior to qualifying rounds. All decisions are made for the good of the team. Don't be in 4-6 position, that's mama's choice.

Depending on the tournament schedule, we will try to qualify before each tournament. Play the course, not the person. If there is not enough time or there are weather problems, coaches' discretion will be used.

You must be ready to tee off ten minutes prior to our assigned tee time. Penalty—two shots. If you have a conflict with class and might be late, please inform Coach O'Neil or Coach Nahm so you will be placed in the last group.

Slow play **will not** be tolerated. Penalties may be incurred.

Coaches' discretion will determine late spring and post-season play.

Treat qualifying the same way you would treat a tournament—be prepared and focused. In order to attain our goals we must practice like we play!

We will consider any round that we play as qualifying.

TOURNAMENTS

Be Prepared! Prepare yourself ahead of time with your academic responsibilities so you are not distracted at the tournament. Be well rested. If need be, we will maintain study hall on the road.

You are representing Kansas Athletics and the University of Kansas; do so with the highest degree of integrity.

After your tournament round, sign your card and return to the finishing hole, watch your teammates come in or wait together at the clubhouse if it is a shotgun start. **Save your socializing with friends and family until all of your teammates are finished.**

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Be supportive and talk about something positive in your round! Be careful how you speak as you become what you speak. Be excited about good rounds by yourself and your teammates. We are in this together and are only as strong as the group.

Be courteous to all golf staff, coaches, trainers, managers, and Kansas Athletics' support staff as well as staff and others at any golf tournaments we play in during the season.

One shot at a time—stay in the present!

Have all of your **equipment** (this includes your working umbrella and rain hood for your bag) organized, including your uniforms, past yardage books, rain gloves, towels, and championship attitude at every event.

NO cell phones at the dinner table! Be considerate of your roommates on the road with your phone use. If your teammate is trying to rest, go to the lobby or in the hall to talk on the phone. All personal phone calls need to be made before we arrive at the golf course each morning—it's time to focus when we arrive!

Be respectful of your teammates when rooming together. Please don't invite your parents and friends to hang out in your room. This is your space to rest and to get ready to compete.

All members are asked to travel to and from the tournaments with the team. Special requests should be discussed with Coach O'Neil before leaving. A travel waiver form will need to be completed if permission is granted for non-team travel to or from a tournament.

ACADEMICS

Class attendance is mandatory every day. Failure to go will result in disciplinary action! SIT IN THE FRONT OF THE CLASSROOM!

If you are having problems in class, ask for help. See Phil Lowcock, our academic counselor, and your teacher immediately.

Give your letters to your instructors at the beginning of each semester and remind your instructors of your upcoming absences. Phil Lowcock can help with this if you need extra letters.

Weekly meetings with Phil Lowcock are required for freshmen for the first semester. If your GPA is below a 3.0, then you will be required to meet with Phil on a weekly basis for the following semester.

Be courteous to all of your teachers NO MATTER WHAT!

Never drop a class without talking to Phil Lowcock and Coach O'Neil FIRST.

Time management is the key, so get a calendar and use it.

Academic dishonesty will not be tolerated!

GOLF COURSES

Lawrence Country Club (LCC)

To play LCC, please let either Coach O'Neil or Coach Nahm know you would like to play there and we will call ahead for you. Do NOT play LCC without first talking with us. ALWAYS check in at the pro shop prior to using any of the practice facilities or playing at LCC .

Since LCC has a small range, please use it for warming up purposes only and use Jayhawk Club's range if you would like to work on your swing. Please pair up and alternate hitting shots from a shared area rather than six of you taking all available spots on the range. While making the turn at LCC please do not cut across #7 when walking from #9 to #10. **DO NOT TAKE A GOLF CART onto the golf course.**

The Jayhawk Club

Make tee times at least 24 hours in advance. ALWAYS check in with the Pro Shop before playing the course. Please do not take a guest to play at Lawrence Country Club or Jayhawk Club since you must be a member to do so.

Eagle Bend Golf Course (EB)

Kansas University Golf Teams may walk and play the Eagle Bend golf course Sunday through Friday in consultation with the Eagle Bend Golf Course Head Professional or Assistant Golf Professional. Kansas University golfers may walk and play the Eagle Bend Golf Course Saturdays after 2:00 p.m. in consultation with the Eagle Bend Golf Course Head Golf Professional, Assistant Golf Professional, or front desk attendant.

Players and coaches may use the Eagle Bend Golf Course ranges, practice putting greens(s) and short range facilities so long as those facilities are available for "open" use (e.g., a special event is not in progress and weather/maintenance permitting) *in consultation with the Eagle Bend Golf Course Head Golf Professional, Assistant Golf Professional or front desk attendant.* The Teams shall have access to all practice facilities for typical pre-round warm-up.

Teams shall follow all established EB policies and procedures along with all EB codes of conduct to include but not limited to: proper golf course behavior, teams shall check-in at the pro shop prior to all rounds, and no animals other than service dogs on the course.

DO NOT TAKE A GOLF CART onto the golf course

It is a privilege to use the golf courses and other athletics facilities. Please help maintain them by cleaning up after yourself and others, locking the doors when you're done, etc. Always leave the practice area in better condition than when you arrived. Repair pitch marks (even if they aren't yours), replace divots, rake bunkers, etc.

Practices and qualifying rounds are closed. Only Kansas Athletics staff are allowed to be present.

PRACTICES

Be on time for all scheduled practices and workouts. Being late shows lack of respect for your teammates and your coaches. ***If you are on time, you are late.*** We recommend arriving at least 15 minutes ahead of schedule for all team activities so that you are ready to go when the activity is ready to begin. If you arrive early to practice, DO NOT stand around and socialize. BE PRODUCTIVE! If coaches arrive and find you not being productive, we may ask you to leave practice.

Practice with a purpose and be creative. Our goal is to leave practice every day better than when we arrived. If everyone does that, we will show a great deal of improvement throughout the year and can play our best golf in the spring.

Extra effort and practice time are appreciated and expected to maintain the level of competitiveness of all University of Kansas players. We can only require a certain number of hours of practice due to NCAA rules, but to win championships it requires working when others are not. Be mindful that our goals and work ethic must match and we need to hold each other accountable for that. It's hard to win championships with a recipe that doesn't have all the ingredients!

PHONES

Please leave your phones in your car while we are at practice. The only exception to this is if you would like to use a metronome app on the putting green or listen to music while you are warming up **at a tournament/qualifying**. We are only here for a short period of time each day and it is important to be focused on what we have in front of us.

RECRUITS VISITING

Throughout the year we will have recruits visiting Kansas. Please make them feel at home and be open and honest about your life here. Be creative with good, sound judgment.

No drinking alcohol with recruits—PERIOD.

All team members are expected to participate in recruit visits. This is your team and recruits are the future of your team. Your participation in the visits is one of the most important parts of being on this team.

Only the student host can receive complimentary meals.

Phones: It is very important that we give each recruit our undivided attention. Please save your texting and calls for after our functions are over.

CONDITIONING/TRAINING ROOM—WELLNESS

Caleb Krueger and Sesely Omni will be our strength trainer this year. They are your coaches, just like we are. They will be treated with the same respect.

Be ready to work hard and take advantage of her expertise. If you don't understand a particular lift or exercise, always ask for assistance so we can prevent injuries.

You will be expected to wear Adidas team workout clothes in the weight room.

Fitness is a huge part of our game. This is an important part of our training. We will set goals in the weight room just as we do at the golf course. We want to leave the gym every week stronger than the week before.

You are what you eat and if your performance is suffering due to poor diet, you will be required to see a

*nutritionist. **DRINK PLENTY OF WATER!***

Nicole Lowry will be our trainer this year. Be respectful and do what he asks of you. If you are having trouble with issues in the training room, please let one of your coaches know so that we can help facilitate your needs.

If you are sick, go directly to Nicole for care. She can set up all doctor appointments to work around our schedule.

DO NOT wait for an extended period of time or the day we get to a tournament to tell us you have something that hurts or that you are sick. It is your responsibility to communicate about your health. If you feel a cold coming on, go to the training room to see the doctor or physician's assistant ASAP. We need everyone healthy for us to achieve our goals!!

EXPECTATIONS

Set and achieve academic goals.

Control your emotions and maintain a Positive Mental Attitude (PMA). Controlling your emotions is a vital part of winning. This is just as important to train for as working out, hitting balls, or working on your short game.

Be responsible and make good decisions.

Address conflicts with your teammates in a mature way. We are all very different and it's very important that we respect each other's differences.

We are a family. **Keep issues in the family.** If you have a problem with any member of the family, take that issue up with that family member. If you cannot resolve the issue, bring it to your coaches.

Community Service - You will be required to attend functions that involve giving back to the community. It is an important part of being a student-athlete. An activity may fall on Saturday morning, but remember all the privileges you get from being a part of our athletic department. Please come ready to help and give back!

NO WHINING!

No gossiping. EVER. PERIOD. If you aren't mature enough to say it to someone's face, keep it to yourself.

Before making plans to go out of town at any time, please meet with Coach O'Neil and Coach Nahm to make sure there are no conflicts.

No one-handed putts, club throwing, club tossing, or abusive language. Golf is a gentleman's game. Have respect for your playing partners. We will not tolerate behavior that is detrimental to you or our team.

If a coach witnesses any of the above actions, you may be asked to leave practice and/or the golf course if we are playing. If any of the above actions occur during a tournament, it may result in a suspension or other punishment determined on a case by case basis.

Know the rules of golf.