Student-athletes are responsible for being familiar with and abiding by the information presented in the Student-Athlete Handbook.

The University of Nebraska-Lincoln does not discriminate based on gender, age, disability, race, color, religion, marital status, veteran’s status, national or ethnic origin, or sexual orientation.

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All Information is accurate as of
May 16, 2018

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<tr>
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<td>Fall Semester begins</td>
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<tr>
<td></td>
<td>Late Registration begins</td>
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<tr>
<td></td>
<td>($25 late registration fee assessed)</td>
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<tr>
<td>Aug. 27</td>
<td>Last day for late registrations and adds</td>
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<tr>
<td></td>
<td>Last day to drop a full semester course and receive 100 percent refund</td>
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<tr>
<td>Aug. 31</td>
<td>Last day to drop a full semester course and receive 75 percent refund</td>
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<tr>
<td></td>
<td>Last day to file a drop to remove course from student’s record</td>
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<tr>
<td>Sept. 1 - Nov. 9</td>
<td>All course withdrawals noted with a grade of &quot;W&quot; on academic record</td>
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<tr>
<td>Sept. 3</td>
<td>Labor Day (Student &amp; Staff Holiday)</td>
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<tr>
<td>Sept. 7</td>
<td>Last day to withdraw from a full semester course and receive 50 percent refund</td>
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<tr>
<td>Sept. 12</td>
<td>Tuition and fee payment deadline</td>
</tr>
<tr>
<td>Sept. 14</td>
<td>Last day to withdraw from a full semester course and receive 25 percent refund</td>
</tr>
<tr>
<td>Sept. 28</td>
<td>Final day to apply for a degree in December ($25.00 application fee)</td>
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<tr>
<td>Oct. 12</td>
<td>Last day to change a course registration to or from “Pass/No Pass”</td>
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<tr>
<td>Oct. 15-16</td>
<td>Fall Semester Break</td>
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<tr>
<td></td>
<td>(Student Holiday - UNL Offices are open)</td>
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<tr>
<td>Oct. 22 - Nov. 6</td>
<td>Priority Registration for Spring Semester</td>
</tr>
<tr>
<td>Nov. 7 - Jan. 6</td>
<td>Open Registration for Spring Semester</td>
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<tr>
<td>Nov. 9</td>
<td>Last day to withdraw from one or more courses for the term</td>
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<tr>
<td>Nov. 21</td>
<td>Student Holiday (UNL Offices are open)</td>
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<td>Nov. 22-25</td>
<td>Thanksgiving Vacation (UNL Offices are closed)</td>
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<tr>
<td>Dec. 3-8</td>
<td>Last week of classes</td>
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<td>Dec. 8</td>
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<td>Dec. 10-14</td>
<td>Fall Semester Final Exams</td>
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<td>Dec. 15</td>
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<td>Dec. 24 - Jan. 1</td>
<td>Holiday Closedown</td>
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<td>(UNL Offices are closed)</td>
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<tr>
<td>Jan. 7</td>
<td>Spring Semester begins</td>
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<td></td>
<td>Late Registration begins</td>
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<td></td>
<td>($25 late registration fee charged)</td>
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<tr>
<td>Jan. 14</td>
<td>Last day for late registrations and adds</td>
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<td></td>
<td>Last day to drop a full semester course and receive 100 percent refund</td>
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<tr>
<td>Jan. 18</td>
<td>Last day to drop a full semester course and receive 75 percent refund</td>
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<td></td>
<td>Last day to file a drop to remove course from student’s record</td>
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<tr>
<td>Jan. 9 - April 5</td>
<td>All course withdrawals noted with a &quot;W&quot; on academic record</td>
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<tr>
<td>Jan. 21</td>
<td>Martin Luther King Day</td>
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<td></td>
<td>(Student &amp; Staff Holiday)</td>
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<tr>
<td>Jan. 25</td>
<td>Last day to withdraw from a full semester course and receive 50 percent refund</td>
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<tr>
<td></td>
<td>Final day to apply for a degree in May ($25 application fee)</td>
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<tr>
<td>Feb. 1</td>
<td>Last day to withdraw from a full semester course and receive 25 percent refund</td>
</tr>
<tr>
<td>Feb. 12</td>
<td>Tuition and fee payment deadline</td>
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<tr>
<td>March 1</td>
<td>Last day to change a course registration to or from &quot;Pass/No Pass&quot;</td>
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<tr>
<td>March 4 - May 19</td>
<td>Open Registration for Summer Sessions 2019 begins</td>
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<tr>
<td>March 17-24</td>
<td>Spring Vacation (UNL offices are open Monday through Friday)</td>
</tr>
<tr>
<td>March 25 - April 9</td>
<td>Priority Registration begins for 2019 Fall Semester</td>
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<tr>
<td>April 5</td>
<td>Last day to withdraw from one or more courses for the term</td>
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<tr>
<td>April 10- Aug. 25</td>
<td>Open Registration for 2019 Fall Semester</td>
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<tr>
<td>April 22-27</td>
<td>Last week of classes</td>
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<td>April 27</td>
<td>Last day of classes</td>
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<tr>
<td>April 29-May 3</td>
<td>Spring Semester Final Exams</td>
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<tr>
<td>TBA</td>
<td>Spring Semester Graduate Commencement and Doctoral Hooding Ceremony</td>
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<tr>
<td>TBA</td>
<td>Spring Semester Commencement</td>
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For full information and changes, visit: www.unl.edu/regrec/academic-calendar
Dear Nebraska Student-Athletes,

I would like to take the opportunity to welcome you to the 2018-19 academic year. Our administration, coaches, faculty and staff are all excited to help you experience another year of success in Academics, Athletics and Life.

This is my first full academic year in my position as Athletic Director and I feel fortunate each day I come to work to have the opportunity to be at the University of Nebraska. I hope you feel the same about your opportunity to represent Nebraska in athletic competition and on a daily basis as a student on our great campus. There truly is No Place Like Nebraska!

We are proud of the resources and support services we provide for student-athletes. I am confident those resources stack up favorably to any school in the country. Please use our talented and dedicated staff to help you reach your potential in all aspects of your college experience.

This student-athlete planner can be a valuable resource for you and be an excellent reference to familiarize yourself with our Athletic Department and your responsibilities as a Nebraska student-athlete. I hope to see as many of you as possible at events throughout the year, and if I can personally be of assistance in any way, please feel free to reach out.

Best of luck in the upcoming athletic and academic year. We look forward to helping you have a positive and successful experience this year.

Go Big Red!

Bill Moos
Athletic Director
Welcome to Nebraska

You should feel proud that your scholastic achievement and athletic abilities have created a place for you at Nebraska, where you will be challenged to reach your full potential in the classroom and on the playing field.

This handbook has been prepared for you to use as a guide to the many opportunities you will be experiencing during your career as a student and as an athlete. No one can be expected to know all the rules and regulations or the possibilities and challenges available. It is hoped you will refer to this handbook as new situations present themselves to you.

During your career at Nebraska you will set many goals, both academically and athletically. We are here to help you meet those goals.

The Athletics Department exists to provide opportunities for students to enrich their college experience through comprehensive, challenging and professionally managed intercollegiate sports programs. The Department of Athletics has set specific goals for all of its units to reach every day. These include:

- **Academic Integrity:**
  - Dedication to the principles of academic excellence
  - Encouragement of degree completion
  - Support in securing a productive place in society
  - Preparation for graduate education

- **Athletic Achievement:**
  - Dedication to maximum athletic performance

- **Diversity & Equity:**
  - Respect for and sensitivity to the dignity of every person
  - Focus on the education and welfare of the minority student-athlete
  - Opportunities for ethnic minorities and women in coaching, administration, etc.
  - Compliance with the 1972 Civil Rights Act as it relates to equitable treatment for male and female student-athletes

- **Fiscal Integrity:**
  - Comprehensive fiscal policies and practices to ensure control and accountability

- **Governance:**
  - Compliance with all Federal, State, NCAA, Conference and University rules and regulations

- **Leadership:**
  - Continuation of Nebraska's rich heritage as a national leader and an integral force in shaping the future of intercollegiate athletics

- **Personal Development:**
  - Encouragement of all student-athletes toward personal and professional growth to be positive role models

- **Quality Support:**
  - The finest staff, facilities, services and equipment are provided to create a positive, supportive environment

Included in this guide is information related to your academic activities and your physical welfare, as well as necessary sports participation information.

If you read the helpful information contained in this handbook and utilize the resources mentioned, you will find that you can settle into your new environment successfully.
Major National, Conference and Institutional Academic Awards

NCAA Today’s Top 10 Award
Regarded as the nation’s most prestigious academic award, Nebraska has a nation-leading 17 recipients of the Top 10 Award. To be nominated, students must have exhausted their athletic eligibility. The award is based on the criteria of athletic achievement, academic achievement and community involvement.

Academic All-Americans
Nebraska’s rich tradition of academic excellence is solidified on the national level through the University’s dominance of the CoSIDA Academic All-America Award. Nebraska leads the nation in this prestigious honor.

To be considered for the award, student-athletes must be sophomore status or above, maintain a minimum 3.30 cumulative grade-point average, be a team starter or key reserve and be active in the community.

A Night at the Lied
The athletic department celebrates student-athlete excellence in athletics, academics and service at “A Night at the Lied” held annually in April. The event, which celebrated 28 years in 2018, is a result of an endowment created by Dick and Dale Herman. Student-athletes who have completed at least one year of school can earn a bronze, silver or gold medallion based on either their cumulative grade-point average at the end of the semester preceding the event, or their grade-point average earned during the previous calendar year.
NU Male and Female Student-Athletes of the Year
Honored annually at “A Night at the Lied,” faculty members from the Intercollegiate Athletic Committee vote on and select one male and one female student-athlete each year.

Criteria for nomination include candidates being enrolled in the academic year in which the final season of athletic eligibility occurs; having a minimum cumulative grade-point average of 3.30; performing with distinction in a varsity sport; and acting both on and off the field in a manner that has brought credit to the student-athlete, the institution and intercollegiate athletics.

Big Ten Medal of Honor
The conference’s most exclusive award was the first of its kind in intercollegiate athletics to recognize academic and athletic excellence. The Big Ten Medal of Honor was first awarded in 1915 to one student-athlete from the graduating class of each university who had “attained the greatest proficiency in athletics and scholastic work.” Big Ten schools currently feature more than 9,500 student-athletes, but only 28 earn this prestigious award on an annual basis. The Medal of Honor was expanded in 1982 to include a senior female student-athlete from each institution.

Herman Team Grade-Point Average Awards
The Herman Team Grade-Point Average Awards are presented to the one men’s and one women’s team with the highest team cumulative grade-point average in the previous calendar year.

Outstanding Scholar Award
Awarded annually at “A Night at the Lied” to student-athletes in their final season of athletic eligibility or enrolled in their final hours for the May or August graduation following the awards show and who have maintained a cumulative GPA of 3.90 or above.

Big Ten Distinguished Scholar Award
At the conclusion of each academic year, the Big Ten announces its Distinguished Scholar Awards. To be eligible, student-athletes must be at least in their second year of residence and carry a GPA of 3.7 or higher for the current academic year, excluding summer school.
Academic All-Big Ten
The Big Ten Conference recognizes student-athlete achievement in several ways, including Academic All-Big Ten and Big Ten Distinguished Scholar Awards. To be eligible for Academic All-Big Ten honors, student-athletes must be in at least their second academic year at their institution and carry a cumulative grade-point average (GPA) of 3.0 or higher.

Postgraduate Scholarships
Postgraduate scholarships are also available to those who wish to pursue advanced degrees. To apply, student-athletes must be in their final season of athletic eligibility along with meeting additional academic, athletic and service requirements. To learn more about available postgraduate scholarships, contact the Nebraska Life Skills Department.

Sam Foltz 27 Hero Leadership Award
Held annually every April at the Lied Center for Performing Arts, student-athletes have the opportunity to be recognized for their commitment to community service and leadership throughout the year. The Sam Foltz 27 Hero Leadership Award is presented to the top 27 student-athlete leaders who provided outstanding leadership and community service. The Heart and Soul Award is bestowed upon senior student-athletes who have been passionate about service and leadership from day one as a freshman through their senior year. Student-athletes who complete a minimum of six new service projects and two enrichment activities within the academic calendar year, while maintaining good academic and athletic standing, earn a spot on the prestigious Tom Osborne Citizenship Team.
Recognition Events
There is often confusion concerning the types of recognition events that are allowable, as well as what travel expenses you may accept in connection with various types of recognition. Before traveling to any such event, seek approval from the Life Skills staff.

Promotion or Charitable Benefit Appearances
According to NCAA regulations, student-athletes may make promotional appearances under certain conditions. All requests for such appearances must be approved by the Compliance Office. As a prerequisite to approval, the student-athlete and an authorized representative of the organization requesting the appearance must sign a waiver ensuring that the student-athlete’s name, image or appearance is used in a manner consistent with NCAA guidelines.

In addition, a student-athlete is not allowed to miss class in order to participate in the activity. Please direct any such requests to the Athletic Compliance Office at 472-2042 before proceeding.

Media Appearances
Part of the benefit of being associated with Nebraska is the extensive media attention received by the department. The public is very interested in the intercollegiate athletic activities at Nebraska, and it is from these interested alumni and fans that the University receives much of its support for our athletic program.

Interacting with the print and electronic media gives student-athletes the opportunity to develop communication skills that can be helpful in future professional, business and athletic careers.

Interviews
Never agree to an interview unless arrangements have been coordinated through the Athletic Communications Office.

This policy will help student-athletes avoid contact with unauthorized people who may attempt to gain and use information for gambling or scouting purposes. The Athletic Communications Office will let you know when to expect authorized contact from media and other related individuals.

The Athletic Communications Office will not give out student-athletes’ home or cell phone numbers without their permission.

Press Conferences
As a member of a Nebraska athletic team, student-athletes may be asked to be available to larger media groups, provided that attendance does not conflict with class schedules. If an individual player is being honored, every effort is made to have that player present. Student-athletes may also be asked to speak with the media after practice or a game, as pre-arranged by your coach and the Athletic Communications Office. Please note that the locker rooms, weight rooms, Student Life Complex and training rooms are off-limits to the public. This includes media.

Dealing with the Media
When dealing with the media, you are urged to exercise care when making statements.

The longer student-athletes are on a team, the more likely they will develop personal relationships with some of the media representatives regularly covering the team. While positive relationships are encouraged, regardless what is said, a reporter’s first obligation is to report the news. Don’t say it if you don’t want to see it in print or on television.

If your team receives regular media attention, a member of the Communications staff will hold a briefing to give you media relations suggestions before the beginning of your playing season. At that time, you will be given a handout that will help you deal with the news media.
Athletic Support

The following organizations build enthusiasm and support for Nebraska’s athletic program. Let them know you appreciate their efforts.

Nebraska Spirit Squad

As fellow students, the Cheer Squad and Scarlets Dance Team work hard to support Nebraska athletics, the University and the community. These students train and perform year-round supporting Nebraska on the sideline and at community events, making nearly 200 public appearances a year.

Spirit Squad members are selected through a tryout process in the spring of the academic year. They are chosen based on their technical skill, academic profile, fitness/health, positive spirit and overall potential for contribution.

The University of Nebraska mascots, Herbie Husker and Lil’ Red can be found at numerous athletic and community events generating excitement and school spirit alongside the cheerleaders and dancers. These fun-loving mascots are a hit for fans of all ages.

Bands

By stirring the crowd with rousing fight songs, the Cornhusker Marching Band and Big Red Express (pep band) are an important part of each athletic event in which they participate.

Student-Athlete Experience

The primary mission of Nebraska Athletics is to provide all student-athletes with the resources and support they need to be successful in academics, athletics and life. Nebraska Athletics is one of the very few self-sustaining intercollegiate athletic programs in the country and does not receive any university subsidies or state tax dollars. Therefore, our donor support by alumni, letterwinners, fans, and friends of athletics is vital, enabling Nebraska Athletics to continue to invest in the student-athlete experience.

All contributions to the Student-Athlete Experience Fund enrich support for scholarships, academics and life skills, PEO programming, sports medicine, nutrition, team travel, recruiting, and strength and conditioning. Donors and letterwinners can make contributions with sport specific support. For the latest information on the Student-Athlete Experience Fund and philanthropic giving, please visit OneHuskerNation.com.

For more information, contact Assistant A.D/Chief Development Officer Alex Kringen at 472-2109 or akringen@huskers.com with any questions.

N Club

The N Club provides opportunities to letterwinners from all sports for connection, engagement and involvement through events, special reunions and regular communication while supporting the athletic, academic and career success of current student-athletes. Over 6,000 letterwinners from across the country are involved with this distinguished group.

Baseball letterwinner and University of Nebraska graduate Mike Dobbs has served as the Executive Director of the N Club since April 2018.

For more information, contact Mike Dobbs at 472-5363 or via email to mdobbs@huskers.com with any questions.
The University of Nebraska Athletics Department offers a comprehensive academic support program that is integrated with other campus resources. Specific academic support services available to all student-athletes focus on their transition, retention and graduation. Services are administered by 14 full-time staff members and approximately 75-100 tutors. The full-time staff includes a director, two associate directors, four academic counselors, three learning specialists, two assistant academic counselors, an administrative assistant and a computer technician. The director has a direct reporting line to both the Faculty Athletics Representative and the Athletics Director.

The Dick and Peg Herman Family Student Life Complex offers Nebraska’s student-athletes a 50,000 square foot complex that is open for use over 120 hours each week. Within the Herman Student Life Complex, six interrelated centers provide a variety of resources to student-athletes: the Hewit Academic Center; the DJ Sokol Enrichment Center; the Scott Technology Center; the Abbott Life Skills Center; the Papik Compliance Center, and the Lewis Training Table.

Nebraska’s academic support program has been certified by the National Association of Academic Advisors for Athletics (N4A) as meeting the standards established by the N4A. In addition, the University of Nebraska Faculty Senate Intercollegiate Athletics Committee conducts annual reviews of specific components of the academic support program or other academic topics current in intercollegiate athletics.

Academic Monitoring
The primary responsibility of each member of the academic support staff is to access available services and resources to develop tailored plans with student-athletes while monitoring academic progress to maximize academic achievement and opportunity for graduation. One or more members of the academic support staff is assigned to each team.

Academic support staff monitor and provide assistance with NCAA initial eligibility and University of Nebraska admissions to prospective student-athletes. Academic support staff work in conjunction with university advisors to assist student-athletes with major exploration, course registration, and an understanding of university, Big Ten Conference, and NCAA academic rules and policies.
Academic progress is monitored each semester through frequent meetings with individual student-athletes and supplemented by academic progress reports from instructors. Academic progress reports are sent electronically to the instructors of all student-athletes three times each semester. Course instructors typically comment on attendance, class participation and estimated grade. This information is utilized to determine additional services and resources that may be beneficial.

Academic support staff review the progress toward graduation and NCAA progress-toward-degree requirements for athletic eligibility on an ongoing basis. The Assistant Registrar for Athletic Certification is consulted regularly to review the eligibility certification of student-athletes.

Finally, academic support staff refer and make student-athletes aware of numerous University of Nebraska campus resources.

Academic Services

Orientation
All new student-athletes are required to attend an orientation at the beginning of their academic career. Student-athletes are introduced to staff, faculty, administrators and a variety of resources that will help facilitate the transition into college while enhancing awareness of support services in the Athletics Department and across campus. The student-athlete orientation is provided in addition to other new student orientation/enrollment programs offered by the University of Nebraska.

Educational Assessments
Informal and formal educational assessments are administered to student-athletes upon request from a student-athlete or recommendation from an academic support staff member, coach or faculty member. Referrals are made to a consulting psychologist who conducts the more indepth assessments. If it is determined that a student-athlete meets criteria for a learning disability or another medical condition that impedes the student’s ability to reach their academic potential, appropriate accommodations are implemented by the Office of Services for Students with Disabilities.

Mentoring
Academic support staff serve as mentors to all incoming student-athletes and a select group of returning student-athletes. Student-athletes in the mentoring program meet with their mentor weekly to develop time management skills, gather and report academic progress information, and discuss academic success strategies.

Tutorial Support
Student-athletes have access to both individual and group tutoring. Tutorial sessions are designed to guide the student to learn and achieve within the course content, develop study skills, promote independent learning, encourage academic success, and improve student retention. Additionally, writing consultants trained by the University of Nebraska English Department are available to assist student-athletes. The tutorial program is certified as a model tutoring program by the College Reading and Learning Association (CRLA). CRLA certification requires that each tutor receive extensive training, which includes instruction regarding relevant NCAA rules, tutorial policies and procedures, information regarding academic ethics and honesty, and individual tutor annual evaluations.

Study Hall
Academic support staff determine which student-athletes are required to attend study hall based upon test scores, class rank, grade-point average, probation status, present class schedule, and past academic record in addition to consulting with coaches. Student-athletes are required to complete a designated amount of study time, complete objective based study hall or a blended approach of objectives, tutoring and study time.

Computer Resources
The Herman Student Life Complex has two computer labs available for student-athletes. The Scott Technology Center features two tech tables for use on group computer projects and group study sessions. New laptops are provided to all student-athletes for use during their academic career at Nebraska.
Overview

Nebraska Life Skills is continually recognized as being a leader in serving all prospective, current and former student-athletes. The program provides proactive education fostering the acclimation to the University of Nebraska, promotes total person development, best preparing student-athletes for life after sports, and serves as a powerful recruiting resource for each team.

Proactive Education

Nebraska student-athletes will receive continual proactive education from the onset of their college experience through graduation. In addition to life skills education being provided during the summer bridge program, a tiered-education approach by year in school will be offered annually as Husker student-athletes navigate the college experience. Freshman education will focus on transition and decision-making with sophomore and junior education concentrating on personal, career and leadership development. Senior student-athletes will receive education to better prepare for life after sports. Life Skills staff, campus partners and community experts all combine to provide interactive, meaningful education that allows Husker student-athletes to maximize their potential and future opportunities.

Life Skills Coach

Each student-athlete will be assigned a Life Skills staff member who will provide individualized support throughout college. Regular one-on-one meetings will take place to review goals outside of athletics creating a plan for career focus, involvement, and leadership ultimately enhancing future career marketability.

The Power of Sport

Husker student-athletes have accepted the role-model challenge using their sport as a positive platform to impact others and society. The community efforts create unmatched memories and emotions often providing hope and encouragement positioning others for future success. Early outreach engagement as a freshman and throughout the college experience creates a connection to the community while furthering leadership skills and team unity. Volunteer opportunities include but are not limited to mentoring, individual and team service projects, and various forms of school outreach.

During the 2017-18 academic year, Husker student-athletes dedicated more than 6,000 hours to more than 300 service projects, impacting more than 25,000 individuals young and old alike throughout the entire state of Nebraska and beyond.
Nebraska - Part of Something Bigger

**Setting the Example**
Opportunities are offered that encourage student-athletes to maximize their leadership potential in ways that will enhance their personal development, contribute to their team’s overall success and further advance the University of Nebraska. These opportunities include involvement in the Student-Athlete Advisory Committee, Inner Circle and the recently formed Social Climate group.

**Becoming The Best You**
Nebraska is committed to providing opportunities to enhance career marketability and cultivate future success through ongoing individual meetings, practical experiences and major events.

- Career Fair
- Networking Night
- Financial Forum
- Moving off Campus Seminar
- Service Abroad
- Job Shadowing
- Relevant Outreach
- Women’s Leadership Success Panel
- Black History Month Success Panel
- Diversity and Inclusion Summit

**Everyone Matters**
Husker Life Skills is a recognized leader in diversity and inclusion programming with the mission of Respect, Acceptance and Unity. Student-Athletes and staff attend an annual Diversity Summit highlighting and celebrating the many differences within the program. Special events, video features and outreach projects for students of color, women and international student-athletes are also components of the diversity and inclusion program.

**Acknowledgment of Efforts**
Exhibiting support for their superior commitment to volunteerism and leadership, numerous student-athletes are honored internally and nationally each year.

- Sam Foltz 27 Hero Leadership Award
- Heart & Soul Award
- Tom Osborne Citizenship Team
- Brook Berringer Citizenship Team

**In Their Words**
“Nebraska is a very special place, it makes you want to succeed not only in your sport, but in life. And all of the pieces required to do just that are provided at Nebraska.”

– Jerald Foster

“Our Life Skills program is truly a ‘separator’ for us in the recruiting process. I watch parents’ eyes light up during the Life Skills presentation on recruiting visits, and they are amazed at the commitment of the University of Nebraska to extend the education of the student-athlete beyond the field and classroom into the arena of life. There truly is no place like Nebraska.”

– Rhonda Revelle

“Outreach opportunities taught us perspective, interpersonal skills, and that we have the capability to make a difference. My experience as a Husker was more than I could ask for.”

– Alli Peterson
Staying Connected
Nebraska offers a lifetime pledge to Husker student-athletes extending far beyond exhausting their eligibility and college graduation. As the saying goes…. “Once a Husker….Always a Husker!” The Life Skills staff offers continuous support as student-athletes transition into the working world and endure future career changes. Life Skills also involves many letterwinner alums into career programming on a regular basis.

Post-Eligibility Opportunities
Demonstrating an even stronger commitment to student-athletes who letter and graduate in December 2015 and beyond, are post eligibility opportunities aimed at enhancing personal and career marketability. Each qualified student-athlete will have a three-year window from the date of graduation to receive one semester of scholarship financial support to pursue either graduate studies at Nebraska, an internship or study abroad. Special considerations and guidelines will apply to international student athletes.
Conduct Rules Sources
The department requires coaches, trainers and staff to conduct themselves in a way that creates a positive image of the people, values and traditions associated with the University, the Big Ten Conference and the NCAA. As a student-athlete, you are expected to uphold the same standards of conduct, including academic honesty, that have been adopted by the department and the University.

You may access the complete text of the student code of conduct and disciplinary procedures at the following site:
http://stuafs.unl.edu/dos/code.

Additionally, the Athletic Department has developed an internal code of conduct to which student-athletes must adhere. These policies and procedures will be reviewed with and provided to student-athletes annually.

Discrimination and Harassment
The University of Nebraska-Lincoln (UNL) is committed to creating a diverse and inclusive work and learning environment free from discrimination and harassment. UNL is dedicated to creating an environment where everyone feels valued, respected and included.
UNL does not discriminate on the basis of race, ethnicity, color, national origin, sex (including pregnancy), religion, age, disability, sexual orientation, gender identity, genetic information, veteran’s status, marital status, and/or political affiliation in its programs, activities and employment. UNL complies with all local, state and federal laws prohibiting discrimination, including Title IX, which prohibits discrimination on the basis of sex.

The entire policy is available on the Internet at: http://www.unl.edu/equity/notice-nondiscrimination.

If you believe you are being harassed or otherwise subjected to discrimination as detailed above, you are encouraged to consult the Office of Institutional Equity and Compliance, Room 128, Administration Building, 472-3417.

Relationship Violence and Acquaintance Rape
Acquaintance rape and relationship violence are topics of concern. Sexual intercourse against a person’s will or when that person is unable to give consent is rape.

Relationship violence is targeted at someone you date, co-habitate with, are married to or with whom you have a child. It involves a range of behaviors, including not only physical violence but verbal and emotional abuse, terrorist threats and stalking.

The Office of Institutional Equity and Compliance provide support services for victims of these crimes and work with the UNL community to challenge the beliefs and ideas that perpetuate them. They offer presentations and workshops to help you and your team members become leaders in making UNL a safe place for women. Contact the Women’s Center at 472-2597 to schedule a presentation. If you are concerned that your behavior in a relationship may be abusive, contact Counseling and Psychological Services at 472-7450 for confidential assistance.

UNL encourages any person subjected to sexual misconduct to report the conduct to law enforcement (911 or UNLPD 472-2222) and to the University’s Title IX office, 472-3417. There are several reporting options available to you that can be found at unl.edu/equity/reporting. Additionally, there are a multitude of resources offered at UNL for any person seeking assistance and support regarding sexual misconduct. For a list of law enforcement contacts and a comprehensive list of confidential resources, go to unl.edu/equity/getting-help.

Misuse of Prescribed or Non-Prescribed Drugs or Use of Illegal Drugs
Drugs often produce behavioral, physical and psychological changes. Their use can cause problems not only for you, but for your teammates as well.

Understanding the effects of drug abuse, problems associated with drug abuse and options for counseling and rehabilitation will be addressed.

Alcohol Abuse
State law sets a minimum age for the purchase and consumption of alcoholic beverages at 21 years of age. Even after reaching 21 years of age, student-athletes are prohibited from drinking alcoholic beverages when traveling with or representing their teams. Additionally, alcoholic beverages are not to be consumed while attending athletic or athletically sponsored events. Reported violations will be investigated by the department and appropriate action will be taken.

If you believe you have an alcohol abuse problem, talk to your coach, the trainer of your sport, the University Health Center, or Counseling and Psychological Services (15th and U Streets) for assistance or information on alcohol and chemical abuse. Dr. Albers and Dr. Haskell with Nebraska Athletic Medicine and Psychological Services can be reached by calling 472-2278. All counseling, both within and outside the department, is confidential. The Counseling and Psychological Services office can be reached by calling 472-7450 or by visiting health.unl.edu/caps/.

Weapons Policy
Possession of dangerous weapons - concealed or unconcealed - on University property, on the worksite, in University vehicles, or in personal vehicles when on University property shall be a violation of UNL policy. A dangerous weapon shall include guns, knives, explosives, or any other device defined by statute or as determined by the University, which in the manner used or intended is capable of producing death, harm to person or property, or bodily injury. Violation of this policy shall make the offender subject to appropriate disciplinary or legal action.

Exceptions: This policy shall not apply to: a) students, faculty and staff when in direct transport of dangerous weapons between
off-campus and weapons storage at University Police; and b) members of athletic teams who train and use firearms as a part of their competition in the University’s rifle range, or in direct transport between firearms training facilities and authorized weapons storage facilities; c) authorized UNL Police personnel; d) law enforcement officers and security personnel working directly with UNL Police and acting in their official capacity for purposes of carrying out work responsibilities; e) persons authorized by the facility administrator for IANR units to use and store dangerous weapons consistent with the Weapons/Hunting Policy of IANR as it applies to IANR research sites located outside the city limits of Lincoln, Nebraska.

In order to maintain and protect the health and safety of UNL property or persons on UNL property, persons who are neither UNL employees nor students who are found to be in possession of a dangerous weapon on UNL property may be subject to immediate seizure of the weapon by the University of Nebraska Police Department and removal from campus. Seized property not held as evidence in an investigation will be returned to the person upon exiting UNL property.

Social Media

Student-athletes should know and be made aware that third parties including the media, faculty, future employers and NCAA officials can and do access their profiles and view personal information. This includes pictures, videos, comments and posts. Inappropriate material found by third parties negatively impacts the perception of the student, the Athletic Department and the University. This can be detrimental to a student-athlete’s current eligibility and future employment opportunities.

For your own safety and benefit, please keep the following recommendations in mind as you participate in social networking websites:

- Set your security settings so that only your friends can view your profile.
- You should not post your email, home address, local address, telephone number(s), current location or other personal information, as it could lead to unwanted attention, such as stalking or identity theft.
- Be careful about who you add as “friends.” Only grant friend status to people you know firsthand.
- Consider how your postings may be perceived. Perception is often assumed to be reality.
- Utilize your networks to positively impact the brand/reputation of who you are and everything you represent or stand for.

The Husker women’s gymnastics team reached the NCAA Super Six Finals for the 12th time in school history in 2018.
NCAA Rules and Regulations

NCAA Compliance and the Principle of Ethical Conduct

To participate in intercollegiate athletics, student-athletes must maintain athletic and academic eligibility. Your coach, academic counselor, the Compliance staff, the Academic staff, the Athletics Director, the Faculty Athletics Representative, and the Chancellor work together to ensure adherence to all NCAA and Big Ten Conference regulations regarding your eligibility.

Though NCAA and Big Ten Conference rules may seem complicated, they ensure that all teams and student-athletes play according to the same rules, with no team having an unfair competitive edge. Great effort is made by the University of Nebraska-Lincoln (UNL) administration to see that you and all staff members are familiar with these rules and understand that any deviation from them, whether knowingly or through ignorance, is not condoned by the Athletics Department or UNL.

All student-athletes are required to conduct themselves in an ethical manner in compliance with NCAA and Big Ten Conference regulations, and risk losing eligibility to compete if he or she evades or violates those regulations. Unethical conduct includes, but is not limited to, withholding information, providing false information, and providing misleading information.

The following sections are intended to reinforce the rules and requirements that have been discussed during your meetings with the Compliance staff. These sections are not intended to be all-inclusive. If you have any questions regarding NCAA, Big Ten, or UNL rules and regulations, please contact a member of the Compliance staff.

Academic Misconduct

Per NCAA rules, a student-athlete shall not be involved in academic misconduct:

1. Involving a current or former institutional staff member or representative of athletics interests (e.g., donor, fan, booster etc.);

2. Without the involvement of a current or former institutional staff member or representative of athletics interests, that results in:
   a) An erroneous declaration of eligibility to participate in intercollegiate athletics and the student-athlete subsequently competes for the institution while ineligible;
   b) An erroneous declaration of eligibility to receive financial aid and the student-athlete subsequently receives financial aid while ineligible; or
   c) The erroneous awarding of an Academic Progress Rate (APR) point; or

3. Involving the alteration or falsification of a student-athlete’s transcript or academic record.

In addition, a current or former institutional staff member or a representative of an institution’s athletics interests shall not provide impermissible academic assistance to a student-athlete.

Impermissible academic assistance is defined as:

1. Substantial assistance that is not generally available to an institution’s students and is not otherwise expressly authorized in Bylaw 16.3, which results in the certification of a student-athlete’s eligibility to participate in intercollegiate athletics, receive financial aid, or earn an Academic Progress Rate point; or

2. An academic exception that results in a grade change, academic credit or fulfillment of a graduation requirement when such an exception is not generally available to the institution’s students and the exception results in the certification of a student-athlete’s eligibility to participate in intercollegiate athletics, receive financial aid, or earn an Academic Progress Rate point.

Academic Eligibility

Eligibility for Competition and the Six-Hour Rule

A student-athlete, enrolled as an undergraduate student or as a graduate student, is required to complete a minimum of six semester hours of degree-applicable academic credit in the previous full-time regular academic term to be eligible for competition. To be eligible to compete in a postseason event (e.g., conference tournament, bowl game, NCAA Championship) that occurs between regular terms, a student-athlete must have completed 6 semester hours of degree-applicable credit in the previous academic term.

Eligibility for Competition in Football and the Nine-Hour Rule

Student-athletes must pass nine hours of degree-applicable credit in the fall semester. If not, the student-athlete will be ineligible for the first four games of the following season.

Academic Redshirt - Freshmen Student-Athletes

If the NCAA has certified you as an Academic Redshirt, you must pass nine hours in the fall semester to gain access to practice in the spring semester.

Full-Time Enrollment

NCAA and UNL rules require that a student-athlete is a full-time, degree-seeking student in order to represent UNL in athletic practice and competition. This means you must be enrolled in at least 12 credit hours if enrolled in an undergraduate program and at least nine credit hours if enrolled in a graduate program.

Full-Time Enrollment Exception

A student-athlete is not required to be enrolled full-time to participate in practice and competition if he or she meets both of the requirements below:

1. The student-athlete is in the last semester of his or her undergraduate degree; and

2. The student-athlete is in the final hours for the completion of his or her degree.

Enrollment Changes

Changes in your enrollment (e.g. petitions to add/drop courses, late enrollment, instructor drops) should be submitted prior to the published deadlines to ensure that your records are accurate and complete. You must have approval from your academic advisor to...
drop a class. This policy is designed to prevent you from making changes in your academic schedule that may jeopardize either your academic or eligibility status.

**NCAA Progress Toward Degree Requirements for Competition Eligibility**

1. Before third semester of full-time enrollment
   - Completed/passed 24 credit hours that count toward your degree (all hours must be taken at UNL).
   - 1.8 GPA minimum.

2. Before fifth semester of full-time enrollment
   - Declare a degree.
   - From the previous two terms, pass a minimum of 18 credits that go toward your degree.
   - Must have completed 40% of your degree requirements.
   - 1.9 GPA minimum.

3. Before seventh semester of full-time enrollment
   - From the previous two terms, pass a minimum of 18 credits that go toward your degree.
   - Must have completed 60% of your degree requirements.
   - 2.0 GPA minimum.

4. Before ninth semester of full-time enrollment
   - From the previous two terms, pass a minimum of 18 credits that go toward your degree.
   - Must have completed 80% of your degree requirements.
   - 2.0 GPA minimum.

**UNL Grading System**

UNL uses an A through F grading system. The letter grades with point values in parentheses are:

- A+ (4.0), A (4.0), A- (3.67)
- B+ (3.33), B (3.0), B- (2.67)
- C+ (2.33), C (2.0), C- (1.67)
- D+ (1.33), D (1.0), D- (.67)
- F (0)

Grades of W (withdrew), I (incomplete), P (pass/C or better) and N (no pass) may also be given. These grades are not assigned grade points and are not used in computation of a student’s grade-point average.

**Amateurism**

Only amateur student-athletes are eligible to compete at the NCAA level. Participating in any of the impermissible actions below jeopardizes your amateur status and negatively impacts your eligibility.

**Advertisements and Commercials**

Allowing a business or commercial entity to use your name, picture, appearance or athletics reputation to promote or sell a commercial product or service is not permissible.

If you learn that any entity is using your name, image or likeness to promote its business or to sell products (e.g. t-shirts with your nickname or likeness), please contact the Compliance staff and we will send the entity a cease and desist letter.

**Agents**

1. Accepting any benefit from an agent is not permissible. It is also impermissible for your family and friends to accept benefits from agents.
2. Agreeing to have an agent promote your athletic ability, verbally or in writing, before your eligibility is exhausted is not permissible.
3. The State of Nebraska requires agents to register and maintain good standing with the Secretary of State. If you have any agent questions, please contact the Compliance staff.

**Impermissible Actions with Professional Teams**

1. Entering into a verbal or written agreement to compete in professional athletics
2. Negotiating a verbal or written professional contract
3. Participating on a professional athletic team
4. Requesting to have your name be put on a draft list for professional sports
5. Trying out with a professional sports organization. For exceptions regarding the draft or tryouts, please see the Compliance staff.

**Impermissible Forms of Payment**

1. Accepting payment or the promise of pay (e.g. cash, prizes, travel) for competing in a sport
2. Accepting gifts, money, impermissible meals, loans of cars or money from Athletic Department staff, boosters, or fans
3. Receiving more than actual and necessary expenses to compete
4. Receiving any benefit that is not available to other students at UNL
5. Using your athletics skills for pay in any form

**Outside Competition**

Participating in any competition or practice where you are participating as an individual or on a non-UNL athletic team, without prior approval from the Compliance staff and Faculty Athletics Representative is not permissible.

Examples of outside competition include, but are not limited to, national team tryouts, practices, and competition, participation on club teams, and participation on summer league teams. If you plan to miss class for an outside competition, you are required to submit the proper documentation to the Compliance staff at least two weeks before the event is to take place.

**Complimentary Admissions**

**Complimentary Admissions in Your Sport**

NCAA rules allow each student-athlete to receive a maximum of four complimentary admissions per regular-season event in his or her sport. You may receive a maximum of six complimentary admissions for conference championships, NCAA championships, or bowl games. It is not permissible for you to sell or exchange for anything of value your complimentary admissions. It is also not permissible for your guests to sell or exchange anything of value for the complimentary admission.

**Complimentary Admissions for Other Sports**

Student-athletes may attend other sporting events and receive...
one complimentary admission with a UNL ID. Student-athletes who serve as a host for a recruit on an official or unofficial visit; and student-athletes who are being honored at an event may receive a complimentary admission.

**Guest Information**
1. All guests must present valid photo IDs in order to obtain admission. Children who do not have a photo ID must present a birth certificate or social security card.
2. The designated gate for complimentary admissions will open 90 minutes before the game and remain open until the end of the first half (or halftime.)
3. Once guests are admitted, they will sign for a seat location pass.
4. Admission is through a pass list. Hard copies of tickets are not distributed.

**Extra Benefits**
A student-athlete or prospective student-athlete may not accept any benefits that are not offered to the general student body. It is not permissible for a student-athlete or his or her family or friends to receive a benefit that is the result of a “special” arrangement by an institutional employee, booster, employer or fan.

Non-permissible benefits include, but are not limited to:
1. Free or reduced-fee housing/rent, including the use of vacation or seasonal homes;
2. Free or reduced-fee meals;
3. Free or reduced-fee merchandise and tickets;
4. Loans or cash advances in pay or salary;
5. Gifts or presents of any type regardless of the occasion or purpose;
6. Use of telephone for long distance or use of telephone cards and cell phones;
7. Free transportation;
8. Free use of any motor vehicle, boat or recreational vehicle;
9. Free use of services (e.g., automobile repair, laundry, copying, faxing, etc.); and
10. Free or reduced-fee memberships at golf courses, health clubs, gyms, etc.

**Financial Aid, Scholarships, and Employment**
It is permissible for student-athletes to accept the following forms of financial assistance to help pay for expenses associated with attending UNL:

1. Financial support from parents and relatives;
2. Aid awarded for non-athletic abilities (e.g., academic achievement);
3. Aid from a UNL or non-institutional source that meets NCAA requirements; and
4. Athletic-related grant-in-aid from UNL (i.e. athletic scholarship).

Any financial assistance in addition to your grant-in-aid must be approved by the Office of Scholarships and Financial Aid to ensure that the grant or loan sought is in accordance with NCAA rules and regulations. All financial assistance, including grants, loans and employment must also be reported to the Compliance staff and your coach. Student-athletes have the opportunity to document this information when completing the Beginning of the Year Compliance forms that are completed on an online portal. Failure to report all such income could jeopardize your eligibility.

The Compliance Staff is responsible for ensuring that conduct and operations of Nebraska’s 24 varsity sports are in compliance with NCAA and Big Ten Conference rules and regulations. The staff oversees the monitoring of recruiting activities, camps and clinics, student-athlete employment, and playing and practice season limitations. Further, they help set policy, develop goals and objectives, and assist in creating strategic plans for the compliance unit.

Jamie Vaughn  
Executive Athletic Director for Compliance

Laure Ragoss  
Assistant A.D./Compliance

Jena Johnson  
Associate Director

Patty Peterson  
Associate Director

Kalyn Doyle  
Assistant Director

Jonathan Bateman  
Assistant Director

Patrick Kelly  
Compliance Assistant/Security

Holly Glenn  
Compliance Secretary
Athletic Grant-in-Aid (Scholarship) Information

Teams are provided with a specific number of grants-in-aid (scholarships) to provide per academic year, in accordance with budgetary restrictions and NCAA regulations. These grants are awarded by the University’s Office of Scholarships and Financial Aid upon the recommendation of the head coach and the approval of the Athletics Director. A scholarship is not reimbursement for services performed, but is instead provided to help student-athletes with educational expenses.

An athletic grant-in-aid (scholarship) is restricted to covering the following educational expenses:

1. Actual cost of tuition;
2. Required institutional fees;
3. Cost of room, based on the allowance for a room as listed in the institution’s on-campus housing catalog;
4. Cost of board, which consists of three meals per day;
5. Actual cost of course-related books; and
6. Miscellaneous expenses up to cost of attendance.

Athletic Grant-in-Aid (Scholarship) Reduction or Cancelation

A student-athlete’s athletic scholarship may be reduced or canceled at any time if:

1. You render yourself ineligible;
2. You misrepresent any information on an application, financial aid agreement or Letter of Intent;
3. You engage in serious misconduct warranting substantial disciplinary penalty from UNL’s regular student disciplinary authority;
4. You voluntarily withdraw from the team;
5. You violate team rules set forth by the head coach;
6. You violate any state and/or federal laws; or
7. You engage in any non-athletically related conditions included in your athletics scholarship.

Athletic Grant-in-Aid (Scholarship) Reduction and Cancelation Process and Procedures

If at any time a student-athletes’ athletic scholarship is reduced or canceled, you have the right to an appeals hearing. The procedures for this hearing are outlined below.

1. The student-athlete must submit in writing a request for an appeals hearing with the Athletic Scholarship Appeals Committee within 10 calendar days of the notification of the action.
2. The request should be submitted to:
   Director of the Office of Scholarships and Financial Aid
   17 Canfield Administration, City Campus
3. A meeting date will be established by the Appeals Committee, which consists of: (1) the Vice Chancellor of Student Affairs; (2) the Director of the Office of Scholarships and Financial Aid; (3) the UNL Faculty Athletics Representative to the NCAA and Big Ten Conference; and (4) the Chair of the Intercollegiate Athletic Committee.
4. Minutes will be kept of the meeting, and the student-athlete will have the opportunity to explain his or her situation and express his or her concerns.
5. The Athletic Department/coach will be asked to prepare a written and/or verbal report indicating basis for the reduction or cancelation.
6. The Athletic Appeals Committee will caucus following the hearing to determine the outcome of the appeal.
7. The decision of the Athletic Appeals Committee will be submitted to the Athletic Department for appropriate action.

Monthly Stipend

You will receive a monthly stipend if your athletic scholarship is allocated to pay Other Expenses Related to Attendance, Room and/or Board. The amount of your stipend will vary depending on your scholarship and if you live on or off campus. The stipends are deposited into your US Bank Focus Card by the first day of the month during the academic year (September-May).

Post-Injury Grants in Aid

In the event of a career-ending injury or illness as a result of UNL athletic participation, the Athletic Department will renew the award, per Nebraska State Law, Section 85-9, 110 R.S. Supp., 1984 which declares: “No public postsecondary educational institution in the State of Nebraska shall, prior to graduation, reduce, cancel, or refuse to renew an athletic grant-in-aid to a student during his or her period of eligibility to compete in intercollegiate athletics solely because of an injury which prevents the student from participating in athletics.”

Student Assistance Fund

The NCAA Student Assistance Fund (SAF) is intended to assist student-athletes in meeting financial needs that arise in conjunction with participation in intercollegiate athletics and enrollment in an academic curriculum.

Eligibility

The following individuals are eligible to receive the SAF:

- Scholarship student-athletes.
- Walk-on student-athletes who have completed one full semester.
- Student-athletes must be listed as a current squad member on the date of the request and the date refund is ordered.

Amount

- $700.00 for the 2018-19 academic year.
- $700.00 for mid-year scholarship enrollees and first year walk-ons after completion of one full semester.
- Pell Grant recipients are eligible to receive an additional $700.00.
- International student-athletes who are certified in writing by the International Student and Scholar Office that the student-athlete has financial need are eligible to receive an additional $700.00.

For examples of permissible use of SAF, please contact the Compliance staff.
Gambling
NCAA rules strictly prohibit Athletic Department staff members and student-athletes from engaging in sport wagering activities.

We hope that you will never be approached in an attempt to involve you in a gambling or bribery situation. However, on some campuses in the past, student-athletes have become involved with organized gambling operations. The results of this involvement have been both severe and tragic, not only for the individual but for the entire Department of Athletics.

Gambling is one of the major sources of revenue for organized crime. Be aware that the gambling industry is constantly seeking sources of information because operators use inside information to set the betting line or odds. It is possible that you may be approached and questioned about the condition and attitude of teammates. As a student-athlete, you may be asked to alter a game in some manner and be offered favors or gifts for doing so. If this occurs, you are required to report the incident to your coach or the Compliance staff immediately. UNL and the Athletic Department are committed to combating all forms of gambling and bribery. An attempt to procure information through bribery of a sports participant is a felony. You should keep in mind that participation in gambling interests, even in the most minor fashion, may jeopardize your athletic career.

NCAA Gambling Restrictions
1. It is not permissible for you to place or accept a wager on any sport, at any level, in which the NCAA hosts a championship, in bowl subdivision football, and in emerging sports for women.
2. Impermissible gambling occurs when you place a wager or accept a wager of money or anything of value for a chance to win something.
3. Gambling prohibition includes sporting events at the professional, college, and amateur (e.g., high school, youth team) levels.
4. It is not permissible for you to knowingly provide information concerning intercollegiate athletic competition to individuals involved in organized gambling activities.
5. It is not permissible for you to accept any benefits from individuals (e.g., meals, presents, money), in exchange for supplying information or for attempting to alter the outcome of any contest.

NCAA Gambling Examples
1. It is not permissible to enter an NCAA Tournament Bracket Challenge that requires an entry fee.
2. It is not permissible to enter a Super Bowl pool that requires an entry fee.
3. It is not permissible to participate in an online fantasy league that requires an entry fee.
4. It is not permissible to use sites like Draft Kings or Fan Duel.

Gambling Penalties
Impermissible gambling under NCAA rules will result in a loss of eligibility. It is also important to be aware of the legalities of gambling from an institutional, state and federal level. Understand that the consequences at the institutional level may be expulsion, and that UNL will assist with the enforcement of any and all federal, state and local gambling and anti-bribery regulations.

Practice and Competition

Seasons of Competition and the Five-Year Rule
Student-athletes have five years to complete four athletic seasons in a sport. The five-year clock begins when you first become a full-time student at any collegiate institution. These years are continuous. You do not regain the time when you are not enrolled in school.

Daily and Weekly Limits: Inside the Playing Season
During the season in which you are participating in competition, the following requirements apply:

1. No more than four hours of required athletically related activities in one day;
2. No more than 20 hours of required athletically related activities in one week; and
3. At least one day off.

Daily and Weekly Limits: Outside the Playing Season
During the season in which you are not participating in competition, the following requirements apply:

1. No more than eight hours of required athletically-related activities in one week; and
2. At least two days off.

Daily and Weekly Limits: Summer Vacation
In all sports except football and basketball, all activity during summer vacation must be voluntary. Some sports may have coach supervision for safety purposes. For football and basketball, the following requirements apply:

1. No more than eight hours of athletically related activities in one week; and
2. At least two days off.
Eligibility for Practice and Competition

Student-athletes are ineligible for practice or competition if any of the following events occur:

1. You become enrolled in less than 12 credit hours (less than 9 credit hours if in graduate school), unless you are in the last semester of your undergraduate degree and in your final hours for the completion of your degree;
2. Your registration or admission is canceled; or
3. You withdraw from UNL.

Medical Hardship

A medical hardship is defined as an incapacitating injury or illness that occurs during the first half of the season before you have participated in more than three events or 30 percent of the events in your sport, whichever number is greater. Medical hardship waivers are reviewed by the Big Ten Conference medical subcommittee. The Compliance Staff will work with the Athletic Trainer from the respective sport to file the medical hardship application on behalf of the student-athlete.

Recruiting

Hosting Recruits (Prospective Student-Athletes)

Student-athletes serving as hosts for recruits are an official representative of UNL, as well as the Athletic Department. As such, the student host is expected to exhibit appropriate conduct and behavior at all times. It is the responsibility of the student host to know and to understand the following guidelines. The student host should consult his or her coach and the Compliance staff when questions or concerns arise while hosting a recruit.

Boosters, Alumni and Fans

A recruit may have contact with former student-athletes on campus, but may not have any contact with a booster, alumni or fan of any UNL athletic team. It is the responsibility of the student host to ensure that such contact does not occur when entertaining a recruit.

Contact and Communication with Recruits

Student-athletes may be involved in the following activities with recruits at any time, provided it is not done at the direction of a coach or staff member.

1. In-person, off-campus contacts; and
2. Any form of written correspondence other than public recruiting messages.

Entertainment

A maximum of $75.00 per day may be provided to the student host to cover the entertainment expenses of the host, multiple hosts, the recruit and up to four family members accompanying the recruit. The cost of meals and admission to campus athletic events is excluded from this allowance. These funds may not be used to purchase or otherwise provide the recruit with gifts (e.g. clothing, souvenirs or memorabilia items). No cash may be given to the recruit or anyone else accompanying him/her on the visit. All entertainment of a recruit must occur within a 30-mile radius of campus. It is the responsibility of the student host to ensure that the recruit abides by this limitation. Never allow a recruit to use a vehicle during a campus visit.

Recreational Activities

Recruits may participate in physical workouts or other recreational activities during a campus visit provided such activities are not organized or observed by the coaching staff. Student-athletes may not report back to coaches or staff about the athletic ability of the recruit.

Prohibited Activities

A student host should report the occurrence of any of the activities listed below to the head coach. The following activities are strictly prohibited:

1. Alcohol and drug use, including underage consumption of alcohol or any other activities that violate federal, state or local laws;
2. Gambling or sport wagering activities;
3. Sexually related activities, including the use of escorts, exotic dancers or strippers; and
4. Sexual harassment, including verbal slanders or physical improprieties.

Penalties

Serving as a student host is a privilege and has several benefits that complement the duties and responsibilities of being a host. Actions or incidents that are contrary to the Student Host Guidelines may result in a decision by UNL to deny the admission of or financial aid award to a recruit. Additionally, a student host may be penalized in ways that include dismissal from his or her team or loss of scholarship.

Transferring

The NCAA and Big Ten have rules regarding transfer eligibility. Consult a member of the Compliance staff to obtain information about transfer rules.

Intra-Conference Transfer

A student-athlete transferring to UNL from another Big Ten Conference institution will be subject to one year of academic residence if receiving athletic aid at UNL.

Transferring from UNL

If you would like to speak with any other four-year institution, you must have permission from UNL to contact those institutions. If you are considering transferring from UNL, please take the following steps:

1. Speak with your head coach;
2. Contact the Compliance staff to understand and ask any questions about the transfer rules; and
3. Ask for permission to contact other institutions. If you are denied permission to contact other institutions to discuss a potential transfer, you have the right to an appeal.
The Athletics Appeals Committee has been established for those UNL student-athletes who have been denied the request to permit another four-year institution to contact them concerning a possible transfer. In addition, the Athletics Appeals Committee will also be available to student-athletes who have been denied the exception to transfer residence requirement.

If a student-athlete wants to appeal the decision of the Athletic Director, the following procedures must take place:

1. The student-athlete must submit a written request to contact an institution(s) and/or the use of the one-time transfer exception if applicable. This written request must be submitted to the Assistant Athletic Director of Compliance. The Head Coach and Athletic Director (if needed) will be notified and will direct if permission is to be granted or denied.

2. The Athletic Director must respond to this request within seven business days of the receipt of the request. The response will be either grant or deny the request. A delay in granting the request (e.g. delay until end of semester to have grades) is not permissible. If the Athletic Director fails to respond within seven business days then permission to contact or the use of the one-time transfer exception will be granted.

3. If a student-athlete is denied permission to contact and/or the use of the one-time transfer exception and wants to have a hearing, the student-athlete must submit in writing to the Chair of the Athletics Appeals Committee a request for an appeals board hearing within seven business days of the original notification date.

4. An appeals board meeting date will be established by the “Athletics Transfer Appeals Committee,” which consists of (1) UNL representative to the NCAA and Big Ten Conference; (2) Chair of the Faculty Intercollegiate Athletics Committee, or his or her designee; (3) President of Student-Athlete Advisory Committee of his or her designee; (4) Assistant Vice Chancellor, Student Affairs; (5) Faculty/Staff member; (6) Two at-large members; a student-athlete and one Faculty/Staff member.

5. Minutes will be kept of the meeting, and the student-athlete will have the opportunity to explain his or her situation and express their concerns.

6. The Athletic Director/coach will be asked to prepare a written and/or verbal report indicating basis for the denial.

7. The Athletics Appeals Committee will caucus following the hearing to determine the outcome of the appeal.

8. The decision of the Athletics Appeal Committee will be sent from the Chair of the Committee to the student-athlete, the Athletic Director, the Compliance staff and the Head Coach.

9. The hearing and decision notification will be completed within 15 business days of the student-athlete’s request for a hearing.

NCAA RULES AND REGULATIONS

The 2017-18 Husker women’s basketball team won 21 games and reached the NCAA Tournament for the first time since 2015.
Student-Athlete Eligibility
The Student-Athlete Annual NCAA Rules Compliance meeting is conducted for each team before the beginning of intercollegiate competition. You will need to provide information about your non-athletic financial aid, academic year/summer employment, housing information, automobile registration and participation in outside competition. Prior to competing, you must complete required NCAA, Big Ten and UNL forms.

Once certified, you must meet NCAA requirements that pertain to your academic and athletic eligibility.

Big Ten Conference
Big Life. Big Stage. Big Ten.
The Big Ten Conference is comprised of world-class academic institutions that share a common mission of research, graduate, professional and undergraduate teaching and public service. The conference’s 100-plus years of history, strong tradition of competitive intercollegiate athletic programs, vast and passionate alumni base, and consistent leadership in innovations position the Big Ten and its entire community firmly on the Big Stage.

The Big Ten has sustained a comprehensive set of shared practices and policies that enforce the priority of academics and emphasize the values of integrity, fairness and competitiveness in all aspects of its student-athletes’ lives, with the ultimate goal of ensuring that each individual has the opportunity to live a Big Life.

Big Ten universities provide more than $200 million in direct financial aid to more than 9,500 men and women student-athletes who compete for 28 championships, 14 for men and 14 for women. Conference institutions sponsor broad-based athletic programs with 350 teams. Other than the Ivy League, the Big Ten has the most broad-based athletic programs in the United States.

Team Travel
Your head coach will review the standards for team conduct that you should observe when you travel with your team. Specific requirements for dress, individual conduct, curfews and free-time activities will be discussed.

Regardless of your sport, the Athletic Department does not allow student-athletes to use alcohol, tobacco or drugs at any time while representing their teams at home or on trips away from campus.

Missed Classes
You may occasionally miss classes to participate in athletic events. In general, faculty members are understanding, provided that students inform them prior to travel and as early as possible about anticipated absences. Communication from the student-athlete to the faculty is key.

At the beginning of each semester, review the syllabus requirements and give each of your professors a copy of the “missed class” letter, your schedule of missed classes and your competition schedule.

As a Member of a Husker Team
As a member of the Big Ten Conference, the University of Nebraska fields and plays host to many of the nation’s finest NCAA teams. Nebraska offers intercollegiate athletic opportunities for men and women in the following 24 sports:

Women:
- Basketball
- Bowling
- Cross Country
- Golf
- Gymnastics
- Rifle
- Beach Volleyball
- Soccer
- Softball
- Swimming & Diving
- Tennis
- Track & Field (indoor)
- Track & Field (outdoor)
- Volleyball

Men:
- Baseball
- Basketball
- Cross Country
- Football
- Gymnastics
- Golf
- Tennis
- Track & Field (indoor)
- Track & Field (outdoor)
- Wrestling

Review the course schedule with your professor and discuss any possible conflicts with exams, projects or papers. Make sure you understand your professor’s requirements. Each professor will determine how you will make up missed work. Do not assume that all professors will follow the same make-up policy. If you experience any difficulties in working out a schedule for makeup work, contact your academic counselor immediately.

If your class instructor requires additional documentation of your team travel, request a letter from your academic counselor at least one week in advance of the trip.

You should also reconfirm your absence with your professors at least a week prior to departure. At that time, arrange to make up missed course work that results from traveling with your team.
Because your physical well-being is essential to your success, both as a student and as an athlete, the Athletic Department feels a strong responsibility to help you reach and maintain your optimum health.

Medical Emergency
Dial 911 for all life-threatening injuries and remain on the line until EMS arrives.

Physical Exams
All incoming freshmen and transfer student-athletes are required to complete a medical history and have a physical exam performed by athletic medicine staff before participating in the athletic program. The physical exam includes lab testing and an ECG.

The physical exam process concludes with a “BEEP” test. This test is a phased ambulatory exercise which provides an assessment of exercise tolerance.

All upperclassmen will complete a medical questionnaire at the start of the fall semester, to ensure their medical information is kept current, and any conditions needing further evaluation are assessed.

After arrival at Nebraska, all student-athletes receive a copy of the “NCAA Concussion Fact Sheet for Student-Athletes.” During pre-participation physicals, all student-athletes are asked to provide their personal history of head injury and concussions, a neurological baseline and balance test is performed and a signed shared responsibility statement is required.

Care of Injuries and Illness
Student-athletes are provided contact information to reach the assigned athletic trainer for their sport, and must report all injuries or illness promptly.

A physician-staffed medical clinic is available during the school year in the Osborne Complex Athletic Medicine Center. No appointment is necessary.

The phone number for the Osborne Complex Athletic Medicine Center Training Room is 472-2276. The main training room is open 7 a.m. to 6 p.m. Monday through Friday during the academic year. Summer hours will be posted.

Student-athletes needing orthopaedic consultation are seen by a Team Orthopaedic Physician in afternoon clinic or at a time set by the athletic trainer.

Referrals
When the medical staff encounters a condition that would benefit by evaluation and or treatment through referral to a specialist, the athletic trainer or team physician will assist in scheduling the appointment. If transportation is needed, an athletic trainer will make the necessary arrangements.

In the event a scheduled appointment cannot be kept, the student-athlete must contact the athletic trainer in advance to cancel or reschedule the appointment. Some offices charge for missed appointments if notice has not been received within 24 hours of the scheduled time. Athletic Medicine is not allowed to pay for missed appointments.

Mental Health Services
The Athletic Department provides mental health counseling through a team of expert psychiatrists, psychologists and counselors. Services are provided on site in the Department of Athletic Medicine and can be accessed by contacting the Director of Athletic Medicine at 472-9859. Mental Health Counseling is highly confidential. Records are maintained separate from the student-athlete’s general medical record.

The athletic training room in North Stadium has two anti-gravity treadmills, allowing student-athletes to recover quicker from injuries and return to action.
Covered Expenses
Medical expenses that are due to injury or illness sustained by a student-athlete as a direct result of practice or participation in intercollegiate athletics at any time during the year will be covered by our insurance program.

UNL Athletic Medicine coverage is considered secondary, or excess, and the student-athlete’s personal or parental insurance is considered primary. The student-athlete must first present the claim to their primary insurance company. After the primary insurer has paid on the allowable charges, the University’s insurance will pay the remaining charges.

**At no time will the student-athletes or their parents sustain any expenses if the injury is a direct result of participation in their sport.**

A copy of the explanation of benefits and/or any statement showing outstanding balances must be sent to the Athletic Department for final payment. This information must be provided in a timely manner (within 30 days of receipt of the statement).

The training room is to be utilized for all athletic related treatments. All related medical bills and prescription expenses must be approved for payment by the Director of Athletic Medicine or Head Athletic Trainer in accordance with Athletic Department and NCAA regulations.

The Athletic Department does not assume any financial responsibility for medical treatment obtained without a referral from a team physician or by the head athletic trainer.

The Athletic Department may consider payment for certain medical conditions not resulting from athletic participation when treatments are deemed necessary for the student-athlete to compete. These medical expenses are reviewed on a case-by-case basis.

It is strongly advised that all student-athletes have medical insurance coverage. For those not covered under their parents’ insurance plan, a student insurance plan is available. Details are provided on the UNL.edu website.

Drug Testing
Annually the athletic compliance and athletic medicine staffs conduct NCAA, Big Ten and institutional drug testing information meetings. The provisions of these programs, notification policies, educational programming, and consequences for violations of the policies are explained in these meetings. For the most current list of banned substances and NCAA drug testing policies visit: [http://go.unl.edu/drugtesting](http://go.unl.edu/drugtesting). Any questions you have regarding drug testing should be directed to your athletic trainer or the athletic medicine staff at 472-2276.
Five Fundamentals of Performance Nutrition

1) Fuel Your Tank and Keep It Filled
Failing to meet calorie/energy needs will decrease performance and could result in significant physiological changes. Ensure you are consuming enough calories every day for the energy to maximize each practice, lifting, or conditioning session. Doing so will result in getting faster, stronger, and gaining an edge over your opponent.

2) Hydration
Dehydration will hinder your performance, leaving you feeling fatigued and can limit your recovery from training. Signs include fatigue, dry/cotton mouth, increased rate of perceived exertion, dizziness, nausea, shaking, inability to focus, and overall decrease in performance and skills.

Daily: Drink half roughly your body weight in ounces of fluids (water, milk, tea, coffee, juice, broth...all fluids count toward hydration). Drink enough so that your urine is a light lemonade color.

Training: Drink 24-oz. of fluid for every pound lost during training.

3) Nutrient Timing and Consistency
Proper nutrient timing is essential for restoring the fuel stores in your muscles and starting the recovery process. Plan meals and snacks around your workout and practice times: try to eat something 1-2 hours before training and within 45 minutes after exercise. Consistency is also key to recovery and maintaining energy levels through the day. Avoid going long periods of time without eating. Eating smaller amounts more frequently will aid muscle recovery, replenish carbohydrate stores, and improve body composition and strength gains. Be prepared - always carry a snack with you: bar, fruit, jerky, nuts/trail mix.

4) Quality is Key - Keeping it Balanced and Varied
Build your meals and snacks around the Four Steps. This balance is key to ensure you are getting the nutrients your body needs to maximize your performance. Choosing foods with QUALITY calories fight inflammation and promote cellular adaptations from training. High quality foods are those that provide numerous vitamins, minerals, and antioxidants for their calorie amount.

Step 1: Fruits, vegetables, nuts, and seeds - provide key vitamins, minerals, antioxidants and healthy fats.
Step 2: Carbohydrates - breads, grains, cereals, pasta and starchy vegetables provide key carbohydrates needed during training, practice, and competition.
Step 3: Lean meats, dairy products, and beans - provide the protein and amino acids needed by muscles for recovery and rebuilding.
Step 4: Healthy Fats - essential for proper functioning of your body. Provides energy, keeps body insulated, needed for cell functioning and necessary for the body to absorb vitamins A, D, E and K.

5) Food First/Supplementation
Certain supplements can aid in athletic performance. However, the supplement industry is loosely regulated and amongst the thousands of supplements available, only a few are effective and are of high quality. Please check with a sports dietitian prior to taking any type of supplement to ensure safety and legality. Remember - food is the foundation. Supplements only complement a solid diet.
The Athletic Department has established a comprehensive strength and conditioning program to improve performance and lessen the possibility of injury. The strength and conditioning staff provides the best program available while maintaining the highest safety standards. The department has three weight rooms available for use by student-athletes. The Ndakung Suh Strength Complex (472-3333) is located in the Tom and Nancy Osborne Athletic Complex. The Alloy Strength Complex is located inside the Hawks Championship Center. The Hendricks Training Complex (472-1403) is located at the Bob Devaney Sports Center.

All intercollegiate athletic teams have a strength and conditioning program designed specifically for the rigors of their individual sport. Each program addresses mobility, conditioning, strength, power, speed and body composition on an individual, team-member basis. These programs are then carried out under the direction of the certified strength and conditioning staff. Individual and team assessments are carried out periodically during the year.

A schedule of use for weight room facilities may be arranged through and at the discretion of the Head Strength Coach assigned to each sport. At no time will scheduling of individual time supersede team use of the facilities.

Work Environment
The work that takes place in the weight room is serious in nature. All student-athletes who use the strength and conditioning facilities should do so productively. You should arrive at your scheduled time, obtain your workout program, and go through the session with a positive attitude and a minimal waste of time. Approach your workout session as an opportunity to improve yourself so you can perform better at your sport.

Safety
Safety in the strength and conditioning facilities depends upon following facility rules. Always think cautiously when performing any exercise. The weight rooms were established so you would have the opportunity to become stronger and more injury resistant. Injuries should not occur in the weight room.

Spotters serve two basic purposes: (1) To motivate or encourage you to give it your all and (2) to supervise your workout in order to make it safe for you. Always have someone spot you when performing any exercise. The spotter should be prepared to assist the lifter when the weight cannot be raised.

Be aware of other people around when performing any exercise. If people are in the way, there is always the possibility of dropping a weight on them or hitting them with a barbell. On machine exercises, make sure a spotter has his/her hands clear of the machine before beginning to exercise. If an injury should occur, immediately contact the nearest strength coach.

Weight Room Policies
Note: To all persons using University of Nebraska Weight Rooms. These rooms are provided to improve the performance of Nebraska athletes. The following rules are presented so the weight rooms will remain clean, neat and ready for athletes to safely use the equipment. Your cooperation is appreciated.

1. No student-athlete is allowed to lift until they have medical clearance. Guests must sign a waiver.
2. Student-athletes are required to use collars once there is any weight on the bar.
3. Student-athletes should show respect at all times; spitting in or defacing the facility is not tolerated, horseplay, loud, offensive language, or temper tantrums are not permitted.
4. The staff offices and telephones are off limits to student-athletes.
5. Everyone should wear proper adidas training attire.
6. Student-athletes should utilize spotters when necessary.
7. Immediately report any facility-related injury or facility/equipment irregularity to the supervisors on duty.
8. The Nebraska Strength and Conditioning Department is not responsible for users’ personal belongings or lost or stolen items.
9. Equipment is not to leave the Nebraska Strength and Conditioning facilities without permission from the Strength and Conditioning staff.
10. The on-duty supervisors have the authority over all weight room conduct and use of equipment and may expel a student-athlete from the facility for failure to follow instructions.
Championship Facilities Create Championship Opportunities

Nearly every Husker sport enjoys a venue that ranks among the nation’s finest. Within these venues, Nebraska student-athletes compete in front of large, passionate crowds. In addition to the beautiful venues, the training facilities Nebraska student-athletes enjoy are among the nation’s best. Nebraska is committed to improving upon these facilities on a yearly basis. Since 2010, some of the new facilities or updates for Husker sports include the Hendricks Training Complex (2011), Pinnacle Bank Arena (2013), East Stadium expansion which included the Nebraska Athletics Performance Lab (2013), the Bob Devaney Sports Center (2014), the Barbara Hibner Soccer Stadium (2015) and the Sid and Hazel Dillon Tennis Center (2015) and the Nebraska Athletics Hall of Fame (2015). Later this year, construction will begin on a new gymnastics practice facility adjacent to the Bob Devaney Sports Center.

For any questions regarding facilities, contact the Facilities and Events Office or Capital Planning and Construction offices at 472-1000 or visit Huskers.com.
Top and upper left: Pinnacle Bank Arena opened in the fall of 2013 and is the home of the Husker men’s and women’s basketball programs. The 15,000-seat arena located in Lincoln’s historic Haymarket, has 36 suites, 20 loge boxes and an expansive HD video board.

Above: The Hendricks Training Complex opened in 2011, and the 80,000-square foot facility is the training home for the Husker men’s and women’s basketball and wrestling programs.

Middle left: The nutrition landing at the Charles and Romona Myers Performance Center provides supplements, shakes and healthy snack options. It is one of two nutrition areas created for Husker student-athletes.

Bottom left: The Hendricks Training Complex features a nutrition oasis and weight room that is used by the Husker basketball, wrestling, gymnastics and track and field programs.
Top and Right: The Bob Devaney Sports Center underwent a $20 million renovation and is the home of the Husker volleyball, gymnastics and wrestling programs. The 8,000-seat arena includes suites, premium seating, new offices and student-athlete locker rooms.

Below: The Devaney Center indoor track is considered one of the fastest indoor tracks in the country and is a frequent host for conference events.
The $20.4 million Nebraska Soccer and Tennis Complex at Innovation Campus opened in 2015. The soccer field holds a capacity of 2,500, offices and locker rooms while the tennis complex has 12 outdoor and six indoor courts with seating for 1,400 fans.
The University of Nebraska and the surrounding city of Lincoln have a variety of support services and resources available to help students. It would be good to familiarize yourself with the facilities and services available to University of Nebraska students.

Campus Activities and Programs

University Bookstores
On UNL’s City Campus, the University Bookstore in the Nebraska Union, 472-7300, offers a wide range of merchandise and services in addition to textbooks for classes.

On UNL’s East Campus, the University Bookstore in the Nebraska East Union, 472-1746, stocks textbooks for classes offered on East Campus and has a special law section for students and faculty in the College of Law.

The University of Nebraska City Campus is nestled against downtown Lincoln, allowing students easy access to the best food, entertainment and shopping the city has to offer.

Counseling and Psychological Services
Located in the University Health Center (1500 U Street), CAPS offers a wide variety of counseling, educational and developmental services. Special workshops and support groups are also offered in stress management, test anxiety, assertiveness, food and body image issues, anger management and others. 24/7 assistance is available by calling 472-5000.

Crime Prevention
The University of Nebraska-Lincoln campus compares very favorably among its peers for safety and security. University Police feel that safety is a community effort and strive to let everyone feel a responsibility to contribute to a safe campus.

UNLPD has an officer assigned for coordination of crime prevention and awareness education. This officer’s duties include conducting
presentations on topics such as alcohol and drug awareness, personal safety, theft prevention, and domestic violence. The UNLPD Education Officer and other UNLPD personnel traditionally provide presentations to approximately 1,500 people each year. To schedule a presentation please contact UNLPD at 472-2222 and ask to speak with the Education and Training Officer.

Jackie Gaughan Multicultural Center
The Jackie Gaughan Multicultural Center, 472-5500, is located east of the Nebraska Union on City Campus. At 30,000 square feet, the Gaughan Center is the country’s largest multicultural center attached to a student union. The Gaughan Center will continue the tradition of past UNL Culture Centers, providing a home away from home for underrepresented students, while welcoming all UNL students, faculty, alumni and guests.

The Jackie Gaughan Multicultural Center houses the Office of Academic Success and Intercultural Services (OASIS), the William H. Thompson Scholars Learning Community, the Nebraska College Preparatory Academy and the Kawasaki Reading Room for Japanese Studies.

OASIS (Office of Academic Success and Intercultural Services)
Located in UNL’s Jackie Gaughan Multicultural Center, OASIS was established to provide academic support, workshops, tutoring, and programs targeted toward student success and cultural development. Staff members work with all UNL students with an emphasis on meeting the needs of students of color, first generation and/or low-income students. Visit OASIS on the web at www.unl.edu/oasis.

Services for Students with Disabilities
SSD is designed to provide students with disabilities the opportunity to pursue college goals through the use of technological and academic services. SSD is located in 232 Canfield Administration Building, 472-3787 (TTY 472-0053). Students are encouraged to make advance arrangements for the accommodations you will need. Visit SSD on the web at unl.edu/ssd.

Greek Affairs
Most fraternity and sorority chapters at the University offer living and dining facilities for 40 to 90 students per chapter. Any student admitted to Nebraska as a first-time student is eligible to participate in a fraternity or sorority recruitment. For information, contact the Office of Greek Affairs, 332 Nebraska Union, 472-2582 or 1-888-547-1029.

University Health Center
The University Health Center is located at 15th and U, 472-5000. Student fees entitle UNL students to see a primary care physician or physician assistant at no charge for patient visits. Charges are made for specialty clinic, laboratory, physical therapy, X-ray and pharmacy services, and in most cases your own insurance will pay all or part of these expenses. Before visiting the Health Center, make sure you have information on health insurance status (name and address of company, subscriber number, group number and name of policyholder) and any medications you may be taking. When you need to see a doctor, call for an appointment so you can be seen at a definite time, with little or no waiting.

University Honors Program
The University Honors Program addresses the needs of talented students who are challenged and encouraged to realize their academic potential. Students take a prescribed number of honors courses and write an honors thesis their senior year. Two multi-disciplinary honors seminars encourage students to consider important contemporary issues from a variety of perspectives. High school seniors should submit an application by March 1 of their senior year, 118 Neihardt, 472-5425.

ISSO (International Student and Scholar Office)
ISSO provides immigration assistance to international students and scholars in the UNL community. The ISSO staff are here to: help international students and scholars maintain their immigration status and comply with U.S. employment regulations; assist UNL departments and colleges in their efforts to hire and retain international researchers and faculty; and serve as a liaison with U.S. Citizenship and Immigration Services (USCIS) in matters related to international visitors studying and working at UNL. SEH, 201, 472-0324.

Student Involvement
Student Involvement completes the academic process by promoting and assisting co-curricular activities. Programs are designed to create community, promote leadership opportunities, enhance major event planning, create diversity, and foster a greater understanding of the value of a well-rounded collegiate experience. Student organizations number over 500; annually
more than 75,000 people attend presentations, workshops and programs. The Offices of Student Involvement are located in the Unions on City (472-2454) and East (472-1780) campuses. Many services and contacts are available on-line at involved.unl.edu.

University Libraries
The University Libraries is a member of the Association of Research Libraries. The collections include 2.6 million volumes and 20,300 active periodicals and serials housed in eight library locations on both City Campus and East Campus.

The University Libraries, together with the Schmid Law Library, offer both in-house and remote access to an ever developing on-line information service called the Innovative Research Information System (IRIS). Visit IRIS on the web at: http://iris.unl.edu or call 472-9568.

TRIO Programs
A college education can be earned by any student admitted to UNL. A quality education is a matter of choice, access, opportunity, interest and knowledge. Qualified students may receive a comprehensive series of unique support services, instruction, assistance and learning challenges through the office of TRIO, 220 Canfield Administration Building, 472-2027. Students are afforded a safe, intellectual, stimulating and motivational working and learning environment.

New Student Enrollment
NSE allows you to experience the diversity, opportunity and excitement of being a student at UNL. A day is set up in advance of your first semester at Nebraska, so you can meet with an advisor, register for classes, take your math and language placement exams, tour the campus, have your photo taken for your ID, and attend sessions on campus life. For more information call 472-4646.

Student Judicial Affairs
The University of Nebraska-Lincoln Student Judicial Affairs process is a disciplinary function designed to respond to allegations of student misconduct outlined in the Student Code of Conduct.

Protecting the learning environment and preventing educational interference, while upholding the values of academic integrity and civil respect, are among its main objectives.

The Office of Student Judicial Affairs, in conjunction with other members of the NU campus community, recognizes the reality of human fallibility as well as the stresses associated with collegiate life.

Thus, the service is used as a means to redirect inappropriate behaviors through sanctions that provide educational opportunities and focus on personal accountability.

University Documents Concerning Student Rights and Responsibilities, the Student Records Policy and the Student Code of Conduct & Disciplinary Procedures can be found on-line at stuafs.unl.edu. For more information or to request additional copies of the Student Code of Conduct, call 472-2021.

Campus Recreation
Campus Recreation offers the UNL community a wide variety of indoor and outdoor recreational opportunities. All students become members via payment of student fees, and you may use the Campus Recreation facilities on City and East Campus by presenting your current student photo ID. Included are facilities for weight training and conditioning, swimming, basketball, volleyball, racquetball, squash, badminton, cardiovascular fitness, massage therapy, jogging and much more. Campus Recreation programs include fitness and wellness services, informal recreation, intramural sports, sport clubs, outdoor recreation, instructional programming, injury prevention and care, special events and youth camps. For more information, call 472-3467.

Student Employment and Internship Center in Career Services
When you are seeking part-time employment or an internship, Career Services (225 Nebraska Union) is the place to go. Student jobs are posted and referral services are available. Some majors provide for internship opportunities with academic credit. Check with your major advisor for these department-based internships.

Construction of the new $84 million dollar College of Business building was completed in August of 2017.
For more information on the Student Employment and Internship Center, call 472-3145.

Nebraska Unions
The facilities operated by the Nebraska Unions on City and East Campuses are full-service community centers designed for use by everyone at the University: students, faculty, staff, alumni and visitors.

The Nebraska Union on City Campus, 472-2181, offers study and television lounges, offices for student organizations, the UNL computer store, meeting rooms, dining areas with complete food services (including a food court), a bakery, a bank, a game room, a bookstore, copy center services, and the student part-time employment office. A 50,000 square-foot addition, completed in 1999, features an auditorium, additional lounge and food court space, new meeting rooms, an art gallery, and a 24-hour computer lab and copy center.

The Nebraska East Union, 472-1776, on East Campus offers similar services to those available in the Nebraska Union, including a branch of the bookstore. The East Union also offers bowling, which is not available on City Campus.

The Women’s Center
The Women’s Center (340 Nebraska Union) provides resources, support services and a welcoming environment for people who want to understand the changing roles of women and men. Resources include a video and book library, plus events that will help students fulfill many class requirements. We offer individual and group counseling for many issues. Special services are provided for victims of relationship violence, sexual assault and stalking. For general information call 472-2597; to reach the Victim Advocate call 472-0203.

UNL Writing Center
Writer’s block? Not quite sure how to write that paper? Need help with a resume? Writing fiction or poetry? Get help from the Writing Assistance Center. Information about location and hours can be found on the web at unl.edu/writing. The Student Life Complex has a satellite location. For information about hours, contact Kim Schellpeper at kschellpeper@huskers.com.

Centers for the Performing Arts
Kimball Recital Hall, on City Campus at 11th & R streets, serves as the home for UNL School of Music’s concerts and recitals by faculty, students and guest artists. Kimball Recital Hall is acoustically outstanding, and with 850 seats is one of the finest concert halls in the Midwest.

The Lied Center for Performing Arts serves as a focus for the performing arts in Nebraska. The Lied, located at 12th & R streets, includes a 2,278-seat auditorium designed to stage major musical, theatrical and entertainment events, presented by regional, national and international touring companies.

The Temple Building has been the home of theater at UNL since 1907. All theater classes, as well as the administrative office and performance spaces of the Department of Theatre Arts, are here. Dance classes and dance faculty are located in Mabel Lee Hall. University Theatre and University Dance produce six to eight major events each year in the facility’s two theaters, Howell and Studio (dance concerts are also staged in Mabel Lee Hall and Kimball Hall).

Museums and Galleries
Sheldon Museum of Art and Sculpture Garden, 472-2461, designed by the internationally acclaimed architect Philip Johnson, is one of the nation’s most respected university art museums. The gallery’s permanent collection features over 12,000 objects that document the development of American art from the 18th century to the present. The gallery offers special exhibitions from around the world and has a two-acre outdoor sculpture garden, containing more than 30 sculptures. The 300-seat auditorium in the gallery is used for exhibition-related programs, public lectures and concerts. Sheldon Museum of Art is open year-round and does not have an admission fee.

The Center for Great Plains Studies Art Collection, located in Hewit Place, 1155 Q St., provides a unique western art collection.

The Lentz Center for Asian Culture, also located in Hewit Place, is dedicated to enrichment of knowledge and understanding of Asia, primarily through exhibitions of Oriental art, of authentic ethnographic objects and of artifacts.

The Eisentrager/Howard Gallery consists of three gallery spaces in the central core of the main floor of newly remodeled Richards Hall, just south of Memorial Stadium. The Robert Hillestad Textiles Gallery, located in the Home Economics building on East Campus, is dedicated to exhibition of textiles – from art to apparel.

Visitors Center and Film Theaters
The Van Brunt Visitors Center and Mary Riepma Ross Media Arts Center, 472-9800, are located in a magnificent building at 13th and R streets.

The Visitors Center offers resources and information for visitors to the UNL campus, and is utilized extensively for recruiting new students by the UNL Office of Admissions. It is a starting point for campus tours and a meeting place for students.

The Media Arts Center offers daily movies on two screens with the state-of-the-art sound and projection. It is known as one of the finest venues in the country for independent film.
### QUICK REFERENCE GUIDE

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<tr>
<th>Office</th>
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<td>Admissions</td>
<td>472-2023</td>
<td>admissions.unl.edu</td>
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<td>ASUN Student Government</td>
<td>472-6921</td>
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<td>Athletic Ticket Office</td>
<td>472-3111</td>
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<td>Campus Recreation</td>
<td>472-3467</td>
<td>crec.unl.edu</td>
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<td>Counseling &amp; Psychological Services</td>
<td>472-5000</td>
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<td>Faculty Athletics Rep. (Professor of Law Josephine Potuto)</td>
<td>472-1252</td>
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<td>Graduate Studies</td>
<td>472-2875</td>
<td>unl.edu/gradstudies</td>
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<td>Greek Affairs</td>
<td>472-2562</td>
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<tr>
<td>ID Card Office</td>
<td>472-7331</td>
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<tr>
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<td>Information Services</td>
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<tr>
<td>Instructional Design</td>
<td>472-2258</td>
<td>designcenter.unl.edu</td>
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<tr>
<td>ISSO</td>
<td>472-0324</td>
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<td>472-9568</td>
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<tr>
<td>Lied Center for Performing Arts</td>
<td>472-4700</td>
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<td>Math Resource Center</td>
<td>472-3731</td>
<td>math.unl.edu</td>
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<td>Nurse-On-Call</td>
<td>219-8050</td>
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<td>Parking &amp; Transit Services</td>
<td>472-1800</td>
<td>parking.unl.edu</td>
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<td>Registration/Records</td>
<td>472-3635</td>
<td>registrar.unl.edu</td>
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<td>Scholarships/Financial Aid</td>
<td>472-2030</td>
<td>financialaid.unl.edu</td>
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<tr>
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<td>441-7185</td>
<td>lincoln.ne.gov</td>
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<tr>
<td>Student Accounts</td>
<td>472-2887</td>
<td>studentaccounts.unl.edu</td>
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<td>Student Affairs</td>
<td>472-3755</td>
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<tr>
<td>Student Involvement</td>
<td>472-2454</td>
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<tr>
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<td>472-1780</td>
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<tr>
<td>Services for Students with Disabilities</td>
<td>472-3787</td>
<td>unl.edu/ssd</td>
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<td>472-3970</td>
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<td>472-2027</td>
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<tr>
<td>University Health Care</td>
<td>472-5000</td>
<td>health.unl.edu/health</td>
</tr>
<tr>
<td>University Housing Office</td>
<td>472-3561</td>
<td>housing.unl.edu</td>
</tr>
<tr>
<td>University Police</td>
<td>472-2222</td>
<td>police.unl.edu</td>
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<tr>
<td>Victim Advocate</td>
<td>472-0203</td>
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</tr>
<tr>
<td>Women’s Center</td>
<td>472-2597</td>
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<tr>
<td>Writing Assistance Center</td>
<td>472-8803</td>
<td>unl.edu/writing</td>
</tr>
<tr>
<td>Athletic Administration</td>
<td>Contact/Title</td>
<td>Phone/E-Mail</td>
</tr>
<tr>
<td>-----------------------------------</td>
<td>-----------------------------------------------------------</td>
<td>-------------------------------------</td>
</tr>
<tr>
<td>Administration</td>
<td>Bill Moos</td>
<td>472-3011; <a href="mailto:mlenz@huskers.com">mlenz@huskers.com</a></td>
</tr>
<tr>
<td></td>
<td>Athletic Director</td>
<td>One Memorial Stadium</td>
</tr>
<tr>
<td></td>
<td>Bob Burton</td>
<td>472-5663; <a href="mailto:bburton@huskers.com">bburton@huskers.com</a></td>
</tr>
<tr>
<td></td>
<td>Deputy AD/Chief of Staff</td>
<td>One Memorial Stadium</td>
</tr>
<tr>
<td></td>
<td>John Jentz</td>
<td>472-3011; <a href="mailto:jjentz@huskers.com">jjentz@huskers.com</a></td>
</tr>
<tr>
<td></td>
<td>Deputy AD/Chief Financial Officer</td>
<td>One Memorial Stadium</td>
</tr>
<tr>
<td></td>
<td>Pat Logsdon</td>
<td>472-3011; <a href="mailto:plogsdon@huskers.com">plogsdon@huskers.com</a></td>
</tr>
<tr>
<td></td>
<td>Deputy AD/Senior Woman Administrator</td>
<td>One Memorial Stadium</td>
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<tr>
<td></td>
<td>Marc Boehm</td>
<td>472-3011; <a href="mailto:mboehm@huskers.com">mboehm@huskers.com</a></td>
</tr>
<tr>
<td></td>
<td>Executive Associate Athletic Director/External Operations</td>
<td>One Memorial Stadium</td>
</tr>
<tr>
<td></td>
<td>Jamie Vaughn</td>
<td>472-2042; <a href="mailto:jvaughn@huskers.com">jvaughn@huskers.com</a></td>
</tr>
<tr>
<td></td>
<td>Executive Associate Athletic Director/Compliance</td>
<td>One Memorial Stadium</td>
</tr>
<tr>
<td></td>
<td>Dennis Leblanc</td>
<td>472-4614; <a href="mailto:deleblanc@huskers.com">deleblanc@huskers.com</a></td>
</tr>
<tr>
<td></td>
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</tr>
<tr>
<td>Life Skills</td>
<td>Keith Zimmer</td>
<td>472-4616; <a href="mailto:kzimmer@huskers.com">kzimmer@huskers.com</a></td>
</tr>
<tr>
<td></td>
<td>Senior Associate A.D. for Life Skills</td>
<td>One Memorial Stadium</td>
</tr>
<tr>
<td>Community Relations</td>
<td>Chris Anderson</td>
<td>472-7771; <a href="mailto:canderson@huskers.com">canderson@huskers.com</a></td>
</tr>
<tr>
<td></td>
<td>Associate A.D. for Community, Governmental &amp; Charitable Relations</td>
<td>One Memorial Stadium</td>
</tr>
<tr>
<td>Ticketing</td>
<td>Holly Adam</td>
<td>472-3111; <a href="mailto:hadam@huskers.com">hadam@huskers.com</a></td>
</tr>
<tr>
<td></td>
<td>Assistant A.D. for Ticketing and Engagement</td>
<td>One Memorial Stadium</td>
</tr>
<tr>
<td>Equipment Management</td>
<td>Jay Terry</td>
<td>472-2274; <a href="mailto:jterry@huskers.com">jterry@huskers.com</a></td>
</tr>
<tr>
<td></td>
<td>Equipment Manager (Football)</td>
<td>One Memorial Stadium</td>
</tr>
<tr>
<td></td>
<td>Pat Norris</td>
<td>472-1416; <a href="mailto:pnorris@huskers.com">pnorris@huskers.com</a></td>
</tr>
<tr>
<td></td>
<td>Devaney Center Equipment Manager</td>
<td>Devaney Center</td>
</tr>
<tr>
<td></td>
<td>Bryan Harrod</td>
<td>472-2274; bh <a href="mailto:harrod@huskers.com">harrod@huskers.com</a></td>
</tr>
<tr>
<td></td>
<td>Assistant Equipment Manager</td>
<td>One Memorial Stadium</td>
</tr>
<tr>
<td></td>
<td>Kyle Kotrous</td>
<td>472-2274; <a href="mailto:kkotrous@huskers.com">kkotrous@huskers.com</a></td>
</tr>
<tr>
<td></td>
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<tr>
<td></td>
<td>Erin Widrig</td>
<td>472-1416; <a href="mailto:ewidrig@huskers.com">ewidrig@huskers.com</a></td>
</tr>
<tr>
<td></td>
<td>Assistant Equipment Manager</td>
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<tr>
<td>Events</td>
<td>Butch Hug</td>
<td>472-1950; <a href="mailto:bhug@huskers.com">bhug@huskers.com</a></td>
</tr>
<tr>
<td></td>
<td>Associate A.D. for Events</td>
<td>One Memorial Stadium</td>
</tr>
<tr>
<td>Capital Planning &amp; Construction</td>
<td>John Ingram</td>
<td>472-1000; <a href="mailto:jingram@huskers.com">jingram@huskers.com</a></td>
</tr>
<tr>
<td></td>
<td>Associate A.D. for Capital Planning and Construction</td>
<td>One Memorial Stadium</td>
</tr>
<tr>
<td>Football Operations</td>
<td>Gerrod Lambrecht</td>
<td>472-3116; <a href="mailto:gerrod@huskers.com">gerrod@huskers.com</a></td>
</tr>
<tr>
<td></td>
<td>Football Chief of Staff</td>
<td>One Memorial Stadium</td>
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<tr>
<td>NCAA Rules</td>
<td>Jamie Vaughn</td>
<td>472-2042; <a href="mailto:jvaughn@huskers.com">jvaughn@huskers.com</a></td>
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<tr>
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<td>Executive Associate Athletic Director/Compliance</td>
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<tr>
<td>Eligibility</td>
<td>Laure Ragoss</td>
<td>472-2042; <a href="mailto:lragoss@huskers.com">lragoss@huskers.com</a></td>
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<tr>
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<td>Assistant A.D. for Compliance</td>
<td>One Memorial Stadium</td>
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<tr>
<td>Scholarships</td>
<td>Jena Johnson</td>
<td>472-8253; j <a href="mailto:johnson@huskers.com">johnson@huskers.com</a></td>
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<tr>
<td></td>
<td>Associate Director of Compliance for Student-Athlete Services</td>
<td>One Memorial Stadium</td>
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<tr>
<td></td>
<td>Patricia Peterson</td>
<td>472-4617; <a href="mailto:ppeterson@huskers.com">ppeterson@huskers.com</a></td>
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<tr>
<td></td>
<td>Associate Director of Compliance for Legislation &amp; Recruiting</td>
<td>One Memorial Stadium</td>
</tr>
<tr>
<td>Strength and Conditioning</td>
<td>Zach Duval</td>
<td>472-3333; <a href="mailto:zduval@huskers.com">zduval@huskers.com</a></td>
</tr>
<tr>
<td></td>
<td>Head Football Strength and Conditioning Coach</td>
<td>One Memorial Stadium</td>
</tr>
<tr>
<td></td>
<td>Boyd Epley</td>
<td>472-3333; <a href="mailto:bepley@huskers.com">bepley@huskers.com</a></td>
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<tr>
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<td>Assistant A.D./Strength and Conditioning</td>
<td>One Memorial Stadium</td>
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<tr>
<td>Marketing/Communications</td>
<td>Steve Waterfield</td>
<td>472-3011; <a href="mailto:swaterfield@huskers.com">swaterfield@huskers.com</a></td>
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<tr>
<td></td>
<td>Executive Associate Athletic Director/Marketing and Communication</td>
<td>One Memorial Stadium</td>
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### Academic Support

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<tr>
<th>Sport</th>
<th>Athletic/Academic Counselor</th>
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<tr>
<td>Men's Basketball/ Football</td>
<td>Dennis Leblanc</td>
<td>472-4614; <a href="mailto:deleblanc@huskers.com">deleblanc@huskers.com</a></td>
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<tr>
<td>Football/Volleyball</td>
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<tr>
<td>Softball/ Football</td>
<td>Kim Schellpeper</td>
<td>472-0513; <a href="mailto:kschellpeper@huskers.com">kschellpeper@huskers.com</a></td>
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<tr>
<td>Baseball/ Football</td>
<td>Katie Jewell</td>
<td>472-4620; <a href="mailto:kjewell@huskers.com">kjewell@huskers.com</a></td>
</tr>
<tr>
<td>M &amp; W Football/Wrestling/Ball</td>
<td>Alvin Banks</td>
<td>472-0590; <a href="mailto:abanks@huskers.com">abanks@huskers.com</a></td>
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<tr>
<td>Swimming and Diving/ Football</td>
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<tr>
<td>Women’s Basketball</td>
<td>Sheri Hastings</td>
<td>472-4615; <a href="mailto:shastings@huskers.com">shastings@huskers.com</a></td>
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<tr>
<td>Soccer/ Rifle/ Bowling</td>
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<tr>
<td>Women’s Gymnastics</td>
<td>Mike Nieman</td>
<td>472-3311; <a href="mailto:mnieman@huskers.com">mnieman@huskers.com</a></td>
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<tr>
<td>M &amp; W Track and Field</td>
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<tr>
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<tr>
<td>Men’s Gymnastics/ M&amp;W Tennis</td>
<td>Caleb Hawley</td>
<td>472-7971; <a href="mailto:chawley@huskers.com">chawley@huskers.com</a></td>
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<tr>
<td>Men’s Basketball/ Football</td>
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<tr>
<td></td>
<td>Andrea Einspahr</td>
<td>472-0169; <a href="mailto:aeinspahr@huskers.com">aeinspahr@huskers.com</a></td>
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<tr>
<td></td>
<td>Denise Howell</td>
<td>472-4619; <a href="mailto:dhowell@huskers.com">dhowell@huskers.com</a></td>
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<td>Joann Ross</td>
<td>472-9985; <a href="mailto:jross@huskers.com">jross@huskers.com</a></td>
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### Athletic Medicine

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<tr>
<td>Medical Staff</td>
<td>Todd Stull</td>
<td>402-472-2276; <a href="mailto:tsull@huskers.com">tsull@huskers.com</a></td>
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<tr>
<td></td>
<td>Senior Associate AD - Performance</td>
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<tr>
<td></td>
<td>Dr. Lonnie Albers</td>
<td>472-2276; <a href="mailto:jalbers@huskers.com">jalbers@huskers.com</a></td>
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<tr>
<td></td>
<td>Associate A.D./Director of Athletic Medicine</td>
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<tr>
<td></td>
<td>Dr. Robert Dugas</td>
<td>472-2276</td>
</tr>
<tr>
<td></td>
<td>Chief of Staff/Orthopaedic Surgeon</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Jerry Weber, Associate Director of Athletic Medicine</td>
<td>472-2276; <a href="mailto:jweber@huskers.com">jweber@huskers.com</a></td>
</tr>
<tr>
<td></td>
<td>Head Athletic Trainer</td>
<td></td>
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<tr>
<td></td>
<td>Mark Mayer</td>
<td>472-2276; <a href="mailto:mmayer@huskers.com">mmayer@huskers.com</a></td>
</tr>
<tr>
<td></td>
<td>Head Football Trainer</td>
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<tr>
<td></td>
<td>Brad Brown</td>
<td>472-4382; <a href="mailto:bbrown@huskers.com">bbrown@huskers.com</a></td>
</tr>
<tr>
<td></td>
<td>Assistant Athletic Trainer</td>
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<tr>
<td></td>
<td>Tom Dufresne</td>
<td>472-1499; <a href="mailto:tdufresne@huskers.com">tdufresne@huskers.com</a></td>
</tr>
<tr>
<td></td>
<td>Assistant Athletic Trainer</td>
<td></td>
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</tbody>
</table>

FAR may be contacted any time concerning a student-athlete's academic or athletic welfare and NCAA, Big Ten and campus rules compliance.
ATHLETIC DEPARTMENT DIRECTORY

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One Memorial Stadium

R.J. Pietig 472-2791; rpietig@huskers.com
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One Memorial Stadium

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One Memorial Stadium

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Athletic Psychologist
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Massage Therapist
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One Memorial Stadium

Dr. Justin Harris 472-2276; jwilken@huskers.com
Team Physician/Orthopaedic Surgeon
One Memorial Stadium

Jackie Wilken 472-2276; jwilken@huskers.com
Administrative Coordinator
One Memorial Stadium

Insurance

University Counseling and Psychological Services Staff

Tricia Besett-Alesch, Ph.D, Licensed Psychologist, 472-7450; 213 Health Center
Clinical Psychologist Lead Training Director, Associate Psychology Manager

Patricia Cerda-Lizaragre, Ph.D. Provisionally Licensed Psychologist

Duke Engel, Licensed Mental Health Practitioner, Alcohol and Drug Counselor

John Goldrich, MSW, Licensed Mental Health Practitioner

Ashley Grundmayer, M.A. Licensed Independent Mental Health Practitioner,
Provisionally Licensed Alcohol and Drug Counselor

Belinda Hinojos, Ph.D, Licensed Psychologist, Latino/Latina Outreach Specialist

Tina Hoffman, Ph.D, Licensed Psychologist, Assessment Coordinator

John Mark Krejci, Ph.D, Licensed Psychologist

Michelle Nanji, Pd.D, Provisionally Licensed Psychologist

Danielle Parrish, M.S., Licensed Independent Mental Health Practitioner,
Marriage & Family Therapist

Heather Patterson Meyer, Psy.D., MAT. Licensed Psychologist,
Eating Disorders Treatment Team Coordinator

Xiping (Kylie) Qiu, M.S., Provisionally Licensed Mental Health Practitioner

Krystyn Schmidt, M.A., Licensed Mental Health Practitioner, Licensed Drug & Alcohol Counselor

Brigham Scott, M.A., Provisionally Licensed Psychologist, Alcohol & Other Drug Services Coordinator

Cynthia Von Seggren, Ph.D, Provisionally Licensed Psychologist, Group and Outreach Coordinator

Scott Winrow , Ph.D, Licensed Psychologist

William Wysocki, Pd.D, Provisionally Licensed Psychologist
## Head Coaches

<table>
<thead>
<tr>
<th>Sport</th>
<th>Head Coach</th>
<th>Phone/E-Mail</th>
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<tbody>
<tr>
<td>Baseball</td>
<td>Darin Erstad</td>
<td>472-2269; <a href="mailto:derstad@huskers.com">derstad@huskers.com</a></td>
<td>403 Line Drive Circle</td>
</tr>
<tr>
<td>Men’s Basketball</td>
<td>Tim Miles</td>
<td>472-2265; <a href="mailto:tmiles@huskers.com">tmiles@huskers.com</a></td>
<td>236 Hendricks Training Complex</td>
</tr>
<tr>
<td>Women’s Basketball</td>
<td>Amy Williams</td>
<td>472-6462; <a href="mailto:jhoistad@huskers.com">jhoistad@huskers.com</a></td>
<td>222 Hendricks Training Complex</td>
</tr>
<tr>
<td>Bowling</td>
<td>Bill Straub</td>
<td>472-0404; <a href="mailto:wstraub@huskers.com">wstraub@huskers.com</a></td>
<td>111 East Campus Union</td>
</tr>
<tr>
<td>M &amp; W Cross Country</td>
<td>David Harris</td>
<td>472-6461; <a href="mailto:dharris@huskers.com">dharris@huskers.com</a></td>
<td>109D Devaney Center</td>
</tr>
<tr>
<td>Football</td>
<td>Scott Frost</td>
<td>472-3116; <a href="mailto:jduff@huskers.com">jduff@huskers.com</a></td>
<td>One Memorial Stadium</td>
</tr>
<tr>
<td>Men’s Golf</td>
<td>TBA</td>
<td>472-6472; TBA</td>
<td>202 Coliseum</td>
</tr>
<tr>
<td>Women’s Golf</td>
<td>Robin Krapfl</td>
<td>472-1415; <a href="mailto:rkrapfl@huskers.com">rkrapfl@huskers.com</a></td>
<td>202C Coliseum</td>
</tr>
<tr>
<td>Men’s Gymnastics</td>
<td>Chuck Chmelka</td>
<td>472-6476; <a href="mailto:cchmelka@huskers.com">cchmelka@huskers.com</a></td>
<td>107I Devaney Center</td>
</tr>
<tr>
<td>Women’s Gymnastics</td>
<td>Dan Kendig</td>
<td>472-3808; <a href="mailto:dkendig@huskers.com">dkendig@huskers.com</a></td>
<td>203 Coliseum</td>
</tr>
<tr>
<td>Rifle</td>
<td>Ashley MacAllister</td>
<td>472-6167; <a href="mailto:arose@huskers.com">arose@huskers.com</a></td>
<td>203 Coliseum</td>
</tr>
<tr>
<td>Soccer</td>
<td>John Walker</td>
<td>472-0456; <a href="mailto:jwalker@huskers.com">jwalker@huskers.com</a></td>
<td>One Memorial Stadium</td>
</tr>
<tr>
<td>Softball</td>
<td>Rhonda Revelle</td>
<td>472-6465; <a href="mailto:rrevelle@huskers.com">rrevelle@huskers.com</a></td>
<td>400 Line Drive Circle</td>
</tr>
<tr>
<td>Swimming and Diving</td>
<td>Pablo Morales</td>
<td>472-3186; <a href="mailto:pmorales@huskers.com">pmorales@huskers.com</a></td>
<td>107F Devaney Center</td>
</tr>
<tr>
<td>Men’s Tennis</td>
<td>TBA</td>
<td>472-6464; TBA</td>
<td>107 Devaney Center</td>
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<tr>
<td>Women’s Tennis</td>
<td>Scott Jacobson</td>
<td>472-6473; <a href="mailto:sjacobson@huskers.com">sjacobson@huskers.com</a></td>
<td>107H Devaney Center</td>
</tr>
<tr>
<td>M &amp; W Track and Field</td>
<td>Gary Pepin</td>
<td>472-6461; <a href="mailto:gpepin@huskers.com">gpepin@huskers.com</a></td>
<td>109D Devaney Center</td>
</tr>
<tr>
<td>Volleyball</td>
<td>John Cook</td>
<td>472-2399; <a href="mailto:jcook@huskers.com">jcook@huskers.com</a></td>
<td>340 Devaney Center</td>
</tr>
<tr>
<td>Wrestling</td>
<td>Mark Manning</td>
<td>472-6470; <a href="mailto:mmanning@huskers.com">mmanning@huskers.com</a></td>
<td>110 Hendricks Training Complex</td>
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