



**Northwestern**

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OKLAHOMA STATE UNIVERSITY

**Ranger Athletics**

**Student-Athlete  
Handbook**

## WELCOME TO NORTHWESTERN OKLAHOMA STATE UNIVERSITY

Northwestern is a member of the Central States Football League and the Sooner Athletic Conference and competes in Division One of the National Association of Intercollegiate Athletics (NAIA).

Sports include football, baseball, softball, women's soccer and co-ed cheerleading. Northwestern also has men's and women's teams in basketball, golf, cross country and rodeo.

Northwestern athletic teams have enjoyed success in many of the sports sponsored by our conference. Some of our most recent highlights include:

- **Football** won the NAIA national championship in 1999 and was runner-up in 2000 and 2003. Conference champs 8 of the last 11 years.
- **Men's basketball** made it to the Elite 8 at the 2007 NAIA National Basketball Tournament while playing in the SAC, which is considered to be the most prestigious small college league in the nation.
- **Women's soccer** team consistently ranked high in the nation. Won the SAC conference title in 2004. Members continue to make the All-America teams for athletics, as well as academics, and earn numerous other conference and national honors.
- **Softball** took second in the SAC post-season tournament in 2007 and advanced to regionals.
- **Ranger Rodeo Team**, which competes in the Central Plains Region of the National Intercollegiate Rodeo Association, conducts a college rodeo in Alva each fall. In 2008, one member of the men's team won the regional team roping heeling title for the second straight year qualifying him for the College National Finals Rodeo along with three men and one woman, with one finishing sixth place in steer wrestling.

Academic achievement is also a key component in the athletic program. Northwestern has produced numerous academic All-Conference and All-Americans. A Distinguished Academic Student-Athlete Honor Board is displayed outside the Athletic Director's office listing top GPA's of student-athletes each semester. To be included on the Honor Board, the student-athlete must earn a 3.25 GPA or higher.

## UNIVERSITY MISSION STATEMENT

Northwestern Oklahoma State University is a community of learners that includes students, teachers, staff, administrators, and area citizens advancing learning excellence and preparing its members for service as leaders and entrepreneurs in the changing climate of northwest Oklahoma and the world.

## UNIVERSITY HISTORY

Northwestern Oklahoma State University is a true product of the hardy spirit that filled the Cherokee Strip within a few hours after its opening. Northwestern opened its doors for the first time on September 20, 1887, with an enrollment of 68 students. The number grew to 166 by the end of the year.

The College, which started as a normal school, was increased to a four-year teachers college in 1919 and was designated Northwestern State Teachers College. In 1939, Northwestern was further expanded to include degrees in liberal arts as well as education. Its official title then became Northwestern State College. In August 1974 an act of the state legislature officially changed the name to Northwestern Oklahoma State University.

The academic program of the university is supplemented and enriched by a vital, well-organized program of out-of-classroom education and a strong effective student enrichment program. A university is just as strong as its weakest part. With this in mind every effort is made to see that the academic program, student activity program, and the climate, which prevails on the campus are in harmony. This is accomplished by use of the best and most recent knowledge and highest quality programs. The university is proud of its faculty, staff, facilities, and its future.

## ATHLETIC MISSION STATEMENT

Northwestern Oklahoma State University's Intercollegiate Athletic Program, as an integral part of the education mission, is committed to a comprehensive athletics program dedicated to excellence. The Athletic Department will serve to develop values of character, discipline, leadership, teamwork, sportsmanship, community, and integrity among its student-athletes and staff.

**Academic Integrity and Leadership:** Dedication to the principles of academic excellence, the encouragement of degree completion, the development of the whole person, and support in securing a productive society for all student-athletes.

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

**Fiscal Integrity:** Development and maintenance of fiscal integrity through efficient use of resources and practices to ensure control of accountability throughout the program.

**Governance:** Compliance with Federal, State, University, NAIA, and Conference regulations.

**Personal Development:** Attract and retain quality student-athletes and encourage them toward personal and professional growth.

Northwestern Oklahoma State University pursues its mission by focusing on the academic success of each athlete. These sport programs are designed to increase support, visibility, and positive recognition for the University.

## ACADEMICS

It is the intent of the University's President, Athletic Director, and Coaching Staff that each of our student-athletes' graduates.

**Study Table Program:** Study tables are monitored by one of the coaches and the schedule for study table will be determined by the coach. Each coach is responsible for notifying the Athletic Director of the student-athletes who should attend study table. If a student-athlete has an evening class and misses required study table time, the hours must be made up with the coach.

***ALL FRESHMEN AND FIRST SEMESTER TRANSFERS are required to attend 1-4 hours of study table until end of the first semester, when their GPA's will be re-evaluated.***

### **Monday to Thursday 7:30 p.m. – 8:30 p.m.**

- |                   |                  |
|-------------------|------------------|
| 1. Below a 2.0    | 4 hours required |
| 2. 2.01 – 2.25    | 3 hours required |
| 3. 2.26 – 2.50    | 2 hours required |
| 4. 2.51 – 2.75    | 1 hour required  |
| 5. 2.76 or Higher | none required    |

These are minimum requirements.  
Each coach reserves the right to  
require more stringent standards.

***\*All GPA's are cumulative***

### **Study Table Policies**

1. No food or drink allowed.
2. No tobacco products.
3. No headphones.
4. Talking will be kept to a minimum.
5. No profanity.
6. No cell phones, pagers, I-pods, or MP3 players.
7. Only activities pertinent to your classes will count toward study table hours.  
Please bring books, notebooks, pens, etc.
8. Come prepared to study.

**Letters to Professors:** At the beginning of each semester, student-athletes who participate on teams that will travel are required to give each professor a letter that lists the classes you will miss during the semester due to competition or travel. This schedule will be available through your head coach. The official missed class list will come from the Office of Student Affairs and Enrollment Management. Each student should talk to their professors about the policies regarding makeup work, exams and other work to be missed due to competition or travel. It is the responsibility of the student-athlete to arrange with the instructor to make up all work required during excused absences, including examinations.

**All work missed due to participation in athletics must be completed in a timely manner.**

**Academic Success Center:** The Academic Success Center (ASC) is located in the Industrial Education Building, room 105 on the Alva campus. The center is open Monday through Wednesday 8:00 a.m. to 9:00 p.m., Thursday 8:00 a.m. to 6:00 p.m., and Friday 8:00 a.m. to 3:00 p.m. Contact \_\_\_\_\_, Director, at (580) 327-8149 or email at \_\_\_\_\_.

The ASC was developed to provide students of Northwestern a place to learn or review basic skills in English and mathematics in a friendly, relaxed atmosphere. The ASC now provides peer tutoring for the general education classes plus the resources to locate help in upper level classes. Tutors are recommended by university faculty and are available to assist students. The tutoring component of the ASC was provided to help students achieve maximum benefit from their educational experiences. The goals of the program include providing academic assistance and support in order for students to realize maximum success and improving students' self-concepts by showing them how to succeed.

The ASC has computers and a printer available for use to all Northwestern students. Tutors are on-site to help with computer application questions.

The ASC lab is available for any Northwestern student who feels a need to review basic skills. Students enrolled in the following classes are required to attend the lab each week: 0013 Pre-Intermediate Algebra, 0123 Intermediate Algebra, and 0123 Fundamentals of English.

**Course Loads:** During a regular semester (fall or spring), the normal course load is 12-18 hours. In general, student-athletes are required to take an average of 15 hours each semester. If you take less than 15 hours, please consult your coach. All student-athletes should maintain a plan for academic progress that keeps them on course to graduate in 4 to 5 years.

## **ACADEMIC GUIDELINES FOR NAIA ATHLETIC ELIGIBILITY**

To become certified for athletic competition, students must meet the following requirements:

### **DIRECT-OUT-OF HIGH SCHOOL STUDENTS: INITIAL ELIGIBILITY**

#### **FALL SPORTS**

- Meet all admissions requirements-including receipt of all final, official transcripts.
- Meet 2 of the following 3 academic requirements:
  - A minimum score of 18 on the Enhanced ACT or 860 on the SAT;
  - An overall high school grade point average of 2.000 or high on a 4.000 scale;
  - Graduate in the upper half of the student's high school graduating class.
- Be currently enrolled in 12 credit hours.

#### **SPRING SPORTS**

- Meet all Admissions requirements-including receipt of all final, official transcripts.
- Meet 2 of the following 3 academic requirements:
  - A minimum score of 18 on the Enhanced ACT or 860 on the SAT;
  - An overall high school grade point average of 2.000 or high on a 4.000 scale;
  - Graduate in the upper half of the student's high school graduating class.
- Have earned a minimum of 9 credit hours in the fall semester.
- Be currently enrolled in 12 credit hours.
- Maintain a minimum, cumulative GPA of 2.00.

### **TRANSFER STUDENTS: INITIAL ELIGIBILITY**

#### **FALL SPORTS**

- Meet all Admissions requirements-including receipt of all final, official transcripts.
- Complete the NAIA Transfer Player Eligibility Statement.
- Be currently enrolled in 12 credit hours.
- Have earned a minimum, combined cumulative GPA of 2.00 from all previous institutions.
- Have earned a minimum of 24 credit hours in the 2 immediately previous terms of attendance.
- Transfer hours from previous institutions are calculated at face value only for the first term of attendance at NWOSU; thereafter, only transferred credit hours accepted by NWOSU and posted to the NWOSU transcript will be used for calculating athletic eligibility.

**SPRING SPORTS**

- Meet all Admissions requirements-including receipt of all final, official transcripts.
- Complete the NAIA Transfer Player Eligibility Statement.
- Be currently enrolled in 12 credit hours.
- Have earned a minimum, combined cumulative GPA of 2.00 from all previous institutions.
- Have earned a minimum of 24 credit hours in the 2 immediately previous terms of attendance.
- Transfer hours from previous institutions are calculated at face value only for the first term of attendance at NWOSU; thereafter, only transferred credit hours accepted by NWOSU and posted to the NWOSU transcript will be used for calculating athletic eligibility.

**ALL STUDENTS: CONTINUING ELIGIBILITY**

- All students are awarded a total of 4 seasons of competition.
- All students must complete the 4 seasons of competition within 10 full-time terms of attendance.
- To become eligible for upcoming seasons, the following applies:

<b><u>Previous season of competition used</u></b>	<b><u>Minimum # earned credit hours required</u></b>
1	24
2	48
3	72

- Repeated courses will affect certification for athletic eligibility.
- Check with the coach before dropping courses.
- In certain circumstances, other restrictions apply.
- This information is not a guarantee of eligibility.

**CREDIT HOURS**

**IN ORDER TO BE ELIGIBLE FOR PARTICIPATION IN INTERCOLLEGIATE ATHLETICS AT NORTHWESTERN OKLAHOMA STATE UNIVERSITY, A STUDENT-ATHLETE MUST BE REGISTERED FOR AT LEAST 12 CREDIT HOURS. IF A STUDENT-ATHLETE FALLS BELOW 12 CREDIT HOURS, HE/SHE WILL IMMEDIATELY BECOME INELIGIBLE FOR PARTICIPATION.**

## **STUDENT-ATHLETE CONDUCT**

Student-athletes at Northwestern are expected to conduct themselves as self-respecting, educated men and women in accordance with the laws of the nation, state, community, and university.

Student-athletes who fail to live up to these standards bring discredit to the University and the Athletic Department, as well as, to themselves and may be asked to withdraw from their respective teams.

### **CRIMINAL ACTIVITY POLICY**

The Athletic Department has implemented the following sanctions for student-athletes involved in criminal behavior - **this is a 12-month policy**:

- A. Misdemeanor Charges (not including minor traffic violations) will be left to the discretion of the coach.
- B. Misdemeanor Convictions will result in a minimum of a two game suspension (or 10%) of the total competitions remaining.
- C. A Felony Charge will result in indefinite suspension.
- D. A Felony Conviction will result in removal from the team and loss of athletically related aid, if applicable.

### **ALCOHOL, TOBACCO, AND DRUG POLICIES**

**Alcohol Policy:** Coaches reserve the right to establish rules for their athletes regarding the use of alcohol as long as those rules are consistent with federal, state, and NWOSU policies and regulations. As a role model, you are asked to present a wholesome public image of yourself, as well as, Northwestern Athletics.

**Tobacco Policy:** Northwestern recognizes the health risks associated with tobacco use and the risks associated with exposure to second-hand smoke. The use of tobacco, including cigarettes and smokeless tobacco, is prohibited in Northwestern Oklahoma State University buildings. In accordance with local law, smoking is prohibited within 25 feet of all building entrances.

**Drug Education and Testing Program Policy Statement:** The athletic department at Northwestern Oklahoma State University is making every effort to educate and protect our student-athletes from the dangers of substance abuse. Because of the physical demands of intercollegiate athletics and the potential physical and emotional damage that can result from drug use, the Northwestern Athletic Administration and Coaching Staff condemns the use of any chemical that endangers the safety and health of student-athletes. Educational materials on drug use are available from the athletic trainer. Drug education posters are also displayed in our training room.

## **Drug Education Program**

Northwestern Oklahoma State University's Drug Education program is designed to facilitate awareness of substance abuse and promote health and safety consciousness. It is also utilized to identify athletes exhibiting substance abuse problems, in which case, the athletic department will assist the student-athlete with a rehabilitation program.

At the beginning and periodically throughout each school year, drug education seminars will be held for all Northwestern Oklahoma State University athletes. These seminars will provide useful information on today's drug abuse problems and the effects of substance abuse on the well-conditioned athlete.

In addition, each coaching staff will help the student-athlete understand the effects of drug abuse, problems associates with drug abuse, and options for counseling and rehabilitation through special lectures, team discussions, and/or video presentations.

## **Drug Testing**

Our drug testing program is based on the concern that, if an athlete is using illicit drugs and some dietary supplements, he/she may endanger his/her self or cause injury to another individual. NWOSU intercollegiate athletics utilizes scheduled and unscheduled urine tests to screen for possible drug abuse. The urine test will be used at any time the athlete's fitness performance is in questions, when his/her behavior is antisocial, or if he/she exhibits reasonable suspicion.

Since alcohol clears the human body very quickly, it is not one of the drugs included in the drug testing. However, the NWOSU Athletic Department discourages the use of alcohol by athletes. In Oklahoma, consumption of alcohol by persons under the age of 21 is illegal. **Any violation of civil law involving drugs or alcohol will result in the student-athlete's inclusion into the NWOSU drug program, requiring an assessment for possible problems. Consumption of alcohol by student-athletes, cheerleaders, student trainers, and managers on athletic department sponsored trips are against department policy.** It is the Athletic Department's opinion that it is counterproductive for any competitive athlete to drink alcohol at any time.

Smokeless tobacco and any other tobacco use are prohibited during practices and contests by Northwestern Oklahoma State University and the NAIA. There is no question on the harmful effect of tobacco products and the NWOSU Athletic Department discourages its use. If you use tobacco during practice, competition, or other events, you shall be disqualified for the remainder of that particular activity.

*The Drug Policy and Drug Education Program will apply to all student-athletes representing Northwestern Oklahoma State University. All student-athletes will be included in the test group, regardless of status of NAIA eligibility. A failure to comply with the Drug Policy and Drug Education Program may lead to termination of athletic scholarships and termination of participation in NWOSU – NAIA sanctioned sports. Northwestern Oklahoma State University will be testing for illegal drugs and some dietary supplements that contain banned drugs by our institution. Lists of these substances are attached to this policy.*

**Testing will be required for student-athletes under the following conditions or situations:**

1. Random drug testing will be performed for sports periodically throughout the school year. This includes in-season, prior championship play, pre-season, and off-season.
2. At any time the athlete's fitness to perform is in question by the Head Coach of that sport or the Athletic Director, a drug test may be warranted.
3. A drop in grades, missed classes or practices, changes in physical appearance, increase/decrease in weight, violent behavior, information from knowledgeable sources, and/or legal problems may provide enough cause for drug testing. Any of the above behaviors will provide legitimate cause for the Head Coach and/or Athletic Director to request a drug test for a student-athlete. These causes for testing will be documented and presented in writing to the Head Athletic Trainer and/or Athletic Director.
4. An entire athletic sport team may be drug tested at anytime when requested by the Head Coach of that sport and/or the Athletic Director.

*An entire athletic team or student-athlete's failure to show up for a drug test at the scheduled time will result in the same effect as a positive drug test.*

**Positive urine tests for banned substances by NWOSU will be handled in the following manner:**

**1<sup>st</sup> Positive:** Confidentiality of the results of this test will be observed; however, information regarding the results will be given to the Athletic Director, team physician, coordinator of athletic training/sports medicine, NWOSU-appointed counselor, team Head Coach, Executive Vice President, and President of NWOSU. The Head Coach of that athlete will notify the parent by phone and mail if the athlete is under the age of 21. Then a meeting or conference call will be held with the Athletic Director, coordinator of athletic training, NWOSU appointed counselor, team Head Coach, and the student-athlete. The parents will also be invited to attend this meeting once they be been notified if the athlete is under the age of 21. If the student-athlete is 21 or older, the Head Coach of the related sport will strongly encourage the athlete to include his/her parents in these proceedings.

**Consequences:**

1. The athlete will be required to complete a drug assessment procedure through University Counseling Services, and participate in a subsequent counseling program that may be recommended based on the assessment. **Failure to attend will be treated as a second positive result for a drug test.**
2. The athlete will be monitored regularly using follow-up urine tests.

**2<sup>nd</sup> Positive:** If a second positive result is received, a meeting or conference call will be held consisting of the student-athlete, Athletic Director, coordinator of athletic training/sports medicine, team Head Coach, NWOSU appointed counselor, Executive Vice President, and the President of NWOSU. The Head Coach of that athlete will notify the parent by phone and mail if the student-athlete is under the age of 21. The parents will also be invited to attend this meeting once they have been notified if the athlete is under the age of 21. If the student-athlete is 21 or older, the Head Coach of the related sport will strongly encourage the athlete to include his/her parents in these proceedings.

***Consequences:***

1. The athlete will be required to continue drug counseling.
2. **The student-athlete will be suspended from athletic competition for a minimum of 20% of season games from the date of a positive notification to the student-athlete.** Failure to attend counseling sessions will be treated in the same manner as a 3<sup>rd</sup> positive result for a drug test.
3. The athlete will be monitored regularly using follow-up urine tests.

**3<sup>rd</sup> Positive:** If a third positive result is received, a meeting or conference call will be held consisting of the student-athlete, Athletic Director, coordinator of athletic training/sports medicine, team Head Coach, and NWOSU appointed counselor. The Head Coach of that athlete will notify the parent by phone and mail if the student-athlete is under the age of 21. The parents will also be invited to attend this meeting once they have been notified if the athlete is under the age of 21. If the student-athlete is 21 or older, the Head Coach of the related sport will strongly encourage the athlete to include his/her parents in these proceedings.

***Consequences:***

1. Permanent Termination from NWOSU Athletics.
2. Termination of Athletic Scholarships.

**Drug Testing Collection Procedures**

Collector: Certified Athletic Trainer

Validator: Someone observing the procedure

1. The Head Coach of the sport will be notified of what athletes were chosen for drug testing.
2. The Head Coach will notify the athlete during the day on when to report to the athletic training room for a drug test.
3. The athlete will report to the athletic training room with a picture ID and will be signed in on the Athlete Roster Form.
4. The athlete will wait in the athletic training room or with a validator in a designated area until they are ready to give a drug-testing sample. The athlete is not allowed to leave the designated area, unless approved by the collector. The specimen beaker will be discarded at this time and a new one will be chosen upon the athlete's return.
5. Once the athlete is ready to provide a specimen, he/she will choose a specimen beaker, walk to the proper facility, and be viewed by a person of the same gender giving his/her specimen.
6. If the specimen is incomplete, the athlete must remain in the collection station until the sample is complete. During this period, the athlete is responsible for keeping the collection beaker closed and controlled.
7. If the athlete is suspected of manipulating specimens (e.g. via dilution), the collector will have the authority to perform additional tests on the athlete.
8. When the athlete is finished, he/she will maintain control of his/her specimen and walk back to the collection area with the validator.
9. The athlete will hand over the specimen to the collector. The athlete will then select a drug testing kit and open the box and the contents. The validator and the collector will watch the process.

10. The athlete will then watch the collector separate the specimen and test the pH values.
11. The collector will document the pH values on the Chain of Custody Form. The athlete, validator/witness, and collector will then sign the Chain of Custody Form.
12. The collector will then place the bar codes on the beakers. The athlete will verify that the yellow page of the Chain of Custody Form **does not** contain the athletes name and will fold up the piece of paper. The athlete will hand the yellow form to the collector to place with the specimen beakers.
13. The specimen beakers will be sealed in the specimen bag, placed in the specimen box, and the last bar code seal will be place on the box.
14. At this point, the specimen becomes the property of the collector.
15. The collector (Head Athletic Trainer) will mail the specimen the next available mail day to the drug testing laboratory.
16. After 3-4 days the results of the drug test will be sent to the Head Athletic Trainer.

### **Safe Harbor**

Any student-athlete may refer him/herself for evaluation or counseling by contacting a coach and/or athletic trainer. The coach will contact the athletic trainer immediately. This will be strictly confidential and no team or administrative sanctions are imposed upon the student-athlete who has made a personal decision to seek professional assistance. A self-referral after a testing notification or prior to the results of a drug test will not result in a safe harbor situation.

This procedure of a *safe harbor* is to benefit a student-athlete with a problem. This athlete may come forth at any time for a self-referral. When making a self-referral, the athlete may only be protected from a possible result of a positive drug test if the athlete comes forward before he/she is notified to test. The safe harbor may only be utilized **once** in the athlete's career at Northwestern Oklahoma State University when it involves drug testing. The athlete may make self-referrals for help at any time.

After the athlete has utilized the safe harbor, he/she has 30 days of suspension from drug testing. The 30 days of suspension will start the day the athlete notifies the coach and/or athletic trainer that he/she wants to utilize the safe harbor. During the 30 days of suspension, that athlete will not be in the random pool of drug testing with the rest of the athletic community. After 30 days, the athlete will be reinstated in the random pool of drug testing with the rest of the athletic teams.

### **Drug Testing Appeals**

A student-athlete may appeal either the finding of the presence of a prohibited substance or the sanction imposed as a result of a positive finding within one week of receiving a positive test result. The student-athlete must make this appeal to the Head Athletic Trainer and fill out the appropriate paperwork to start the process.

The Appeals Committee will consists of an appointed tenured or tenure-tack faculty member, Chair of the Health and Sports Science Education Department, the Director of the Wellness Center, and the Dean of Student Affairs, who will serve as the Chair of the committee. The Athletic Director will recommend the tenured or tenure-track faculty committee member yearly.

1. The appeal of the positive test results must be based upon one of the following:
  - a. Evidence of procedural error
  - b. Evidence which refutes the positive finding
2. The appeal of the sanction imposed as a result of a positive finding must be based on one of the following:
  - a. Evidence of procedural error
  - b. Evidence which refutes the positive finding
  - c. Evidence that the sanction imposed is unreasonable, harsh, or inappropriate
3. A student-athlete desiring to appeal must file a written notice of appeal with the Director of Sports Medicine/Athletic Training within one week of notification of a positive result.
4. The appeals committee will conduct the hearing. Evidence of the student-athlete's drug use and all positive test results will be presented to the Committee. Reasons why sanctions should be imposed may be presented. The student-athlete will be given an opportunity to refute the proposed sanctions, present evidence to support his or her contentions, call witnesses or cross examine other witnesses.
5. The Appeals Committee will reach a decision within five working days of each hearing and will notify, in writing, the Director of Athletic Training, the student-athlete, the team physician, the team Head Coach, and the Athletic Director of its decision. The Director of Athletic Training and the Athletic Director will maintain a written record of the Appeals Committee's decision, including all evidence considered by the committee.

Prior to the implementation of suspension from athletic participation and termination of scholarship, the athlete will be given an opportunity to fully discuss the matter with the Athletic Director and present evidence of any circumstances which he/she feels important.

**Northwestern Oklahoma State University chooses to follow the National Collegiate Athletic Association banned drug list. Attached to this policy is a list of substances banned by Northwestern Oklahoma State University. At NWOSU, we utilize the National Center of Drug Free Sports, Inc. to assist with our drug testing procedures. For any questions regarding the University's drug testing policy and its banned substance list, please call the NWOSU Athletic Training Room at (580) 327-8627. You may also e-mail the National Center of Drug Free Sports for assistance regarding any supplements you may be taking to verify if they are (or are not) included on NWOSU's banned drug list which may result in a positive drug test. This website is [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec). You may also utilize their other website at [www.drugfreesports.com](http://www.drugfreesports.com).**

The aforementioned procedural guidelines shall serve as a guide for NWOSU Intercollegiate Athletics and for the student-athletes governed by this Policy. The failure of the Athletic Department to adhere to this policy shall not be construed by the student-athlete to constitute a waiver by the University of any of the University's rights or privileges, nor shall it be construed by any persons, entity or court of law or equity as the breach of any contractual or other obligation. These guidelines are intended to be just that – guidelines – rather than requirements.

## 2008-09 NCAA BANNED-DRUG CLASSES

The NCAA list of banned-drug classes is subject to change by the NCAA Executive Committee. Contact NCAA education services or [www.ncaa.org/health-safety](http://www.ncaa.org/health-safety) for the current list. The term “related compounds” comprises substances that are included in the class by their pharmacological action and/or chemical structure. **No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.**

Many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA drug test. The use of supplements is at the student-athlete’s own risk. Student-athletes should contact their institution’s team physician or athletic trainer for further information.

### **Bylaw 31.2.3. Banned Drugs**

The following is a list of banned-drug classes, **with some examples of substances under each class. No substance belonging to the banned drug class may be used, regardless of whether it is specifically listed as an example.**

#### **(a) Stimulants:**

amiphenazole methylenedioxymethamphetamine  
amphetamine (MDMA, ecstasy)  
bemigrade methylphenidate  
benzphetamine nikethamide  
bromantan pemoline  
caffeine<sup>1</sup> (guarana) pentetrazol  
chlorphentermine phendimetrazine  
cocaine phenmetrazine  
cropropamide phentermine  
crothetamide  
diethylpropion phenylpropanolamine (ppa)  
dimethylamphetamine picrotoxine  
doxapram pipradol  
ephedrine prolintane  
(ephedra, ma huang) strychnine  
ethamivan synephrine  
ethylamphetamine (citrus aurantium, zhi shi, bitter  
fencamfamine orange)  
meclofenoxate **and related compounds**  
methamphetamine

**The following stimulants are not banned:**

phenylephrine pseudoephedrine

#### **(b) Anabolic Agents:**

##### **anabolic steroids**

androstenediol gestrinone  
androstenedione mesterolone  
boldenone methandienone  
clostebol methyltestosterone  
dehydrochlormethyl- nandrolone  
testosterone norandrostenediol  
dehydroepiandro- norandrostenedione  
sterone (DHEA) norethandrolone  
dihydrotestosterone oxandrolone  
(DHT) oxymesterone  
dromostanolone oxymetholone  
epitrenbolone stanozolol  
fluoxymesterone testosterone<sup>2</sup>  
tetrahydrogestrinone (THG)  
trenbolone

##### **and related compounds**

##### **Other anabolic agents**

clenbuterol

#### **(c) Substances Banned for Specific Sports:**

Rifle:

alcohol pindolol  
atenolol propranolol  
metoprolol timolol  
nadolol **and related compounds**

#### **(d) Diuretics and other urine manipulators:**

acetazolamide hydrochlorothiazide  
bendroflumethiazide hydroflumethiazide  
benzhiiazide methyclothiazide  
bumetanide metolazone  
chlorothiazide polythiazide  
chlorthalidone quinethazone  
ethacrynic acid spironolactone  
flumethiazide triamterene  
furosemide trichlormethiazide  
**and related compounds**

#### **(e) Street Drugs:**

heroin tetrahydrocannabinol  
marijuana<sup>3</sup> (THC)<sup>3</sup>

#### **(f) Peptide Hormones and Analogues:**

corticotrophin (ACTH)  
growth hormone (hGH, somatotrophin)  
human chorionic gonadotrophin (hCG)  
insulin like growth factor (IGF-1)  
leutenizing hormone (LH)

**(all the respective releasing factors of the above-mentioned substances also are banned.)**

erythropoietin (EPO) sermorelin  
darbypoetin

#### **(g) Anti-Estrogens**

anastrozole  
clomiphene  
tamoxifen

##### **and related compounds**

#### **(h) Definitions of positive depends on the following:**

1 for caffeine—if the concentration in urine exceeds 15 micrograms/ml.

2 for testosterone—if the administration of testosterone or use of any other manipulation has the result of increasing the ratio of the total concentration of testosterone to that of epitestosterone in the urine to greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition.

3 for marijuana and THC—if the concentration in the urine of THC metabolite exceeds 15 nanograms/ml.

#### **31.2.3.4.1 Drugs and Procedures**

##### ***Subject to Restrictions***

The use of the following drugs and/or procedures is subject to certain restrictions and may or may not be permissible, depending on limitations expressed in these guidelines and/or quantities of these substances used: (Revised: 8/15/89)

**(a) Blood Doping.** The practice of blood doping (the intravenous injection of whole blood, packed red blood cells or blood substitutes) is prohibited, and any evidence confirming use will be cause for action consistent with that taken for a positive drug test. (Revised: 8/15/89, 5/4/92)

**(b) Local Anesthetics.** The Executive Committee will permit the limited use of local anesthetics under the following conditions:

(1) That procaine, xylocaine, carbocaine or any other local anesthetic may be used, but not cocaine; (Revised: 12/9/91, 5/6/93)

(2) That only local or topical injections can be used (i.e., intravenous injections are not permitted); and

(3) That use is medically justified only when permitting the athlete to continue the competition without potential risk to his or her health.

**(c) Manipulation of Urine Samples.** The Executive Committee bans the use of substances and methods that alter the integrity and/or validity of urine samples provided during NCAA drug testing. Examples of banned methods are catheterization, urine substitution and/or tampering or modification of renal excretion by the use of diuretics, probenecid, bromantan or related compounds, and epitestosterone administration. (Revised: 8/15/89, 6/17/92, 7/22/97)

**(d) Beta 2 Agonists.** The use of beta 2 agonists is permitted by inhalation only. (Adopted: 8/13/93)

**(e) Additional Analysis.** Drug screening for select nonbanned substances may be conducted for nonpunitive purposes. (Revised: 8/15/89)

#### **ATHLETIC TRAINING ROOM POLICIES AND PROCEDURES**

1. Athletic Training room hours: Monday – Friday 10 a.m. – 6 p.m. During home games/events, the training room will be open 1 hour prior to the athletes having to report for their scheduled times for game preparation.
2. Any signs or symptoms of an injury/illness must be immediately reported to the Athletic Training staff so it can be treated properly.
3. If you have an injury/illness which you feel might interfere with being able to practice, you must see the Athletic Training staff between 10 a.m. – 12 p.m. in the Athletic Training room; otherwise, you will be considered to be at your practice.
4. Treatment times are before/after your scheduled practices. Everyone with an injury or doing rehabilitation must report for all treatment/rehab sessions, unless excused by the Athletic Training staff. Coaches will be informed of those not reporting for treatment/rehab sessions.
5. Treatment/rehabilitation is to continue for a student-athlete until cleared by the team Physician/Athletic Trainer who will indicate when treatment/rehab is no longer necessary for that particular student-athlete.
6. Never apply heat to an injury. When an injury is suspected and you cannot get to the Athletic Training room, ALWAYS apply ice, a mild compression wrap, and elevate the injured area. Contact the coach/Athletic Training Staff immediately.
7. All treatments and wound care are given after practice and will be administered after the student-athlete has taken a shower.

8. No one is ever late for practice because he/she was detained in the Athletic Training room. The student-athlete simply did not get to the training room early enough. All treatment sessions last on average 30-45 minutes. The student-athlete needs to leave the training room 15-20 minutes before their scheduled practice times.
9. The Athletic Training room is a medical facility. It is not a student union. Because of OSHA guidelines NO EATING OR DRINKING will be allowed in the training room. Please help do your part in keeping it clean.
10. Cell phones are not to be used in the Athletic Training room while the student-athlete is receiving any form of treatment/rehabilitation.
11. All student-athletes are to wear appropriate clothing the Athletic Training room. No nudity.
12. No cleated shoes are to be worn in the Athletic Training room—no shoes on the treatment tables.
13. No supplies will be removed from the Athletic Training room without the permission of the Athletic Training Staff.
14. The use of tobacco of any kind is strictly prohibited from the Athletic Training room.
15. No student-athlete is to handle any of the modality equipment for any reason.
16. The Athletic Training room is not a place to “hang out” or wait for a friend. If you are not in the Athletic Training room getting treatment for an injury, please wait outside.
17. Leave excess belongings (bags) outside the Athletic Training room.
18. All dressing belongs in the locker rooms, not in the Athletic Training room.
19. Good personal habits will protect against illness/injury. Get 8 hours of sleep, eat 3 balanced meals per day, drink plenty of fluids, and use common sense in all of your activities.
20. Keep yourself in top physical condition during both the season and off-season. Your chances of being injured are greatly reduced when you are strong, flexible and in good condition.

## STUDENT-ATHLETE INSURANCE INFORMATION AND PROCEDURES

All student-athletes are required to carry **primary insurance** in order to participate in the athletic programs at Northwestern Oklahoma State University. **Proof of primary insurance must be obtained before a student-athlete will be allowed to engage in pre or post season conditioning/training, practice, or participate in any athletic program(s) at NWOSU.**

NWOSU provides a **secondary insurance policy** which covers student-athletes' injuries during the course of athletic participation. This secondary insurance policy exists during the school year only and will go into effect once the student-athlete's primary insurance has been filed and an Explanation of Benefits has been assigned. In addition, during break periods when classes are not in session (i.e. fall break, Christmas break, spring break) NWOSU's **secondary insurance is not in effect**, unless the athletic related activity has been cleared through the Athletic Trainer. Any conditioning/training, practice, or participation that takes place during the summer, is considered "not covered" by NWOSU's **secondary insurance policy**, unless the athletic related activity has been pre-authorized by the Athletic Director.

If a student-athlete has been awarded an athletic scholarship for the school year and is injured, his/her scholarship will not be affected due to an injury sustained while engaged in the sport of participation. As long as, the sport of participation is an organized university event and supervised by the coaching or athletic staff.

If a student-athlete is no longer a member of an athletic program at NWOSU, the college is not responsible for any medical charges incurred after the date of termination from that athletic program.

Northwestern Oklahoma State University **is not** responsible for any charges for services rendered which are non-athletic related, such as illness and/or accidents and injuries sustained from activities that are not supervised by the coaching or athletic staff and are not directly related to the student-athlete's sport of participation. In addition, NWOSU is not responsible for any charges incurred due to proof of primary insurance being falsified, primary insurance non-compliance, provider non-compliance, or expired primary insurance coverage.

## FINANCIAL AID AND SCHOLARSHIPS

### FINANCIAL AID AND ATHLETIC AID

For the student-athlete, the acceptance of athletic financial aid and/or participation as a member of an athletic team carries with it definite academic and athletic responsibilities. They are as follows:

**Financial Aid:** The mission of the Financial Aid Office is to enhance student learning and personal development through the administration of federal, state, and local financial assistance and scholarship programs.

**To apply for financial aid**, simply complete and submit a paper or electronic free application for Federal Student Aid (FAFSA). It is advisable to submit your FAFSA as soon after January 1 as possible. In order to complete the FAFSA, you will need your current federal income tax return (and your parent(s) if you are a dependent student).

These applications enable access to all the Oklahoma and federal assistance programs (grants, loans, and work). Applications may be obtained from the high school counselor's office, from the Financial Aid Office in Alva or Enid campus, at the Dean's office at the Woodward campus, or on the web at [www.FAFSA.ed.gov](http://www.FAFSA.ed.gov). Applications should be completed and mailed for processing as soon as the preceding years income tax computations are completed. Annual reapplication is required for all assistance programs. The Northwestern Financial Aid Office is located on the first floor of Herod Hall on the Alva campus and in Room 102 on the Enid campus.

**Continuing students** need to fill out a scholarship application, obtained from the Financial Aid Office, by March 15<sup>th</sup> of each year. You must complete 24 hours each academic year with a minimum 2.5 GPA to qualify for any scholarship money (foundation, academic, or participation) as a continuing student.

**Athletic Aid:** Athletic scholarships are one year contracts that must be renewed every school year (August to May). The contract may be nullified during the school year if:

- A. The student-athlete resigns from the squad.
- B. The student-athlete is dismissed for disciplinary reasons.
- C. The student-athlete is declared academically ineligible.

Please contact your coach for further questions regarding athletic aid.

## **STUDENT LIFE – CAMPUS HOUSING & FOOD SERVICE**

### **CAMPUS HOUSING**

Student-athletes are responsible for arranging their own housing. Stipends to subsidize off-campus housing are only available to married student-athletes.

**Pre-Season or Holiday Housing and Meals:** Coaches will make arrangements for pre-season or holiday meals when student-athletes are required to participate in practice or games. On-campus housing arrangements will be made by the coach through the Director of Housing, Marc Wallace, when student-athletes are required to stay on campus during a break period.

**Residence Hall Regulations:** The rules and regulations of the residence halls are for the purpose of providing the most livable environment possible for all residents, one that is conducive to the educational goal. A little courtesy and respect go a long way. Treating your neighbors, your R.A. and Hall Supervisor the way in which you wish to be treated will make for a positive atmosphere. Always respect the rights of others.

1. Keep all rooms neat and clean as there will be periodic inspections by the Hall Supervisor. The university reserves the right to enter rooms for maintenance inspection or other valid reasons.
2. Take care of university furnishings. Violators will be charged full replacement cost of property which is damaged or destroyed. Violators will be subject to removal from the residence halls and/or suspension from the university.
3. Firearms, pellet or B.B. guns, explosives, knives, cross-bows and arrows, paint guns, or weapons of any kind are not allowed in the residence halls or vehicles kept on campus. If you are a hunter, the Campus Police will store your weapons.
4. Possession or use of alcoholic beverages and/or illegal narcotics is strictly prohibited. Violations of this policy will result in fines, arrests or suspension of university housing privileges. All residence halls and parking lots are subject to random checks by law enforcement with trained drug dogs.
5. Civil Law: all students are expected to conform to all local, state, and federal laws.
6. Hotplates, crock pots, ceiling fans, or unapproved electrical appliances are not allowed in the rooms.
7. Pets are not to be kept in the resident halls because of health reasons. This includes birds, mammals, and reptiles.
8. Waterbeds are not permitted in the residence hall rooms.
9. Park all bicycles, cars, pick-ups, motorcycles, etc. in designated spots and lots. Every vehicle that you bring to campus must display a current parking decal. If you move off campus, your parking decal must be changed. No charge!
10. Your residence hall contract is binding for the entire semester. In order to move out of the dorm during a semester you are under contract, you must obtain permission from the Housing Committee. The Housing Committee will determine the validity of your request and inform you regarding the committee's decision. The Director or Students/Housing office is where you need to begin this process.
11. When moving out of the residence hall, remove all belongings, make sure closets and drawers are empty and clean, be sure the suite area is clean, make sure the mirrors, sinks, toilets, urinals, and shower are also clean. Contact your Hall Supervisor or Resident Assistant to begin your checkout. The Hall Supervisor will inventory your room and suite area and collect the key, issue a clearance slip, and charge you for any damage. If eligible for your deposit, it will be mailed to your permanent address.

12. If you leave without going through the proper checkout procedure, you will forfeit your deposit, be charged \$25.00 - \$75.00 per key and have a hold placed on your transcript until checkout has been completed. There are also charges for leaving your room dirty or damaged.

### FOOD SERVICE

The university recognizes the importance of food service operations on any campus. On the Northwestern Alva campus, this service is provided by Chartwells. Students living on campus are required to purchase a meal plan.

Students on the campus may choose from three meal service plans. All three meal plans: 10, 15, & 19 may be used Monday through Sunday. The meal plan may be used in the cafeteria where a wide variety of foods are offered on an unlimited servings basis. The meal plan may also be used in the snack bar during the following transfer times if a meal was missed due to a conflict. Transfer times are as follows: Breakfast 8:00 – 10:30 a.m. and Lunch 10:30 a.m. – 2:00 p.m. Regular cafeteria hours are as follows:

<b>Monday - Friday</b>	Breakfast	7:00 a.m. - 8:30 a.m.
	Lunch	11:30 a.m. - 1:15 p.m.
<b>Monday - Thursday</b>	Supper	5:00 p.m. - 7:00 p.m.
<b>Friday</b>	Supper	5:00 p.m. - 6:00 p.m.
<b>Saturday</b>	Breakfast	Closed
	Lunch	12:00 p.m. - 1:00 p.m.
	Supper	5:00 p.m. - 6:00 p.m.
<b>Sunday</b>	Breakfast	Closed
	Lunch	11:30 a.m. - 1:00 p.m.
	Supper	5:00 p.m. - 6:00 p.m.
<b><u>Student Center Food Court Hours:</u></b>		
<b>Monday – Friday</b>	Breakfast	8:00 a.m. - 10:30 a.m.
	Lunch	10:30 a.m. - 2:00 p.m.

# STUDENT-ATHLETE PERSONAL CONDUCT

## Social Networking Websites

As a student-athlete, many fellow students and members of the community will think they know you and are a close friend. Please know that your social networking websites (i.e. facebook, myspace, etc.) are not as “private” as you may think they are. All information appearing in your account (i.e. personal data, photos, text, etc.) will be published to the internet. This information may be accessed by anyone with a computer, even people who are not your intended target audience. Our athletic staff has put together some helpful guidelines to keep you safe.

- Assume that all material will be seen by your mother, father, coach, or university president, because there is a chance it might be!
- Do not list personal contact information (i.e. phone numbers, e-mail address, physical address, dorm room, etc.)
- Always monitor your account photo gallery. Do not include photos with alcohol, nudity, or obscene gestures. Be aware photos can be altered or saved (tagged) by others.
- Monitor your account postings and delete any derogatory or obscene statements. **You are responsible for all content appearing on your site.**
- Do not reference or discuss issues regarding your team, coaches, and/or athletic department.
- Do not “trash talk” or post disrespectful comments aimed at opponents.
- Report any problems or concerns to your head coach.

## GAMBLING

Participation in gambling activities on University premises may be grounds for discipline by the University.

- Report to your coach anyone who approaches you with gambling interests.
- Do not provide information to individuals involved in organized gambling activities concerning intercollegiate athletic competitions.
- Do not accept money, gifts, or favors from anyone associated with sports gambling. Everyone is looking for an insider to help him/her make money on sports gambling.
- Do not accept or solicit a bet on any intercollegiate or professional team.

## BOOSTER ACTIVITY

The NAIA has specific rules for acceptance of assistance from a booster. Failure to abide by these rules could result in loss of athletic eligibility for an individual student-athlete or an entire team. If you have any questions or concerns regarding booster activity, please contact your coach or the Athletic Director.

**NAIA Official Handbook, Article II, Section B, Paragraph 2:** Any financial assistance to prospective or enrolled students in money or in kind, except that which comes from members of their immediate family or from those upon whom they are legally dependent, shall be administered by the institution under policies and procedures established by the institution through its regularly constituted committee on student loans and scholarships. Under no conditions may an individual or organization provide direct financial assistance to a previously enrolled or prospective student.

**Council of Presidents Policies:** The NAIA recognizes the importance of booster clubs, and similar support groups to the institution and to the community, provided such assistance is rendered in an educationally-sound manner.

## CHAMPIONS OF CHARACTER

Northwestern Oklahoma State University is a member of the National Association of Intercollegiate Athletics (NAIA). Launched by the NAIA in 2000, the Champions of Character program addresses character issues more comprehensively than any other national program for youth. The program currently reaches hundreds of thousands of students on nearly 300 colleges and university campuses in North America and extends into their surrounding communities.

*There are 5 core values of the Champions of Character program:*

- **RESPECT**
- **RESPONSIBILITY**
- **INTEGRITY**
- **SERVANT LEADERSHIP**
- **SPORTSMANSHIP**

Each program is required to participate in one community outreach program per year. The contact person for NWOSU's Champion of Character program is Shawna Copenhaver, Director, J.R. Holder Wellness Center, (580) 327-8105.

# NORTHWESTERN OKLAHOMA STATE UNIVERSITY

## ATHLETIC POLICY

**Statement on Athletics:** Northwestern Oklahoma State believes that a well-balanced program of intercollegiate athletics is consistent with the mission of the institution and is vital to the purposes and goals of higher education. Northwestern recognizes athletic programs represent a source of pride and identification for not only the participants, but for all members of the university and community. The University recognizes that participants are students first and that the primary goal of all student-athletes must be to secure an education and obtain a degree.

The relationship between academics and athletics at Northwestern Oklahoma State University is based on mutual respect, support, and a commitment to: providing high-quality programs that reflect positively on the institution; to offer sports to all as budget and staff limitations allow; to continue to be in compliance with Title IX regulations relative to equal opportunity for participation, budget, and staffing; to emphasize and stress the importance of sportsmanship, fair play, and teamwork; to promote the six core values as spelled out by the NAIA Champions of Character initiatives. Northwestern Oklahoma State University is committed to achieving and maintaining equality of opportunity in intercollegiate athletics without regard to race or gender.

**The Student-Athlete at Northwestern Oklahoma State University:** Student-athletes will be enrolled in a degree program that will enable them to obtain a four-year bachelor's degree. Academic progress of the student-athlete must take precedent over matters related purely to intercollegiate athletics. The University will provide the necessary support services to ensure the well being of those who compete in intercollegiate athletics and will support and encourage programs to improve the academic performance of student-athletes. Consistent with its fiscal resources Northwestern Oklahoma State University will provide the best available coaching leadership, facilities, and equipment. Student-athletes shall accept the responsibility of becoming effective and contributing members of the University community and serve as positive role models both on and off campus.

The University athletic program will attempt to attract student-athletes who display a realistic potential to graduate within the academic curriculum. Men and women who participate in intercollegiate athletics at Northwestern are expected to maintain the academic standards required of all students at the University and adhere to applicable NAIA regulations.

All student-athletes shall conduct themselves with honesty and sportsmanship at all times. Participation in intercollegiate athletics at Northwestern Oklahoma State University is a *privilege*, not a *right*!

Thank you for choosing Northwestern Oklahoma State University for your education and being a member of the department of Athletics. We will do everything that we can to make your time with us enjoyable and successful.

**THIS IS THE STUDENT-ATHLETE HANDBOOK**

**It contains pertinent information for all NWOSU Student-Athletes.**

***PLEASE OBTAIN A COPY OF THE NORTHWESTERN  
OKLAHOMA STATE UNIVERSITY STUDENT HANDBOOK***

**That handbook contains useful information on academic policies and procedures, disciplinary procedures, your rights and responsibilities as a NWOSU student, and other issues affecting student life.**

**NORTHWESTERN OKLAHOMA STATE UNIVERSITY  
STAFF DIRECTORY**

President .....	Dr. Janet Cunningham
Executive Vice President .....	Dr. Steve Lohmann
Vice President for Administration .....	Mr. David Pecha
Vice President for Student Affairs and Enrollment Management .....	Mr. Brad Franz
Associate Vice President for University Relations .....	Mr. Steven Valencia
Dean of the School of Arts and Sciences .....	Dr. Mike Knedler
Dean of the School of Practical Arts .....	Dr. James Bowen
Associate Dean of Graduate Studies .....	Dr. Rodney C. Murrow
Coordinator of Graduate Studies .....	Mrs. Debbie Skinner
Director of Students/Housing .....	Mr. Marcus Wallace
Enid Campus Dean .....	Dr. Cheryl Evans
Woodward Campus Dean .....	Dr. Deena Fisher
Director of Financial Aid .....	Mrs. Irala Magee
Registrar .....	Mrs. Cynthia Nighswonger
Bursar .....	Mrs. Sheri Bushman
Director of Student Life and Counseling .....	Mr. Jason Hillman
Coordinator of Career Services .....	Mrs. Yolanda Creswell
International Student Advisor .....	Mrs. Julie Barraza
Director of Recruitment Office .....	Mr. Matt Adair
Chief of Campus Police .....	Mr. LeRoy Burks
Bookstore Manager .....	Mrs. Nicole Towns
Affirmative Action Officer .....	Mrs. Joyce Garvie
Coordinator of Disabilities Student Services .....	Mr. Brad Franz
PRCAW Coordinator .....	Mrs. Sandra Harmon
Retention Coordinator .....	Mrs. Cathy Brown

**ATHLETIC DEPARTMENT DIRECTORY**

<u>NAME, TITLE</u>	<u>EMAIL (EXTENTION)</u>
Bob Battisti, Athletic Director	<a href="mailto:rbbattisti@nwsu.edu">rbbattisti@nwsu.edu</a> (8632)
Lisa Franz, Athletic Secretary	<a href="mailto:lifranz@nwsu.edu">lifranz@nwsu.edu</a> (8653)
Ryan Hintergardt, Sports Information Director	<a href="mailto:rshintergardt@nwsu.edu">rshintergardt@nwsu.edu</a> (8639)
Rob Hibberts, Athletic Trainer	<a href="mailto:rdhibberts@nwsu.edu">rdhibberts@nwsu.edu</a> (8627)
Joanna Crow, Assistant Athletic Trainer	<a href="mailto:jmcrow@nwsu.edu">jmcrow@nwsu.edu</a> (8627)
Dr. Roger Hardaway, Faculty Athletic Rep.	<a href="mailto:rdhardaway@nwsu.edu">rdhardaway@nwsu.edu</a> (8520)
Shawna Copenhaver, Champions of Character	<a href="mailto:sacopenhaver@nwsu.edu">sacopenhaver@nwsu.edu</a> (8109)
Ryan Bay, Baseball	<a href="mailto:rjbay@nwsu.edu">rjbay@nwsu.edu</a> (8124)
Andrew Brown, Men's Basketball	<a href="mailto:awbrown@nwsu.edu">awbrown@nwsu.edu</a> (8467)
Shane Hansen, Asst. Men's BBall/X-Country	<a href="mailto:schansen@nwsu.edu">schansen@nwsu.edu</a> (8644)
Milburn Barton, Women's Basketball	<a href="mailto:mfbarton@nwsu.edu">mfbarton@nwsu.edu</a> (8626)
Margo Hamilton, Asst. Women's Basketball	<a href="mailto:mdhamilton@nwsu.edu">mdhamilton@nwsu.edu</a> (8634)
Alysson Tucker, Cheerleading	<a href="mailto:amtucker@nwsu.edu">amtucker@nwsu.edu</a> (8439)
Keith Barefield, Football	<a href="mailto:rkbarefield@nwsu.edu">rkbarefield@nwsu.edu</a> (8488)
Justin Iske, Assistant Football	<a href="mailto:jdiske@nwsu.edu">jdiske@nwsu.edu</a> (8579)
Chad Adams, Assistant Football	<a href="mailto:ceadams@nwsu.edu">ceadams@nwsu.edu</a> (8578)
Shawna Copenhaver, Men's and Women's Golf	<a href="mailto:sacopenhaver@nwsu.edu">sacopenhaver@nwsu.edu</a> (8105)
Tim Kolb, Rodeo Coach	<a href="mailto:tskolb@nwsu.edu">tskolb@nwsu.edu</a> (8688)
Steve Barrows, Soccer	<a href="mailto:sdbarrows@nwsu.edu">sdbarrows@nwsu.edu</a> (8103)
Cody Hooper, Softball	<a href="mailto:cwhooper@nwsu.edu">cwhooper@nwsu.edu</a> (8102)



# Northwestern

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OKLAHOMA STATE UNIVERSITY

## Fight Song

### ***Ride, Rangers, Ride***

Ride, ride, ride, Rangers ride,  
And we will win this game tonight.

Fight, fight, fight, Rangers fight,  
And everything will be all right.

Score, score, score, Rangers score,  
And we will win just like before.

More, more, more, Rangers more.  
You gotta ride and fight some more.

Ride, ride, ride, ride, ride.  
Fight, fight, fight, fight, fight.

Ride, ride, ride, Rangers ride,  
And we will win this game tonight.

Fight, fight, fight, Rangers fight.

You gotta ride'em hard and ride'em far  
And ride, ride, ride, and fight, fight, fight.

