

## **INTRODUCTION**

This handbook is designed to aid and orient the student-athlete in his/her quest for a college education. Over the years some athletes have struggled, especially during their first year, until they became familiar with college life.

It is our goal to help you have a successful academic and athletic career at College of the Siskiyous. This handbook will answer many of the most frequently asked questions and help you set some important goals for the future.

The most important thing is for you to read this handbook, become familiar with the information, and keep it as a reference book while you are a student at COS. We can write and print the material but it is up to you to read and use it! Have a great experience at COS. This is just the beginning of an exciting academic and athletic future for you.

## WHY ATTEND COLLEGE OF THE SISKIYOU?

College of the Siskiyous has many unique qualities that allow the student-athlete the opportunity to succeed in the classroom and on the athletic field. COS is one of the smallest community colleges in California. However, it ranks among the top of the 106 community colleges in the success of its transfer students and the graduation rates of its student-athletes. **Students from COS who eventually transfer to universities usually carry a higher grade point average than students who started college at those universities.**

COS athletic teams are also highly competitive, as demonstrated by the number of appearances in state play-offs, bowl games and outstanding individual performances. We feel our size is a plus for our students. They never have to feel lost in a sea of thousands of strange faces. We go out of our way to make each and every student feel important.

The cost of attending COS is a factor to consider. Consider the following comparisons:

<u>College</u>	<u>Fees/Tuition for One Year (Residents)</u>
College of the Siskiyous	\$ 780 (30 units)
California State Universities	3,154
University of California	7,500
Private Colleges	29,847

Students from Oregon who qualify for the exchange program pay \$42/unit and all other non-residents pay \$170/unit.

COS provides on-campus housing and food service at reasonable rates. The Siskiyou County area also provides affordable rental units within a short distance from campus.

Student support services, such as tutoring, counseling, academic advising, job placement and transfer services are provided free of charge.

Smaller class sizes are the norm at COS. The smaller classes provide higher quality and more frequent interaction with faculty.

## STEPS TO ENROLL AT COLLEGE OF THE SISKIYOU

Special Note: The College of the Siskiyous has a one-form process for admission and registration. To enroll at the college, you simply fill out an enrollment form each semester. (No separate admission application is required.) You will need to follow these steps when you first enroll:

### FOR NEW STUDENTS

**Step 1: You will need to take the Math & English Assessments Tests which are required for:**

- Financial Aid applicants
- Students registering for more than six (6) units
- Students enrolling in math or English courses if they have not taken the prerequisite course in college.

**Step 2: You should submit all college transcripts (and high school transcripts if under age 18) to the Admissions & Records Office.**

### FOR NEW & RETURNING STUDENTS

**Step 3: Determine your educational goal and review the courses required.**

You will need to determine what you would like to study at College of the Siskiyous. If you are planning to earn an Associate Degree or a certificate or if you are planning to transfer, you should refer to the College catalog for your program requirements. The key sections are:

- Associate of Arts/Science Degree
- Transfer to California State University
- Transfer to University of California, California State University or other University
- Obtain a Vocational Certificate

**Step 4: Make an appointment to meet with an Athletic Department Advisor to prepare your class schedule.**

The College of the Siskiyous has an excellent advising program where counselors & selected faculty members will assist you in preparing for your college studies. You should discuss your academic goals with the advisor and together prepare an Educational Plan. You are then ready to prepare your class schedule for the semester. Check the closed, canceled, and added class list. Your advisor will then sign the Enrollment Form.

**Step 5: Take the Enrollment Form to the Admissions and Records Office.**

**Step 6: Pay your Enrollment Fees at the Cashier's Office.**

You are not registered until you pay all of the fees associated with the classes. Fees listed in the class schedule.

## **CHOOSING AN ACADEMIC PROGRAM**

One of the most urgent decisions that you need to make is whether you plan to eventually transfer to a four-year school. If you hope to continue your athletic career at the next level, then you should choose this option. You should also identify the college or type of college you might be considering (CSU system, UC system, private college or out-of-state college). Also identify your academic goal or major. If you are undecided, which is typical of most entering freshmen, ask your advisor to plan a program that will allow you the flexibility of choosing a major and narrowing your choice of colleges after your first year.

If you do not want to transfer to a four-year school, then you may choose to earn a certificate in one of the many occupational programs identified in our college catalogue. You may also choose to earn an Associate Degree (AS) in general education.

You may find it very useful to visit the Career, Counseling and Transfer Center. Information on careers, exploring your interest, and four-year and technical schools is available.

If you are planning a career as a professional athlete, you might want to consider this: Only about one in a thousand college athletes ever become professionals. Even if you are one of the lucky ones, a crucial injury could end your career at any time. Excel at your sport, but always be continuing your progress toward a goal that does not completely rely on athletic performance to yield a successful future.

## **STUDENT EDUCATION PLAN**

All student-athletes are required to have a student education plan (SEP) and must be enrolled each semester in courses that are consistent with this plan. A sample SEP is located in the Appendix.

The purpose of the SEP is to assist you in properly planning for all the required courses you need to take for either an Associate Degree (AA) and/or a transfer program or certificate. Construct a draft of your SEP prior to your first visit with your academic advisor. Your advisor will review your plan and help you complete and official SEP.

Students pursuing a transfer program should list in their SEP any core courses required for their college major, all general education courses required for transfer, all

recommended prerequisites (courses recommended as preparation for the successful completion of a more advanced course) and any chosen electives.

Students pursuing non-transfer programs should list in their SEP all required courses for the general education AA degree or certificate and any suggested electives and prerequisites that might be necessary.

For students who initially are undecided, it is recommended that a SEP be developed for a transfer AA degree program. The plan can be revised or expanded once a college major is selected.

To assist you and your academic advisor in finalizing your SEP, please review the following steps in preparing your own draft:

1. Identify your program – Associate degree transfer or non-transfer or certificate. Take time to review your options to make a careful decision. Visit the Transfer Center and/or Career Center if you need help. If you are in doubt, then we suggest that you begin making progress toward the AA transfer program.
2. Determine your college major, if possible. If you are undecided, focus on general education requirements.
3. Review the course descriptions in the college catalog and familiarize yourself with all the classes you plan to take. Review content, unit value, and prerequisites of each course you plan to list in your SEP. Also review the requirements for your particular program. Pay particular attention to course prerequisites and to courses which must be taken in a specific sequence.
4. When you finish your draft, schedule an appointment with your academic advisor.
5. You and your advisor will prepare the official SEP. Be sure to bring your draft, catalog(s) and transcripts to the advising session.
6. Keep copies of your plan. Refer to your plan to keep on track when registering for classes.

## STUDENT-ATHLETE SUPPORT PROGRAMS

**Academic Advisors:** Educational advisors are available to help students with College of the Siskiyous graduation requirements, classes necessary to transfer to other colleges and universities, vocational program requirements, Student Educational Plans, COS regulations and policies, and graduation checks.

**Transfer Center:** The Transfer Center, located in the Student Center, assists students in making a smooth transition for COS to a four-year college or university. From the time of entering COS to the time of transfer; students will find many resources at the Transfer Center to assist them in a successful transfer.

**Career Center:** A career assessment lab is available to assist students in exploring their career options and in making career decisions. One of the information sources is EUREKA, a computerized library of occupational and educational information for the state of California. It provides up-to-date information regarding a variety of jobs, the types of businesses and industries, and academic and vocational programs available throughout California.

Assistance in securing, short-term or long-range employment positions in Siskiyou County or elsewhere is also available. An effort is made to keep an up-to-date listing of federal, state and local position openings.

**Housing:** Residence Halls - the residence halls provide the single student with experiences in group living under college supervision. Rates vary from year to year; the cost in 2004 - 2005 are \$6,020 for room and a 7 day meal plan per year and \$5,630 per year for room with 5 day meal plan.

Off-Campus Housing - Students, married or single, may find housing accommodations off campus. A list of available residences is maintained by the college and will be mailed upon request to prospective students.

**Tutorial Services:** A supervised service, available at no cost to the students, in any subject area and in basic skills is provided. The individualized tutoring is available either one-to-one or in small groups. Drop-in tutoring is available in mathematics and in the sciences. Computer assisted instruction is available as well.

**Athletic Study Halls:** Small group help is available at no cost to COS Athletic Team members on a regular basis. Tutors (who are paid) are generally COS student athletes who excel in the discipline they tutor. Study halls are held in the Learning Resource Center on Campus. Sessions are held at times that do not conflict with other academic or athletic pursuits.

**Critical Skill Center:** A variety of services to assist students in many courses at COS are provided in the Critical Skills Center. Services for all students include a basic skills

lab, writing lab, reading lab, math lab, and computer lab. Many college classes require that students use their services in order to achieve maximum success.

**College Success Skills Guide 5:** The course is required for all freshmen student-athletes. The course is designed to provide an opportunity for the student to develop methods and techniques to support his/her success in school. Emphasis is placed on learning specific study skills techniques, learning about oneself as a learner, and learning how to learn. This course counts towards eligibility and transfer. This is a 2-unit class.

**Monitoring Academic Progress:** Each head coach, with the assistance of student personnel workers, monitors the academic progress of each of his/her student-athletes. Progress checks will identify problems and allow for early intervention to promote academic success, although students have the ultimate responsibility in the achievement of their academic goals.

**Extended Opportunity Programs and Services (EOP&S):** These are programs and services provided to low income and educationally disadvantaged “high risk” students. Eligibility for EOP&S is determined by the Financial Assistance application and screening by EOP&S staff. The goal of EOP&S is to improve student retention by actively monitoring student progress, providing tutorial assistance, professional counseling services, and by helping students clarify their educational and career goals.

**Financial Aid:** Financial aid is available to students who show a financial need while attending college. Application forms may be obtained at the Financial Aid office, as well as in high school counseling offices. Students may file applications **after January 1 for the next academic year**. The only way to determine your eligibility for financial aid is to obtain an information and application packet from the Financial Aid office and complete the required forms.

The purpose of financial aid is to help students who might not otherwise be able to attend college. Students and their families have the primary responsibility to provide for educational costs, but many families have limited resources and are unable to meet these costs. For this reason, financial aid programs have been established to provide assistance for students with documented financial need.

Financial need exists when the cost of education exceeds the resources available to a student and/or the family. The cost of education at COS includes tuition and fees, books and supplies, transportation, personal items and living expenses.

Financial assistance is available for economically qualified students of all ages.  
Types of aid available are:

- A. Employment  
You work for wages through the Federal Work Study or EOP&S Work Study program.
- B. Grants  
You do not have to repay grants. Examples include: Federal Pell Grant, Grants A, B, D, Federal Supplemental Education Opportunity Grant, and Board of Governor Grant.
- C. Loans  
You must repay loans when you finish your educational programs.

If you have financial need, inquiry can be made at the Financial Aid office. Office hours are Monday - Friday, 9:00 am to 3:00 pm.

## **ATHLETIC ELIGIBILITY**

All athletes must successfully pass a physical examination each year and be actively enrolled in 12 units during the season of competition. Nine of those 12 units must correspond to the student's educational plan (SEP). In order to remain eligible for competition, athletes must maintain a cumulative 2.0 grade point average in all units attempted. In addition, an athlete who has had prior competition in a sport must have earned 24 units before competing in that sport for a second time. Eighteen of the units completed must be in compliance with the student's SEP. An athlete may compete for two seasons in the same sport. Amateur standing is required for the sport in which the student-athlete will participate.

A student who registers later than four weeks after the first day of class instruction as listed in the college calendar shall not be eligible for competition in that semester. Student-athletes who have previously participated in collegiate athletics at another community college in California must complete 12 units in residence prior to the beginning of the semester of competition.

## **RECRUITING ATHLETES**

Athletic Code, chapter 7

### Section 7.01 Recruiting

7.011 - Recruiting is defined as the soliciting of an individual who is:

- A. A resident of another community college district, or
- B. A student in another community college, or
- C. A resident in a non-district territory, or
- D. A resident of another state of the United States, or
- E. A resident and/or citizen of another country

To enroll in a particular college for the purpose of participation in its athletic program. Such activity, in any form, on the part of any employee of the college and/or any other individual acting on behalf of the college is prohibited.

7.012 - A college shall not initiate a visit, provide entertainment, transportation, meals, employment, promise of employment, tryouts, workouts, athletic equipment, or any other form of attendance inducement as long as that student's residence is not included as part of that college's district. When a non-District student initiates a contact with a California community college, the college may continue to provide information about any aspect of the entire program, including athletics, local area employment opportunities, financial aid, class schedules, athletic eligibility and sport schedules, facilities, etc.

7.013 - No college employee or district representative may meet at a location outside district boundaries with an out-of district student for the purpose of recruiting or soliciting that student athlete.

## **SUBSIDIZING ATHLETES**

### Section 7.03 Subsidizing

7.031 - Subsidizing is defined as the furnishing of financial assistance to amateur athletes in return for their athletic services. Such subsidization is strictly forbidden. This term does not apply to remuneration for a bonafide job wherein work value is received.

7.032 - The giving of special privileges to athletes, such as free or reduced rate housing, free or reduced rate meals, or any financial assistance in the form of loans or grants that are not available to all eligible students, free or reduced rates for books and supplies, free

or reduced rates for transportation, or the establishment of funds for athletes when it is not the policy of the college to give such services to every student in the college, is classed as illegal subsidizing and is strictly forbidden. The giving of free or reduced rate student body cards to athletes is prohibited.

## **ATHLETIC TRAINING**

The COS Athletic Department provides a training facility utilized by both men and women athletes. The facility provides care for injuries sustained during intercollegiate athletic participation. The facility is staffed with two full-time trainers.

The following rules apply to all student-athletes:

1. You must pass an athletic health screening, which is provided by the college, prior to any athletic participation, including practice.
2. You must provide all the information requested on the medical insurance information form.
3. You must report any injury to the athletic trainer. In emergency situation, when the trainer is not available, the coach will refer the injured athlete to the proper source. If you visit a doctor without following the proper procedures, you will be responsible for paying any bill incurred.

## **INSURANCE COVERAGE**

Your personal or family health insurance is the primary protection policy in case of injury. As backup protection, the College participates in the Blue Cross "Student and Athlete Insurance Network". This accident plan provides secondary coverage for all students, including athletes, injured in regular classroom activities, including athletic practices, games and officially sanctioned travel. It is a preferred provider plan with a \$50 deductible per injury that is the student's responsibility.

Injuries must be reported to the athletic trainer when they occur. The college's insurance carrier cannot accept the responsibility for illness, or a pre-existing injury or condition.

## **CODE OF CONDUCT FOR STUDENT-ATHLETES**

When you are participating in intercollegiate athletic competition, you are representing College of the Siskiyous and will be in the public eye. Your personal conduct must reflect favorably upon your team and the college.

As a member of a COS athletic team, you are expected to demonstrate acceptable behavior. Your coach will instruct you in positive techniques for communicating with officials and opponents, maintaining control, and how to react to the aggressive and/or negative actions of opponents or spectators. The following is behavior, which you must observe:

- A. Personal habits which enhance healthful living.
- B. Follow instructions of the coach.
- C. When representing athletics and the college, act in an appropriate manner both in behavior and dress
- D. Abide by all rules imposed during practice and competitions, and at any other time when representing the college.
- E. Treat all players, officials and coaches courteously and with respect. Follow a nutrition and exercise program as recommended by your coach. In addition, the State Athletic Code mandates the following in section 4.021: The use of any form of tobacco, alcohol and/or other controlled substance by any participant (student, faculty, staff, or official) during California Community College sponsored athletic activities is prohibited.

## ACADEMIC SUCCESS UNIT

### Tips for Academic Success

1. Schedule classes (if possible) with free study time in between).
2. Go to all classes. Failure to attend class regularly is one of the major reasons for academic problems. Notify your instructor in advance if you will miss a class because of an athletic event.
3. Sit in the front of the classroom.
4. Be familiar with all course requirements. Read the Syllabus.
5. Get a notebook or folder for each course and keep all handouts, assignments and notes, etc., together.
6. Schedule your time. Use a calendar and write in all information that is important:
  1. Due dates for assignments
  2. Dates of quizzes and exams
  3. Traveling dates
  4. Appointments with coaches, advisors, etc.
  5. Vacations
7. Get all course textbooks immediately after the first class and keep up with reading assignments. It is necessary to read assignments to get through courses in college! Do not leave all reading until the night before the exam, because you won't remember the material.
8. Check on library references and reserved books early.
9. Try to take thorough notes in class, but make sure to listen. Do not be preoccupied with writing things down.
10. Look over class notes as soon after class as possible. Read them over at least three times.
11. Complete all assignments prior to each class meeting (including reading assignments).
12. Compare your notes with others in the class and have someone check your assignments before they are turned in. Make copies of everything you turn in.
13. Study with others in small groups.
14. Start term papers early.

15. Use completed exams as learning and evaluating devices.
16. Try to predict questions with will appear on examinations.
17. Review, for at least a short time, every subject being taken each day.
18. Visit with each professor at least once a week.
19. If you are having difficulties with a course, seek help immediately. Do not wait.
20. Develop self-discipline in academics, as you do in athletics.
21. Compete in the classroom too. Do your Best!

### Ten Tips for Academic Success

1. **ENOUGH REST:** The expression, “you snooze, you lose”, could not be more appropriate for students. You need to be alert and adequate sleep is a must. During the season, increased emotional stress and physical fatigue make matters even worse. Avoid late-running TV shows that can rob you of valuable sleep and throw your sleep/wake schedule out of whack. Research has indicated that a consistent rest pattern is beneficial. By getting enough rest, your mind will be refreshed and eager to learn.
2. **PROPER DIET:** Despite what you may think, fast food is not “brain food”. Sure, processed and grease-fried foods taste great, but they require extra energy to digest and do not provide many nutrients demanded by an active body. Instead, stick with the natural food groups of fruits, vegetables, whole wheat breads, pastas, dairy products, fish, chicken and beef. Also, be sure to drink plenty of fluids (water).
3. **TIME MANAGEMENT:** Write down your goals, and you will stand a much greater chance of accomplishing them. It also helps to list your priorities (like studying for that math test) in order of importance, then cross them off as you tackle each one. Lists also allow you to develop schedules that, once established, tend to become good habits. Good time management also means avoiding distractions.
4. **GOOD ATTENDANCE:** “You will not learn how to swim if you do not get in the water”. Such is the case with schoolwork. Simply put, if you do not go to class, you cannot absorb what is going on, and half the battle is lost. Your physical interaction forces you to be involved, which is the best way to learn. Some students have learned how to predict what type of questions would be on their exams by going to class every day and listening closely to the lectures.

5. **SIT UP FRONT:** Even the best lecture can evaporate into thin air if you are sitting in the “cheap seats” at the back of the room. A seat up front, however, gets you personally involved and in the thick of the action. Also, like volunteering to “bust the wedge” on kick off coverage, sitting at the front of the class signals the instructor you mean business.
6. **FIND YOUR INTERESTS:** You normally do best in what you enjoy most. That principle applies to studies, just like anything else. Try to include subjects of interest in your schedule, and let the enjoyment and success spread into other areas.
7. **KNOW YOUR TEACHERS:** Do not be a stranger. After all, does it not make sense to communicate with someone as potentially helpful as your instructor? They are surprisingly available for counseling, tutoring, and motivating. And much like coaches, teachers genuinely enjoy their subject and respond favorably to pupils who show interest in improving their abilities. Instructors enjoy seeing their students during office hours, and it is your right as a student to have access to them, so why not take advantage of a good thing.
8. **USE AVAILABLE RESOURCES:** Because of the unusual demands of balancing academics with athletics, special resources such as free tutoring programs are provided. If you are struggling with studies, seek help early on. Coaches, teachers, counselors, and academics advisors.
9. **BROADEN YOUR HORIZONS:** Birds of a feather (such as basketball players) do not have to stick together - at least not all the time! Do not be afraid to widen your circle of friends to include people with different interests and backgrounds. Exposure to a variety of attitudes and viewpoints can accelerate your intellectual development and make you a more knowledgeable, interesting and well-rounded person. Studying and spending time with teammates who have high academic goals is also advisable. The pursuit of academic excellence is contagious.
10. **KNOW THE SCORE:** Striving to reach the highest possible level, as a player can be exciting, challenging and satisfying. Yet, for most, their sport is only a game and will never be a profession. In fact, the odds of you getting struck by lightning are better than the odds of playing professional sports. So it makes sense to enjoy the privileges and experiences that are part of the game, while taking the books seriously.

### Suggestions for Successful Time Management

There are 168 hours in a week, but about 100 are usually taken up with “non optional” activities such as sleeping, eating, personal care, travel, religious activities, home chores, and modest amount of leisure and recreation. Careful planning is necessary to efficiently manage the remaining 68 hours.

1. Plan to spend a maximum of 65 hours a week on a combination of the following activities:
  - A. Class and laboratories
  - B. Study
  - C. Part-time employment
  - D. Student activity commitments (intercollegiate athletics, student government, music, etc.) If you have a “regular” activity off campus which is highly time-consuming, also include the activity.
2. Plan to spend some time studying the day before each class meets. Review your class notes as soon as possible after each class meeting.
3. Plan your study time so that each hour is assigned to a specific subject (e.g. study English 1A at 10:00 am on Monday, Wednesday, and Friday and 8:00 pm Tuesday, Thursday and Sunday.)
4. Schedule some review time each week for each subject.
5. Leave some time unscheduled each day for a “shock absorber”.
6. Give consideration to the following:
  - A. Try to schedule a study time for a subject just before or just after the class meets.
  - B. Schedule study time for your most difficult subjects when you are most alert.
  - C. Do not schedule study time for too long at one time. After an hour or so, most people find efficiency is reduced. Try to change to a dissimilar subject (e.g. from sociology to math).
  - D. Try to stop at an interesting place.
7. Be realistic about your schedule. Do not:
  - A. Schedule exceedingly long study sessions. Few people can study with effectiveness for more than three hours without a substantial break.

- B. If you know you expect to take a half-hour break some time between 9 and 10 every morning, do not schedule that time as an hour of study.
  - C. Do not expect to get up early in the morning, expend your energies in exhausting activities all day, and then still expect to study at night. Do your studying when you are alert and energetic. “Run around” when you need to relax.
  - D. Decide if you are a “night person” or a “day person” and arrange your schedule accordingly. Be honest in your evaluation. Of course you will be tired if you stay out late every night. Spend a week getting to see which is right for you.
  - E. Do not rationalize that you can study well with many exciting distractions. TV, the telephone, reminders of previous exciting activities (e.g. souvenirs and mementos, etc.) should not be within your “sensory sphere”.
8. When you have developed a realistic, balanced schedule, stick to it.

## **A GUIDE FOR THE TRANSFER STUDENT-ATHLETE**

This section contains valuable information for the student-athlete who may be fortunate enough to have athletic scholarship opportunities.

### UNDERSTANDING THE TERM “FULL RIDE”

1. The term “full ride” is misleading and you should refer to it as a grant-in-aid. A “full” grant-in-aid doesn’t cover all of the expenses of attending school.
  - A. You should check the college catalog to determine the full cost for one year at the institution.
  - B. Remember trip home at vacation times, snacks to eat at night, toiletries, gas for the car, insurance, etc. All of these must be figured into the budget for a college student.
2. Most sports don’t give out full grant-in-aids. Most sports give out partial grant-in-aids. You need to get things in writing so you can make out a proper budget and plan ahead.
  - A. All grant-in-aids can only be given for one year.
  - B. They must be renewed each year by the coach and the school’s scholarship committee.

## WHEN YOU SHOULD SIGN A LETTER-OF INTENT

1. A letter of-intent is good for 14 days from the time it is issued by the university. Then the university has 21 days to get it in the mail to its conference to make it valid.
  - A. A letter-of-intent does not include a grant-in-aid, but a grant-in-aid must be offered with the letter. You need to sign a separate financial aid contract.
2. You should sign a letter-of-intent as soon as you know what you want to do. Don't shop around and stall universities. If you are not happy with the schools that are interested in you, you should not attend them.
3. If you're a two-sport letterman and you are not sure which sport you're interested in, you may want to wait until your last sport is over before you sign.
4. Remember that you sign with a school, not with the sport or with a coach.

## QUESTIONS TO ASK WHEN BEING RECRUITED

1. Ask for a catalog of that university. Check the majors the school offers.
2. Ask about costs and get as much information as possible on costs.
3. Ask about a tutor program.
4. Ask about housing types and costs.
  - A. Look at the area where you would live.
  - B. Ask about roommates.
5. Ask about the schedule for the team.
6. Ask about long-range plans for the athletic program.
7. How do they handle the renewal part of the grant-in-aid?
8. Ask for student-athlete graduation rates.
9. Ask about practice schedules and meeting times and how your class schedule will fit into the total picture.

## THINGS TO SEE AND DO WHEN VISITING A CAMPUS

1. Try to attend a class.
2. Visit the student housing area, dorms or apartments.
3. Try the dorm food.  
Visit with the head of the tutoring program and the counselor in your field of study.
5. Meet the coaches in your sport.
6. Look over the campus library.
7. Get a feel for the area around the campus.
8. Look into the added cost of getting home by air, train or bus.
9. Meet with people in your intended major.
10. Talk with returning athletes.
11. See the training room.

These are some of the major questions that should be asked and some of the factors to look at when visiting a campus. Each person will have other questions he/she might want to ask, but this is a good start.

Remember, only visit schools that you really want to attend. You can have up to five paid visits, but don't waste your time or the universities money by visiting schools you are definitely not interested in attending.

## INTERPRETATIONS AND GUIDANCE

NCAA rules are complex and require an experienced person to interpret regulations. The COS Athletic Director has a copy of the NCAA manual and the NCAA Guide for the College-Bound Student-Athlete. If you need further clarification, you can contact the NCAA at the following address:

NCAA Legislative Services Staff  
6201 College Blvd.  
Overland Park, Kansas 66211-2422

Telephone: (913) 339-1906

Be sure to contact the four-year institutions for specific institutional rules and guidelines.

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