

"CAT TALK"
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I have read, will comply with and promote the guidelines and policies included within this 2018 Player Manual.

Signature _____

Date _____

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PLAYER INTRODUCTION TO 2018

Most of you should have read this introduction in previous years but I heavily recommend that you do more than just glance thru it and actually study what is said to provide you with a format to build your foundation for a successful 2018 season. Although you were not here then, I would suggest that in 2009 (our 1st season back) we took the likes of U Mass and Louisiana Monroe for granted and that we simply were unprepared and consequently gave up at Texas Tech. And yet, we turned around and played well enough against Texas A&M to garner positive attention throughout the conference and the nation. Why the difference? Whatever it is, it should tell us that we have control over our level of performance, over our successes &/or our failures. It wasn't about who had the best players, but about whose players were best prepared, best motivated and played the best and hardest together as a true family and took nothing for granted, absolutely nothing. It's not about talent but more so caring enough, commitment, focus, discipline and togetherness. I hope we have learned that lesson. We've talked so much about spirit, finishing, starting and leadership. We have demonstrated each of these at times but not nearly with the **consistency** necessary to succeed on a consistent basis.

And in 2010 we got off to a great start in the first four games and then took our performance for granted and got embarrassed against Nebraska. And just as we did the previous year we responded with a very good performance against Kansas. And then later in the season we failed to finish games against Baylor, Missouri, Oklahoma State, Colorado and Syracuse. All winnable games. I didn't say players failed, I said we failed. All of us; coaches and players. We failed together, just as our successes have been a product of the contributions of all of us, players and coaches alike.

"TAKE NOTHING FOR GRANTED" - ABSOLUTELY NOTHING - and CONSISTENCY - these must be our guidelines for 2018. A substantial number of returning first & second teamers do not assure success. When you compare the talent of our teams the last several years with that of the majority of the conference teams we played, it is apparent (or should be) that something else allowed us to have the success we did.

Being committed to our **TEAM GOALS** will bring us success (as it has in the past). Within the scope of these 16 goals lies the true keys to a great season: A **genuine commitment to unity, unselfishness, team effort, and attitude** centered on what is best for the **TEAM** and how to deal with success and how to overcome failures.

And then in the 2011 season with such initially low external expectations we caused the football world to sit up and take notice. But not without our difficulties and adversity. In my way of thinking it began with a number of players choosing not to be loyal teammates and “avoiding” practice opportunities which led to such a miserable performance in our opening game against Eastern Kentucky. Those expectations hit rock bottom and it was projected by many that we may not have won another game. But then something happened and caused us to not take our performance for granted and we recognized the need and the value of coming together as **family** and living by our **16 Wildcat Goals for Success** and the rest is history. And even at that we all realize that we were capable of much more than that 10 win season.

I think it is also important to understand that way back in **2001** after several difficult and heartbreaking losses, we did fight back to win four of our last five regular season games. We had our backs against the wall and were close to being denied a bowl game. We didn't give up. We became less selfish and developed a better and more determined attitude. We can be proud of that. But why did we have to wait six games into the season to develop that type of attitude. Had we entered that season with the same commitment and attitude we had halfway through, we would have been an eleven (plus) win team.

It is equally important to mention that after three consecutive losses in the **2003** season, when so many had given up on us, we revisited our **TEAM GOALS**, made a stronger commitment, refused to give up and came back with seven consecutive victories, including a Big XII Conference Championship. But as indicated above, a few, once again, lost sight of that commitment and cost us the opportunity to finish the season with the dignity, class and respect that this program and its players have always been able to maintain, not to mention a top 5 national ranking.

It is important to understand why the 2007-08 seasons played out as they did. And, even more important is to commit ourselves to rectifying our wrong doings. As those teams heard it said too many times, “**The Wildcats did not play with spirit and heart.**” Each individual can and should contribute to the Wildcats playing with great spirit and enthusiasm. Each of us can do this if we make it important...if we don't the 2018 season will become as bad as 2007 & 2008. Practicing and playing as hard as possible falls into the same category. In 2007 and 08 we did not. Once again each of us has complete control over this. Another team goal not achieved in 2007-2008 was: **never give up**. We did give up and we stopped believing in each other. Who controls this? We do. This like all other problems from those seasons...deal with attitude and each of us has total control over our attitude. If you practice and play hard, with passion, **emotion** and **spirit** and if you **believe** in yourselves and your coaches and never, **never give up** you will again achieve success.

As I have said before, if we look back or if we are looking for someone to blame, we are looking in the wrong direction. However, it is important to learn from our past mistakes; to make an **Honest Self Assessment** and define a new direction as an individual and as a team. I know that you do not want a repeat of the 2004-2005 seasons nor the 2007-2008 seasons. Please learn and understand how this program was built. Accept the principles and **16 Team Goals** which are truly the foundation of this program. It is a strong and solid foundation. Don't contribute to its erosion. Kansas State has played football for 126 years and yet only in the past 28 years has it been able to achieve a tradition of being recognized as one of the top programs in the country. You didn't build the tradition but **you are in a position to build upon it**. Although our 2009 season was very inconsistent we put ourselves in a position to play for a championship in the last game of the season. We started poorly and didn't finish as strong as we wanted but we did improve and we all know that in 2012, as good as it was, brought heart break to those who truly cared. Why after 10 consecutive wins did we lose 2 of our last 3 games – one of which would have put us into the National Championship Game? I feel certain that we took Baylor for granted, that we took our own performance for granted and that because of that we were not mentally and emotionally prepared, and then to come back and demonstrate those traits to defeat Texas. You must think long and hard about the difference between those two games. And again four years ago (2013) we took a very good North Dakota State team and our own performance for granted and got embarrassed by our 1st loss to a division 2 school in 28 years. And how that effected the 1st half of our season & our confidence. But also think back about the moment most of us "got it" and began to prepare game in and game out with a greater acceptance of our system and our values and the success it brought you (won 6 of 7). And, to me, the most significant period of time in some of your careers when you dedicated yourselves to a committed bowl game preparation vs. Michigan in a difficult environment to do so. I couldn't have been prouder. Consistency – our 16 goals apply **every** game. And as you review the 2014 season and our inability to finish at the close of the regular season and our failure to start in the bowl game vs. UCLA. And in the 2015 season, after winning our 1st 3 games and opening conference play with a 2 point loss to TCU after leading, we gave in and suffered a humiliating loss to Oklahoma, which led to 6 consecutive conference losses and with our backs against the wall finished the conference season with 3 consecutive wins to earn the right to play in a bowl game. And then in 2016 we took our selves for granted and lost 3 of our first 6 games before again revisiting our team goals and our mission and how to get there and finishing with 6 wins and a bowl victory over Texas A&M. Always proud of our comeback, but simply ask why not perform as well in the start of the season. So many different situations: Big leads and losses; come from behind finishes, proving that we were good enough to beat anyone and that we could lose to anyone – INCONSISTENT. Then in 2017 another inconsistent summer

with players not showing up for workouts and not being committed to the process led to an inconsistent camp and thus a slow start losing four of our first seven games. We took ourselves for granted.

In the coming 2018 season there will again be great expectations to achieve the successes most KSU teams have achieved over the past nearly 3 decades. Will we **LEARN FROM OUR MISTAKES AND NOT MAKE THE SAME MISTAKES AGAIN?** **WILL WE LEARN TO START AS WELL AS FINISH AND BE CONSISTENT IN BETWEEN?** **WILL WE TAKE NOTHING FOR GRANTED AND COMMIT OURSELVES TO CONSTANT IMPROVEMENT AND GREAT EFFORT AND WILL WE TRULY UNDERSTAND WHAT 1 & O REALLY MEANS.**

All of this being said, it is important for us all to understand that:

- 1) We are one of only six programs in the history of college football to have won 11 games in four consecutive seasons and in six of seven consecutive seasons.
- 2) We won or tied for the Big XII North Division Championship four years.
- 3) We were the Big XII Champions twice.
- 4) On two occasions we were one winnable game away from playing for a National Championship.
- 5) There is still room at the top.

Many questions remain unanswered:

- 1) Will we too take this season for granted?
- 2) Will we learn from our mistakes of past seasons?
- 3) Will we have the competitive spirit and be as "hungry" as the 1993, 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2002, 2003, 2011, 2012 and 2013 teams, which achieved well beyond the expectations of the football world?
- 4) Will the 2018 team care enough to overcome the adversity that some other teams could not?
- 5) Will the 2018 team **totally unite**, become **totally unselfish** and **care enough** to accept without complaint the sacrifices necessary to become champions?
- 6) Will the 2018 team and each individual on this team commit themselves to finding a way to improve each and every day and "buy in" to the process?
- 7) Will the 2018 team work and play as hard as possible, **believe** in yourselves, **care** about your team, **refuse to give up** and always **compete with great spirit and passion** until the end?
- 8) Will the 2018 team develop the true family relationship again?
- 9) Will the 2018 team take any of the above for granted?

The answer to these questions lies in our commitment to our 16 team goals and to our commitment to our preparation for the 2018 season, and to your commitment to an **unselfish** desire for this **team** to succeed and take absolutely nothing for granted.

As this program becomes better and achieves more success, more people want (and feel they deserve more credit). Those individuals become selfish and pull away from the team concept, thus creating an atmosphere in which a team begins a downward spiral and continued success cannot happen. To want to be individually successful is perfectly natural, but in a team sport, individual success comes through **team success**. If the team succeeds, you will succeed and be rewarded. Therefore, by being unselfish and being committed to a **team attitude**, you are preparing for your success, which will come because **we** are successful as a **TEAM and as a FAMILY. EXPECT MORE, DEMAND MORE, DO MORE.**

WILDCAT SIXTEEN GOALS FOR SUCCESS

1. **COMMITMENT** - *To common goals and to being successful.*
2. **UNSELFISHNESS** - *There is no I in Team.*
3. **UNITY** - *Come together as never before.*
4. **IMPROVE** - *Everyday...as a player, person and student.*
5. **BE TOUGH** - *Mentally and physically.*
6. **SELF-DISCIPLINE** - *Do it right, don't accept less.*
7. **GREAT EFFORT**
8. **ENTHUSIASM**
9. **ELIMINATE MISTAKES** - *Don't beat yourself.*
10. **NEVER GIVE UP** - *Never-Never-Never*
11. **DON'T ACCEPT LOSING** - *If you do so one time it will be easy to do so for the rest of your life.*
12. **NO SELF-LIMITATIONS** - *Expect more of yourself.*
13. **EXPECT TO WIN** - *And truly believe we will.*
14. **CONSISTENCY** - *Your very, very best every time.*
15. **LEADERSHIP** - *Everyone can set the example.*
16. **RESPONSIBILITY** - *You are responsible for your performance.*

YOU HAVE TOTAL CONTROL OVER EACH OF THESE.

TEAM OBJECTIVES

- A) CHEMISTRY – CHEMISTRY – CHEMISTRY.**
- B) CHARACTER – CHARACTER – CHARACTER.**
- C) ATTITUDE – ATTITUDE – ATTITUDE.**
- D) UNSELFISH – UNSELFISH – UNSELFISH.**
- E) TEAM WORK – TEAM WORK – TEAM WORK.**
- F) TRUST – TRUST – TRUST.**
- G) HONESTY – HONESTY – HONESTY.**
- H) LEADERSHIP – LEADERSHIP – LEADERSHIP.**
- I) SPIRIT – SPIRIT – SPIRIT.**
- J) EMOTION – EMOTION – EMOTION.**
- K) TOUGHNESS – TOUGHNESS – TOUGHNESS.**
- L) START – START – START**
- M) COMPETE – COMPETE – COMPETE**
- N) FINISH – FINISH - FINISH**
- O) CARE – CARE – CARE**
- P) CONSISTENCY – CONSISTENCY - CONSISTENCY**
 - 1. TOTAL UNSELFISHNESS BY EVERYONE WILL ELIMINATE ALL ATTITUDE PROBLEMS.**
 - 2. DO NOT TAKE OUR ABILITY OR ANY OPPONENT FOR GRANTED.**
 - 3. FOCUS EVERYDAY ON THOSE THINGS THAT WILL MAKE YOU BETTER.**
 - 4. BE ACCOUNTABLE FOR YOUR RESPONSIBILITY TO:**
 - LEARN YOUR POSITION TECHNIQUES AND ASSIGNMENTS
 - STAY HEALTHY
 - STAY ELIGIBLE AND DO RIGHT
 - REMAIN WELL CONDITIONED

5. LEARN HOW TO HANDLE AND DEAL WITH THE SUCCESS AND FAILURE YOU HAVE HAD IN THE PAST AND THE EXPECTATIONS THAT ARE PLACED ON THIS TEAM.

BEGINNING OF A NEW DAY

6. COMPLIANCE WITHOUT COMPLAINT (THIS IS AN ATTITUDE).
7. DEVELOP A STRONG TWO-DEEP AT EVERY POSITION CAPABLE OF PLAYING CHAMPIONSHIP FOOTBALL.
8. PRACTICE AND PREPARE EVERYDAY TO BEAT TEXAS, OU, OSU, TX TECH, BAYLOR, TCU, KU, IOWA STATE, WEST VIRGINIA, MISSISSIPPI STATE, UTSA AND SO. DAKOTA.
9. GREATLY IMPROVE PHYSICAL CONDITIONING, **TOUGHNESS**, **STRENGTH** AND **LEADERSHIP**.
10. PRACTICE LIKE YOU MUST PLAY IN ORDER TO WIN: WITH GREAT **SPIRIT AND EMOTION – GREAT EFFORT – GREAT EXECUTION** AND TO WIN THE FOURTH QUARTER.
11. IMPROVE AT EVERY POSITION (FUNDAMENTALS AND TECHNIQUES.)
12. LIVE BY THE 16 WILDCAT GOALS FOR SUCCESS.
13. UNDERSTAND, BELIEVE IN AND TRUST THE SYSTEM AND THE FOUNDATION UPON WHICH THIS PROGRAM WAS BUILT. HARD WORK, COMMITMENT, DISCIPLINE AND IMPROVEMENT.
14. DEVELOP UNDERSTANDING OF THE “BIG PICTURE” OF EVERY OFFENSIVE/SPECIAL TEAMS/ DEFENSIVE SCHEME.
15. ACCOUNTABILITY – I WILL HOLD MYSELF AND MY TEAMMATES ACCOUNTABLE TO THIS TEAM.
16. ABOVE ALL HONESTY AND TRUST WORTHINESS – OUR WORTH AS A HUMAN BEING IS BASED ON THESE TWO THINGS. **AM I AN HONEST PERSON? CAN MY TEAMMATES TRUST ME?**
17. ELIMINATE ALL OFF THE FIELD DISCIPLINE PROBLEMS.

18. DEVELOP AN ENTHUSIASTIC TEAM SPIRIT, TOUGHNESS & CONFIDENCE.

LEADERSHIP
UNSELFISHNESS
DISCIPLINE
TEAM WORK
SPIRIT
START

CONDITIONING
TOUGHNESS
ATTITUDE
TRUST
EMOTION
COMPETE
CARE

STRENGTH
IMPROVE
CHARACTER
HONESTY
TOUGHNESS
FINISH
CONSISTENCY

***HAVE A PLAN TO CARRY OUT THE ABOVE OBJECTIVES.**

EXPECTATIONS

1. **CHURCH.** Everyone is encouraged to attend the church of his choice on Sunday morning. We can help you find a church.
2. **NARCOTICS. PROHIBITED.**
3. **PROFANITY.** Represent this team in a class manner. Profanity should not be tolerated.
4. **ALCOHOLIC BEVERAGES.** Established by Team voting. Not recommended.
5. **MEDICAL CARE.** Before going to doctors, dentists, a hospital or the infirmary, you must see the Head Trainer.
6. **PROMPTNESS.** Be on time for meals, meetings, trips, appointments, etc. (**Wildcat time is 3 minutes early**).
7. **CLASS ATTENDANCE.** You **MUST** go to class.
8. **DRESS.** Clean and neat. No earrings at meetings, practice, team functions or complex. no hats in the complex or dining hall.
9. **MANNERS.** "Yes, Sir" and "No, Sir."
10. **DINING HALL.** Be dressed properly. Practice proper etiquette. Keep noise to a minimum. No guests, unless permission given by coach. Be polite to dining hall personnel. "Thank you" goes a long way. No music boxes or hats.
11. **MAKE GOOD DECISIONS.** "If it will help you be a better person, a better student or a better football player...do it! If it won't, there's no reason to Do It.
12. If you are always a **GENTLEMAN** you will experience no problems.
13. **STEALING** is not tolerated.
14. No cell phones, electronics or headphones, in the meeting room.
15. All cell phones checked in to your coaches on Friday evenings prior to ball games.
16. Social Media = Positive, Humble, respect, clean, nothing about practice, meetings, injuries. You can never take it back.

17. **POSITIVE DRUG TESTS** - We will follow the Athletic Department Policy. A second positive test will result in ineligibility for 10% of our games and a 50% loss of cost of living financial aid for 3 months. A third positive test will or may result in loss of eligibility for 50% of our games or maybe removal from the Team and Scholarship.

THE PRICE OF IRRESPONSIBILITY

LOST NOTEBOOK

5 – P.I. 600

LATE

To Meeting/practice/Study Table/Doctor's Appointment (Unexcused)
250 yards rolls after practice

ABSENT - From Study Table/Doctor's Appointment/Treatments (Unexcused)
1 – P.I. 600

ABSENT - from Academic Class
P.I. 600 at 6:00 am

ABSENT FROM PRACTICE OR MEETING (Unexcused)

P.I. 600 (6)
Down on Depth Chart
Subject to Dismissal

All Responsibility running will be conducted by Position Coaches after Practice
(Except for missed classes and P.I. 600)

P.I. 600 will be conducted by Strength Staff and Position Coach.

HATS – Not to be worn in Complex/Training Table

EARRINGS – Not to be Worn in the Football Complex or at Team Functions,
including Training Table.

CELL PHONES - Not in meeting rooms. Turned into Coach on game day and night
before.

DON'T TAKE DISCIPLINE PERSONAL

YOUR FACILITY AND YOUR PROGRAM

You have been promised, and now have received, a **class** facility. You are expected to treat it with **class**.

1. Please **wipe feet** before entering the building (protect the carpet).
2. **Remove hats** and **earrings** within the building.
3. **No long distance telephone calls** from football complex phones.
4. **Turn off lights, TV's, VCR's** and **Overhead Video Projection** units when not in use.
5. **No food, drinks, seeds or tobacco** in meeting rooms, locker room, weight room or lounge.
6. Please keep complex picked up and **clean**.
7. Use only the computers in SAEC and only with the approval of an Academic Advisor or Sean Snyder (computer instructions are posted).
8. Please be extremely careful not to scrape desktops against walls in meeting room and do not lay your heads against the walls.
9. Be certain to turn overhead video projection units off after watching tape in meeting rooms.
10. **Remove all shoes** after practice before entering dressing room (protect your carpet).
11. Throw **all** tape, etc. in trash cans.
12. Music boxes are not to be played in the locker room or weight room. Music will be provided as selected by the captains and player reps.

Our custodian has an extremely difficult task in keeping **your** building clean and in excellent shape. Please help him. Don't make it any harder for him.

RULES/REGULATIONS FOR INDOOR FACILITY

1. No food or drink allowed in the indoor.
2. No chewing tobacco or sunflower seeds will be allowed in the indoor.
3. No smoking allowed in the building.
4. Don't spit on turf. (It does not get washed-cleaned)
5. No personal use of the building will be allowed without approval from Sean Snyder.
6. No passing/kicking the ball into wall surfaces. Utilize kicking nets.
7. No animals in building.
8. Only video personnel/coaches are allowed on video towers.
9. Throw all cups, cans, and **tape** in trash cans.
10. Wipe feet before entering building. Make sure shoes are not muddy.
11. Proper shoes should be worn at all times on indoor turf.
12. **No Parking Allowed:**
 - **In back of Bramlage**
 - **In handicapped or "No Parking" areas**
 - **In front of large garage doors leading into Bramlage (this includes coaches)**

TRAINING TABLE POLICY

DON'T CROWD IN LINE!

TREAT ALL WORKERS WITH RESPECT.

"Please" and "Thank You" will serve you well. As will "Yes Maam" and "No Maam."

NO HATS to be worn in the dining hall.

NO MUSIC BOXES in the dining hall.

KEEP THE NOISE LEVEL DOWN. There's nothing wrong with laughing and talking, but loud conduct is not acceptable.

CLEAN UP your own area. Be responsible for taking your tray back and pushing your chair in so Derby workers aren't having to do extra work.

TAKE ALL YOU WANT – EAT ALL YOU TAKE.

RESPECT – RESPECT – RESPECT

On occasion share with cooks that you enjoyed the meal.

RESIDENCE HALL

Respect the rights of your roommate and neighbors on the floor.

The Resident Assistant on your floor, Hall Director, and people at the front desk all have responsibilities and jobs to do. The rules they have established are for everyone in the hall. Respect and obey the guidelines for your floor and hall.

If you have a problem that needs the attention of someone at the hall in an official capacity, approach that individual in a calm, civil manner and you will be treated accordingly.

Get to know the people who live around you. You are going to be together there for the school year. Knowing your neighbor and getting along makes for a more enjoyable.

RESPECT – RESPECT – RESPECT

OFF-CAMPUS HOUSING

When considering leasing an apartment or house please remember to follow these guidelines:

1. Select housing that will be affordable for you.
2. Consider your bills other than rent - such as cable TV, telephone, water, electric, trash, food (when not eating training table), and deposit.
3. Review all lease agreements thoroughly.
4. Carefully look over your rental property before you sign any lease. Record, in photo and writing, any damage already done to the property. Present a copy to the landlord and keep one for your files.
5. Be sure your roommates will stay the length of the lease agreement and that they will be accountable for rent and care of the facility.
6. Have everyone sign the lease agreement. Remember the lease is a contract and if you break it, you can be taken to court.
7. Be responsible, exercise good housekeeping, pay rent and utility bills on time, treat your neighbors fairly. Remember you are representing Kansas State University and your football team.
8. Review special considerations in lease agreement:
 - a. Lawn care – who is responsible?
 - b. Vacancy notice, how soon?
 - c. Deposit?
 - d. Record of previous damages.
 - e. Snow removal?
9. Select off-campus housing that is comfortable and quiet, especially on Thursday and Friday evenings when rest for the game is so important.
10. Consider location:
 - a. Parking
 - b. Distance to campus, football office.
 - c. Weather
11. Put yourself in the owner's position – what would you expect of your tenants?

DIVISION I ACADEMIC ELIGIBILITY REQUIREMENTS

AID, PRACTICE, COMPETITION

(Note: This is intended as a summary only and does not include significant detail.)

CONTINUING ELIGIBILITY

Entering 2nd Year of Collegiate Enrollment	Entering 3rd Year of Collegiate Enrollment	Entering 4th Year of Collegiate Enrollment	Entering 5th Year of Collegiate Enrollment
<ul style="list-style-type: none">• 24 semester/36 quarter credits• 18/27 credits earned during academic year (fall + spring).• Minimum 1.8 GPA• Maximum of 6 semester/9 quarter hours of remedial courses may be used. Hours must be completed in first year of enrollment.	<ul style="list-style-type: none">• 40% of degree requirements• 18/27 credits earned during academic year (fall + spring).• Minimum 1.9 GPA• 9 credits fall / 6 credits spring• Declaration of degree program	<ul style="list-style-type: none">• 60% of degree requirements.• 18/27 credits earned during academic year (fall + spring).• Minimum 2.0 GPA• 9 credits fall / 6 credits spring	<ul style="list-style-type: none">• 80% of degree requirements.• 18/27 credits earned during academic year (fall + spring).• Minimum 2.0 GPA• 9 credits fall / 6 credits spring

INITIAL ELIGIBILITY:

A prospective student-athlete must complete 16 core courses and achieve the necessary core GPA and corresponding ACT/SAT test score for initial-eligibility requirements to become a qualifier (Bylaw 14.3.1).

TRANSFER ELIGIBILITY:

- A transfer student-athlete (foreign or domestic) who was not a qualifier and who initially enrolls as a full-time student in any collegiate institution's regular academic term is eligible for aid, practice and competition if the following has been completed prior to enrollment: graduate with AA degree, 2.5 transfer GPA, 48 transferable hours including 6 hours transferable English, 3 hours transferable Math, 3 hours of natural/physical science. (Bylaw 14.5.4.2.1)
- A midyear transfer is subject to all applicable transfer eligibility requirements listed above.
- In addition, ALL transfer students must meet applicable academic percentage toward degree (Bylaw 14.4.3.2.2) and credit-hour requirements (Bylaw 14.4.3.1.2) listed above.

Summer Credit Hours:

- Summer credit hours may be used to satisfy the 24-credit-hour requirement when certifying a student-athlete entering his or her second year of collegiate enrollment. Summer hours may also be used to meet the 40/60/80 percent-of-degree requirements.
- For transfer students, summer hours may not be earned at member institution and used to meet transfer or PTD requirements. Hours must be earned prior to enrollment.

Remedial, Tutorial or Noncredit Courses:

- A student-athlete may use remedial, tutorial or noncredit courses to meet the 24-semester/36 quarter credit-hour requirement. The courses used may not exceed six semester/nine quarter total credit hours and must be earned during his/her first year of collegiate enrollment. (Bylaw 14.4.3.4.4)

Six Credit Hours:

- Student-athletes, including those currently enrolled, must successfully complete at least six (6) semester hours in the previous regular academic term of full-time enrollment to be eligible to participate in the next regular academic term (Bylaw 14.4.3.1)

Additional Requirements for Football

- In football, a student-athlete who is a member of the institution's football team and who does not successfully complete at least nine-semester hours or eight-quarter hours of academic credit during the fall term and earn the Academic Progress Rate eligibility point for the fall term shall not be eligible to compete in the first four contests against outside competition in the following playing season. (Bylaw 14.4.3.1.6)

FRESHMAN/SOPHOMORES **ACADEMICS/ELIGIBILITY**

The academic counselors for the football program are located in the Student Athlete Enhancement Center at the Vanier Football Complex from 8 am – 5 pm. The SAEC is open Sunday 7pm-10pm, Monday thru Thursday 8am – 10pm and Friday 8am – 5pm. The phone number is 785-532-5190.

1. Make sure the counselors check your class schedule each semester prior to enrollment. Be certain your classes are **certifiable (counts in your major)**.
2. You must be enrolled in at least **12 hours each semester** or you become immediately ineligible.
3. **Never** add or drop a class without prior approval from the academic counselor. **YOU COULD BECOME IMMEDIATELY INELIGIBLE.**
4. You must pass 24 **certifiable** hours your first year to remain eligible (Fall + Spring + Summer).
5. 18 certifiable hours must be completed during the academic year (Fall + Spring Semesters).
6. All football student athletes must pass a minimum of nine (9) hours in the fall term to compete in all games the following season.
7. A student-athlete must successfully complete at least six certified credit hours in each regular academic term to be eligible for competition during the next regular academic term.
8. To remain eligible: upon entering your second year of collegiate enrollment you must have a cumulative GPA of 1.8; upon entering your third year of collegiate enrollment you must have completed 40% of your degree requirements with a cumulative GPA of 1.9; upon entering your fourth year of collegiate enrollment, you must have completed 60% of your degree requirements with a cumulative GPA of 2.0; upon entering your fifth year of collegiate enrollment you must have completed 80% of your degree requirements and maintained a 2.0 GPA.
9. **Always** work closely with the academic counselors on all matters dealing with your academic activities.
10. Tutorial assistance and study hall information is available from Bill Banks. Bill's office is in the SAEC and his phone number is 785-532-5193.
11. Night time study table meets from 7 to 10 pm on Sunday's and 8 to 10 pm, Tuesday thru Thursdays during the fall semester, and Sunday thru Thursday 7-10 pm during the spring semester. Attendance reports are given to the coaching staff.
12. Attend class on a regular basis and always be on time. Class attendance will be monitored. Class absences will be reported to Coach Snyder and your position coach.

13. Study Hall will be directed study based, however, if students fail to comply, the following will have to be met. All freshmen are required 6 hours of study hall. Sophomores, Juniors, Seniors based on GPA, will be required the following hours per week.

3.0 or above & Grad Students = 0 hours

2.99-2.5 = 2 hours

2.49-2.26 = 4 hours

2.25 or below = 6 hours

Multiple D's/F's on Grade Report adds 2+ hours each week

14. An academic assistance program is in place to help those students who are not performing to their potential in the classroom. The football academic counselors will assist you on a weekly basis with the organization of homework, tests, study habits, etc. Students who fail to attain a 2.00 semester GPA or have a cumulative GPA below 2.00 will be required to partake in the assistance program.
15. Throughout each semester there will be progress reports sent to each of your instructors to enable us to assist you. From these reports we will be able to assign our tutors to best serve your academic needs. You should be contacting your counselor if you are academically in trouble.
16. The sole purpose of all of this information is to assist you in staying on track toward and receiving your degree and to provide you with the very best possible chance to be a success in life.

JUNIORS, SENIORS, 5TH YEAR **ACADEMICS/ELIGIBILITY**

The academic counselors for the football program are located in the Student Athlete Enhancement Center at the Vanier Football Complex from 8 am – 5 pm. The SAEC is open Sunday 7pm-10pm, Monday thru Thursday 8am – 10pm and Friday 8am – 5pm. The phone number is 785-532-5190.

1. Make sure the counselors check your class schedule each semester prior to enrollment. Be certain your classes are **certifiable (counts in your major)**.
2. You must be enrolled in at least **12 hours each semester** or you become immediately ineligible.
3. **Never** add or drop a class without prior approval from the academic counselor. **YOU COULD BECOME IMMEDIATELY INELIGIBLE.**
4. 18 certifiable hours must be completed during each academic year (Fall + Spring Semesters).
5. All football student-athletes must pass a minimum of nine (9) hours in the fall semester to compete in all games the following season.
6. A student-athlete must successfully complete at least six (6) credit hours in each regular academic term to be eligible for competition during the next regular academic term. If you are a senior, this rule applies to post-season competition and competition that takes place between terms.
7. To remain eligible: upon entering your third year of collegiate enrollment you must have completed 40% of your degree requirements with a cumulative GPA of 1.9; upon entering your fourth year of collegiate enrollment, you must have completed 60% of your degree requirements with a cumulative GPA of 2.0; upon entering your fifth year of collegiate enrollment you must have completed 80% of your degree requirements and maintained a 2.0 GPA.
8. **Always** work closely with the academic counselors on all matters dealing with your academic activities.
9. Tutorial assistance and study hall information is available from Bill Banks. Bill's office is in the SAEC and his phone number is 785-532-5193.
10. Night time study table meets from 7 to 10 pm on Sunday's and 8 to 10 pm, Tuesday thru Thursdays during the fall semester, and Sunday thru Thursday 7-10 pm during the spring semester. Attendance reports are given to the coaching staff.
11. Attend class on a regular basis and always be on time. Class attendance will be monitored. Class absences will be reported to Coach Snyder and your position coach.

12. Study Hall will be directed study based, however, if students fail to comply, the following will have to be met. All freshmen are required 6 hours of study hall. Sophomores, Juniors, Seniors based on GPA, will be required the following hours per week.

3.0 or above & Grad Students = 0 hours

2.99-2.5 = 2 hours

2.49-2.26 = 4 hours

2.25 or below = 6 hours

Multiple D's/F's on Grade Report adds 2+ hours.

13. An academic assistance program is in place to help those students who are not performing to their potential in the classroom. The football academic counselors will assist you on a weekly basis with the organization of homework, tests, study habits, etc. Students who fail to attain a 2.00 semester GPA or have a cumulative GPA below 2.00 will be required to partake in the assistance program.
14. Throughout each semester there will be progress reports sent to each of your instructors to enable us to assist you. From these reports we will be able to assign our tutors to best serve your academic needs. You should be contacting your counselor if you are academically in trouble.
15. The sole purpose of all of this information is to assist you in staying on track toward and receiving your degree and to provide you with the very best possible chance to be a success in life.



Equipment Policies & Procedures

- Player is **Responsible for All equipment** once it's issued.
 - Take care of your Equipment, there are not unlimited quantities!
- If you lose your equipment than replacement equipment will have to be purchased at cost we paid for it.
- Do not alter any equipment without consulting Equipment Staff beforehand. (We may have other options)
- Make sure that you have you access to all issued equipment at any given time.
- It is your responsibly to notify Equipment Staff about any damaged equipment, so it can be fixed or exchanged
(*You must bring Damaged equipment back to get a new one, 1 in – 1 out.*) **Check Your Equipment DAILY!!**
- Any Equipment issues should be addressed as soon as possible, & are Not Excuses to be late for anything.
- **Keep Laundry Lockers Locked!** (*so your laundry is secure*)
- Laundry should be turned in as soon as possible, so that we can clean and return in a proper and timely manner.
- All Dirty Laundry should be put onto Laundry Loop, as when issued to you. Towel, Loops, & Uniforms separately.
- Laundry is to be turned into the Laundry Drops located in the Tunnel.
- Please Respect & Be Polite to all student managers & staff

DRESS CODE

- Read Dress Code for each Team Activity/Workout each day on Board by Laundry Lockers
- Only Team Issued Equipment is what you should have on while participating in Team activities
- Always have Helmet ON your Head!
- Buckle your Chinstrap, & Mouthpiece IN when on Field.
- Make sure to ask for help if you need any of your equipment adjusted.
- Make sure Shoulder Pads are properly Tightened, as when fitted!
- Practice & Game Jerseys must be covering back plates & DO NOT roll up the Front of your jersey either!
- Belts Buckled, NOT loose and hanging, if there is an issue with pants see Equipment Staff.

Locker Room Policies



This Is How YOUR Locker should look EVERYDAY leave your Locker!

AFTER GAMES, PRACTICE, TREATMENTS, & WORKOUTS

- NOTHING should be left on your SEAT. Or on the Sides of your Locker
- Keep Shoes, Cleats, Sandals in the Bottom Drawers of your Locker.
- Shoulder Pads, Knee and Ankle braces should be kept in the Top Cabinet.
- Helmet must be put in the White Cubby in the center of you Locker.
- Use your Cabinet (*KEEP YOUR VALUABLES, COMPRESSION and WORKOUT SHORTS, or TOILITREIS in there*)
- Keep your Locker and Laundry Locker Locked at all times.
- Make sure to Hang Everything Nicely on Hangers or on the hooks (come ask for hangers if needed).
- Make sure to keep your stuff in your area, especially with your seat connected to the individual beside you
- If your CLEATS or GLOVES are wet & need to DRY then put on Shoe Dryer in Tunnel.
- Knee Pads & Thigh Pads should be kept in your Small Top Drawer below your seat.
- Gatorade, Recovery Pool & Weight Room Towels should be turned into Laundry ASAP so they can be cleaned!
(*They should not be in the lockers*)

If You have any issues with your Locker Please contact Al or Alec ASAP!

Take Pride in Your Vanier Complex & Locker!

There are Always Alumni, Recruits & Tours going through our Complex!

HELMET WARNING STATEMENT

WARNING

Keep your head up. Do not butt, ram, spear or strike an opponent with any part of this helmet or faceguard. This is a violation of football rules and may cause you to suffer severe brain or neck injury including paralysis or death and possible injury to your opponent. Contact in football may result in Concussion/Brain injury which no helmet can prevent. Symptoms include loss of consciousness or memory, dizziness, headache, nausea or confusion. If you have symptoms, immediately stop and report them to your coach, trainer, and parents. Do not return to a game or contact until all symptoms are gone and you receive medical clearance. Ignoring this warning may lead to another and more serious or fatal brain injury.

**NO HELMET SYSTEM CAN PROTECT YOU
FROM SERIOUS BRAIN AND/OR NECK
INJURIES INCLUDING PARALYSIS OR DEATH.
TO AVOID THESE RISKS DO NOT ENGAGE IN
THE SPORT OF FOOTBALL.**

***I have read and fully understand the statement
above.***

Signature _____

HELMET WARNING STATEMENT

WARNING

Keep your head up. Do not butt, ram, spear or strike an opponent with any part of this helmet or faceguard. This is a violation of football rules and may cause you to suffer severe brain or neck injury including paralysis or death and possible injury to your opponent. Contact in football may result in Concussion/Brain injury which no helmet can prevent. Symptoms include loss of consciousness or memory, dizziness, headache, nausea or confusion. If you have symptoms, immediately stop and report them to your coach, trainer, and parents. Do not return to a game or contact until all symptoms are gone and you receive medical clearance. Ignoring this warning may lead to another and more serious or fatal brain injury.

**NO HELMET SYSTEM CAN PROTECT YOU
FROM SERIOUS BRAIN AND/OR NECK
INJURIES INCLUDING PARALYSIS OR DEATH.
TO AVOID THESE RISKS DO NOT ENGAGE IN
THE SPORT OF FOOTBALL.**

I have read and fully understand the statement above.

Signature _____

WEIGHT ROOM RULES

1. YOU MUST WEAR K-STATE ISSUED GEAR.
2. SHOES & SHIRT REQUIRED.
3. NO JEWELRY/NO CELL PHONES/NO HEADPHONES.
4. RESPECT YOURSELF, YOUR TEAMMATES & YOUR COACHES AND YOUR FACILITY.
5. NO HATS.
6. CLEAN UP AFTER YOURSELF: YOU TAKE IT OUT – YOU PUT IT UP.
7. WORK TOGETHER/ENCOURAGE EACH OTHER.
8. PREPARING TO WIN STARTS WITH YOUR ATTITUDE TOWARDS TRAINING.
9. DIAL IN, FOCUS & BRING THE RIGHT ATTITUDE TO EVERY WORK OUT.

SOMETHING TO EAT, SOMETHING TO DRINK



FUEL FOR A PURPOSE: In case you were curious, there are 24hrs in a day. During those 24hrs you lift, run, practice, sleep, feel tired, feel sore, go to meetings, and go to the bathroom about 15 times. Now, remember that you will repeat that for the next 190 days. Every day your body is breaking down every second regardless if you are lifting or practicing. To maintain strength, speed, and brain power you need to start thinking about what you are putting in your body. Your body is what is going to get you through fall camp and a full season of football. There is nothing more important than putting a good plan in place to make sure your body can withstand the next 190 days and be 100% going into the National Championship. **FOOD = FUEL. FOOD = RECOVERY.** Below are a few key principles to focus on every single day.

EAT FOOD AND GET CALORIES!

There is nothing more simple than making sure you eat all of your meals...Every day! How can you break it down? Breakfast, Snack, Lunch, Snack, Dinner, Snack. When you are eating your meals it is imperative you get a variety of foods on your plate from lean meats, good carbohydrates, fruits, and vegetables. Each nutrient plays an important part in keeping your body in the best shape. Fruits provide antioxidants which help your immune system after workouts. Vegetables contain B-vitamins and lean meats contain protein to help your muscles. Carbohydrates are your main fuel source to keep you going during practice. Don't leave any food group out and make sure you get a little of everything at each meal.



Take time and listen to your body. When we say fuel for a purpose, that purpose is to help your body function properly. Your body has over 37 trillion cells. Each play a vital role for health and performance.

SIGNS YOUR CALORIES ARE TOO LOW

EARLY FATIGUE
HEAVY LEGS
LOSS OF STRENGTH AND POWER
WEIGHT LOSS

SIGNS YOUR CALORIES ARE TOO HIGH

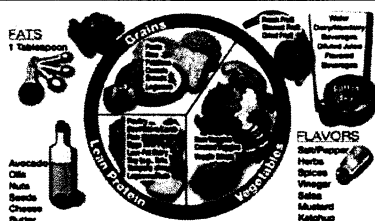
GAIN BODY FAT & WEIGHT
LOSE SPEED & ABILITY TO CHANGE DIRECTION
REDUCTION IN ACCELERATION
INCREASED RISK OF INJURY



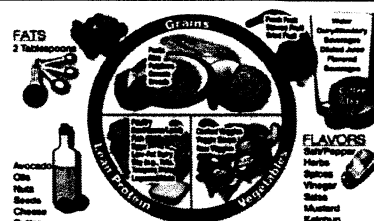
Bodyweight isn't always the most telling story for how you are fueling your body. Your body will tell you when you are getting enough calories to support body weight and athletic performance. It will also give you some good cues when you may be getting too little or too many calories.



So what should that plate look like? Up top I talked about getting a variety of food and food groups. Below shows two examples of how much of each food should cover your plate during two different days.



**LIGHT DAY NON-TRAINING
VS.
HEAVY DAY TRAINING**

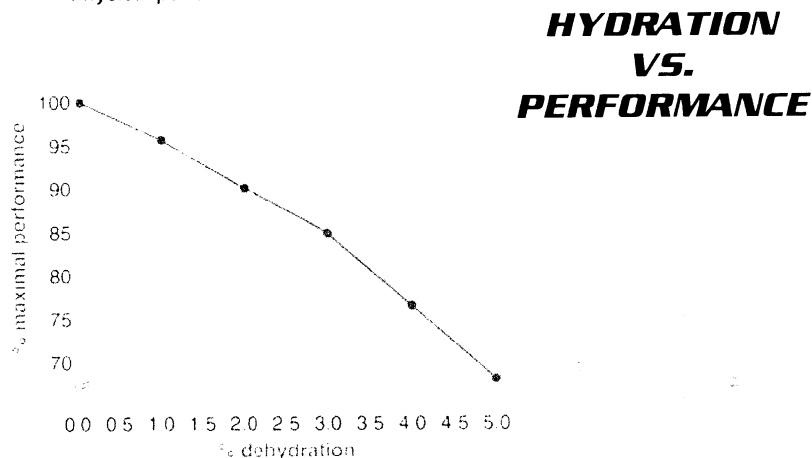


DON'T HATE...HYDRATE!



HYDRATION: It's pretty simple...Drink and you will be Hydrated! Hydration is **ALL** about being proactive. Never wait until practice starts to being drinking your fluids. Hydration begins 24-48hrs before practice which means playing catch up wont help. Hydration affects your body in a number of different ways. Dehydration can hinder your performance, leaving you feeling fatigued, and limit your recovery from exercise. Look below to find out just how much it can hinder you and how we can prevent dehydration!

Physical performance



How important is it? Just how much does it hurt your performance? On the left hand side of the graph you see **maximal performance** and on the bottom of the graph you see % of dehydration. So for physical performance, a 1-2% drop in body weight (1% of 200lbs = 2lbs) will decrease your performance by 5%.

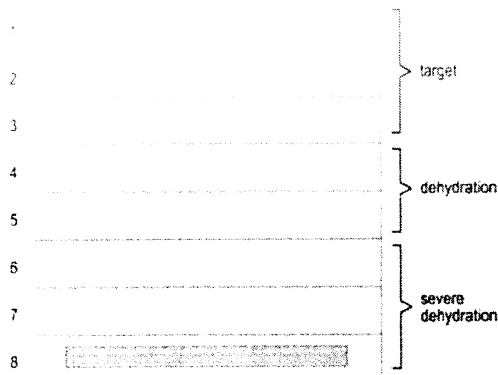
Look below to find out how you can prevent all of this and be hydrated every day

Example: **Practice at 3:00pm** means we were being proactive and started drinking fluids since we woke up right? Let's take a closer look at what we should be doing from **1:00-3:00pm leading up to practice**. Within two hours you should drink between **30-50oz** of Gatorade, Gatorade Endurance, or water. Because we also lose electrolytes during practice we also want to add some extra electrolytes to our fluids. Scott's office has Gatorlytes and the Right Stuff to add to your hydration techniques. If you cramp during practices make sure you see Scott prior to the first



HYDRATION STATUS

How do you tell if you are actually hydrated? Well, not cramping is a pretty good indicator if you ask me. We can also check hydration status by checking our urine color. To the right is a hydration urine chart. The lighter the color your urine is the more hydrated you are. The darker your urine color is the more dehydrated you are. A good rule of thumb for hydration is to drink 1/2 your bodyweight in ounces each day. For example 200lb football player should drink a minimum of 100oz per day or 3 green water bottles worth of fluids.



Your target is to make sure that your urine is the same colour as numbers 1, 2, or 3. Colours 4 and 5 suggest dehydration and 6, 7 and 8 severe dehydration

Urine chart



NUTRIENT TIMING What does Nutrient Timing Mean? Nutrition **before** training and competition. Nutrition **during** training and competition. Nutrition **immediately/shortly after** exercise. Nutrient Timing is a nutritional strategy in which specific amounts of nutrients are delivered at precise time points, relative to exercise, in order to enhance performance and training effects. You have worked hard during this off-season developing strength, speed and power. The same needs to go for your fueling before and after practices in fall camp. The season started in January with off-season workouts and the season will not be over until this upcoming January. To maintain all that muscle you put on you need to put forth a fueling strategy around practices and lifts going into August to keep your body strong throughout the season. Your muscles thrive on protein and carbohydrates...so give it what it wants.



1-2 HOURS PRIOR TO PRACTICE

30-50 oz of fluid (Gatorade Endurance, Gatorade, Propel, Water)

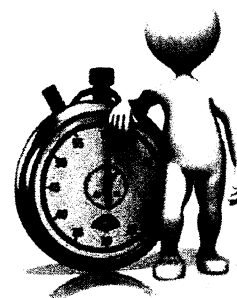
Electrolytes (Right Stuff or Gatorlyte)

Meal or large snack rich in carbohydrates and moderate protein



EXAMPLES OF GOOD PRE WORKOUT MEAL OPTIONS

1. Any fruit- banana, apple, applesauce, pear, orange, melons, berries, grapes, smoothie.
2. Light Sandwich: Turkey, chicken, PB &J
3. Grains- cereal, bagel, English muffin, tortilla, pita pocket
4. Energy Bar- Honey Stinger Bar/Waffle, Gatorade Bar, Accel Gel

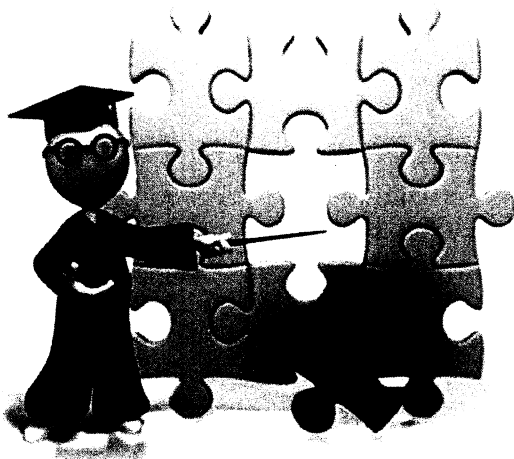


3 R'S OF PERFORMANCE NUTRITION...AFTER PRACTICE

REFUEL: Immediately following practice the refueling process begins. The meal following practice will refuel your body with all the nutrients it needs to be ready for the next practice. Check the graphic on the first page to see what your plate should look like.

REPAIR: Protein is your best friend following practice. Protein will help repair and rebuild damaged muscle. Be sure to drink a protein shake and eat lean meats with carbohydrates during your meal.

REHYDRATE: Rehydration is key to help your muscles get back to neutral. Hydration will help kick start the recovery process to help you prepare for the next practice.



PUT ALL THE PIECES TOGETHER

The three pillars for success this year is to get all your calories, hydrate, and focus on nutrient timing. One day is important but it's all part of the process. You need to do all of these things consistently each day and throughout the entire year. There are over 190 days left until the last game so make sure to take care of your body every day.

Although it was not hit on specifically, sleep is just as important as eating enough and hydrating. More important than you may think, sleep is the simplest yet most effective strategy to enhance recovery. Aim for at least 6-8hrs each night. Decreased sleep leads to delayed visual/auditory reaction time (slower decision making on the field), increased fatigue and decreased energy levels

THE KANSAS STATE FOOTBALL

MEDICAL PROGRAM

I. Physical Examinations

- a. A physical examination by a K-State team physician is required of all incoming athletes prior to participation in a sport.
- b. Equipment will be issued after the physical examination has been signed by our physician releasing the athlete for competition.
- c. Any returning player with a previous significant injury may be re-examined before equipment will be issued.
- d. The Team Physician may re-examine any student-athlete and change the student-athlete's status at any time.

II. Injuries/Illness

- a. Injuries or illnesses that occur during athletic competition, practice, or voluntary workouts will be initially evaluated by a member of the athletic training staff. A decision will be made by the staff member regarding further treatment, playing status, or medical referral.
- b. In the event an injury or illness occurs outside of athletic participation, the Head Athletic Trainer should be contacted IN THE TRAINING ROOM at the earliest possible convenience (i.e. the morning following the onset). In the event of an emergency situation, seek treatment at Via Christi's emergency room. The Head Athletic Trainer should be notified as above.
- c. All new injuries or illnesses must be reported to the Head Athletic Trainer at 7:00 a.m. the following day.

III. Medical Billing

- a. For the processing of athletic related medical bills the athlete's personal insurance will act as primary coverage and K-State Athletics will carry secondary insurance on all athletes. Injuries that are a DIRECT RESULT of athletic practice or competition will involve no out of pocket expenses for the athlete or his parents. An injury that occurs outside of athletic competition or practice may be the responsibility of the athlete.
- b. Kansas State Athletics will pay only for injuries to sound, natural teeth or permanent bridges that occur during athletic competition or practice. It is your responsibility to report these injuries when they occur.
- c. All medical bills that are the result of athletic competition or practice should be brought to a member of the athletic training staff immediately.
- d. The Department of Athletics will not assume any financial responsibility for medical treatment obtained without written referral from the staff athletic trainer or the team physician.

IV. Lafene Student Health

The student health center is open to all students at the university. Use for athletic related injury or illness is limited to referral by the Head Athletic Trainer (except in the event of an emergency). If it is deemed necessary for treatment at Lafene, the Head Athletic Trainer will issue a referral form to the athlete. A new referral is needed for each visit.

Health Center Hours:

Monday thru Friday 8:30 a.m. – 6:30 p.m.
Saturday 10:00 a.m. – 1:30 p.m.

V. Training Room Procedures

- a. Football shoes, food, drink and tobacco are prohibited in all training room areas. Please shower before receiving treatment.
- b. All treatments and wraps must be applied by an athletic trainer. All pools and other types of equipment will be turned on and off by the Sports Medicine staff. NO ONE is to administer self-treatment.
- c. New injuries/illnesses affecting performance that were not reported the previous day must be seen at 7:00 a.m. the following day.
- d. Tape, band aids and other supplies are made available to the athletes in the training room. If additional supplies are needed a member of the training room will assist you.
- e. No cell phones, iPods, etc. in the training room.

VI. Taping Procedures

- a. All players will have their ankles taped or braced for all games and practices.
- b. Show up at the appropriate time to be taped.
- c. No taping will be done over shoes and socks.
- d. Do not remove equipment or supplies from the training room.

VII. Hydrotherapy Area

- a. No horseplay around pools or in pool area.
- b. All players must shower off before using any pool at any time.
- c. All players must dry off completely before leaving the hydrotherapy area.

VIII. Optical

- a. A vision screening will be performed during your initial physical examination.
- b. Any athlete requiring glasses or contact lenses for athletic competition must be referred by the Head Athletic Trainer to the team optometrist.
- c. The athletic department will cover the cost of visual correction (scholarship student-athletes only) when required for athletic participation only.
- d. Eyewear that are lost or misplaced outside of KSU team participation will be the **responsibility of the athlete.**
- e. Contact lenses lost or damaged through athletic activity will be replaced if reported immediately to the Sports Medicine staff. It is the responsibility of the student-athlete (parent or guardian) to provide contact lens insurance. K-State Athletics will pay the amount established under the insurance policy for the replacement of the lens.

IX. Consent to Release Information

A release of information to anyone concerning the contents in an athlete's medical file will be withheld until the athlete signs forms to release such information. The student-athlete has the authority to monitor and change the release of any medical information at anytime.

X. Equipment

- a. All issued equipment must be worn at all practices and games.
- b. Inspect your equipment daily for breakdowns and maintenance problems and report to the equipment manager immediately for repairs.
- c. Read and understand all warning labels on all pieces of equipment. Questions on such warnings or use of equipment must be referred to a staff athletic trainer or equipment manager.
- d. Cost for all KSU equipment not returned and checked in at the end of the season will be charged to that athlete.

XI. Drug Testing

Prior to the beginning of the school year all athletes will be given information concerning drug testing. The NCAA, Big 12 Conference and K-State Athletics have drug testing programs that test all athletes routinely throughout the year. Once the athletes have read information on each program a consent form for each program will be signed and dated. Any questions the athlete may have concerning any of these programs should be answered prior to the signing of the consent forms.

NCAA RULES CONCERNING AGENTS & PROFESSIONAL REPRESENTATION

NCAA RULES:

- FORBID:** An athlete to agree, either orally or in writing, to be represented by an agent or organization in the marketing of his or her athletic ability or reputation until after completion of the last intercollegiate contest, including postseason games. This includes entering an agreement that is "not effective" until after the last game.
- FORBID:** An athlete, or any representative of the athlete, to negotiate or sign a playing contract in any sport in which the athlete intends to compete, or to market the name or image of the athlete. It makes no difference whether or not the contract is legally enforceable.
- FORBID:** An athlete to ask to be placed on a professional league's draft list, whether or not the athlete withdraws his or her name before the draft, is actually drafted or signs a professional contract.
- FORBID:** An athlete to accept expenses or gifts of any kind (including meals and transportation) from an agent (or anyone else) who wishes to provide services to the athlete. Such payment is not allowed because it would be compensation based on athletic skills and a preferential benefit not available to other students.
- FORBID:** An athlete to receive preferential benefits or treatment (for example, loans with deferred pay-back basis) because of the athlete's reputation, skill, or pay-back potential as a professional athlete.
- FORBID:** A coach or other member of the athletics staff to represent, directly or indirectly, a student-athlete in the marketing of his or her athletic ability or reputation to a professional sports team or organization and to receive any compensation or gratuities for such activity.

NCAA RULES:

- ALLOW:** An athlete to compete professionally in sports in which the athlete does not participate for the university (but signing a professional contract terminates eligibility for an athletic scholarship in any sport).
- ALLOW:** An athlete to talk to an agent, providing that the athlete neither agrees to be represented nor accepts anything of any value from the agent.
Lists of player agents, who have agreed to abide by NCAA regulations and who have taken the time to register with the NCAA, are available or at the NCAA national office.

Information concerning registered agents' educational and professional backgrounds and the services they can provide, may be obtained through each institution's compliance office.
- ALLOW:** An athlete to ask a professional league or team about eligibility to be drafted.

Kansas State University Policy Regarding Agents or Representation for Players:

1. We request each and every agent we have contact with or hear of to:
 - Register with the NCAA, the NFL, the state and the compliance office.
 - Direct their inquiries about players through the KSU Football Office.
 - Refrain from contacting any player in person or by phone until the completion of the final season of the player's eligibility.
 - Abide by all rules and regulations as outlined by the NCAA.
2. Upon the completion of your eligibility this coaching staff will help provide you with assistance in locating and interviewing potential representation. We will also be available for consultation concerning professional football opportunities and agents. We will also contact professional organizations for those not drafted who have a desire to continue their careers.
3. We request that you refrain from contact with any agent or representation until the completion of your eligibility and that you abide by all NCAA guidelines as listed above.

PLAYERS COMPLIMENTARY TICKETS

Complimentary admission, not to exceed a total of four (4), may be provided for a student-athlete in the sport in which the individual participates (either practices or competes).

Each player must submit requests via their Jump Forward account online designating individuals to receive their four admissions by Thursday night at 11 PM.

A "Hard Ticket" is not used. Player guests must come to Gate R on the East side of the football stadium and show proper identification (driver's license or photo I.D.). The pass gate for player families and friends opens two (2) hours before kickoff.

An athlete may use the complimentary admission of a fellow teammate. You or your guests may not sell or exchange your complimentary admission tickets for any benefit or item.

AWAY GAMES:

The same above rules apply to the travel squad for tickets. Each player may receive four admissions. Non-dressers will be admitted to away games. They will need to report to the visiting players pass gate and show their current student ID. Players not on the travel squad should request your away ticket by Thursday evening prior to the game thru Kacey Harper (kharp@kstatesports.com). You may receive 1 ticket plus 1 for a guest.

HELPING OUT TEAMMATES WITH TICKETS:

Often times you will have more than four family members come for games and need tickets. Rather than having to purchase the extra tickets, your teammate should be able to help you out. If you have family ticket needs, you should check well ahead of time with teammates and, if you are not using your four tickets for family, please save those remaining to help out your teammates.

CONTACT AT K-STATE TICKET OFFICE:

MEDIA

All interviews must be scheduled through and be approved by Coach Snyder or your position coach. Do not participate in any interview until it has been approved.

1. **Be courteous and friendly.** Most news people want to help you, not hurt you.
2. If a newsperson sets up an appointment to interview you, be prompt. Show up at the scheduled time. **Be prompt.**
3. When you know you are going to have an interview or picture taken or appear on TV, groom yourself accordingly. **Be neat and clean shaven. No earrings. Hats off inside.**
4. Never allow yourself to be put in a position of criticizing or second-guessing your teammates, your coaches or your program. Be polite but **firm**. Example: *Q. Why do you think the Coach called that play on 4th down?*
A. We felt that was the best thing to do at the time or "you'll have to ask Coach Snyder about that."
5. **Never criticize opposing players and coaches.** A good rule to follow: "If you can't say anything good, don't say anything!"
6. When a newsperson writes or says something good about you, **drop him a note** and tell him you appreciate it. News people rarely get this type of positive mail. You'll be their friend for life.
7. When a newsperson writes or says something you don't like, ignore it. Most everyone else will do the same, and it won't do any good for you to mention it to them.
8. Human interest stories are always popular. If a newsperson asks you questions about your family or what you think about a particular subject, they are probably just interested in you as a person. However, **your business is your business**. If the questioning takes a turn towards something that makes you uncomfortable, simply **tell the interviewer that you would rather discuss something else.**

9. **If a newsperson calls you on the phone**, get his name and who he represents. Then, inform them **they must request the interview through the sports information office before you can talk to them.** Be courteous, but firm. **Always report any calls** you receive to Coach Snyder.
10. If questions become suspicious (if asking about injuries, strategy, etc.), put a polite end to the conversation and report the incident to Coach Snyder. You have probably been called by a gambler.
11. **You cannot be photographed wearing any kind of advertisement other than our issue.**
For example, you cannot wear a shirt that say "Nike" or a cap that says "Pepsi". **This is an NCAA violation** and will jeopardize your eligibility.
12. Keep an eye on the clock. **If you are scheduled to attend a meeting or need to get taped, you may need to excuse yourself politely from an interview.**
13. **Always compliment your opponent.** We've all seen comments from opposing players that got us fired up to play. Let's make sure we don't give that same ammunition to another team.
14. Think about what you're saying. Phrases such as "You Know" should be deleted from your vocabulary. Speak slowly and distinctly. If you don't understand a question, ask the interviewer to repeat it.
15. **"Yes Sir"** and **"No Sir"** are far more impressive than "yeah."

***NOTE:** The Sports Information Director is Kenny Lannou. His office is located in Bramlage Coliseum (532-7977). He, and his staff, want to make your interviews as comfortable as possible.*

OUR BUSINESS STAYS HERE. WE ARE **FAMILY**. WE DON'T DISCUSS FAMILY ISSUES OUTSIDE THE FAMILY.

WE THINK BEFORE WE SPEAK.

WE NEVER TALK ABOUT ANY ASPECT OF INJURIES.

WE ARE UNSELFISH. WE DRAW ATTENTION TO OTHERS, NOT OURSELVES.

TEAM TRAVEL REMINDERS

ALL PLAYERS:

WEAR BLAZERS, DRESS PANTS, SHIRT AND TIE. NO TENNIS SHOES OR EARRINGS.

SEATING ON BUS:

OFFENSE AND DEFENSE WILL ALTERNATE WEEKLY ON BUS 1 – BUS WILL LEAVE ON TIME.
QB's IN FRONT 3 SEATS (BEHIND COACH SNYDER/COACH KLEIN)
STAY ON BUS UNTIL TOLD OTHERWISE
CHECK BUS FOR ALL PAPERS, SCOUT REPORTS, ETC. BEFORE LEAVING BUS, PICK UP TRASH.

SEATING ON PLANE:

QB's IN FRONT LEFT (AS YOU ENTER PLANE) BEHIND COACH SNYDER
OFFENSE: LEFT SIDE **DEFENSE:** RIGHT SIDE SIT IN DESIGNATED SEATS.
KEEP NOISE DOWN.
BE POLITE TO FLIGHT ATTENDANTS.
CHECK FOR ALL PAPERS, SCOUT REPORTS, ETC. BEFORE YOU DEPLANE, PICK UP ALL TRASH.

POISE ON FIELD – NO FIGHTS!!

DON'T MESS OR ARGUE WITH OFFICIALS – BE POLITE (YES SIR/NO SIR)
NO TAUNTING, HOT DOGGING OF SPIKING. **ALWAYS RETURN BALLS TO OFFICIALS.**

INTERVIEWS AFTER GAME ONLY.

NO INTERVIEWS WITHOUT APPROVAL BY **COACH SNYDER.**
BE POLITE, POISED, CREDIT TO OTHER TEAM, NO ALIBIS, BE HUMBLE, SUPPORT EACH OTHER AND YOUR PROGRAM.

PROPER DRESS AT ALL MEALS AND MEETINGS (HOTEL SWEATS OR BLAZERS).
SHIRTS TUCKED IN AT ALL TIMES (ON & OFF THE FIELD).

BE ON TIME (3 MINUTES EARLY) FOR EVERY MEETING AND MEAL (**CAT TIME**)

BEGIN EATING MEALS ONLY AFTER THE PRAYER (VOLUNTEER PRAYER).

NO EXTRAS – ONLY WHAT IS SERVED – DON'T FILL UP (BE PHYSICALLY PREPARED TO PLAY).
LEAVE DINING ROOM ONLY WHEN DISMISSED.
TABLE MANNERS.
NO HATS IN THE HOTEL.
NO LOUD TALKING.
STAY IN ROOMS (NOT IN LOBBY) AT ALL TIMES UNLESS TEAM FUNCTION. YOU WILL RECEIVE SNACKS.
DO NOT USE HOTEL VENDING MACHINES. (FAMILY IN MEETING ROOM)
NO CALLS IN ROOMS WITHOUT PERMISSION FROM YOUR POSITION COACH.
NO CHARGING OR ROOM SERVICE AND NO PAY T.V.
CAN BRING PILLOW TO MOVIE.
NO VISITORS IN ROOMS WITHOUT PERMISSION FROM YOUR POSITION COACH.
CELL PHONES OFF AT LIGHTS OUT TIME. NO CELL PHONES USED ON PLANE, BUS, IN MEETINGS OR AT MEALS. (MEET WITH YOUR COACH AFTER TEAM MEETING.)

BE READY TO ANSWER ALL QUESTIONS ABOUT OPPONENT AND YOUR POSITION ON SATURDAY MORNING.
(BE MENTALLY PREPARED AND CONFIDENT.) **SHOW TEAMMATES YOU ARE PREPARED TO WIN.**

ENJOY EACH TRIP, BUT ALWAYS REMEMBER ITS PURPOSE. (BUSINESS TRIP)
DON'T ALLOW ANYTHING TO DISTRACT FROM YOUR CONCENTRATION ON THIS BALL GAME.

WHEN PACKING GEAR – CHECK: STRINGS IN SHOES AND PADS, SCREWS IN HEAD GEAR, STRAPS ON SHOULDER PADS AND FLAK JACKETS AND CLEATS ON SHOES. MAY WANT TO PACK AN EXTRA PILLOW.
BRING SCOUT REPORTS/TESTS/REMINDERS (BUT DO NOT LEAVE ON BUS – PLANE OR IN HOTEL OR LOCKER ROOM) (RETURN TO COACHES)
“KEEP THE GAME BETWEEN THE WHITE LINES.”

PREPARE YOURSELF TO WIN!!!

POSITION MEETING CHECK LIST

- I. _____ Be on time for everything (Cat Time – 3 minutes early)
- _____ Know where you are to be.
- _____ No hats or earrings in the complex.
- _____ Be polite and respectful toward trainers, equipment staff, secretaries, cafeteria people, media, instructors, etc.
- _____ Keep locker room clean
- _____ Don't alter your equipment, must be approved.
- _____ No tape on shoes unless approved by Head Trainer
- _____ Wear shoes that work best, keep you on your feet, and protect you from injury. Must be approved by Equipment Coordinator.
- _____ Be sure to have an alarm clock.
- _____ Weigh in and out every day.
- _____ Check in with your coach when watching video on your own.
- _____ Turn unit and VCR off when finished.
- _____ QB's wear flack jackets.
- _____ Ankles taped for **every** practice.
- _____ Wear **all** pads for contact practices.
- _____ Chin straps buttoned in **all** drills.
- _____ Keep mouthpieces in (also when running) for all drills.
- _____ Be attentive and courteous to all speakers at meetings. Sit up – feet on floor – eyes on speaker – head off of walls.
- _____ Be positive – anyone can find negative things.
- _____ No cell phones in meeting rooms.

- _____ All cell phones **off** in locker room.
- _____ Unity (we need each other), help each other.
- _____ Don't be an exception to the rule. We have a lot of players. Exceptions become distractions that take away from our chances to win.
- _____ Bounce back – we all have bad days.
- _____ Check with me on phone calls (office).
- _____ All interviews must be cleared with Coach Snyder.
- _____ No interview on plane until after game.
- _____ No one excused from any workouts or meetings.
- _____ Attend every meeting and practice regardless of injury status.
- _____ Individual film study (Offense/Defense/Kicking)
- _____ Take care of equipment repair **after practice** and before the next, not on field.
- _____ Do not miss training or medical appointment – just like missing practice.
- _____ Make all meals – must notify me 24 hours in advance for permission.
- _____ Report injuries immediately. If you wake up with one, call by 10 am.
- _____ Wear Blazer and tie when indicated. No jeans. Let me know if you have a problem.
- _____ No earrings on game day, practice field, with media or any football related activity.
- _____ Conscious of conduct in dorm, study table, dining hall, on trips, downtown.
- _____ Take good care of **your** football facilities.
- _____ Practice hard every snap everyday.

II. _____ Eat all you take at training table.

_____ Don't crowd in line.

_____ Pick up your area.

_____ No hats/earrings

_____ Keep noise to tolerable level.

_____ Say thank you to servers and cooks.

III. _____ Cannot drop class without permission from Coach **and** Academic Advisor.

_____ No classes that will conflict with meeting/practice time.

_____ Study Table – Be prompt, attentive, have plan of work to do, use tutors, show respect.

_____ Take care of business in classroom. Identify problems early and resolve.

_____ Make personal introduction of self to instructors.

_____ Will not tolerate missing classes.

IV. _____ Keep music down in dorms.

_____ No presence in bars or at parties on weekdays.

_____ No smoking – No use of tobacco in football facilities.

_____ No behavior problems (won't tolerate)

_____ Establishments that are off limits (if any)

_____ If off campus, let neighbors know in advance (And roommates) of your need for quality sleep on Thursday night.

TO BE A MEMBER OF THE WILDCAT FAMILY
(EXPECTATIONS)

1. You are expected to do right, to embrace and incorporate into your daily life the intrinsic core values of the 16 Wildcat Goals for Success and to understand and abide by the University, Program and University regulations.
2. You are expected to know and abide by the NCAA rules and regulations that are provided to you by the compliance department and your coaching staff.
3. You are expected to be courteous and respectful to all you encounter within our program, on campus, within the community, and to all when we travel (plane, hotel, restaurant, stadium, bus).
4. You are expected to contact your coach if any one approaches you about, or you personally wish to do something that you are uncertain about, it's legality with the NCAA, the University or our program.
5. You are expected to attend classes, sit in the front three rows of the classroom, take off hats & earrings, turn off and put up your telephone and all electronics (unless your professor tells otherwise) and look directly at the speaker.
6. You are expected to remove earring and have hats off (when inside) at all team functions and within the complex.
7. You are expected to have and follow a plan to improve everyday as a person, a student and a football athlete.

Thank you for caring enough to follow these guidelines and as we know, these are all in your best interest and in the interest of "the family" collectively.