



***EAGLES***

**STUDENT-ATHLETE  
HANDBOOK**

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2024-2025



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## **Coaching Staff**

**Jason Bell**, Men's Basketball Head Coach

**Micah Conlon**, Men's Basketball Assistant Coach

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**Heather Sellars**, Women's Basketball Assistant Coach

**Joe Liwosz**, Men's Soccer Head Coach

**Clint Peterson**, Men's Soccer Assistant Coach

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## **Athletic Staff**

**Adrienne Wilson**, Faculty Athletic Representative

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**Stephen Halsey**, ATC, Andrews Institute, Athletic Trainer

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**Braden Mottor**, Sports Information Specialist



# *Introduction*

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## **Purpose**

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The purpose of the Student-Athlete Handbook is to provide a resource for expectations of athletic policies and procedures at PCC.

## **Mission**

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The mission of PCC athletics is to provide student-athletes an opportunity to compete on an intercollegiate level, develop leadership skills and personal growth, and promote unity and commitment to excellence, while representing and promoting the mission of Pensacola Christian College.

## **The Eagle Way**

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Each participant is challenged to pursue these qualities of action, mind, and heart. This is known as the Eagle Way:

- *Sportsmanship*: aspiration of integrity and ethical behavior (*Ps. 25:21*)
- *Christlikeness*: the believer's ultimate goal (*Phil. 2:5*)
- *Respect*: demonstrate Christ's love (*Romans 12:10*)
- *Excellence*: do controllable things well (*Phil. 4:8*)
- *Initiative*: be bold to improve situations (*2 Peter 1:5-8*)
- *Character*: know and value what you believe (*Proverbs 10:9*)
- *Resilience*: be focused (*Joshua 1:9*)
- *Improvement*: pursue balanced goals (*Phil. 3:13-14*)
- *Humility*: keep perspective on what is right (*Prov. 29:23*)
- *Patience*: be faithful from start to finish (*1 Cor. 9:24-27*)
- *Enthusiasm*: cultivate excellence with passion (*Col. 3:23*)

# NCCAA Philosophy

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## Excerpt from the NCCAA DII Handbook

The NCCAA is an association of Christ-centered collegiate institutions whose mission is to use athletic competition as an integral component of education, evangelism, and encouragement. We serve our members by setting association standards, developing communication resources, providing regional/national competition, and partnering in outreach to our communities and the world. We are committed to equipping student-athletes and coaches to make a positive impact for Christ.

### The NCCAA believes:

- Athletics are a means to an end, not an end in themselves.
- The process is as important as the performance.
- The person (student-athlete) is more important than the program.

Athletic participation in a Christian liberal arts or Bible college is a unique experience that prepares Christian men and women for a life of meaningful work and service. The athletic experience provides a dynamic growth process for learning discipline, teamwork, leadership, and mutual respect where the student-athlete and his/her preparation for life is more important to the coaches and the athletic administration than win-loss records and championships.

## Teams and Affiliation

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PCC intercollegiate athletics began in 1977 with the first Eagles men's basketball team. Current teams include:

- Men's Basketball
- Women's Basketball
- Men's Soccer
- Women's Volleyball

Pensacola Christian College is a member of the National Christian College Athletic Association (NCCAA). PCC athletic teams compete in Division II of the South Region. More information on regions, rankings, and championships can be found on the [NCCAA website](#).



# *Responsibilities and Rights*

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## **Institutional Eligibility**

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PCC student-athletes are considered student leaders. To be eligible for participation in intercollegiate athletics, the following criteria must be met:

- Maintain a cumulative 2.0 GPA (minimum) as reported at the end of each semester.
  - ◻ Any student-athlete who is academically ineligible at the end of a semester may be unable to participate the following semester.
- Enroll in a minimum of 12 credit hours.
- Acquire fewer than 75 demerits per semester.
  - ◻ Any student-athlete who receives 75 demerits or more or is on probationary status will be ineligible to play the semester in which the demerits are earned.
- Complete the following forms and documentation.
  - ◻ Student-Athlete Agreement
  - ◻ Insurance verification, including a copy of insurance card
  - ◻ Emergency Contact Form
  - ◻ NCCAA Certificate of Clearance
  - ◻ Transfer Eligibility Statement (if applicable)

Student-athletes who are ineligible for any reason may not participate in team practices, games (dressing or sitting on the bench), travel for away games, or other Eagles events.

## **NCCAA Eligibility**

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The following rules are taken from the NCCAA DII Handbook and must be followed to maintain eligibility for competition in intercollegiate athletics at Pensacola Christian College.

## **Academic Requirements**

To be eligible for any intercollegiate competition, a student-athlete must be making normal progress toward a recognized degree and must maintain the grade points required to remain in good standing as set forth by the official catalog of the institution he is attending.

A student-athlete must be enrolled in a minimum of 12 credit hours at the time of participation, or if participation takes place between terms, must have been enrolled in the term immediately preceding the date of participation.

## **Progress Rule**

To participate a second season in a sport, student-athletes must have accumulated at least 24 semester/36 quarter (or equivalent) institutional credit hours. To participate the third season in a sport, student-athletes must have accumulated at least 48 semester/72 quarter (or equivalent) credit hours. To participate the fourth season in a sport, student-athletes must have accumulated at least 72 semester/108 quarter (or equivalent) institutional credit hours. Transfer students shall use institutional credit hours as certified by the previous institution(s) to meet this requirement for the first term of attendance and all terms following.

## **24 Hour Rule**

After completion of the second semester term of attendance and from then on, a student must have accumulated a minimum of 24 institutional credit hours in the two immediately previous terms of attendance (two most recent terms of attendance).

## **Amateurism**

Only the amateur student-athlete shall be eligible to participate in a given sport. An amateur is a student who engages in athletic contests for educational values, personal pleasure, satisfaction, and love of the sport, not for monetary or material gain. A student-athlete who becomes a professional in a particular sport recognized by the NCCAA is considered a professional in that sport only (except for the sport-specific exceptions listed below) and is therefore ineligible for intercollegiate competition in that sport, except as permitted by the governing legislation of the NCCAA.



- Exception 1: A student who becomes a professional in cross country, indoor track and field, or outdoor track and field is considered a professional in all three sports.
- Exception 2: A student who becomes a professional in indoor soccer is considered a professional in the sport of soccer.
- Exception 3: A student who becomes a professional in beach volleyball is considered a professional in the sport of volleyball.

The following acts shall cause a student-athlete to lose amateur standing for participation in intercollegiate competition recognized by the NCCAA in the sport where any or all of said acts occur:

- Receiving (directly or indirectly) expense reimbursement beyond actual expenses of travel, meals, and lodging only. Expenses must be itemized and properly documented.
- Signing a contract with any professional team.
- Participating in an athletic contest as a professional or as a member of a team where the student in question receives remuneration exceeding the actual expenses of travel, meals, and lodging only.
- Entering into an agreement of any kind to compete in professional athletics, with either a professional sports organization or with any individual or group of individuals authorized to represent the student-athlete with a professional sports organization.

## **Personal and Team Conduct**

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Student-athletes are ambassadors for the College and the Lord. The maintenance of a Christian testimony is paramount.

Student-athletes should seek to demonstrate a Christ-like attitude, showing respect, and good sportsmanship at all times. The following is expected:

- Stand at attention when any national anthem is played.
- Treat competition as a game.
- Treat opponents with respect. Booing or other public forms of negative, derogatory, or demeaning response is not acceptable, and will be met with strong disciplinary measures.
- Accept and respect all decisions of officials without arguing.
- Show concern for an injured player, regardless of team.
- Shake hands with opposing team and coaches, regardless of outcome.

Student-athletes are expected to adhere to policies and procedures outlined in the [PCC Student Handbook](#), PCC Student-Athlete Handbook, and [NCCAA Handbooks](#).

If at any time, it is discovered that the athletic department cannot defend a player's testimony, we reserve the right to remove the player from the team.

## NCCAA Student-Athletes' Code of Conduct

Athletics plays a significant role in the holistic education of student-athletes. It is a powerful tool to develop leadership skills and godly character development. Therefore, every effort should be made to demonstrate the highest standard of excellence and godly character.

Therefore, relying on God, with the help of coaches and teammates, I will strive to:

- Follow all guidelines of the National Christian College Athletic Association (NCCAA) letter and spirit and place myself in compliance with the Association.
- Provide student records as well as accurate and complete information concerning all aspects of my playing to the NCCAA and other public forums.
- Treat coaches, administrators, and officials with respect as the authority figures placed over me as I represent my institution and the NCCAA.
- Treat fellow student-athletes with respect and celebrate their diversity regardless of gender, ethnicity, or cultural background.
- Instill godly character in my teammates by demonstrating high standards of personal honesty and integrity.
- Accept responsibility for my behavior and performance in the academic arena as well as the athletic arena.

## Conduct in Competition

### NCCAA

The following policies have been adopted from the NCCAA for infractions in competition.

Any student-athlete ejected while representing an NCCAA member institution in competition shall be automatically subject to the following penalties:

- Suspension for the next contest after the student-athlete is ejected for the first time (in one sport) in a single season. A student-athlete ejected for fighting, as reported by the game official, shall be automatically suspended for one additional contest.
- Suspension for the next two contests if a student-athlete accumulates two ejections (in one sport) in a single season. This includes postseason play and may carry over to the following year depending on when the ejection occurs. A student-athlete ejected for fighting, as reported by the game official, shall be automatically suspended for one additional contest.
- Ineligibility for the remainder of all regular season and postseason participation if a student-athlete accumulates three ejections (in one sport) in a single season. Should the third ejection occur in either of the last two contests of the year, the returning student-athlete shall be suspended for the first two contests of the following year.

NOTE: Any student-athlete ejected from a junior varsity or varsity contest shall be 13 suspended for the next contest at the same level or higher as the contest from which the student-athlete was ejected. Contests that are defined as scrimmages and exhibitions shall not satisfy the suspension penalty.

- A student-athlete who is suspended shall not have any contact with the team. They may not visit the locker room before, during, or after the contest, nor may they sit in the vicinity of the bench.

## *Institutional*

Participating on an intercollegiate athletic team is a privilege not a right. Failure to abide by established policies (i.e., academic, eligibility, personal conduct) could result in disciplinary actions including, but not limited to, the following:

- Verbal warning
- Removal from competition
- Suspension
- Dismissal from team

Consideration will be given to the seriousness of the infraction or breach of policy, any previous discipline problems, the level of responsibility and cooperation shown, and potential effects on the safety and well-being of others.

A student-athlete may be referred to Student Life for further review of his/her conduct to determine any further disciplinary actions.

- Any student-athlete ejected from a game/contest must meet with the Athletic Director before returning to practice or games/contests.
- The Athletic Director, in consultation with the head coach, reserves the right to enact a suspension based on the student-athlete's in-game, practice, or on-campus conduct. This action can be taken regardless of whether a technical foul or yellow/red card was called by an official or an ejection occurred during a contest.

## **Dress**

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Student-athletes are issued a uniform and travel gear for home and away games that is returned at the end of the season. Eagles Athletics also purchases team gear for each player to keep. Student-athletes may be responsible to purchase shoes at the coach's direction and charges will be applied to their student account.

During all games, uniforms provided by the school must be worn properly. Uniform tops should be tucked in, and shorts are not to be rolled. Jewelry should not be worn during practice or games. Tattoos may be asked to be covered.

During road trips, wearing travel gear is expected as directed by the coach.

During overnight stays, casual attire, as defined in the [Student Handbook](#), is appropriate for public hotel areas. When attending church services during athletic trips, Professional/Church dress is to be worn for Sunday church services.

## **Communication**

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Student-athletes may receive communication from athletic administration via email, phone call/voice mail, text message, or in person. It is vital that all student-athletes regularly check their various communications. Athletic administration is available through email to answer any student-athlete questions or concerns and the Athletic Director can be reached at [AthleticDirector@pcci.edu](mailto:AthleticDirector@pcci.edu). Emails sent will be responded to within 48 hours.

## **News and Media**

If a news/media outlet contacts a student-athlete for a statement, interview, or information of any kind, the interviewer should be directed to the Athletic Director or Chief Communications Officer. All official College statements must be approved through the Chief Communications Officer.

## **Social Media**

Student-athletes must exercise discernment when posting on any social media platform. Consider these guidelines when posting on personal social media profiles as well as commenting, sharing, and posting to another individual or organization profile:

- Be positive when commenting about PCC, Eagles Athletics, teammates, fellow student-athletes, coaches, athletics staff, other students, or opponents.
- Avoid posting pictures, videos, and highlight videos of yourself or teammates not in compliance with Student Handbook Code of Conduct, dress, and music guidelines.
- Refrain from posting pictures or videos of yourself or teammates in locker rooms, or hotel rooms while on team-related trips.
- To protect your safety, do not provide your location on your social media platforms.
- All Eagles graphics, photos, and videos are copyrighted property of PCC and cannot be used without written consent from PCC.

## Eagles Social Networking

Official Eagles information will be posted on the Eagles Facebook, Twitter, and Instagram accounts.

## Promotion

For questions concerning name, image, and likeness, student-athletes should contact the Athletic Director.

## Financial Aid

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As an NCCAA Division II school, PCC is unable to offer athletic scholarships, grants, or work assistance opportunities. PCC and Abeka Foundation, Inc., offer non-athletic scholarships, loans, and on-campus work opportunities to qualified students.

## Conflict Resolution

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Due to the nature of intercollegiate athletics, conflicts may develop between student-athletes or between a student-athlete and a coach. The Athletics Department will follow the Matthew 18 principle of resolving conflicts with the offending party whenever possible. (*Matt. 18:15-17*)

If a conflict arises with another student-athlete, make every attempt to settle the issue with the individual before seeking assistance.

- If the issue remains unresolved, take the matter to the head coach.

If a conflict arises with a coach, make every attempt to settle the issue with the coach.

- If the issue remains unresolved, seek assistance from the Athletic Director.

Since discussion of conflicts with unrelated parties breeds further conflict, student-athletes are encouraged to keep matters confidential.



# *Policies and Procedures*

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## **Insurance Requirements**

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Prior to participation in any intercollegiate sport, all student-athletes are required to have primary health insurance that covers athletic injuries. Health sharing networks (i.e., Christian Home Health, Medi-Share, Samaritan Ministries) do not meet PCC's health insurance requirements. For any questions regarding insurance coverage, contact the Athletic Director.

PCC is not financially responsible for medical treatment of an injury. However, intercollegiate athletic participants may be covered for one year following an athletic injury by the PCC secondary insurance policy when the following conditions are met:

- The student-athlete is an official member (redshirt and/or rostered) of a PCC Eagles intercollegiate athletic team.
- The injury occurred while the student-athlete was engaging in an Athletic Department-supervised conditioning, practice, or game/contest. This policy does not cover injuries incurred during tryouts, pickup games, or unsupervised weight/conditioning sessions. The policy does not cover sickness or illnesses.
- The student-athlete has a written physician referral from the athletic trainer. The athletic trainer will refer the student-athlete to a Baptist Healthcare provider unless extenuating circumstances necessitate a different provider.
  - All student-athletes must be seen and evaluated by a certified athletic trainer before a referral to an approved physician will be made, except in cases of medical emergency. In such cases, they are required to notify the athletic trainer of their injury as soon as practical.
  - Appropriate referrals are required for diagnostic testing and follow-up care.

- Treatment of injury began within 90 days of occurrence.
- The medical care is provided by the referral physician or designee.
- The student-athlete submitted a claim for the medical attention to his/her personal insurance for primary coverage first.
  - It is his/her responsibility to ensure proper insurance filing.
  - It is the student-athlete's and/or the primary insurance holder's responsibility to make sure all necessary primary insurance procedures are followed.

When these conditions are met, PCC will submit a claim for the balance remaining to its secondary insurance carrier for secondary coverage. An explanation of benefit (EOB) and secondary statements will be required by the secondary insurance carrier.

Claims for second opinions may be submitted for secondary coverage to the secondary insurance carrier if the athletic trainer provided a referral for the second opinion. Second opinions obtained from physicians not referred by the athletic trainer will not be submitted to the secondary insurance carrier and are not the responsibility of PCC.

Medical expenses recorded after the student-athlete has been released by the attending physician and/or one year has passed since the date of injury are not the responsibility of PCC.

## **Athletic Training and Injury Assessment**

All student-athletes have access to athletic trainers who are certified by the National Athletic Trainers Association, provided by Andrews Institute.

Trainers provide

- Coordination of annual physical performed by team physician.
- Intercollegiate event sports medicine coverage.
- Evaluation, treatment, and rehabilitation of athletic injuries and illnesses.
- Coordination of medical and follow-up appointments to Andrews Institute.
- Processing of secondary insurance claim forms.



## **Rehabilitation**

If a student-athlete is injured outside normal athletic practice sessions or competition, he/she is responsible to report the injury to the athletic training staff and head coach immediately.

The Emergency Contact of any student-athlete whose injuries require care in a medical treatment facility (i.e., hospital) will be notified immediately by the athletic staff.

All rehabilitation of athletic injuries is to be completed as directed by the athletic trainer. Appointments will be scheduled around class and practice times. Student-athletes are expected to follow through with all rehabilitation until satisfactory completion as determined by the athletic trainer.

Prior to resuming athletic competition, a student-athlete who has an injury and/or sickness must be cleared by a physician.

An injured student-athlete may not travel with the team to regular season away games but may travel to regional and national tournaments, at the coach's discretion.

## **Concussions**

If a concussion is suspected, a student-athlete will not be able to participate in physical activity until cleared by a physician.

## **Return to Participation**

To return to team participation post-concussion, a student-athlete must

- Remain asymptomatic for 24 hours.
- Return to baseline scores on neurocognitive, neuropsychological, and BESS tests.
- Be medically cleared by a physician to begin gradual return to play.
- Make a gradual return to play, based on doctor's recommendation.
- Make a complete return to play after medical clearance.

## Academic Policies and Aid

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The Athletic Department supports [PCC's Academic Integrity](#) policies and will not tolerate academic misconduct. Student-athletes are expected to maintain academic standards in class attendance, grades, and completing assignments.

Upon completion of each athletic season, a student-athlete will receive one Physical Education credit.

### Absences and Makeup Work

Absences due to away games are excused; however, student-athletes are responsible to communicate absences at least 48 hours prior to leaving and coordinate to make up assignments at their direction.

If you have questions about absences or makeup work, you can contact the Faculty Athletic Representative at [AthleticRep@pcci.edu](mailto:AthleticRep@pcci.edu).

Student-athletes may not miss class for practice except when a team is traveling to an away contest. This includes leaving a class early when class and practice are going on simultaneously.

Missed tests should be made up in the Testing Center within two Saturdays of the absence, according to the missed test/exam policy stated in the Student Handbook. The makeup fee will be waived when team travel required the absence. If a player is gone for two consecutive weekends with games, a special Testing Center can be arranged.

### Dropping and Adding a Class

Since it is both a PCC and a NCCAA requirement to be enrolled in a minimum of 12 credits, if a student-athlete anticipates dropping a course, he/she should notify the coach and Faculty Athletic Representative, giving his/her rationale for withdrawal.

- Failure to consult may result in ineligibility and/or forfeiture of contests.

## **Performance Enhancing Substances**

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Pensacola Christian College forbids student-athletes from using performance enhancing substances. Student-athletes are encouraged to meet nutritional and performance needs through a balanced diet, adequate conditioning, and rest. Before using specific nutritional substances, student-athletes should consult with the athletic trainer.

## **Equipment**

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All equipment, including uniforms, playbooks, and travel apparel, issued by the PCC Athletic Department must be returned as directed by the coach. Failure to return equipment will result in charges issued for items not returned.

## **Facilities**

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### **John Ray Hall Field House**

#### *Amenities*

- Basketball and volleyball courts
- Men's weight room
- Soccer locker room and equipment room

Access to soccer locker room (Door D) is only available during approved practice and game times through PCC ID Card. Doors should not be propped open.

Access to Field House is via PCC ID Card, Mon.–Sat., 5:30 a.m.–10:25 p.m.

### **Eagle Field**

Eagle Field is home to Eagles soccer games. Field use is restricted to official home games and scheduled practices.

### **Arlin R. Horton Sports Center**

#### *Amenities*

- Basketball and volleyball courts
- Athletic Director and coaches' offices
- Athletic trainer's room
- Eagles weight room

Access to Sports Center is via PCC ID Card (2nd Floor) and is only available during scheduled practice and game times. A coach or athletic trainer must be on site. Doors should not be propped open.

## **Locker Rooms**

At the beginning of the season, each student-athlete will be assigned a locker either in the Field House or Sports Center and is responsible for keeping it locked. PE classes and visiting teams may use locker rooms, and it is the student-athlete's responsibility to protect personal and school equipment. At the conclusion of the season, all items and locks should be removed.

## **Athletic Trainer's Room**

The trainer's room, located in SP 231, is open weekdays during the semester by appointment and during practice and games. Use of trainer's room equipment must be coordinated through the athletic trainer.

The trainer's room is reserved for care of injuries, checkups, and rehabilitation exercises. Athletic trainers reserve the right to ask student-athletes who are there for any other reason to leave.

The athletic training room is a healthcare facility and should be treated in such a manner. The following trainer's room policies must be always observed:

- When reporting to the training room for taping, treatment, and rehabilitation, student-athletes should be dressed in casual attire.
- No student-athlete is allowed in the training room without proper supervision.
  - ◻ When coming for treatment during non-practice hours, each student-athlete must come with at least one partner and should not be in the athletic training room alone. (If certain physical or mental issues need to be discussed privately with the athletic trainer, the other student-athlete can step out into the hallway to maintain privacy rights.)
- Be respectful of the trainer, the facility, and other student-athletes by keeping the area clean/picked up, not removing supplies without permission, returning borrowed supplies in a timely manner, and leaving the facility once your business is complete.
- Photos and/or videos should not be taken while in the training room.
- Cell phones should not be used while the athletic trainer is taking an student-athlete through rehabilitation/treatment.

## Eagles Weight Room

The Eagles weight room is in SP 201.

The following policies are always in effect in all weight rooms:

- Dress is casual attire according to the Student Handbook.
- The weight room is NOT a coed facility though it will be used by both genders at separate times.
  - ◻ At no time should a student-athlete be in the weight room without a member of the athletic staff in the building.
  - ◻ At no time should mixed groups be working out together, though it will not be uncommon for one group to be working in the hallway while the other is in the weight room.
- Equipment should not be used until after instruction in proper use by a coach, strength and conditioning coach, or athletic trainer.
- Be respectful of the strength and conditioning coach, the facility, and other athletes by putting up equipment after use, keeping the facility clean, removing equipment only when given permission, returning equipment immediately after use, and leaving the facility as you have completed your workout.

## Intramural Participation

Student-athletes on a NCCAA team roster may participate in intramural minor sports provided they do not interfere with intercollegiate practice or games. However, they are not eligible for intramural league play until 30 days after the intercollegiate season has ended provided all other eligibility requirements are met for participation.

A student-athlete whose name appears on an official Eagles roster is ineligible to play in any league sport. To be eligible for collegian league sports after playing Eagles, the following two guidelines must be met:

- Post-season student-athletes must be out of intercollegiate participation for 30 days before playing in any league play type sport. (Exception: Eagles basketball players may play softball.)
- Those who withdraw from an Eagles team and desire to play in any league play fill out the Collegian Sports Eligibility Waiver. This form can be obtained from the Eagles Athletics Office located in SP-2. It must be signed by the Eagles head coach and the Eagles Athletic Director and state the date of the student-athlete's last practice or game participation.

## **Multi-Sport Participation**

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Student-athletes who choose to play multiple sports must complete the regular season of one sport before beginning participation in another. Coordination of any tryout or practice should be coordinated with each of the head coaches.

## **Transfers**

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If a student-athlete plans to withdraw from PCC, he/she should notify the coach within two weeks of the planned withdrawal date. Before discussing athletic participation with another institution, student-athletes should be aware of the NCCAA transfer rules and policies which are available in the [NCCAA Handbook](#).





[pcceagles.com](http://pcceagles.com)