

LINCOLN
UNIVERSITY
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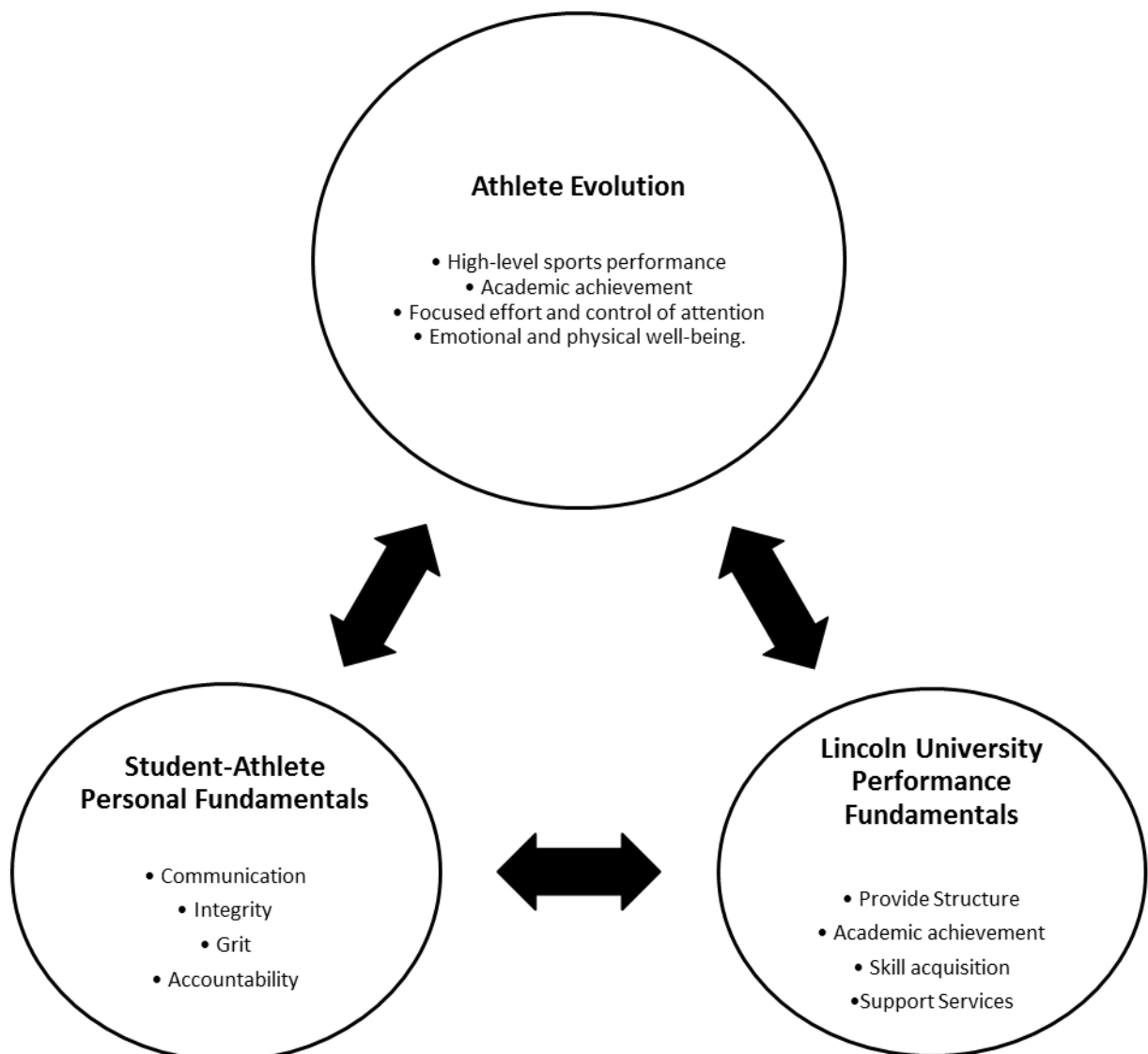
Lincoln University Sports Scholarship Regulations

Vision Statement

To be the University of choice for sporting and academic excellence

Mission Statement

To educate and develop successful student athletes



Introduction

The Sport Scholarships were established in 1999 to assist students of high sporting achievement to undertake tertiary study and sporting development at Lincoln University.

The regulations outline the criteria by which the scholarship is administered and by which satisfactory participation in the Sports Scholarship Programme will be assessed. They also describe the steps that will be taken by the University should any criteria not be met by a scholar.

Scholars should also refer to the Sports Scholar Code of Conduct and the Code of Conduct Guidelines, which provide more detailed information about conduct required of Sports scholars and how this is assessed.

The University works with the following Sports Code Partners: Crusaders Rugby, Netball Mainland, Canterbury Basketball, Canterbury Cricket, Canterbury Rowing, Canterbury Hockey and other sports partners involved with the delivery of the Elite Sports Scholarships. Sports scholars receive tuition fees or an accommodation grant, athletic development and sporting development. Scholars are assessed throughout the year to ensure that they continue to meet the conditions of the scholarship and are given regular feedback in the forms outlined below.

In general, a higher standard of academic performance, individual development and personal conduct is expected of Sports scholars than of the wider student body. These regulations ensure that this high standard is maintained.

1. Eligibility Criteria

1.1 For new to Lincoln University applicants:

- 1.1.1 Register for a Lincoln University undergraduate degree programme, and
- 1.1.2 gain NCEA Level Three Certificate, including University Entrance, (or an equivalent entrance qualification), and
- 1.1.3 be a New Zealand citizen or New Zealand Permanent Resident, and
- 1.1.4 (Rugby) have played for a secondary school First XV rugby team, or (Hockey) have played for a secondary school First XI hockey team, or (Cricket) have played for a secondary school First XI cricket team, and
- 1.1.5 be an age-group representative sporting athlete in the sporting code, and
- 1.1.6 be willing to trial, and if selected, play for their respective Lincoln University sporting code for the duration of the scholarship.
- 1.1.7 (Elite) have competed at National level in their chosen sport.

1.2 For enrolled Lincoln University applicants:

- 1.2.1 Register for a Lincoln University undergraduate degree programme, and
- 1.2.2 Be an age-group representative sporting athlete in the sporting code, and
- 1.2.3 Be willing to trial, and if selected, play for their respective Lincoln University sporting code for the duration of the scholarship
- 1.2.4 (Elite) be competing at a National level in the chosen sport.
- 1.2.5 Have demonstrated academic, athletic and sporting performance and correct conduct to the satisfaction of the Sports Committee. The Committee may take into account the written feedback given to the scholar throughout the year.

Please note: Lincoln University applicants who have not met criteria 1.2.2 or 1.2.4 will not normally be considered for selection.

2. Selection Committee

The scholarship will be awarded by the Vice-Chancellor on the recommendation of a selection committee, which shall comprise:

- 2.1 The Chair of the respective sporting code or nominee, and
- 2.2 At least two representatives from the Lincoln University Sports Scholarship Management committee.

3. Performance Assessment and Annual Scholarship

- 3.1 The tenure of this scholarship is for one academic year.
- 3.2 Assessment of each scholar's academic, athletic and sporting performance by the Sports Scholarship Management Committee is
 - 3.2.1 ongoing throughout the annual tenure of the scholarship, and
 - 3.2.2 communicated in writing following the release of Semester One and Two results.
- 3.3 The number of scholarships awarded in any year is at the discretion of the Vice-Chancellor through the Strategic Scholarships Committee.
- 3.4 If a scholar's performance is of concern to the Sports Scholarship Manager, trainer or Sporting Code Manager, they will meet one-on-one to establish strategies to improve performance.

4. Scholarship Value and Scholars' Expenses

- 4.1 The value of the scholarship will be determined annually by the Vice-Chancellor.
 - 4.1.1 The scholarship value is to be used towards tuition fees or campus accommodation when registered for a full time undergraduate degree course of study.
 - 4.1.2 The current value of the scholarship is \$6,000 for full time study over one academic year. This is paid in two instalments of \$3,000 per semester.
 - 4.1.3 Full time study is recognised as registered for 7 or more courses over one academic year (January Summer School, Semester One, Semester Two, November Summer School).
 - 4.1.4 For part time scholars, the value of the scholarship will be on a pro rata basis of \$750 per course.
- 4.2 The scholarship may be held with any other award unless the rules of the other award preclude it.
- 4.3 If a scholar is also awarded a Prime Minister's Scholarship the scholar will be permitted to participate in the sports scholarship development programme but his/her fees will be paid by the Prime Minister's scheme.
- 4.4 In addition, Lincoln University, in conjunction with the approved Sports Partner, will deliver the annual athlete performance, sports skills and education programme.
- 4.5 Sports scholars are required to pay all other expenses that are incurred by way of enrolment at Lincoln University. These include but are not limited to:

- 4.5.1 [Student Services Fee](#) – this is a compulsory fee for all Lincoln University students and can be paid by student loan if required
- 4.5.2 Tuition fees over and above the specified value of the scholarship
- 4.5.3 Athlete Management System (Metrifit) Fee
- 4.5.4 Sports Scholarship training gear fee
- 4.5.5 Affiliated sports club fees

Scholars who fail to pay the fees listed in Condition 5 above will be subject to the process identified in Condition 12.

5. Academic Performance

Scholars must maintain an acceptable level of academic performance in accordance with Lincoln University regulations.

- 5.1 Faculty academic staff are advised of the names and programmes of study of all Sports scholars.
- 5.2 Acceptance of the scholarship means a sports scholar agrees to the release of their academic results to the appropriate Sports Partner. The University and the Sports Partner will ensure confidentiality of all academic grades.

6. Athletic Performance

Sports Scholars will be advised of the specific standards that they are expected to achieve in respect of athletic performance at the beginning of each academic year and/or within their individual goal-setting discussions.

- 6.1 Sports scholars must manage and adhere to their individual strength and conditioning programme in conjunction with their individual trainer. Scholars are expected to attain agreed strength and conditioning goals over all University holidays.
- 6.2 Sports Scholars must manage and adhere to their individual nutrition programme in conjunction with the programme's Nutrition Coach (Dietitian) and individual trainer.
- 6.3 Sports scholarship athletic performance standards will be communicated and agreed upon through the scholar's individual performance plan (IPP). The IPP will be developed in conjunction with the athlete, their trainer and the appropriate Lincoln University Sports partner.
- 6.4 Failure to meet agreed IPP goals will result in the scholar being issued with a written warning.
- 6.5 Lincoln University Sports Scholarship supports the use of a 'real food first' approach and appropriate nutrition to enhance athletic performance.
 - 6.5.1 Sports Scholars are ultimately responsible for any supplement that they take. It is the Sports Scholar's responsibility to check any supplements to ensure it is safe and the right choice for their performance.
 - 6.5.2 All Sports Scholars will have access to a Drug Free Sport New Zealand education seminar and/or Level One Anti-Doping E-Course online with Drug Free Sport New

Zealand (<https://e-learning.dfsnz.org.nz>)

6.5.3 Any supplement ordered and/or taken must be permitted under the World Anti-Doping Agency (WADA) code, in consultation with the Lincoln University nutrition coach. Each supplement's ingredients list should also be cross-checked through Drug Free Sport New Zealand.

6.5.4 Athletes must disclose any supplements they are taking to the Lincoln University Nutrition Coach.

Please note: supplements can become contaminated and there is always a doping risk associated with taking any supplement.

7. Medical/Injuries

7.1 In the event of injury or illness suitable documentation must be provided by a Lincoln University approved medical provider.

7.1.1 For illness, scholars are required to notify their trainer via Metrifit message, or by text prior to their next compulsory session. It is recommended that the scholar uses Student Health and Support for the medical treatment of illness.

7.1.2 For injury, or ongoing treatment, scholars are required to provide a medical certificate within seven days of the injury occurring.

7.2 Communication around injury management is of utmost importance. When applying, accepting and participating in the Lincoln University Sports Scholarship programme, all injuries are to be disclosed, along with the nature and date of any previous injury and any residual effects. Failure to disclose any injury may result in the scholar being removed from the scholarship.

7.3 Any injury or illness must be communicated immediately to the Sports Scholar's individual trainer. Accompanying medical documentation must be provided with guidelines and/or contraindications. This documentation must normally be submitted by an approved Lincoln University medical provider.

7.4 Lincoln University Sports Scholarship Management may require further information for clarification or follow up with a specialist, doctor and/or physical therapist. It is the Sports Scholar's responsibility to acquire this information.

7.5 When appropriate, Lincoln University may be required to communicate medical and/or athletic and sporting information with relevant parties. This will be done in a confidential and sensitive manner.

8. Compulsory Sports Scholarship Sessions

8.1 Sports Scholars are required to attend and participate in all the following sessions:

8.1.1 Orientation (currently two weeks prior to the start of lectures)

8.1.2 Weekly scheduled training sessions

- 8.1.3 House events
 - 8.1.4 Athlete education and/or Sport Development sessions
 - 8.1.5 Weekly data input updates of the athlete management system (Metrifit)
 - 8.1.6 Weekly skills development sessions provided by Lincoln University Sports partners.
- 8.2 Individual strength and conditioning tests as well as anthropometric analysis will be conducted a minimum of three times throughout the academic year. The test results and any matters that need attention will be communicated individually to the scholars, the Sporting Partners and to members of the Sports Scholarship Management Committee.
- 8.3 Any scholar who seeks to be absent from the University for any sporting commitments should complete the Sport Leave Dispensation Form including documentary evidence requirements and submit to the Scholarships Office or Sports Scholarship Academic Coordinator two weeks in advance of the date of departure.

9. Sporting Performance

- 9.1 All Sports Scholars must be available, if selected, to represent the Canterbury province in their respective sport. Each sport scholar's representative commitments will be managed by Lincoln University in conjunction with the appropriate Sports Partner.
- 9.2 If not selected by the Canterbury region, then eligibility to represent 'region of origin' can apply as per the rules of their respective National Sports Organisation.
- 9.3 Sports Scholars must not sign any provincial or regional agreement *e.g.*, Provincial Union (PU) or Provincial Union Development (PUDC), or any other similar contract in relation to their sporting partner with any other New Zealand provincial union or province prior to the commencement of Semester Two (July) in the year(s) the Sports Scholarship is tenable.
- 9.3.1 The signing of any such contract requires prior consultation and approval by both the Sporting partner and Sports Scholarship Manager.
 - 9.3.2 The signing of any such contract without prior consultation may result in the scholar having to pay a portion of their future tuition fees or have their scholarship withdrawn or suspended.
- 9.4 The Sports Partners are responsible for setting goals and for monitoring the scholars' sporting performance. Each scholar will be assigned goals as part of their Individual Performance Plan (IPP) in consultation with their Sports Partner Manager.
- 9.5 Sports Scholars must attend all compulsory skills sessions as specified by their Sports Partner Manager. Failure to do so will result in a written warning.
- 9.6 If a sports scholar does not attain the agreed-upon goals and/or representative honours the Sports Partner may recommend to the Sports Scholarship Management Committee that the scholarship should be withdrawn. If this recommendation is supported by the Strategic Scholarship committee, the sport scholar will be formally advised of this decision by the University at the end of Semester One.

- 9.7 It is a requirement that all scholars are available for their club and representative sides during the tenure of the scholarship. This availability includes trainings games and strength and conditioning sessions.
- 9.7.1 Applications for approved absence from Club or Representative training or competition need to be submitted using the appropriate leave form. This must be completed and signed off by the trainer two weeks prior to leave commencing. Failure to do so will result in receiving a written warning.
- 9.8 Should a scholar wish to play a sport other than the sport for which they have been offered a sports scholarship, they must gain written permission from their Sports Partner Manager and the Manager of the Sports Scholarship Programme.
- 9.9 All Sports Scholars are bound by their respective Sports Partner's expectations or Code of Conduct as communicated by their Sporting Partner Manager or National Sporting Organisation.

10. Conduct as a Lincoln University Sports Scholar

10.1 The University places high value on the conduct of its Sports scholars who are expected to demonstrate attributes of the scholarship and fair play at all times. A detailed explanation of the conduct expected of scholars is in the Code of Conduct and associated Guidelines, by which all Sports scholars must abide. General terms of conduct are listed below.

Failure to abide by the Code of Conduct may lead to the immediate withdrawal of the scholarship or jeopardise the opportunity to be considered for further funding on a scholarship the following academic year.

- 10.1.1 Sports scholars must at all times represent positively both Lincoln University and the Sports Scholarship Programme.
- 10.1.2 Scholars must not bring either Lincoln University or the Sports Scholarship Programme into disrepute by way of their actions or their comments, in person, in public or in online environments. This applies whether a scholar is engaged in programme activities or not.
- 10.1.3 Any Sports scholar who believes they may have breached the Code of Conduct should immediately advise a member of the Sports Scholarship Management Committee.
- 10.1.4 Communication with Lincoln University staff should be punctual and within the time parameters and format requested. This relates to all matters regarding academic studies, sporting and athletic performance and injury management.
- 10.1.5 Any Sports scholar who receives a request from news or other media should refer these to the Sports Scholarship Manager, who will advise the appropriate response.
- 10.1.6 Lincoln University will from time to time request the participation of Sports scholars in University promotional activities. Scholars must participate and may not charge the University for this activity. The University may also extend this invitation to graduate scholars now part of programme alumni.

- 10.2 All Sports Scholars that represent Lincoln University and their sporting partner are also bound by the Lincoln University Sport Partner Code of Conduct.
- 10.3 It is expected that Sports Scholars contribute a minimum number of hours toward sport and/ or service to the university. Note: flexibility will be granted where a scholar has professional- or semi-professional player status.
- 10.4 Volunteer contributions may consist of voluntary coaching, refereeing, umpiring, promotional or other role model activities consistent with 10.1.6.

The expected volunteer contribution hours are:

First year: 2-3 hours

Second year: 4-6 hours

Third year or later: 2-4 hours

- 10.5 Each Sporting Partner will provide education in the form of a coaching framework to support voluntary coaching.

Conclusion

These procedural guidelines have been formally agreed to by Sports Scholarship Management committee and are effective as from the beginning of Semester One 2020. The guidelines will be subject to on-going review and refinement.

By accepting this scholarship, the Sports scholar consents to the access and use by the Sport Scholarship Management Committee, or their representatives, of any data collected on or by the scholar, for research towards the betterment of individual students or the Sports Scholarship Programme.



LINCOLN UNIVERSITY SPORTS SCHOLARSHIP PROGRAMME

SCHOLARS' CODE OF CONDUCT

This Code of Conduct should be read in conjunction with the Sports Scholarship Terms and Conditions, and the Code of Conduct Guidelines.

As a Lincoln University Sports Scholar, I agree to abide by this Code of Conduct.

1. I will be an ambassador for, and will positively promote, both Lincoln University and the Sports Scholarship Programme.
2. I will not bring either Lincoln University or the Sports Scholarship Programme into disrepute by way of my actions or my comments. This includes comments in all social media including locked accounts (mine or others') and in private online groups. [For more information, see the Code of Conduct Guidelines.]
3. My public use of social media will purposefully promote abilities, team, community, and social and Sports Scholarship values. This includes fellow student-athletes, teammates, coaches, opponents and officials.
4. I accept that my Sports Scholarship may be withdrawn if I do not abide by this code of conduct.
5. I accept that by signing this Code of Conduct I agree to the conditions outlined in this document.

Sports scholar: _____

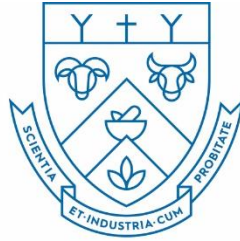
Student ID: _____

Signature: _____

Date: _____

Sports Scholarship Manager: Peter Magson

Signature: _____



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Sports Scholarship Programme

Scholars' Code of Conduct Guidelines

These guidelines are designed to help Sports Scholars understand what is expected from them as signatories to the Code of Conduct, and to offer examples of ways in which you can regulate your behaviour, in person and online, in order to fulfil the requirements of the Code of Conduct.

All staff and students of Lincoln University are subject to the University's *Calendar* regulations, which cover academic and disciplinary matters, including misconduct, and to Lincoln University Policies and Procedures (available here <http://www.lincoln.ac.nz/footer/Policies--Procedures/?sti=1>).

Sports scholars are further subject to the Sports Scholarship Regulations and the Code of Conduct. These place additional obligations on you in terms of your academic achievement and personal conduct at Lincoln University. While these are designed to empower rather than restrict you, they do include some elements that require you to approach some matters of conduct differently than you may have done before.

The Code of Conduct applies to any in-person interaction in which you may reasonably be understood to be representing Lincoln University. This includes your usual everyday interactions with other students and staff, but also any environment in which you might be recognised as a Sports scholar. These include

- University events in which you are participating or at which you are present
- Out-of-session activities, including field trips, volunteer work and employment, in which you participate while on the scholarship
- Social events and activities at which staff, students or members of the public are present where your identity as a Sports Scholar may be known or inferred.

So for example, at activities with family members or while on holiday you would not normally be obliged to fulfil the terms of the Code of Conduct, but on a work placement, at large in Lincoln township, at a house party or in a bar or pub you would be.

The same considerations apply to online interactions. Most Sports scholars have grown up with a life online, so it may seem counter-intuitive to think of online spaces as particularly vulnerable to breaches of the Code of Conduct. It is the case, however, that text-, image- and video-based interactions have a longer life than their equivalent in-person interactions, and the University expects a greater amount of caution and discretion as a result.

In general, private one-to-one interactions online, whether through email, direct message, private message, text message, video communication or telephone call are outside the limits of the Code of Conduct. The University respects the privacy of these intimate communications. However, online communication that involves the following is more permeable, and as such is covered by the Code of Conduct:

- Group emails, group chats or group messages (including via SnapChat and other temporary messaging services)
- Private or public social media use including closed groups or locked accounts (whether posting from or posting to, and including Facebook groups, WhatsApp group chats, Instagram accounts, YouTube accounts, Twitter accounts and news and other websites).

Be aware, also, of the actions of those to whom the Code of Conduct does not apply, such as people using social media at private house parties, where it is possible for your required conduct as a Sports scholar to be compromised through someone else's social media use. Disinhibition brought on by alcohol and other drugs obviously compounds the risk. This is important to remember throughout the year and especially when you are under academic pressure and in need of rest and recreation.

Finally, as a Sports Scholar you should not respond to negative comments about yourself or other student athletes or teammates on social media. Any comments of this kind should be discussed with the Sports Scholarship Manager.

The Code of Conduct requires that you uphold your own reputation, the reputation of the Sports Scholarship Programme and of Lincoln University, online and in person. You have the opportunity to make your personal reputation through the Sports programme, and the Code of Conduct is designed to help you do this. Make sure that your actions contribute to your reputation as a sports scholar, now and in future.