

ATHLETICS



PROGRAM DESCRIPTION

The program of intercollegiate athletics is organized and conducted as an integral part of the total educational program of the university. Academic excellence and athletic accomplishments go hand in hand at California State University, Sacramento. There are three separate and unique missions of this program. They are (1) to contribute to the educational objectives of the university; (2) to provide co-curricular experiences to individual student-athletes; (3) to serve as a public relations vehicle within the community.

The Department of Intercollegiate Athletics offers both academic courses and the intercollegiate athletics program. Academic courses offer the opportunity for individuals to gain knowledge and understanding in a particular area of expertise related to intercollegiate athletics.

The intercollegiate program is one of the fastest growing in northern California. The university has made a strong commitment to the achievement of national excellence at the NCAA Division I level.

CSU, Sacramento is affiliated with the Big Sky Conference. Baseball and softball are members of the Western Athletic Conference. Men's soccer is a member of Mountain Pacific Sports Federation. To ensure academic development, CSU, Sacramento has, in conjunction with Academic Affairs, instituted a counseling system designed specifically for student-athletes. The Athletic Advising Office is located in LSN-1010. Services include academic advising, monitoring of progress, tutoring, and study hall.

FACULTY

Director of Athletics: Open
Irene Shea, Associate Athletic Director

Sandra Asimos; Debby Colberg; Chris Evers; Lois Harper; Sue Huffman; Kim Hughes; Michael Linenberger; René Mondine; Joe Neff; Don Newman; Joe Ramos; John Smith; Serge Stanich; Kathy Strahan; John Volek; Kim Westlund

Edna Linville, *Administrative Assisant*
Department Office, PE-134, (916) 278-6481

COACHING THEORY COURSES

The following courses in the 160-series are designed to impart knowledge, understanding and appreciation of sports. Each course includes skill techniques, current rules of play, training and conditioning, equipment and facilities, and strategy in competition. The prerequisites for each course are: minimum experience in the activity and/or permission of the instructor.

70. Conditioning Program for Student-Athletes. Designed to condition the student by improving levels of strength, cardiovascular endurance, agility and flexibility, and to improve requisite competitive sport skills, mental preparedness, control and intensity. Open to all students. May be taken for credit eight times. 2 units.

164. Coaching of Baseball. The course is designed to help the student become a better baseball coach. Objectives: 1) to expose the student to philosophies and policies pertaining to the building of a quality baseball program; 2) to expose the student to the basic fundamentals of offensive and defensive skill improvement, as well as to facilitate a philosophy of offensive and defensive strategy; and 3) to expose the student to training procedures and safety factors. Lecture two hours, activity two hours. 3 units.

167. Coaching of Football. Examines all phases of the game, including offense, defense and special teams. Other topics covered are public/media relations, budget management, academic rules, marketing strategies, officiating, equipment and many other aspects. Lecture two hours, activity two hours. 3 units.

168. Coaching Basketball. Provides insight into the coaching profession and helps the student understand basic concepts of offensive and defensive basketball. Strategies on marketing, media relations, and student/athlete welfare provide a comprehensive structure. Lecture two hours, activity two hours. 3 units.

175. Sports Information Field Work. Directed observations and work experience with intercollegiate athletics sports information support services. Field work is offered to give students orientation in the profession of sports information services. Supervision is provided by the instructional staff of the university. Each student is required to maintain a record of activities and assignments and to prepare periodic reports. May be repeated once for credit. Graded Credit/No Credit. **Prerequisite:** JOUR 123, or permission of instructor. 1-3 units.

195. Field Experience in Intercollegiate Athletics. Directed experience in athletics. Student interns keep records of daily experiences and prepare periodic progress reports. Succeeding enrollments should be in different sports. **Note:** registration requires prior approval of Director of Athletics. Graded Credit/No Credit. 1-2 units.

199. Directed Individual Study. Individual research, project or directed reading. **Note:** registration requires approval of the faculty under whom the individual work is to be conducted and the Director of Athletics. 1-3 units.

INTERCOLLEGIATE COURSES

In order to participate in intercollegiate athletics, a student may enroll in the appropriate course below, must have a medical examination clearance from the CSUS Health Center, and must obtain permission of the instructor. In addition, in order to compete, a student must be declared eligible under NCAA (via the NCAA Clearinghouse) and conference rules. Interested students should contact the coach as early as possible. All courses are credit/no credit and no more than 15 units may be applied toward a baccalaureate degree.

Intercollegiate Sports for Men

60. Crew. Crew (rowing) is a walk-on sport with no experience necessary. Tall cross-over student-athletes are encouraged to turn out. Daily practice starts in September, 6:00 - 8:30 a.m. There is a Fall semester non-traditional "head-race" season and a traditional "sprint" season in the Spring semester, concluding with the National Championships in May. All student-athletes race. Freshman/Novice, Junior Varsity, and Varsity squads, lightweight (160 lbs.) or open. Also, coxswains required. Should be under 130 lbs. 2 units.

61. Cross Country. Practice begins the last week of August and the season ends in mid-November. 2 units.

62. Tennis. Practice begins the first day of the Fall semester and the Spring schedule ends the last of May. 2 units.

63. Track and Field. Indoor Track and Field practice begins in the Fall. The competitive season is in the Winter. Outdoor Track and Field practice begins the first day of Spring semester and the season ends the last week of May. 2 units.

64. Baseball. Practice begins in the Fall with the competitive season starting February 1. The 56-game schedule is followed by the NCAA Championships for qualified teams in May. Daily practices are 2:30 - 4:30 p.m. 2 units.

65. Basketball. Practice begins October 15. The season ends in late February and leads to NCAA Championships for qualified teams. 2 units.

66. Football. Daily afternoon practice begins in late August. The 10-11 game schedule is followed by NCAA Championships for qualified teams in late November. There is also spring practice which follows NCAA regulations as to starting date. 2 units.

67. Golf. Practice begins Fall semester Monday through Friday starting at noon. 2 units.

68. Soccer. Morning and afternoon practices begin in mid-August in accordance with NCAA regulations. Competitive season begins the first week of September and ends in mid-November. Daily practices during Fall semester are from 7:00-8:00 a.m. and/or 3:00 - 6:00 p.m. 2 units.

Intercollegiate Sports for Women

80. Basketball. Practice begins October 15. The competitive season begins in November and continues to the end of February leading to the NCAA Championships for qualified teams. 2 units.

81. Golf – Intercollegiate. Practice begins the second week of September. Competition consists of one or two matches in the Fall and the remaining part of the schedule is during the Spring semester. Interested student-athletes who would like to walk on and try out for the team should contact the coach. 2 units.

82. Soccer. Morning and afternoon practices begin in mid-August in accordance with NCAA regulations. Competitive season begins the first week of September and ends in mid-November. Daily practices during Fall semester are from 2:00-4:00 p.m. 2 units.

83. Gymnastics. Practice begins in September. The competitive season starts in January and ends in late March with the NCAA Championships for qualified teams. Daily practices are 3:00-6:00 p.m. Student-athletes must contact the coach prior to tryouts. 2 units.

84. Softball. Practice begins in the Fall with the competitive season starting mid-February. The 56-game schedule is followed by NCAA Championships in late May for qualified teams. Daily practices are 2:00-5:00 p.m. 2 units.

85. Crew. Crew (rowing) is a walk-on sport with no experience necessary. Tall cross-over student-athletes are encouraged to turn out. Daily practice starts in September, 6:00 - 8:30 a.m. There is a Fall semester non-traditional "head-race" season and a traditional "sprint" season in the Spring semester, concluding with the National Championships in May. All student-athletes race. No limit on squad size. Freshman/Novice, Junior Varsity and Varsity squads, lightweight (130 lbs.) or open. Also, coxswains required. Should be under 115 lbs. 2 units.

86. Tennis. Practice begins the first day of the Fall semester and the Spring schedule ends the last of May. 2 units.

87. Volleyball. Preseason begins in mid-August. Competition begins September 1 and ends in mid-December with NCAA Championships for qualified teams. Daily practices are 2:00-5:00 p.m. Interested student-athletes must contact the coach prior to the preseason in mid-August. 2 units

88. Cross Country. Practice begins the last week of August and the season ends in mid-November. 2 units.

89. Track and Field. Indoor Track and Field practice begins in the Fall. The competitive season is in the Winter. Outdoor Track and Field practice begins the first day of Spring semester and the season ends the last week of May. 2 units.