UNIVERSITY OF VICTORIA VIKES

HANDBOOK FOR STUDENT-ATHLETES

We respectfully acknowledge the unceded territory of the LəkʷəŋəN peoples, also known as the Songhees, Esquimalt and W̱SÁNEĆ peoples, whose relationship with the land continues to this day, and on which the University of Victoria and our facilities are located. We want to acknowledge the unjust processes of colonization that allow us to gather and play here and the immense privilege in being able to spectate and participate in sport on these lands.

Photo: Sharissa-Johnson via Unsplash

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HELLO AND WELCOME. BONJOUR ET BIENVENUE. HOLA Y BIENVENIDO. HALLÓ OG VELKOMIN. こんにちは、いらっしゃい。 TALOFA MA FA'AFEILOA'I. CZEŚĆ I WITAJ. ΓΕΙΆ ΣΑΣ ΚΑΙ ΚΑΛΏΣ ΉΡΘΑΤΕ. أهلا ومرحبا. HALO DAN SELAMAT DATANG. DUMELANG LE AMOHELEHILE. MONI NDIKULANDILIDWA. САЙН БАЙНА УУ, ТАВТАЙ МОРИЛ. SAWUBONA FUTHI WAMUKELEKILE. MERHABA VE HOŞ GELDINIZ. ПРИВІТ І ЛАСКАВО ПРОСИМО. 你好，歡迎光臨。ԲԱՐԵՒ ԵՒ ԲԱՐԻ ԳԱԼՈՒՍՏ



Nicole Greengoe
Executive Director, Wellness, Recreation and Athletics

Message from Executive Director, Wellness, Recreation and Athletics

Welcome to the Vikes varsity performance sport program. We are extremely proud and excited that you are part of the University of Victoria community as a student-athlete. At Vikes, we understand the commitment it takes to be successful in both your athletic and academic endeavours. As such, our program has been built, over time, by caring, capable and committed coaches, staff and administrators who have a passion for sport and student-athlete development. It is important to us that we provide a supportive, safe environment where student-athletes can pursue excellence in sport and academics, as well as grow as valued contributors to the UVic and greater community.

A hearty welcome to all new student-athletes and to our returning student-athletes who are joining us for another exciting year. We know that you will all take your roles, responsibilities, and accountabilities as student-athletes seriously, with all the determination and enthusiasm that has brought you to this point in your journey. This handbook will serve to support you in your athletic and academic pursuits, and we are looking forward to walking your path with you in the coming months.

All the very best for a wonderful year ahead.

Sincerely

Nicole Greengoe

Message from Director, Varsity Performance Sport

Success for Vikes is defined as giving 100% and being committed to getting better every day in all facets of your student-athlete life. The emphasis being on improving and reaching your true potential over winning.

Belonging and connection is the one of the most powerful and enticing motives for being part of a team. Over the course of your season and time within the Vikes family, you will experience glorious highs and disappointing lows. It is at these times that I encourage you to reflect as an individual and with your teammates as to "why you love sport?" and "why you made the choice to become part of the Vikes?"

This handbook is your guide to the all the information that is important in order to be a Vike. More notably, this handbook outlines the vast support resources that will help you manage the highs and lows of being student-athletes as well as help guide your transformative Vikes journey to becoming a better student, athlete, teammate and leader.

Vikes are better together. Go Vikes!

Dr. Nick Clarke



Nick Clarke
Director, Varsity Performance Sport

01

VISION

Together we transform students lives. Vikes Varsity Performance Sport represents an environment where behaviours and decisions maximize the chance of growth within a Canadian post-secondary competitive sport context.

Vikes Athletics has a long history of successful student-athletes who have left their impact as leaders in our community, as national team athletes and as builders and supporters of the University of Victoria. The coaches at the University of Victoria play an instrumental role in this success. Vikes Coaches are some of the most talented, acclaimed and experienced coaches in North America, with many having experience coaching at national and international levels, World Championships, Olympic and Paralympic Games.

The Vikes Athletics program is one of the best in Canada and student-athletes, who earn the privilege of competing on one of the teams, will have all the tools and resources at their disposal to achieve both academic and athletic success.





As a community leaders across Canada, our Vikes varsity performance sport program is committed to positively transforming lives through the advancement of high performing individuals and teams within a safe, inclusive, and learning-centered environment. This developmental learning-centered culture combines support, opportunity and accountability in the unique arena where academia and competitive sports intersect.


TOGETHER
LIVE ABOVE THE LINE


DRIVEN
THIS MEANS MORE

02

CHAMPIONSHIPS

Vikes championship history

Vikes athletics has a rich history of student-athletes who have reached the pinnacle of their sport through qualifying for Canadian Olympic and Paralympic National teams, competing in World Championships and creating lasting legacies in the Vikes community.

Since the inception of the athletics program in 1970, the Vikes have been crowned Canadian University Champions **92 times** in both U SPORTS-designated sports and non-U SPORTS-designated sports. Success has been exhibited across the board with twelve different sports raising championship banners.

The Vikes have won a total of **92 national titles (56 U SPORTS National Championships and 36 Canadian University Championships** in rowing, golf, women's rugby 7s and men's rugby).

Links for Vikes championships:

- UVic Sports Hall of Fame
- Championship history
- Olympic tradition
- Vikes Celebration of Champions



MEN'S BASKETBALL CANADA WEST CHAMPIONS 2026



WOMEN'S RUGBY 15s CANADA WEST CHAMPIONS 2025



MEN'S CROSS COUNTRY CANADA WEST CHAMPIONS 2025



WOMEN'S FIELD HOCKEY CANADA WEST CHAMPIONS 2025

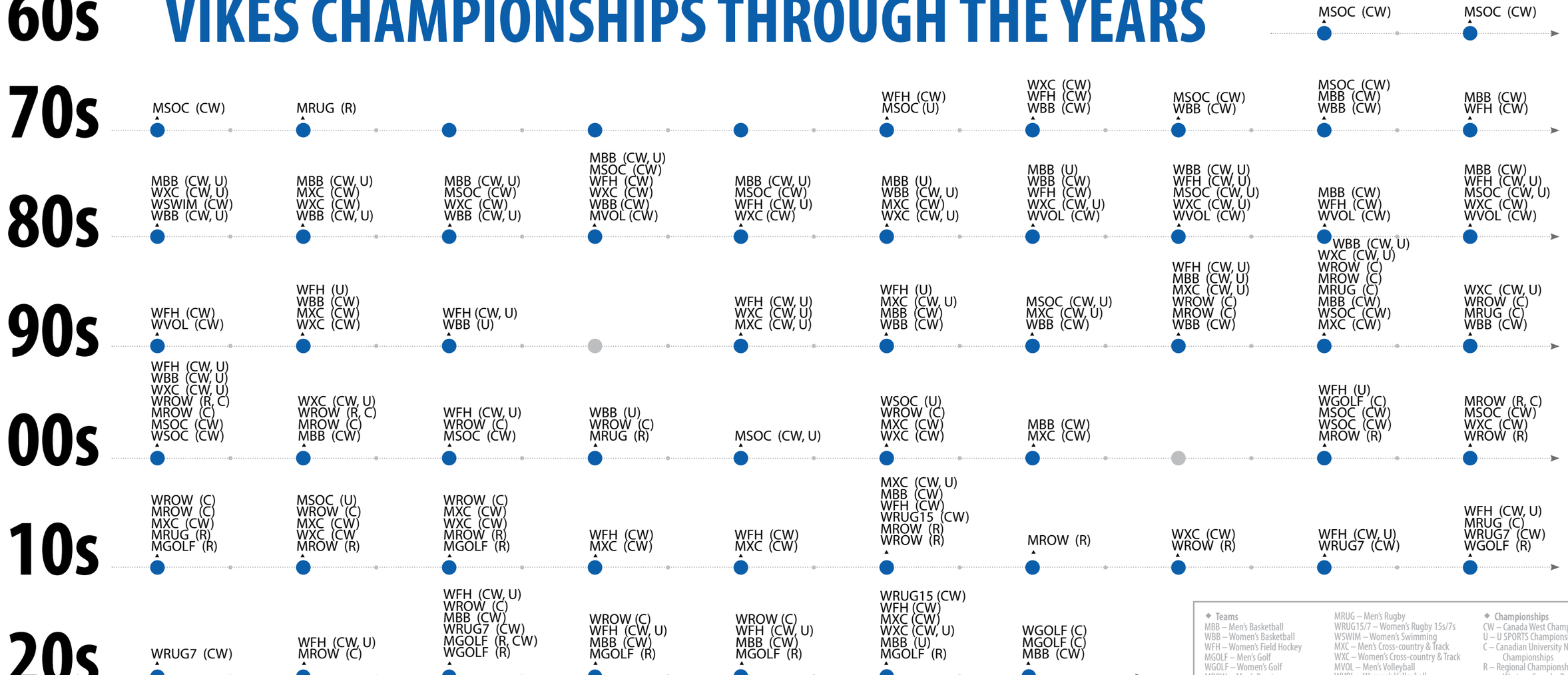


WOMEN'S CROSS COUNTRY CANADA WEST CHAMPIONS 2025



WOMEN'S CROSS COUNTRY U SPORTS CHAMPIONS 2025

VIKES CHAMPIONSHIPS THROUGH THE YEARS



Teams
MBB – Men's Basketball
WBB – Women's Basketball
WFH – Women's Field Hockey
MGOLF – Men's Golf
WGOLF – Women's Golf
MROW – Men's Rowing
WROW – Women's Rowing
MRUG – Men's Rugby
WRUG15/7 – Women's Rugby 15s/7s
WSWIM – Women's Swimming
MXC – Men's Cross-country & Track
WXC – Women's Cross-country & Track
MVOL – Men's Volleyball
WVOL – Women's Volleyball

Championships
CW – Canada West Championships
U – U SPORTS Championships
C – Canadian University National Championships
R – Regional Championships (NAIA, Western Canada, Premiere League)


BRAVE
THIS MEANS MORE


CURIOSITY
LIVE ABOVE THE LINE

03

LIVE ABOVE THE LINE

Membership on a Vikes varsity team at the University of Victoria is a privilege that creates unique opportunities to be a role model, peer supporter, mentor, and ambassador.

Vikes student-athlete guidelines for behaviour

Membership on a Vikes varsity team at the University of Victoria (UVic) is a privilege that creates unique opportunities to be a role model, peer supporter, mentor, and spokesperson. A UVic student-athlete is expected to **Live Above the Line** by demonstrating the highest pursuit of ethical and drug-free sport, fair play, integrity, inclusion, and respect for others at all times

As Vikes has an international reputation for and history of excellence, student-athletes have more media / community exposure than other students, and are recognized as an integral part of both the university, local and extended community. As such, being a student-athlete at UVic carries additional expectations and responsibilities.

Please read the *Code of Conduct* in full, and the following pages should enhance your understanding of these expectations and responsibilities.

As a student-athlete at UVic, you are to abide by all UVic, Canada West, NAIA, U SPORTS and all other policies, regulations and procedures that apply to your sport.

Infractions of any of these may result in consequences applied to your academic and athletic standing.

COMMITMENT CHECK-IN FUN DEDICATED BELONGING EFFORT TOGETHER HARD WORK UNITY FEARLESS TEAM SPIRIT DISCIPLINED ORGANISED POSITIVITY BRAVE CURIOSITY ACCOUNTABILITY RESILIENCE PASSION ROLE MODEL DRIVEN

ABOVE THE LINE

BELOW THE LINE

BLAME CLOSE-MINDED ME FIRST DEFEND JUDGMENTAL GOSSIP SELF-CENTERED INDISCIPLINE


HARD WORK
LIVE ABOVE THE LINE


TEAM SPIRIT
THIS MEANS MORE

04

CODE OF CONDUCT

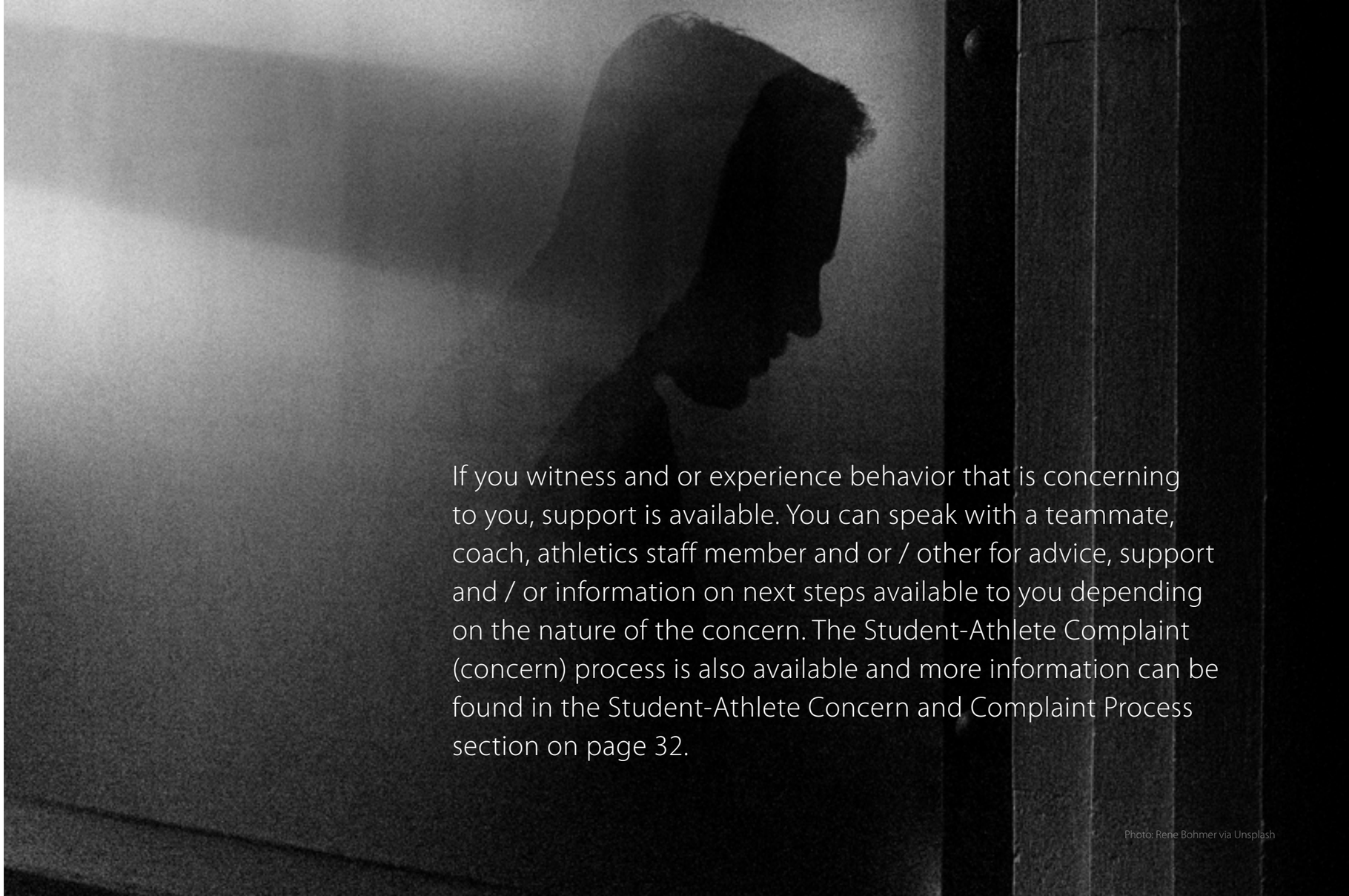
Vikes student-athlete code of conduct

Every student-athlete must read, understand and sign the *Vikes Student-Athlete Core Code of Conduct* annually. All students must also understand the University of Victoria's policies for conduct listed in "Links for conduct".

The following sections are meant to enhance your understanding of these expectations and responsibilities.

Links for conduct:

- Vikes Student-Athlete Code of Conduct
- UVic Non-academic Misconduct Policy
- UVic Sexualized Violence Prevention and Response Policy
- UVic Discrimination and Harassment Policy
- CanadaWest Conduct, Discipline and Appeals Policy
- U SPORTS Harassment and Discrimination Policy and Complaints, Investigation and Discipline Policy and Code of Ethics



If you witness and or experience behavior that is concerning to you, support is available. You can speak with a teammate, coach, athletics staff member and or / other for advice, support and / or information on next steps available to you depending on the nature of the concern. The Student-Athlete Complaint (concern) process is also available and more information can be found in the Student-Athlete Concern and Complaint Process section on page 32.

Photo: Rene Bohmer via Unsplash

Tips for academic success



Understand and abide by the eligibility rules of U SPORTS, Canada West, NAIA, the leagues or competition in which your are participating and the Department of Wellness, Recreation and Athletics.

Identify and review, with your coach or department staff, any issue of academic/ eligibility concern as soon as possible.



Ensure you notify your coach if you plan to drop courses.

Discuss your competitive schedule with your instructors to ensure provisions are in place for missed labs, exams, or coursework.

Attend class and treat your instructors and classmates with dignity and respect.



Academic support is available through Academic Advising, the Centre for Accessible Learning and other campus resources. More information available in the *Academic Support* section starting on page 42.



Photos: Priscilla du Preez, Wander Fleur, Windows, Dom Fou via Unsplash

Guidelines for conduct

Act as an "ambassador" for the University of Victoria.

Do not engage or associate yourself with any behaviour that would cause the reputation of the University of Victoria or the varsity program to fall into disrepute.



Understand, respect and be willing to uphold team specific expectations and ethical guidelines (e.g. charters and values).

Refrain from hazing or physical, emotional or verbal harassment of any person.

Refrain from alcohol or marijuana consumption at practices and competitions, in hotel rooms, airports, public transportation, and vehicles transporting teams to and from events.





Refrain from using tobacco or marijuana during varsity-sanctioned events.

Know and respect the U SPORTS (or other participating leagues) drug policy and participate in the annual drug education program.

Consult your doctor and/or the athletic therapist if you are unsure about the use of prescriptions or over-the-counter medications.

Refrain from using social media and the internet in any way that may discredit any person (coach, teammate, opponent) or the institution.

Harassment and hazing

Vikes athletics supports team building activities which are constructive, educational and contribute to the intellectual and personal development of student-athletes. It unequivocally opposes hazing and any situation created intentionally to produce mental or physical discomfort, embarrassment, harassment or ridicule. The Vikes program follows the *Vikes Student-Athlete Code of Conduct* for all reported incidents of hazing.

If you are aware of, or have experienced a hazing incident, support is available.

- EQHR – information and next steps
- Student Health & Wellness Centre – counselling and medical support

Confidentially report to:

- Director, Varsity Performance Sport
- AD, Sport compliance and Student Support
- Coach
- Any member of varsity staff

Equity, diversity and inclusion

The University of Victoria promotes a safe, respectful and supportive learning and working environment for all members of the university community and fosters an environment characterized by fairness, openness, equity, and respect for the dignity and diversity of all of its community members. The Vikes Athletics Department works actively and consistently be a place that is free of racism, discrimination and harassment.

The **UVic Equity and Human Rights Office (EQHR)** leads UVic in developing and coordinating plans, policies and procedures to promote equity, diversity and inclusion in employment and education. **At the office you can learn about equity, human rights, and diversity and inclusion and get help with sexualized violence, discrimination and harassment.**

Sexualized violence prevention and support

UVic believes that everyone has the right to live, learn, work and play in an environment free from sexualized violence. It is up to us to collectively prevent sexualized violence.

Prevention begins with respecting one another, being aware of other people's boundaries, and practicing consent in all of our interactions. This includes everything from seemingly little things, like posting someone's photo online, to the bigger things that involve asking someone for a kiss or out on a date.

The Sexualized Violence Resource Office in EQHR:

- provides information about support options on- and off- campus as well as direct referrals.
- provides information and advice about options under the *Sexualized Violence Prevention and Response Policy*.
- receives disclosures.
- coordinates on- and off-campus supports.
- is the place on campus to file a formal report that could lead to an investigation under the *Sexualized Violence Prevention and Response Policy.*
- coordinates education and prevention efforts on campus for students, faculty and staff.
- creates and delivers prevention workshops and presentations.

Links for harassment, EDI and sexualized violence:

- Policy on Human Rights, Equity and Fairness
- Discrimination and Harassment Policy
- Sexualized Violence Prevention and Response Policy

Contact

Sexualized Violence Resource Office: 250-721-8786

Victoria Sexual Assault Centre and Sexual Assault Clinic: 250-383-3232

Anti-Violence Project: 250-472-4388

Counselling Services: 250-721-8341

Jamie Garrett, Student Support Coordinator, Varsity Athlete Specialist: sscvikes@uvic.ca


FUN
THIS MEANS MORE


PASSION
LIVE ABOVE THE LINE

05

DRUG-FREE SPORT

Drug-free sport

The Vikes varsity program adheres to the U SPORTS, Sport Integrity Canada and World Anti-Doping Association (WADA) regulations for drug education, use and policy including:

- A mandatory online drug education session *True Sport Clean* for all student-athletes participating in the Vikes varsity program.
- Strict opposition to the use of any banned or restricted substance or methods in contravention of U SPORTS rules and the rules of the National and/or International Sport Federations and the International Olympic Committee.
- Strongly discouraging the use of such substances and/or methods by individuals in positions of leadership in university sport (coaches, athletic staff, medical practitioners, sport scientists, administrators) or by the student-athletes themselves.
- Random testing of Vikes student-athletes occurs in U SPORTS sports during the competitive season.

Cannabis and alcohol use

As a Vikes student-athlete, your choices around substance use can impact your health, performance, and your ability to represent your team and the university.

The legal age for both alcohol and cannabis use in British Columbia is 19 years of age. Student-athletes are expected to comply with all applicable laws and university policies.

Rules for drug-free sport

Avoid performance enhancing drugs (i.e. anabolic steroids) and/or techniques (i.e. blood doping), as outlined by Sport Integrity Canada. Student-athletes who engage in or observe the use of such substance or techniques by another student-athlete are required to report the conduct to the Head Athletic Therapist or to Vikes leadership staff.

Understand banned substances list.

Participate in the required drug education programs from U SPORTS or Vikes Athletics.

Consult your doctor and/or the Athletic Therapist if you are unsure about the use of prescriptions or over-the-counter medications.

If you are concerned about yourself or someone else's substance use, confidential support and information is available at the Student Health and Wellness Centre. Or tell someone in Vikes Athletics you trust.

Substance use, including cannabis and alcohol, can impact hydration, sleep, recovery, judgment, and overall performance. Student-athletes are encouraged to make informed decisions and consider timing, potential performance impacts, and their responsibilities as varsity athletes.

Under anti-doping rules, cannabis is a prohibited substance during in-competition periods. However, for student-athletes competing in U SPORTS who are not part of a national testing pool, cannabis is not typically included in routine testing. For more information visit *Sport Integrity Canada's Cannabis Considerations for Student Athletes*.

Student-athletes are expected to refrain from the use of alcohol and cannabis while representing Vikes Athletics. This includes during practices and competitions as well as in Vikes provided spaces such as locker rooms, hotel rooms, airports, public transportation and vehicles transporting athletes to and from events while representing your team.

Membership on a Vikes varsity team is a privilege. Student-athletes are expected to demonstrate leadership, accountability, and sound decision-making, and to **Live Above the Line** in all environments.

Links for drug-free sport:

- Student Wellness
- WADA - What is Prohibited?
- Sport Integrity Canada - Anti-doping
- Sport Integrity Canada - Cannabis Considerations for Student Athletes
- Cannabis in Sport Education Kit




ORGANISED
LIVE ABOVE THE LINE


POSITIVITY
THIS MEANS MORE

06

TEAM SELECTION

Team selection

All Vikes varsity teams are committed to selecting student-athletes who are positive ambassadors for UVic and who demonstrate the potential to be successful academically, athletically and contribute to the community when representing UVic at the highest level of competitive sport for student-athletes in Canada.

Selection eligibility

Student-athletes wishing to be considered for selection onto a varsity team must contact the Head Coach. Entry and participation in the selection process each season is by invite only.

Student-athletes must meet all requirements of UVic's and Vikes Wellness, Recreation and Athletics department's policies; understand and be willing to uphold team specific expectations (rules, charters, and values); and be eligible based on the regulations of Canada West, U SPORTS, and/or other respective sport-governing bodies.

A UVic student-athlete is expected to **Live Above the Line** by demonstrating the highest pursuit of ethical and drug free sport, fair play, integrity, inclusion, and respect for others at all times. Past behavioral conduct violations of any policy at the University of Victoria and/or any other institutions may restrict a student-athlete's eligibility

It is important that every potential varsity athlete becomes familiar with the team selection process for each individual sport prior to trying out. The head coach has the final authority on decisions for each team.

Contact

For questions and concerns about team selection contact your head coach.

Links for team selection:

- Team selection documents are available in your sport's channel on Microsoft Teams (Your Team channel → Selection).



07

ELIGIBILITY



Eligibility

It is the student-athlete's responsibility to ensure they meet eligibility requirements. Below is a short list of usual rules, but you are required to read the full policy on your own.

U SPORTS, Canada West, Canadian University competition

- Enroll in minimum 4.5 units (3 "normal" half-year courses) in term in which you are competing.
- Maintain full-time status
- Pass minimum 9 units (3 full-year courses or 6 half-year courses) during the academic year (September–August)
- Five years of eligibility

Please refer to the most up-to-date version of the *U SPORTS Eligibility Rules*.

NAIA

- Enroll in minimum 6.0 units (4 "normal" half-year courses) in term in which you are competing.
- Maintain full-time status
- Pass minimum 12 units (4 full year courses or 8 half-year courses) during the academic year (September–August)
- Four years of eligibility

Please refer to the most up-to-date version of the *NAIA Eligibility Bylaws*.

Disclosure of previous play or competition at previous university is required.

Links for eligibilty:

- U SPORTS Eligibility Rules
- NAIA Eligibility Bylaws

Vikes Athlete Portal

Vikes Athletics mandates additional eligibility criteria for student-athletes, reinforcing our commitment to a learning-centered environment and medical support. These include requirements such as: Safe Sport education, concussion Education, anti-doping education, medical intake forms.

These forms are tracked in our registration platform the Vikes Athlete Portal—which you are required to register with when you join a Vikes sport.

All eligibility requirements have deadlines which must be met in order to participate. Deadlines are shared annually through your Microsoft Teams channel.

Vikes team communication

Vikes Athletics communicates through Microsoft Teams. All student-athletes, coaches and staff are provided a team channel with avenues to find information and communicate with each other.

Your coach will provide you with a code to join your specific sport channel when appropriate.

Contact

Julianne Zussman
Associate Director, Sport Compliance and Student Support
Office: CARSA A244
jzussman@uvic.ca

DISCIPLINED

THIS MEANS MORE



ACCOUNTABILITY

LIVE ABOVE THE LINE

08

STUDENT-ATHLETE CONCERN AND COMPLAINT PROCESS

At Vikes, we pride ourselves on having a welcoming and open-door policy for student-athletes and you are encouraged to connect with Vikes staff to discuss any issue at any time.



Student-athlete concern and complaint process

At Vikes, we pride ourselves on having a welcoming and open-door policy for student-athletes and you are encouraged to connect with Vikes staff to discuss any issue at any time.

Information options for reporting concerns, supports and resources are outlined in the *Vikes Reporting Options and Support Resources* document. This can be used for student-athletes who believe they have experienced:

- discrimination
- unfair or inappropriate treatment
- sexualized violence
- or anything that has made them feel unsafe

This relates to their participation in a sport related program, by a fellow student-athlete, a coach, a teammate support staff member, or other Vikes authorized individual within the Wellness, Recreation and Athletics department. Complaints are treated seriously and as privately as possible under the circumstances. Retaliation for filing or participating in the complaint process is strictly prohibited and will be dealt with appropriately, and in accordance with any applicable policy.

We encourage you to speak up whenever you feel that you or another student-athlete has been treated unfairly. If you feel it is appropriate and possible, you should attempt to resolve the issue directly with the other person(s) involved.

Links for concerns and complaint process:

- Vikes Reporting Options and Support Resources

Contact

Julianne Zussman
Associate Director, Sport Compliance and Student Support
Office: CARSA A244
jzussman@uvic.ca

09

FUNDRAISING

As a Vike you will be asked to support the program by finding new avenues for donors and sharing our Vikes story on campus and through online networks. Your coaches and support staff will provide assistance along the way to make your program as successful as possible.

Vikes Championship Breakfast

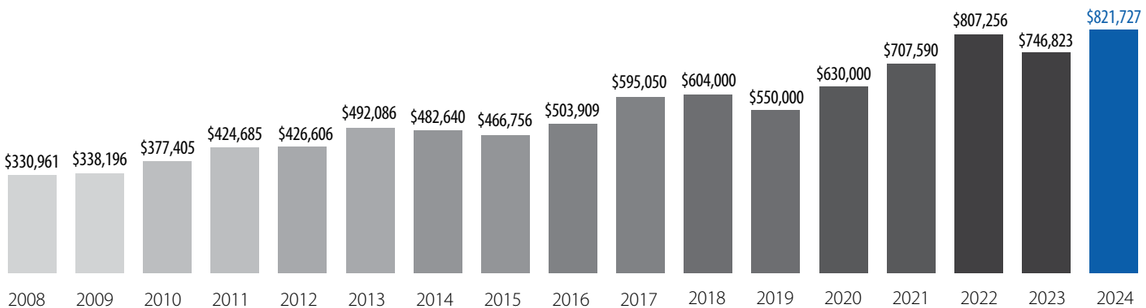
Since 2008, the Vikes Championship Breakfast **has raised over $9.3 million** for the Department of Wellness, Recreation, and Athletics, making it the department's largest annual fundraiser, with **more than $1.8 million now fully endowed**. The support generated by the event helps with both recruitment and retention, allowing Vikes varsity student-athletes the opportunity to compete at the highest level year in and year out. Varsity teams take pride in supporting the Vikes Championship Breakfast, a key event with **all funds raised supporting student-athlete scholarships**:

- 75% directed to the current fiscal year
- 25% dedicated to Vikes endowments.

The University of Victoria generously provides $250,000 annually in supporting funds.



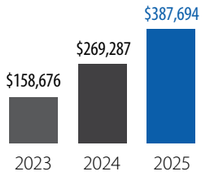




Vikes Giving Day

Launched in 2023, Vikes Giving Day brings varsity and club student-athletes together to raise awareness and funds for new equipment, travel support, and program upgrades.

In its first years, twelve varsity sports and 10 clubs **raised over $800,000** to support our programs. All proceeds brought in by Vikes Giving Day go directly to the sport and initiatives determined by that program.



Links for fundraising:

-
- Vikes Giving Day

Contact

Julianne Zussman
Associate Director, Sport Compliance and Student Support
Office: CARSA A244
jzussman@uvic.ca




DEDICATED
LIVE ABOVE THE LINE


ROLE MODEL
THIS MEANS MORE

10

MEDIA

As a Vikes student-athlete, your team may be covered by local and national media before, during or outside competitions. If media approach you directly, please direct all media inquiries to Kelley O'Grady, Vikes communications officer. When an opportunity with a specific media outlet is secured, the media team will let you know if you are required to do an interview.

Contact

Kelley O'Grady
Communications Officer
Office: CARSA A245
kelleyogrady@uvic.ca



Social media

Your presence on social media while a varsity student-athlete should reflect the values Vikes athletics represents.

As a member, you represent the University, your team, family and the Vikes Athletics department.

Key points to remember about social media

- Student-athletes should be leaders and ambassadors on social media.
- Everything you post is public information.
- Employers, college admissions, recruiters and other teams review social media sites for evaluation.
- Use it effectively to help build your brand, our brand and the community, our teams and our school.
- Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the site and may be searchable even after you remove it.
- Your comments, likes, who you follow, what you respond to and share are all reflections of you.

Rules for social media

- Refrain from using any sort of derogatory, foul, offensive, or rude language.
- Do not post about fans, opposing teams, teammates, other Vikes teams/players, referees, coaches, host institutions, sponsors, community organizations and students in a negative light.
- Refrain from posting any comments to your social media accounts regarding alcohol or drugs.
- Decisions or headline news made by the department, referees and Canada West/U SPORTS that you do not necessarily agree with, should not be protested online.
- As representatives of the Vikes program your social media accounts are a reflection of the department and the university as a whole. If the department deems the messages are inappropriate, then the department through your coach will take disciplinary actions.

11

SUPPORT SERVICES

Supporting Vikes varsity athlete health and wellbeing is a priority. Our Vikes varsity performance sport program is committed to positively transforming lives through the advancement of high performing individuals and teams within a safe, inclusive, and learning-centered environment. This learning-centered culture combines support, opportunity and accountability in the unique arena where academia and competitive sports intersect.

Creating an environment where athlete health and wellbeing is a priority means creating an environment where varsity athletes feel informed about the resources available to them and supported to connect with those resources.





As a student-athlete at the University of Victoria, you have access to a wide variety of support services. Vikes Athletics is here to support you both academically and athletically by helping you connect with the resources that best fit your needs.

Student-athlete support services

Student Support Coordinator, Varsity Athlete Specialist

Jamie Garrett works as a Student Support Coordinator at the university's Office of Student Life with a specialized focus on supporting student-athletes. Jamie works closely with Vikes Athletics to support its student athletes by:

- Coordinating education, prevention, intervention, and support efforts across campus and community systems for student-athletes in general and specifically student-athletes at risk and those facing crises. She plays a key role in the management of complex / high-risk student-athlete issues.
- Providing ongoing support and guidance for student-athletes impacted by physical, sexual or self-directed violence in understanding reporting options, and accessing campus /community support resources.
- Serving as a key point of contact for liaising with students / families in complex student matters.
- Gathering information on complex and multi-dimensional student matters in order to help identify support / resource options for student-athletes.
- Coordinating care, implementing referrals and following-up on student issues requiring case management support.

Associate Director, Sport Compliance & Student Support

Julianne Zussman serves as the department lead on student support and compliance needs for varsity student-athletes. She acts as a liaison for student support services by being a point of contact for all student-athletes and managing student-athlete complaints, concerns and direction through the student- wellness teams channel. She also provides support and direction on compliance needs such as confirming eligibility status in your league or working through required appeals or academic needs to meet league requirements. She plays a key role in the management of our student-athlete code of conduct and policies and works directly with student-athletes.

Contact

Jamie Garrett
Student Support Coordinator, Varsity Athlete Specialist
Office of Student Life
sscvikes@uvic.ca

Julianne Zussman
Associate Director, Sport Compliance and Student Support
Office: CARSA A244
jzussman@uvic.ca





COMMITMENT

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UNITY

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ACADEMIC SUPPORT

Academic support

Meeting the expectations of academic course work and varsity sport can be challenging. Here are some general tips:

- Introduce yourself to your instructors/ professors on the first day of classes.
- Be involved, visible and active in class.
- Be prepared for class.
- Seek assistance from our Vikes team or your coach if you require support.
- Be pro-active regarding travel schedules, missed exams and assignments.
- Be on time.

Missing exams and assignments

If you need to miss an exam or assignment, you will need a letter from athletics confirming your absence that you will send to your instructor. To request a letter from athletics, please email vikesadsport@uvic.ca with the following information:

- course and section
- travel dates,
- sport
- name
- student number

It takes time to create a letter, please allow sufficient time between the date of your request and the date you need the letter.

Varsity Student-athlete academic advising at CARSA

Academic advising appointments are available at CARSA for varsity student-athletes in humanities, sciences and social sciences. For those student-athletes in a faculty other than Tri-Faculties noted above, contact the advising office within your faculty.

Varsity athletes have allotted times for academic advising:

Wednesdays at 10:00AM, 10:30AM, 11:00AM, 11:30AM

To book appointments, email athleticsclerk@uvic.ca providing the following information:

- full name
- V number
- cell phone number
- faculty
- sport

You can also call the front desk at 250-721-7567 ext. 6 to book an appointment with another adviser in the centre.

All other faculties can find academic advising appointments at **UVic Academic Advising.**

Centre for Accessible Learning

The Centre for Accessible Learning (CAL) is responsible for leading the coordination of student focused accessible learning model and delivers training and education to further the University's commitment to provide equal access to all academic programs. CAL is a core academic support unit for students and faculty.

Available to students with:

- a diagnosed learning disability
- ADHD
- mental health challenge
- long-term recurring physical or sensory disability
- chronic health challenge

After registering, you can access academic accommodations to address barriers to your education and be a part of CAL run programs. CAL will work with you, your instructors and others to create learning environments that are equitable, inclusive and usable.

Register here.

Academic Advising Centre

At the Academic Advising Centre students can meet with an academic advisor who can help them create and academic plan to meet the requirements of their degree and determine steps to navigate various academic processes.

Same-day in-person bookings available on

Mon., Wed., Thu.: 8:30AM–4:00PM

Tue., Fri.: 8:30AM–12:00PM.

Links for academic support:

- Academic Advising Office (humanities, sciences, social sciences)
- Academic advising for education
- Academic advising for engineering
- Academic for fine arts
- Centre for Accessible Learning
- UVic Academic Advising

Contact

Academic Advising Office and Centre for Accessible Learning
Front desk: calfrontdesk@uvic.ca
General inquiries: infocal@uvic.ca

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FINANCIAL AID, AWARDS AND SCHOLARSHIPS

Financial aid, awards and scholarships

The Vikes and the University of Victoria are committed to supporting student-athletes on and off the field of play. Competing in varsity performance sport and succeeding in the classroom is significant and can limit time for part time employment.

UVic offers scholarships and athletic financial awards (AFA) to help support our student-athletes. Vikes athletes are eligible for a variety of sport-specific and general awards that are distributed out based upon athletic, academic and leadership criteria.

Athletic financial award (AFA)

AFAs are funded through proceeds from annual fundraisers and events.

AFAs are awarded to Vikes varsity athletes on the basis of work ethic, commitment and performance by the Director of Varsity Performance in consultation with the Varsity Head Coach and the Senior Director of Wellness, Recreation and Athletics. Student-athletes will be notified if they have been selected to receive an AFA.

Most athletic awards are distributed in January, prior to the spring term fee deadline. The funds are deposited directly to your tuition fee account by Student Awards and Financial Aid.

Student awards and financial aid

The Student Awards and Financial Aid Office has detailed information and budgeting support for a wide variety of financial options (student loans, emergency loans, scholarships, bursaries, etc.). They also offer one-on-one meetings with students to discuss their individual circumstances.

Award Eligibility

New student-athletes
As of 2024/25, first-time entering student-athletes are permitted to participate and receive an athletic scholarship so long as they have been accepted into UVic and are enrolled in degree granting courses.

Returning and transfer student-athletes
Satisfy U SPORTS academic requirements by passing 9.0 units with a minimum 65% sessional GPA in the preceding year AND have a minimum 65% GPA in the preceding year.

All student-athletes
Qualify for AFAs as per U SPORTS Athletic Financial Awards Policy, even those in non-U SPORTS sports.

Gender equality

The University of Victoria distributes a minimum of 45% of our total athletic scholarship units to student-athletes on women's teams and a minimum of 45% to student-athletes on men's teams.

Links for financial awards and scholarships:

- Student Awards and Financial Aid Office
- U SPORTS Athletic Financial Awards

Contact

Julianne Zussman
Associate Director, Sport Compliance and Student Support
Office: CARSA A244
jzussman@uvic.ca

Student Awards and Financial Aid Office
Office of the Registrar
Jamie Cassels Centre A202
finaid@uvic.ca



Vikes Honour Roll

The University of Victoria Vikes celebrate annually the announcement of several student-athletes being named to the Vikes Honour Roll. Recipients from the previous academic year (September–August) are celebrated, while the student-athlete with the top academic average is honoured with the Provost Award.

The Vikes Honour Roll recipients are student-athletes who achieved a minimum of a 7.0 sessional GPA during the previous academic year, while training and competing at the highest level of sport. Each student-athlete receives a $500 Vikes Honour Roll Award thanks to the generous support of the University of Victoria and our partners on and off campus.

The Provost Award winner is a returning student-athlete who receives a further $500 athletic financial award, for a total of $1,000, and is honoured again at the end of year Celebration of Champions.

All student-athletes from teams that compete in U SPORTS also receive U SPORTS Academic All-Canadian honours, acknowledged by a certificate from U SPORTS.

Eligibility

The Vikes Honour Roll standards follow *U SPORTS Policy 60: Honours* which states the following eligibility requirements, among others:

- Student-athlete in good standing,
- Completed a minimum of 9.0 units (equivalent to 18 credit hours per U SPORTS policy) in the previous academic year (September to August),
- An equivalent 7.0 sessional GPA (A- or 80%) average or better,
- Used a year of eligibility for that sport.

Note that all Vikes varsity student-athletes are eligible for the Vikes Honour Roll, not only those that compete in U SPORTS. ■



VIKES HONOUR ROLL 2024-25



JADEN DAWSON
MONIKA ARCADI
BEN SESHARDI (not pictured)
RHY PATTERNSON (not pictured)

2024-25 PROVOST AWARD WINNERS



CHECK IN

LIVE ABOVE THE LINE



EFFORT

THIS MEANS MORE

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HEALTH AND WELLNESS

Supporting student-athlete health and wellbeing is an important part of the department's commitment to fostering a safe and welcoming sport environment.



Office of Student Life

The Office of Student Life (OSL) is dedicated to promoting a safe and inclusive campus community in support of fairness, responsibility and respect for all. OSL investigates and responds to student non-academic conduct matters, and provides one on one support to students through a student support coordination program. OSL also collaborates with a number of university offices and student groups to offer preventative and educational programming intended to support the wellbeing and development of UVic students.

The Student Wellness Centre

The Student Wellness Centre (SWC) aims to provide holistic care to support UVic students' wellbeing: emotionally, physically and spiritually. The SWC team includes counsellors, doctors, nurses, psychiatrists, administrative staff, chaplains and other practitioners. Contact them and they will connect you with the services and people that best suits your circumstances.

The Student Wellness Centre

The Student Wellness Centre is located in the Health and Wellness Building.

Hours of operation:

Mon., Tue., Thu., Fri.: 8:30AM–4:30PM (closed 12–1PM)
Wed: 10:00AM–4:30PM (closed 12–1PM)

Phone: 250-721-8563 (turned off at 3:00PM)

Counselling
Counsellors can help you make positive changes in your thinking and behaviour to improve your mental health and wellbeing. Your counsellor can work with you to explore concerns (e.g., stress, anxiety, depression, loneliness), gain insight and learn new coping strategies.

Health
Counselling and Health offer UVic students same-day and pre-booked appointments with counsellors, doctors and nurses.

Multifaith
Note: located next to the Finnerty Gardens. The Multifaith Centre contains Multifaith Services, which represents more than a dozen faiths.

Hours of operation:

Monday–Friday: 8:30AM–4:30PM (closed 12–1PM)

Phone: 250-721-8338

Nutrition

Healthy eating and proper nutrition helps support overall health and wellbeing and is helpful when striving to achieve academic and athletic goals. Nutritional needs will vary by athlete and support is available from a variety of sources. Student-athletes can consult with their coaches, schedule an appointment with a physician or other medical practitioner at the Student Wellness Centre and / or contact the campus dietitian.

Supplements

The Canadian Centre for Ethics in Sport does not recommend the use of supplements and advises to use them at your own risk. They may contain prohibited substances or may inadvertently be contaminated with prohibited substances which can jeopardize your varsity status. Athletes have a personal responsibility to evaluate the risks associated with supplements before using them.

NSF Certified for Sport: Helps athletes, dietitians, coaches, and consumers around the world make safer decisions when choosing sport supplements, functional foods, and personal care products.

Eating disorders

Disordered eating can occur - primary types of eating disorders are anorexia nervosa and bulimia; both are characterized by fear of weight gain, feelings of ineffectiveness and low self- esteem. Anorexia is identified as drastic weight loss from dieting and is often accompanied by intense exercise. Bulimia is distinguished fluctuations in weight and cycles of binge eating followed by purging or ridding the body of unwanted food. Researchers and physicians have recognized that eating disorders among highly active, competitive athletes are often accompanied by additional medical and physical complications. It is for this reason that coaches, staff and our medical team take these situations seriously.

Mental health

It is very normal for any person, including varsity athletes, to experience variation in their mental health. Student-athletes may experience personal difficulties related to a wide range of life experiences. These can include but are not limited to: academic stress; physical injury / illness, mental health challenges; personal tragedy or crisis; witnessing a distressing event; experiencing loss etc.

Mental wellbeing can range from optimal high performance; to healthy and adaptive coping; to mild and reversible distress, to more severe and persistence difficulties with day to day functioning; to illness that may require concentrated or on-going intervention.

Varsity athletes, coaches and staff all play an important role in noticing student athletes who may be struggling. When an athlete, coach or staff member have concerns for a student-athlete's wellbeing, they have options. They can begin a conversation with the athlete themselves, help the athlete connect with support resources directly and/or consult with resources to refer the athlete to appropriate support services.

SUPPORTS ARE AVAILABLE. REACH OUT.

Contact

Leanne Halligey, RD
Campus Dietitian and Coordinator, Nutrition Programming and Services
University Food Services
unfsdietitian@uvic.ca

Jamie Garrett
Student Support Coordinator, Varsity Athlete Specialist
Office of Student Life
sscvikes@uvic.ca

Links for health and wellness:

- Office of Student Life
- The Student Wellness Centre
- Multifaith Centre
- University Food Services nutrition
- NSF



Photo: Rene Bohmer via Unsplash

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CAMPUS SUPPORTS

Campus Security

UVic Campus Security officers are on duty **24 hours a day, seven days a week,** and are available to respond to health and safety concerns.

SafeWalk Program

Available to members of the university community **24 hours a day, 7 days a week**. The escort service is provided from building to building, building to vehicle, and vice versa within the boundaries of the campus, including the Ian Stewart Complex.

Call 250-721-7599

Campus Alone Program

A UVic program initiated and provided by Campus Security Services and is available to all members of the campus community who work or study on campus during the quiet hours of evenings, weekends, holidays, etc.

Call 250-721-6683

Office of the Ombudsperson

The ombuds office is an independent, impartial, and confidential resource for undergraduate and graduate students and other members of the University of Victoria community. The ombudsperson helps resolve student problems or disputes fairly. The ombudsperson can:

- help you understand your options, rights and responsibilities
- coach you in constructive ways of raising an issue or complaint
- facilitate communication or problem-solve
- assist in the use of appeal procedures
- investigate and make recommendations

Contact the office at:

Student Union Building (SUB) Room B 205
250-721-8357
uvicombudsperson.ca
ombuddy@uvic.ca
Mon.–Thu.: 9:00AM–3:00PM

Links for campus supports:

- Campus Security
- Office of Ombudsperson




BELONGING
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RESILIENCE
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SPORTS MEDICINE

Sports Medicine

A talented team of practitioners provides service to Vikes varsity student-athletes. Being a Vike is a privilege and comes with a responsibility to yourself and your teammates to be in top physical condition. As a Vike, you have access to our world-class sports injury clinic to ensure you perform your best.

Concussion Policy

All varsity student-athletes in high-risk collision or contact sports or who have a history of concussion must undergo annual base line concussion testing with the Varsity Sports Injury Clinic.

Injury and Illness Protocol

If an injury or illness is affecting training, please contact your coach and sports therapist immediately and follow the steps outlined in the *Injury and Illness Protocol* document.

Varsity Sports Injury Clinic

The Varsity Sports Injury Clinic is an on-site clinic that provides care for varsity student-athletes. The clinic practitioners are:

- **Traci Vander Byl**: Head Athletic Therapist
- **Andrew McMillan**: Athletic Therapist
- **Kim Oslund**: Assistant Athletic Therapist
- **Dr. Steve Martin**: Physician
- **Isaac Davies**: Physiotherapist

Appointments

For regular appointments email **sic@uvic.ca** or call **250-472-4057.**

In the event of weekend injuries email **sic@uvic.ca** on the day of injury. Athletes will follow up by calling at 8:00AM Monday morning to be seen by the athletic therapists during the reserved weekend injury appointments.

Injuries/issues must be looked at in a timely manner. If athletes are using a local therapist/ practitioner for care, that community therapist must keep the UVic medical and or therapy staff informed of treatment plan. All injuries are cleared by UVic medical staff regardless prior to return to competition.

Links for sports medicine:

- Concussion Policy
- Injury and Illness Protocol
- Varsity Sports Injury Clinic

Contact

Varsity Sports Injury Clinic
Office: CARSA B165G
250-472-4057
sic@uvic.ca



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STRENGTH AND CONDITIONING



The Strength and Conditioning team philosophy:

Honoring Vikes talent is a process.
Honoring Vikes talent cannot be achieved in one session or one day.
Honoring Vikes talent cannot be accomplished at random.
Honoring Vikes talent demands discipline, hunger, and humility.

The Strength and Conditioning team purpose:

Always assist and support performance.
Deliver evidence-based training programs.
Measure where possible.
Simple yet significant.

Strength and Conditioning

The Strength and Conditioning (S&C) team at UVic provide a systematic approach to training designed to maximize the physical talent of all Vikes.

Vikes highly dedicated and passionate S&C team oversee all facets of physical preparation including warm-up, cool-down, mobility, strength and power training, conditioning workouts and speed development. We are committed to help Vikes improve upon both the physical and mental aspects of sport performance. Combing evidence-based training with humility and hunger allows our team to remain dynamic, consistently challenging and adapting in order ensure that all Vikes progress and honor their talent.

Expectations

Vikes strength and conditioning is an all-year process. As a Vike you are invited fully engage in all assigned S&C training tasks throughout the year. The leadership of veteran athletes is heavily relied upon to lead the way in creating a successful Vikes S&C culture. Like all sport specific practices, the expectation is for all student-athletes to attend S&C sessions during your team time slots (with flexibility to allow for classes).

Summer Program

The Vikes S&C team is committed to help you reach your potential twelve months of the year. Vikes are invited to stay and train daily together.

Training will use all the university's sports facilities and include regular sport specific conditioning, speed, agility, mobility and resistance sessions.

At home sessions through Teambuildr are available for those who are unable to stay in Victoria throughout the summer.

Summer sessions:

Monday & Thursday

4:30PM –speed (Field 7), 5:30PM – weights (CARSA)

Tuesday & Friday

5:30PM – weights (CARSA)

Student Pathway

The experiential pathway where the journey of Canada's future S&C coaches begins!

This unique and highly competitive opportunity is a class-credited five academic term (2.5 year) experiential pathway open to EHPE students. Through exposure to UVic's varsity sports program and working with current Vikes, the intention is to fast track the applied knowledge, coaching and leaderships skills of Canada's future world-class sport practitioners. For information contact Dana Agar-Newman.

Links for strength and conditioning:

- Vikes Strength and Conditioning

BE RESPECTFUL

- Respect others time (Be punctual).
- Respect the coaches and your teammates (No headphones).
- Respect the facilities and our community (No swearing).

BE PROUD

- Take pride in trying to achieve something unique, as a Vike. Wear Vikes gear.
- Take pride that out of ~22,000 students on campus only 350 are Vikes. Wear Vikes gear.

STAY HUNGRY BE HUMBLE

- Get after it! But remember no one knows everything.
- Walk with pride, speak with humility.

Contact

Dr. Dana Agar-Newman
Head Strength and Conditioning Coach
Office: CARSA A255
dagar-newman@csipacific.ca



Photo: Jonathan Borba via Unsplash

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VARSITY LEADERSHIP

Varsity Leadership Council

Vikes Varsity Leadership Council provides advice and recommendations to Vikes Wellness, Recreation and Athletics senior leadership regarding the enhancement of the student-athlete experience and overall culture and operations of the varsity athletics program. It is comprised of senior members of each Vikes varsity team and responsibilities include:

- Sharing critical information and successes from the department back to their teams.
- Offering feedback and ideas for new initiatives.
- Leading the Vikes Welcome! annually.
- Supporting and voting on initiatives such as the Celebration of Champions and fundraising events.

Contact

Nick Clarke
Director, Varsity Performance Sport
nickclarke@uvic.ca

Varsity Engagement Committee

The Varsity Engagement Committee provides engagement opportunities between varsity programs. This includes:

- Varsity social events.
- Varsity involvement in campus events.
- Volunteering around campus.
- Promoting and sharing opportunities within the University of Victoria.

Contact

Olivia Thoen
Campus Engagement Officer
oliviathoen@uvic.ca

Student Athlete of Colour Leadership Council

The Student-Athlete of Colour Leadership Council is a student-led initiative within the varsity athletics program that empowers and supports racialized student-athletes. The council provides a platform for advocacy, and community building, while promoting equity, inclusion, and representation across all sports. In addition to supporting community-building efforts, the council actively engages in consultation and collaboration around key initiatives such as Black History Month programming and Truth and Reconciliation efforts.

Contact

Julianne Zussman
Associate Director, Sport Compliance and Student Support
jzussman@uvic.ca

Chanelle Challenger
Youth Programs Coordinator
cve@uvic.ca





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DEPARTMENT CONTACTS

Name	Title	Email	Phone	Office
Nicole Greengoe	Executive Director, Wellness, Recreation and Athletics	ngreengoe@uvic.ca	250-472-5277	A250
Dr. Nick Clarke	Director, Varsity Performance Sport	nickclarke@uvic.ca		A252
Julianne Zussman	Associate Director, Sport Compliance and Student Support	jzussman@uvic.ca	250-472-5161	A244
Lori Zehr	Director, Operations and Infrastructure Development	lzehr@uvic.ca	250-721-8412	A238
Melissa Keil	Director, Recreation, Marketing and Engagement	mkeil@uvic.ca	250-721-7590	A228
Jamie Garrett	Student Support Coordinator, Varsity Athlete Specialist	sscvikes@uvic.ca	250-472-5782	JCC B202
Gail Milliken	Administrative Assistant to the Executive Director	gmillike@uvic.ca	250-721-8409	A249
Alexis Chevalier	Athletics Administrative Officer	achevalier@uvic.ca	250-216-1594	A248
Dana Agar-Newman	Head Strength and Conditioning Coach	dagar-newman@csipacific.ca		A255
Traci Vander Byl	Athletic Therapist	tvanderbyl@uvic.ca	250-721-6130	B165d
Andrew McMillan	Athletic Therapist	andrewmcmillan@uvic.ca		B165d
Kim Oslund	Assistant Athletic Therapist	vikesat2@uvic.ca	250-472-4057	B165d

Full staff list available at govikesgo.com/staff.



ONCE A VIKE ALWAYS A VIKE. HAVE A GREAT SEASON!
GO VIKES GO