



HOFSTRA

Campus Recreation

Club Sports Handbook

Campus Recreation

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Mission Statement

The mission of Campus Recreation is to provide a welcoming environment that supports the education of the campus community on the value of a healthy lifestyle. The mission also supports the physical well-being of all, particularly students. Collaboration with the entire University community offers inclusive, diversified recreational programs that along with premier facilities, encourage active participation and engagement in both a formal and informal setting.

Introduction to Club Sports

The primary purpose of the Club Sports program is to enhance the college experience of Hofstra University students with an opportunity to compete in a variety of athletic activities. Club Sports are student organizations that offer competition in a specific sport on a recreational collegiate level. Club sports are intended to be recreational and competitive, as well as educational and instructional. Another core function is to connect students who share a common interest in a specific sport. They are voluntary and welcoming of any-and-all skill levels.

Clubs and organizations are self-managed by student leaders from within the club and they receive administrative support from the Department of Campus Recreation (located in the Fitness Center).

Hofstra offers two types of Club Sports: **Recreational** and **Competitive**. Recreational clubs are comprised of students sharing an interest in a sport who wish to gather, have club events and practices, but do not compete in any competitions or organized leagues off campus. Competitive clubs are those in which teams choose to compete against other schools or programs through leagues and organized play. It is required that competitive clubs have an approved coach.

COMPETITIVE	EMAIL
Club Baseball	baseball.club@pride.hofstra.edu
Equestrian Club	equestrian.club@pride.hofstra.edu
Club Ice Hockey	icehockey.club@pride.hofstra.edu
Club Roller Hockey	rollerhockey.club@pride.hofstra.edu
Club Softball	softball.club@pride.hofstra.edu
Ultimate Frisbee Club	ultimatefrisbee.club@pride.hofstra.edu
Men's Club Basketball	mbasketball.club@pride.hofstra.edu
Men's Club Lacrosse	mlacrosse.club@pride.hofstra.edu
Men's Club Soccer	msoccer.club@pride.hofstra.edu
Men's Club Rugby	mrugby.club@pride.hofstra.edu
Men's Club Volleyball	mvolleyball.club@pride.hofstra.edu
Women's Club Basketball	wbasketball.club@pride.hofstra.edu
Women's Club Lacrosse	wlacrosse.club@pride.hofstra.edu
Women's Club Soccer	wsoccer.club@pride.hofstra.edu
Women's Club Rugby	wrugby.club@pride.hofstra.edu
Women's Club Volleyball	wvolleyball.club@pride.hofstra.edu
RECREATIONAL	
Badminton Club	badminton.club@pride.hofstra.edu

Fencing Club	fencing.club@pride.hofstra.edu
Rock Climbing Club	rockclimbing.club@pride.hofstra.edu
Ski and Snowboard Club	skiandsnowboard.club@pride.hofstra.edu
Table Tennis Club	tabletennis.club@pride.hofstra.edu
Club Tennis	tennis.club@pride.hofstra.edu

Starting a New Club Sport

Students who wish to start a new Club Sport must take the following steps:

- Contact the Associate Director of Campus Recreation in charge of Club Sports to notify them of the interest, discuss possibilities and consider insurance costs.

Visit (<https://www.hofstra.edu/student-leadership-engagement/about.html>)

New Club Recognition

To become a registered student organization at Hofstra University, you must:

Email OSLE@hofstra.edu and request a meeting with an advisor.

- Include your proposed organization name, a brief description of your organization, and what type of organization you're looking to be categorized as.
- Categories are: Academic, Service, Fraternity/Sorority, Graduate, Media, Multicultural, Performance, Politically/Socially Active, Pre-professional, Religious, Social/General Interest, Club Sports, Honor Society

GetInvolvedHU

GetInvolvedHU is the University's process for student involvement management, co-curricular transcripts, and student organization budgeting. All student clubs and organizations will need to use GetInvolvedHU to be registered with the University as a student group. This includes fraternities and sororities, Club Sports, academic and graduate student organizations.

There are several steps in the process: First, you will need to be registered with the University through GetInvolvedHU. This ensures that the Department of Campus Recreation has up to date information and has a method of communication with all groups. This also allows you to take advantage of the following services:

- Access to your club office
- Review and submit the approval of fliers and banners
- Request a student center atrium table
- Review and submit the approval of room reservations on campus

Secondly, you will give all required information about your group to SGA in order to be recognized by SGA and receive funding when applicable.

Please make sure you have ALL of the following information ready before you begin the registration process:

- Names of your President, Vice President and Treasurer
- Hofstra ID numbers (700 numbers) of all three members listed above
- Name, phone number and email of your Advisor

- Email addresses of all members listed above
- An electronic copy of your organization's constitution (PDF or MS Word document)

To register (Student):

1. Log into the Portal
2. Click on 'MY APPS' icon
3. Then click on 'GetInvolvedHU'
4. Follow the steps for registration

To register your Club or Organization:

1. Register yourself as a student
2. Click 'Organizations' (2nd on top list next to 'Home' tab)
3. Look for 'Register a New Organization' (Left column)
4. Click 'Register'
5. Follow the steps for registration

Maintaining Active Status

To receive funding and to host or participate in events, all clubs must have an active status, determined by the Rules Committee. "Active" status is easy to obtain and requires the following:

- a. A constitution approved by the Rules Committee and Full Senate.
- b. An active roster that includes 700 numbers for all members.
- c. Maintain an updated organization profile on GetInvolvedHU.
- d. Stay current on all paperwork required by the Department of Campus Recreation.

All paperwork and forms can be found at

<https://www.hofstra.edu/campus-recreation/club-sports.html>

Once the club is created, an election will need to be held in order to remain active. Clubs will need to hold elections as often as stated in the club constitution and will need to turn in a roster packet on a yearly basis.

Becoming Inactive or Defunct

If a club does not have any of the above-mentioned requirements, it is considered an inactive club and will be deactivated, meaning the club may not receive funding or hold events. If a club is deactivated twice in one semester, or remains inactive for more than three weeks, it is considered defunct.

Electing an Executive-Board (E-Board)

A common problem clubs have is holding proper elections. **In order to be valid, all club elections must have an SGA representative present.** This allows SGA to ensure proper conduct during all elections, and aids clubs in providing an active Executive Board in order to be considered active. In order to hold proper elections, be sure that you submit the proper election form (to be obtained from the SGA office) at least 7 days in advance. While these steps may seem cumbersome, SGA employs them in the interest of fairness. Unfortunately, if not followed properly, elections will have to be held again. New elections may be held at any time pending SGA approval.

An executive board (E-Board) is the group of club leaders voted into the positions listed below by the club members. The E-Board as a whole is responsible for providing leadership and ensuring that the club is administratively organized.

Required e-board positions include:

- a. **President** – responsible for submitting all club paperwork to the necessary parties. They are the liaison between the club and the Department of Campus Recreation.
- b. **Vice President** – responsible for assisting the President with administrative tasks and communications.
- c. **Treasurer** – responsible for all things monetarily involved; mainly organizing the club's finances and completing and submitting purchase orders, check requests, and dues.

Additional E-Board member positions can be elected as well.

Member Eligibility

As Club Sports are funded purely by student fees, all fee-paying undergraduate and graduate Hofstra University students are eligible to participate regardless of race, gender, religion, sexual orientation, ethnicity, or national origin. Alumni, faculty, and staff are not permitted to participate in any club. Graduate students are subject to an additional \$50 per semester fee to offset the difference in undergraduate and graduate student activity fees (this fee is subject to change). Payment may be made by the individual or the club and brought to the Senior Executive Secretary of Campus Recreation located in the Fitness Center.

Tryouts may be held, but all that wish to participate will be given the opportunity to do so. Membership cannot be denied based on performance. Club Sports cannot cut/dismiss any members from being involved. Organizations seeking to do so will be addressed on a case-by-case basis.

Individuals are not permitted to participate in any Club Sport related activity until they have completed and submitted the following paperwork to the Department of Campus Recreation:

- Participation Waiver Form
(http://www.hofstra.edu/pdf/studentaffairs/studentservices/reccenter/recctr_hofstra_waver.pdf).
- Emergency Contact Information Form
(http://www.hofstra.edu/pdf/studentaffairs/studentservices/reccenter/recctr_emergency_contactinfo.pdf).
- Player Conduct Agreement
(http://www.hofstra.edu/pdf/studentaffairs/studentservices/reccenter/recctr_conduct_agreement.pdf).
- Travel Waiver Form
(<http://www.hofstra.edu/pdf/studentaffairs/studentservices/reccenter/travel-waiver.pdf>).

Any roster changes, whether they be additions or subtractions, need to be submitted to the Department of Campus Recreation.

Successfully Leading a Club Sport

The effort put forth by the E-Board and Club Sport members has a direct correlation to the success of the club. Since club sports are internally managed by each clubs' members, the responsibility is solely on you and your teammates to effectively manage the club to a successful year. There are a few key components to effectively managing a club sport:

- a. **Keeping the club organized** – This means leadership, paperwork, practices, games, and all functions related to club operations.
- b. **Delegation** – Utilize the E-Board and club members to share task responsibilities. No one person should be doing all of the work.
- c. **Accountability** – Make sure that each E-Board member has distinct responsibilities that relate to their position and that each club member knows their responsibilities.
- d. **Communication** – Explain your goals and expectations of the club to the E-Board and club members. Open lines of communication with the Department of Campus Recreation and timeliness with information are crucial.
- e. **Relations** – It is extremely important to keep good relations with all departments on campus (including Athletics, Plant and Public Safety, etc.).

Your hard work doesn't go unrecognized. At the end of every school year, the Office of Student Leadership and Engagement hosts the Hofstra Student Leadership Awards. They recognize the effort put forth by student leaders and club members amongst the Hofstra community. For more info on the HSLAs, contact the Office of Student Leadership and Engagement.

Coaches

Club Sport coaches may be a Hofstra employee, graduate student, alumni, or a non-affiliated member of the community. Club advisors and currently registered Hofstra undergraduate students cannot coach a club sport.

Coaching Requirements and Duties:

- a. All competitive Club Sports must have a coach (see intro for difference between competitive vs. recreational).
- b. Coaches must possess a basic knowledge of the coached sport.
- c. The coach must have a valid CPR/AED certification from an accredited association like the American Red Cross.
- d. Coaches must abide by all applicable policies and regulations outlined in the Guide to Pride.
- e. Coaches are to provide technical assistance and teaching, on-field game management and administrative guidance. The emphasis remains on student leadership, so while it is not the coach's position to make decisions pertaining to the administration, it is important that coaches help students develop leadership skills necessary to make those decisions. The students coordinate and run the team administratively. Students, not coaches, will act as the liaison between the club and the Department of Campus Recreation.
- f. Coaches should designate playing time fairly based on skill level while trying to get all club members competitive playing time. It is expected that dedicated club members that attend all club events (practices, fundraisers, games, etc.) will get some competitive playing time.
- g. **A coach is required to be at all team practices, as well as all home and away games. No organized club activity can happen without the presence of a coach.**
- h. Coaches must always maintain good sportsmanship from their team.
- i. The Department of Campus Recreation has the right to remove any Club Sport coach if, in the opinion of the staff, the coach is not performing their responsibilities in the best interest of the club.

Play with PRIDE Guidelines

Play with PRIDE is an initiative at Hofstra University to create successful college and community-centered club sports and wellness and recreation clubs. Hofstra utilizes the following program as a way to assess the current status of the team & community, create strategic plans, and recognize and reward teams for their hard work and contributions.

Purpose

The purpose of Play with PRIDE is the following:

- Provide assessment information to Hofstra University
- Create strategic plans to help each team strive for excellence
- Identify excelling teams for recognition

Play with PRIDE (PwP) has been designed to provide Campus Recreation with a progress report for all teams at the end of each semester. Each item will be assigned a point value, and the team will be given a total score based upon all questions on the report

PwP is comprised of questions regarding many facets of team operations. Some questions will require short answers while others will require verification to be uploaded. Verification can be in

the form of letters, emails, documents, pictures, flyers, curriculums, a list of attendees, and/or other items that can accurately verify attendance and/or participation related to a particular item. Acceptance of verification is at the discretion of Campus Recreation.

Play with Pride Point System

Play with PRIDE is based on Hofstra's values. Each category will have different requirements that will be rated on the following scale:

PLAY WITH PRIDE POINT SYSTEM					
Play with PRIDE Club Sports			Play with PRIDE Recreational Sports		
Points	Rank	Standing	Points	Rank	Standing
36-42	Setting the Standard	Good Standing	20-24	Setting the Standard	Good Standing
27-35	Raising the Standard	Good Standing	15-19	Raising the Standard	Good Standing
21-26	Meeting the Standard	Good Standing	12-14	Meeting the Standard	Good Standing
14-20	Below the Standard	Warning	8-11	Below the Standard	Warning
0-13	Below the Standard	Probation	0-7	Below the Standard	Probation

Forms are to be completed by the end of Fall and Spring Semesters.
Links to each Form can be found [here](#).

Each portion of Play with PRIDE shall be scored and the total score will be used to determine a team's standing for the following semester. Based upon each team's cumulative score from all portions of Play with PRIDE, teams will be given a ranking. Should a team feel they were graded unfairly and wish to dispute their score, they may write a letter to the Director of Campus Recreation. Click [here](#) for the link to the Play with Pride rubric to be completed each semester.

Advisor

A Club Sports advisor's role is to advise the team and ensure the club members are following the University protocol. They are current University faculty, staff, and administrators that are available to counsel the club when necessary. Every student club, including all Club Sports, is highly encouraged to have an advisor. The primary difference in a Club Sport advisor and any other type of student club advisor is that if your coach can not make it to a practice or game, the advisor can replace the coach, and must be CPR/AED certified. Club Sports are required to find their own advisor for their club.

Please Note: The Associate Director in charge of Club Sports is your Program Advisor only; they cannot be your Club Advisor as well.

Equipment

Clubs are responsible for managing all equipment. Any purchase of equipment, apparel, or other team gear must be approved by the Director(s) of Campus Recreation. There are three types of equipment for club sports:

- a. **Personal** – equipment that personally belongs to a member. Members are responsible for their own personal equipment. Example: ice skates, cleats, mouth guard, baseball glove, etc. The Department of Campus Recreation will not store any personal equipment.
- b. **Reusable** – equipment that is purchased with club funds, belongs to the club, and must be returned and accounted for at the end of the school year. It is carried over from year to year until it is nonfunctional. Example: soccer balls, frisbees, table tennis nets, basketballs, etc. These items are stored with the Department of Campus Recreation.
- c. **Single Use** – equipment that is purchased with club funds and can only be used once. Example: grip tape, medical tape, swimmer's earplug, etc.

*****ALL PRACTICE GEAR, JERSEYS, LOGOS, AND UNIFORMS MUST FOLLOW THE ATHLETICS BRAND STYLE GUIDE AND BE APPROVED BY THE DEPARTMENT OF CAMPUS RECREATION.*****

Facility Reservations

a. Indoor/Outdoor Athletic Spaces

Listed below is what is available to Club Sports. Some facilities have limited availability.

- i. Intramural Fields
 - i. IM Softball (North and South)
 - ii. IM Soccer
 - iii. Rugby Field
- ii. Fitness Center East Field
- iii. Fitness Center
 - i. Gymnasium (1/4, 1/2 or Full Gym)
 - ii. Aerobics Room
 - iii. Yoga Room
- iv. Soccer Stadium (Turf)
- v. James M. Stuart Stadium (Turf)
- vi. University Field (Baseball)
- vii. University Field (Softball)

All indoor/outdoor athletic spaces must be booked through the Associate Director of Campus Recreation by submitting a Facility Request Form. Practice times are to be established by the team. You can practice as much or as little as your sport requires. Most on-campus facilities are available free of charge to Club Sports (some require a field supervisor to be paid for by the club). Please take into account that practice and game times for Club Sports will be scheduled after varsity sports have been scheduled. Any cancellations should be directed to the Associate Director ASAP.

b. Student Center/Other non-Athletic Fields or Buildings

Anything taking place in any other areas, except the Indoor/Outdoor Athletic Spaces listed above, can be held in variety of places throughout Hofstra University's campus. This can be done through the Office of Event Management. In order to reserve a room for your Club or Organization, an Organization Contact Form must be submitted beforehand to the Office of Event Management. Once this has been completed and submitted, the contacts on the form can reserve spaces for their Club or Organization by filling out a Student Room Request Form and handing it in to the Office of Event Management. To avoid any confusion and ensure your club books space properly, refer to the Event Management Scheduling Guidelines for Student

Organizations. All forms and procedures can be found on the Event Management Website (https://www.hofstra.edu/about/campus/oem/oem_studentreservation.cfm).

c. Atrium Tables in the Student Center

Atrium tables can be reserved by contacting the OSLE office by calling 516-463-6914 or going to https://www.hofstra.edu/studentaffairs/studentactivities/stdact_club_tablecontract.html to fill out an Atrium Table Contract.

d. Other

Hofstra University does not have the proper facilities to satisfy the needs of all Club Sports (Crew, Ice Hockey, Running, Roller Hockey, etc.). It is your responsibility to conduct a thorough search and comparison of local facilities that can accommodate your sport. Comparing prices and using fiscal responsibility on an outside practice facility search will have a large impact on your total budget. All off-campus practice facilities must be reviewed by the Director(s) of Campus Recreation before booking and payments are scheduled.

*****All facilities used for practices, games, meetings, etc. must be treated with respect. Rule of thumb; leave it in better condition than you found it. If any club is found to be disrespecting the space, their privilege will be revoked.*****

Conference Affiliation

League and conference affiliation are a way to broaden the full experience for club members. It offers standardized rules, more opportunity for competition, and most will have some sort of tournament for a national or regional champion. We encourage Club Sports to research their sport at the collegiate club level and see what governing bodies oversee the sport. The choice to join and the responsibility to meet the league rules and regulations are decisions that should be made by each individual Club Sport. Remember, all clubs that compete are considered 'competitive' and require an approved coach.

Game Officials

Depending on the sport in which you are competing, game officials (referees, umpires, etc.) may be necessary. Many of the leagues and conferences require game officials to establish a uniform level of competition. If they are needed, either the affiliated conference will supply them, or your club should work with the Associate Director of Campus Recreation to secure the appropriate licensed and endorsed officials.

Hosting Other Schools

If your club decides to host another school on-campus for a practice, scrimmage, game, or tournament, every member of the **visiting team(s) must sign a Waiver Form** (*same as Hofstra student waiver*). These forms must be collected by your E-Board **prior** to the visiting school engaging in any type of warm-up or competition on Hofstra's grounds. This is to be **done every time** they come onto the Hofstra campus. If there are multiple games spanning consecutive days, one Waiver Form covers an individual for that time span. These forms are to be handed in to the Department of Campus Recreation within 48 hours of the completion of the event. It is recommended that you email the visiting school the waiver form about a week before they arrive on-campus. This gives them time to complete the form and allows your team to focus on the competition instead of the paperwork.

Travel

When traveling as a member of a club sport, you are a representative of Hofstra University. You will be held to the standards and regulations set forth in the Guide to Pride just as if you were on Hofstra's campus. A competition roster and itinerary form must be filled out at least 48 hours before traveling. After each trip, a post trip form must be filled out within 48 hours of traveling.

(http://www.hofstra.edu/pdf/studentaffairs/studentservices/reccenter/recctr_travelitinerary.pdf)

a. General travel rules

1. SGA funds will only cover the cost of hotel rooms for 4 people, three times per semester. The club will incur all other hotel costs. Fundraised money and dues may be used for this.

b. Personal Vehicle

1. Gas and tolls can be covered by SGA funds. Mileage costs and damages will not be covered by SGA funds.

c. Rental

1. SGA funds can be used for other modes of transportation such as chartered buses, public transportation (bus, train, and subway), and vehicle rental through a 3rd party vendor. **All reimbursements require receipts, no exceptions!**
2. All bus rentals must be booked through the Senior Executive Secretary of Campus Recreation by calling 516-463-6958.

Accidents/Injuries

All injuries, including injuries received from practice, warm-ups, game injuries, as well as car accidents or any other injury received while participating in any club related activity **must be reported prior to the start of the next business day**. A phone call, voicemail, or email to the Director(s) of Campus Recreation summarizing the injury and the events surrounding it is required. An accident report must also be turned into the Club Sports office within two days of the accident. Click [here](#) to download the form.

Injury Protocol on Hofstra's campus

- a. Ask to see if the injured person is okay or if they need medical assistance.
- b. If they are unconscious, bleeding, or request medical assistance, call Public Safety at 516-463-6789 immediately.
- c. Do not attempt to diagnose or provide medical assistance. Public Safety Officers are trained to provide emergency medical assistance.
- d. Give the injured person space. Do not huddle up around them.
- e. Call the Director(s) if serious.

Injury Protocol off Hofstra's campus

- a. Follow the emergency protocol of your current location.
- b. Do not attempt to diagnose or provide medical assistance.
- c. Give the injured person space. Do not huddle up around them.
- d. Call Director(s) if serious.

All injuries must go through the student's personal insurance plan before filing with Hofstra's insurance. To file with Hofstra's insurance, alert the Associate Director, who will e-mail you with the necessary forms. The Associate Director must be notified of all injuries, regardless of severity. **No insurance paperwork can be signed or given unless we have record that the accident occurred.**

Weather

When fields are determined to be unplayable (i.e., standing water, saturation, snow, pouring rain, lack of visibility, extreme temperatures), activity is suspended and/or cancelled to avoid further damage to the field or risk of injury to individuals. Fields may be deemed “UNPLAYABLE” by Campus Recreation or Athletics staff. In the event of extreme weather, the club executive board will communicate with Campus Recreation staff to determine a proper course of action.

Additional Club Policies

a. Raffles

For the University Raffle Policy, please visit:

<https://www.hofstra.edu/student-leadership-engagement/about.html>. Prior to planning any raffle, you must meet with the Assistant Director to discuss your options and intentions.

b. Sponsors

Club Sports may be permitted to have sponsors after a complete approval process by the University. Clubs looking to pair up with a specific sponsor must:

1. Send a detailed memo to the Director(s) with the name of the sponsor, contact info, how they will be sponsoring your club, your expectations, and any paperwork that the sponsor needs to be completed from you.
2. The Director(s) will then forward that message along to the Dean of Students who will then propose the details for approval.

c. Community Service

Community Service is a required component of the **Play with Pride** standards and is highly encouraged. A Community Service Report Form must be approved prior to performing a community service project.

d. End of Year Report

After the Spring semester, each club is required to fill out an ***End of the Year Report Form*** highlighting what went on in the club throughout the course of the year. Click [here](#) to download the form.

Budget Management

Fiscal responsibility and proper budget management will ultimately affect the success of any club. It is easy to overspend or not look ahead to the next semester. Here are some key questions to ask when budget planning:

- a. Does your club operate throughout the year or within a single semester?
- b. Do you require more money during the fall or spring seasons?
- c. What costs should your club budget cover? (Travel, hotel, practice time, referees, uniforms, etc.)
- d. What percentage of your budget do you want to assign to each of these costs?
- e. Does your club require a coach? How much they will be paid?
- f. Will your club require the presence of an athletic trainer at home events?

Even though the club budget is yours to manage, the Department of Campus Recreation has a hands-on approach to Club Sports budgets. We do not want to see the entire club suffer from mismanagement of club funds. We regularly check your balance and offer any guidance and assistance needed. All purchases made require approval from the SrDirector of Recreation.

There are a few ways that you can access your budget. For all purchases, you will need to hand the following into the Department of Campus Recreation:

- a. Vendor contact info
- b. Itemized invoice from the vendor

For purchases under \$500, you will only need these two items.

For purchases **over \$500**, a Purchase Order form needs to be filled out, with the two items above. This is important because some vendors do not accept Purchase Orders.

For purchases **over \$2500**, you must present 3 non-binding bids in addition to the above criteria.

If you choose to lay out money before submitting paperwork for the transaction, you are able to submit a request for reimbursement. Again, the vendors contact info and the original itemized invoice or receipt from the vendor are required. It is your responsibility to review the expected transaction(s) with the Department of Campus Recreation BEFORE the purchase is made in order to guarantee reimbursement. **The Department of Campus Recreation is not responsible for any sum laid out by any team member that was not approved prior to the purchase.**

Title IX Training

All Club Sports members must attend a Title IX training prior to participating in an intercollegiate athletic competition. Additionally, this must take place each new academic year. Title IX trainings are offered in both the fall and spring semesters on multiple occasions. If a Club Sports member does not attend a Title IX training, they will not be allowed to participate in any athletic competitions. Please visit the Hofstra University Title IX Coordinator's website [here](#) for more information.

Social Media

As a Club Sport member, you are a representative of Hofstra University and the Department of Campus Recreation. When creating your online profile for social network sites, please be aware that information posted on these sites need to support the Hofstra University student code of conduct. Online communities can provide a convenient and fun way to connect with fellow students and friends and we encourage you to take advantage of the positive aspects online communities have to offer. Below are some important things to keep in mind when creating your online profile:

1. Be cautious when posting something on your online profile or club-related profile pages.
2. Be aware of what "groups" you belong to and their links.
3. Remember that anyone with an email address can access social media communities. Faculty, administrator, staff, as well as some other employers may be able to access your profile. When you post a picture or written information, keep in mind your audience.
4. Look at your "tagged" pictures.
5. Be aware of what your friends are posting about you.
6. Do not share your username or password so others can access and/or change your profile.

We encourage each Club Sport to maintain an online presence to use as a recruiting and showcase tool. We strongly suggest you have a Facebook Page, Twitter Account, and Instagram Account. In addition, we encourage your club to tag us in those posts, so we can repost them on our pages.

Pride Values

Hofstra students have many guides, teachers, and mentors throughout their time on campus, all of whom work toward helping students reach their goals. While each student has some unique goals, we also strive to help students develop a wide range of abilities that are important for all students. A Hofstra student who is

actively engaged in his/her college experience, in and out of the classroom, will develop Hofstra PRIDE, defined in the following ways:

Perseverance: Students are lifelong learners with a sense of purpose, striving for excellence by continuously expanding their knowledge and competencies.

Responsibility: Students demonstrate integrity and ethical behavior in all aspects of their lives. They take responsibility for and make informed decisions about their personal well-being—physically, emotionally, and intellectually—and actively participate in fostering a safe and healthy community.

Innovation: Students think critically about the world around them to better understand themselves, improve their problem solving and collaboration skills, and to become creative, effective, and principled leaders.

Diversity: Students build strong and positive relationships, actively engage in a variety of communities, and work collaboratively towards shared values that embrace diversity and inclusivity.

Empowerment: Students learn how to be effective self-advocates and to skillfully communicate their thoughts, feelings, and needs.

Last Updated 08/2025