

Athletic Department Policy Statement

Subject: Training Table

**Approved By: Rick George, Director
Athletic Department**

Updated: September 2015

Note: This policy must be reviewed and updated each academic year by the Senior Women's Administrator (SWA) and the Office of Compliance Services (OCS) for compliance-related changes and updates.

Introduction:

The Athletic Department has an opportunity to provide nutritious meals for student athletes, to help ensure maximum performance both on and off the field. "Training Table" is one approach that is used to provide meals to CU athletic teams.

"Training Table" is defined as the NCAA-allowable service of one meal per day during the fall and spring academic semesters; only when on-campus institutional dining facilities are open to all students for regular service.

"Training Table" for the purpose of defining this one meal per day benefit, does not include preseason (pre-academic year) camp meals, meals served during holiday breaks, snacks, fueling stations, meals incidental to participation, occasional meals or pre- or post game meals as allowed per NCAA rules. Athletics has separate protocol that addresses the service of those meals.

Policy Statement:

The Athletic Department will provide Training Table meals within budgetary limits in a manner that is consistent with NCAA rules and regulations. Overall management of the Training Table program is the responsibility of the Director of Operations for each designated sport.

The NCAA allows an institution to provide only one Training Table meal per day to a student-athlete during the academic year on those days when regular institutional dining facilities are open.

NCAA legislation regulating Training Table and other nutritional and dietary supplements can be unclear at times and can change year to year. The Office of Compliance Services will provide direction to the Department each year in order to ensure all stakeholders are aware of changes.

Procedures:

General Operating Procedures:

- The Training Table calendar will be established and distributed to the Office of Compliance Services and Sports Medicine (Nutrition) by the Director of Sport Operations prior to the start of each semester. The cost of Training Table each semester, is based on the on-campus meal plan rates for Breakfast, Lunch and Dinner.
- Subject to the availability of funding within each program budget, Training Table meals are available to all sport programs both in and out of season. Funding for Training Table must be approved in advance by the Sport Administrator and budgeting procedures.
- All programs and users of Training Table will follow the designated check-in process.
- The Office of Compliance Services will generate the necessary information to allow eligible student-athletes and department personnel to obtain Training Table meals (Check-in master list, etc.). Prior to the beginning of each semester, the Associate Director of Compliance, Monitoring will communicate the roster lists, distinguishing between on and off-campus status, to the sport program to be used for check-in purposes.
- The Office of Compliance Services will communicate with Housing and Dining Services which student-athletes (scholarship and non) who need meal swipes removed from their accounts so they are not receiving double meals.

Student-Athletes:

- All full-scholarship student-athletes who are members of sport programs offering Training Table meals will be required to eat at Training Table, unless the student-athlete is married, living with family, has exhausted their eligibility, or has been granted a permanent medical exemption. Senior student-athletes may be excused by their coaches from Training Table during the semester(s) following his or her last semester of eligibility. All participants in Training Table will be required to participate on a "semester-by-semester" basis. Student-Athletes must participate for the full semester and should not be excused mid-way through any semester. The Senior Associate Athletic Director (SWA) must approve exceptions to this policy.
- If a student-athlete is removed from the roster of a sport team at any point during a semester, the student-athlete may no longer participate in Training Table. The student-athlete will be refunded for meals purchased but not eaten from the point of removal from the roster through the remainder of the semester.

- All off-campus full-scholarship student-athletes will have the HDS dining hall equivalent cost of the meals deducted from their monthly room and board stipend.
- All off-campus partial and non-scholarship student-athletes will be required to pay the Athletic Business Office in advance, the HDS dining hall equivalent cost for their meals, before they will be allowed to eat at Training Table. Payment must be made at the beginning of each semester for the entire semester.
- On-campus student-athletes will have the training table meals removed from their overall semester meal amount and will receive the remainder of their meals in a block at the beginning of the term.

Graduate Assistants:

Graduate Assistant coaches who elect to participate in the Training Table Program will be assessed the identical costs as student-athletes. Their costs will be withheld from their monthly room and board stipend, should they choose to participate in training table. Each Graduate Assistant must advise the Associate Director of Compliance, Monitoring before the semester starts that they want to participate in Training Table.

Guests:

Guests must be approved in advance by the head coach, sport supervisor and Office of Compliance Services. Once approved, the sport program must notify the Nutritionist to inform of the additional meals needed at Training Table.

Families and guests of student-athletes may not participate at Training Table.

Prospective Student Athletes (Recruits):

A Prospective Student-Athlete (PSA) on an official campus visit may eat a Training Table meal. The sport program budget will pay the full price of the meal.

Prospective Student-Athletes (PSA's) on an unofficial campus visit must pay the on-campus meal rate (Breakfast, Lunch or Dinner) of the meal to the Athletic Business Office or Sport Representative prior to eating at Training Table. Documentation (receipt of purchase) must be provided when submitting Compliance Unofficial Visit paperwork.