

DEREE ATHLETICS

HANDBOOK



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MESSAGE

MESSAGE FROM THE PRESIDENT - Dr. David G. Horner



Welcome to The American College of Greece and Deree Athletics,

The philosophy of education upon which ACG is built stresses development of the whole person. For that reason, athletics – facilities, personnel, programs – has long been an institutional priority. We are proud of the quality of the athletic facilities on our magnificent campus and equally proud of the quality staff and variety of activities and programs offered by Deree Athletics, which provides abundant opportunities for students to grow through exercise and competition.

During my years at ACG I have come to admire greatly our student athletes for their performance on courts and playing fields as well as in the classroom. Deree student athletes contribute to our teams through their dedication both to individual and team achievement; they also contribute to the richness of our campus life.

I look forward to meeting you on campus, cheering your efforts and celebrating your hard work and successes! Go Griffins!

David G. Horner, PhD
President
The American College of Greece



MESSAGE FROM THE VICE PRESIDENT OF ADMINISTRATION - Ms. Iliana Lazana



Welcome and congratulations on joining the Deree Griffins!
As you begin your academic life, you are embarking on a journey full of promise and hope. Take advantage of every opportunity that is given to you, be open to new ideas and ways and challenge what you considered to be the norm up until now.

In other words embrace the Deree Challenge and

- **EXCEL** academically
- **MAKE** decisions that will elevate you and your future
- **BUILD** on your life skills
- **RISE** every time you fall and continue stronger
- **ACT** sustainably
- **CHALLENGE** yourself and try something new
- **ENGAGE** on campus and in the community

Don't lose a moment!

Start today and walk around the campus, ask questions, meet our wonderful faculty and caring staff and learn all you can about your College.

Study hard, make strong friendships that will last for life, get involved to as many activities as possible, participate in the Deree Athletics and have fun.

These are the best of times for you.

We are here to help you in any way we can and support you in order to reach your goals and make your dreams come true!



MESSAGE FROM THE EXECUTIVE DIRECTOR OF ATHLETICS – Mr. Theodore Priskomatis



Dear Griffins,

On behalf of Deree Athletics, it is a great pleasure to welcome you to Deree – The American College of Greece, and we are excited to have you in the Griffins family!

The information included in the following student-athlete handbook will supplement the information provided to you by your coaches, the Office of Athletics staff, the College offices, and will assist you to better involve in Deree Athletics.

We believe that participation in sports is fundamental to the enrichment of the overall educational experience of our students. Despite the absence of organized intercollegiate sports in Greece, and with the continuous support of the College, we managed to find ways to

provide to our students opportunities to compete in local, national, and international competition. The annual ACG International Sports Festival, the trips abroad, participation in local championships and federation-sponsored competition, give this unparalleled experience to our student-athletes!

I always believed that participation in an athletic program is a privilege; being a student-athlete at Deree allows you the privilege of representing the College and the values illuminating the way before us, and vividly described in the “Deree Griffins” section below!

By participating in Deree Athletics you will also have the great opportunity to train in the very same athletic facilities that were the training center of the US Olympic team during the Athens 2004 Games and hosted legendary athletes like Michel Phelps!

Competing and winning with the Deree teams is something that we will all enjoy, but most of all we will be proud to see you graduating and succeeding in your professional and family life! There is no greater reward and finer education than seeing the skills acquired through your participation in Deree Athletics being a valuable addition to the ACG sound educational program, and making a difference in your life – this is what really gives value to our program, more than any wins or titles won!

When on the field be proud to wear the blue and white, and give your best EFFORT, with ETHOS, in order to achieve EXCELLENCE!

Go Griffins!



INTRODUCTION

PURPOSE OF THE MANUAL

The purpose of the Student-Athlete Handbook is to serve as resource and guide for the Office of Athletics programs, to provide basic information, and serve as a guideline for students in order to involve in Deree Athletics.

DEREE ATHLETICS MISSION STATEMENT

Ethos – Effort – Excellence!

The Office of Athletics of Deree-The American College of Greece, is committed to providing quality programs that help students with ethos give their best effort to achieve excellence in sports, academics, and in life eventually.

CORE VALUES

- Integrity
- Respect
- Sportsmanship
- Pride
- Competitiveness
- Leadership
- Education – “Sound Mind & Sound Body”

PRIORITIES

The plan for the continued growth and development of Deree Athletics focuses on the following four (4) strategic areas, and in accordance with the **ACG 150 Goals, Strategies & Priorities**:

1. **EDUCATIONAL and ATHLETIC EXCELLENCE** - Achieve high standards of performance across all educational programs and make a material difference in Greece’s economy, public health and social cohesion.
2. **MANAGEMENT EXCELLENCE** - Cultivate a high performance, sustainable organizational culture based on transparency, mutual support, collegiality, and continuous improvement.
3. **COLLEGE EXCELLENCE** - Establish ACG’s public leadership position and build a culture of constituency engagement and philanthropy.
4. **SOUND FINANCIAL and INFRASTRUCTURE MODEL** - Assure a comprehensive and sustainable financial and infrastructure model.

INCLUSIVENESS, NON-DISCRIMINATION, ANTI-HARASSMENT

The Office of Athletics and ACG strongly support inclusiveness and non-discrimination, and have a clear policy against harassment of any kind, that can be found at the Blackboard under the ACG Policies and the “Non-Discrimination, Anti-Harassment, Sexual Misconduct, Relationship Violence and Stalking Policy” section.

The Office of Athletics and ACG admit student-athletes of any race, color and national or ethnic origin and do not discriminate in their programs.



DEREE GRIFFINS



With the head of an eagle and body of a lion, the griffin has long represented a powerful guardian, a protector of valuables and values deriving its strength from the combination of two natures. Adopted by early Greeks, inhabiting a land situated between east and west, Asia and Europe, this symbol of different creatures united in purpose but retaining their individual powers epitomizes the unique qualities of The American College of Greece.

In 1875, a woman of great courage with the heart of a griffin traveled alone from the United States to Smyrna, during a time of great turmoil in the region, to build the foundation of what would eventually become The American College of Greece. Her determination, ethos and passion for serving others were the cornerstones on which her love for education was founded. Maria West was alone in 1875, but her values were her guiding angel, giving her strength to face the challenges of those difficult times.

The American College of Greece, upholding these values for over 144 years, has survived catastrophes, wars, occupation, and other serious challenges. In 2019, we have our griffin to guard these same values: love for education, service and inclusiveness. The Deree Griffins will always stand our ground, protecting the values of The American College of Greece and Maria West!



ADMINISTRATION OF THE OFFICE OF ATHLETICS

STAFF DIRECTORY

Priskomatis, Theodore – Executive Director of Athletics

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Askepidou, Vasia – Coordinator of Administrative Services

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Myroti, Ourania – Administrative Assistant

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Koutras, Christos – Director of Recreation and Intramural Programs

ext. 1365, ckoutras@acg.edu

Markonis, Konstantinos – Assistant Director, Intercollegiate Athletics

ext. 1323, kmarkonis@acg.edu

Tsakos, Nicholas – Programs and Athletic Facilities Manager

ext. 1495, ntas@acg.edu

Margaritis, Costas – Manager of Aquatics

ext. 1496, costmarg@acg.edu

Tilelis, Panagiotis – Fitness Center Manager, Nutritionist

ext. 1171, p.tilelis@acg.edu

Liossis, Loudovikos-Dimitrios – Fitness Center Supervisor, Fitness specialist

ext. 1171, dliossis@acg.edu

Katsafadou, Andromachi – Fitness Center Supervisor, Fitness specialist

ext. 1171, akatsafadou@acg.edu

The Office of Athletics is located on the upper level of the Deree Gym.

Tel.: 0030 210 6009800, ext.1319

Email: athletics@acg.edu

ATHLETIC COMMITTEE

The Athletic Committee meets at the invitation of the Athletic Director to decide on a number of matters such as – but not limited to - the athletic scholarships, introduction of a new sport, incident reports, and the organization of major events.

Members of the Athletic Committee are:

- The Executive Director of Athletics
- The Director of Recreation and Intramural Sports
- The Assistant Director for Intercollegiate Athletics
- The Manager of Aquatics
- The Fitness Center Manager

On special cases, an **extended Athletic Committee** may be convened to meet with the presence of two additional members:

- An Academic Affairs representative
- A Student Affairs representative



ACADEMIC EXPECTATIONS

ACADEMIC POLICIES – ELIGIBILITY

Through the programs of the Office of Athletics, our goal is to enhance the intellectual, personal, and leadership growth of each student-athlete.

Students must follow all classes and their degree requirements, since this is their top priority. Their participation in athletic activities may not be not allowed, or limited, if their CI is below 2.0.

ACADEMIC-ATHLETICS CONFLICTS

The primary goal of students enrolling at Deree is to receive quality education and their degree. This is why they should develop and maintain good study habits and attend all classes. Students should organize their time well and the conflicts between academics and athletics should be minimal. On occasion, classes may be missed due to travel or game obligations; in such case, the Executive Director of Athletics will request permission by the instructor.

THE DEREЕ STUDENT-ATHLETE

CODE OF CONDUCT

A Deree student-athlete represents the College and should behave accordingly at all times in order to be a member of the Deree Athletics program. Respect the rights of others by using courteous and appropriate behavior; profanity is not allowed.

Sportsmanship - is expected at all times, before-during-after games, practices, events, and trips.

Fighting - it is not acceptable for Deree student-athletes to engage in fighting or trash-talking either during an athletic contest or afterwards. Students who engage in fighting or cause an incident that creates fighting will be immediately suspended or dismissed from the sports program.

Officials – student-athletes should never challenge the officials even after a bad call. The coach and the team-captain are the only persons permitted to discuss with the officials, always in a polite manner.

Fans/spectators - should never respond or recognize negative comments from fans and/or game spectators.

Practices – giving your best effort, impeccable behavior, and following your coach instructions are expected at all times.

Attendance – attendance at all practices is expected. When this is not possible for an important reason (class, exams, injury), the coach should be informed in order to excuse the absence.

Locker rooms – should be kept neat and clean at all times, either at home or away.

Team travel – when traveling, student-athletes should strictly follow the trip itinerary and guidelines.

Waiver – prior participating in an away event, or local/international trip, a waiver should be signed.

Health certificates – a recent medical certificate (issued within the last 3 months) by a pathologist or cardiologist stating that you are healthy and fit to exercise without any restriction, and by a dermatologist stating that you do not suffer from any skin diseases, must be provided annually before the first day of practice.



Diet – eating properly and maintaining a healthy weight is essential. Overweight athletes may be asked to reach their health weight in order to join the team.

Injury – in the unlikely event of an injury, the coach with the nurse/doctor should complete the “Accident Report Form” until the next morning of the event at the latest.

Alcohol – excessive consumption is strictly prohibited by anyone participating in the programs of the Office of Athletics. Any incident should be immediately reported to the Executive Director of Athletics, and disciplinary actions will be taken.

Smoking – is not allowed anywhere in The American College of Greece, and not permitted to student-athletes while representing the College, before, during, or after practices, games, events, and trips. Any incident should be immediately reported to the Executive Director of Athletics, and disciplinary actions will be taken.

Illegal Drugs and Doping - their use is strictly prohibited, and strongly discouraged and disapproved. Any incident should be immediately reported to the Executive Director of Athletics, and disciplinary actions will be taken.

DISCIPLINARY ACTION

Appropriate behavior is common sense. When necessary, the coach may counsel, reprimand, suspend, or dismiss student-athletes from the team. When disciplinary action is taken, the Executive Director of Athletics must be informed.

The action taken by the coach may depend on a number of factors, such as:

1. The frequency with which the incident occurs.
2. The severity of the particular incident.
3. The behavior of the individual after the incident.
4. The length of time the student has been a participant in the program.
5. The prior behavior of the individual.
6. Other factors that may become apparent in individual situations.

When needed, and depending on the gravity of the situation, an incident report should be sent to the Executive Director of Athletics.

In such a case, the Executive Director of Athletics either forward the incident report to the Office of Student Affairs for their actions, or summon the Athletic Committee to meet and decide.

The Athletic Committee may take the following actions:

1. Send a formal warning.
2. Temporary suspend the student-athlete from athletic activities.
3. Suspend the student-athlete from athletic activities for one semester.
4. Suspend the student-athlete from athletic activities for one academic year.
5. Permanently expel the student-athlete from athletic activities.

Specific rules per sport – coaches may issue specific rules for their sport, after the approval of the Executive Director of Athletics.

EQUIPMENT

As a Deree student-athlete, you will be issued equipment and athletic wear that is the property of the College. It is very important that you take responsibility for the care of each item that you are issued, and return all items as requested at the end of your athletic season.



Equipment Issue Dates - All athletic equipment and clothing is issued at the beginning of each season at a time determined by your coach and the equipment staff. In order for the equipment operation to function efficiently, it is very important that you are on time for your scheduled equipment issue date.

Equipment Return - All athletic equipment issued to you must be returned immediately following the end of your season. Prior to the end of the season, your coach will establish a return date. All equipment must be returned to the equipment room staff on the established recall date. You will be billed the replacement cost for any equipment that is not returned at that time. Should you return equipment or a clothing item after the recall date, you may be charged a late fee.

Early Dismissal From Athletic Teams - If you quit a team or are dismissed from an athletic team for any reason, all athletic equipment must be returned immediately to the equipment staff. It is your responsibility to set up a time to return all issued items.

STUDENT-ATHLETE ELIGIBILITY

Deree students in order to join a team must:

- Meet all requirements for admission to the college (for entering students).
- Be evaluated by their coach, which will assess their athletic skills and their potential for further development; try-outs are during the first two weeks of the semester.
- Be eligible to play for the Deree teams.
- Attend all practices, games, tournaments and events of their team.
- Achieve a minimum cumulative index (CI) of 2.00 by the end of their first semester at Deree and maintain this CI while receiving the scholarship (for entering students); special permission may be given by the Executive Director of Athletics after consulting with the Head of Academics.
- Maintain a CI of 2.00 (for continuing students); special permission may be given by the Executive Director of Athletics after consulting with the Head of Academics.
- Be registered for at least one course (3 credits or more) per continuous semesters.

ATHLETIC AWARDS

All graduating student-athletes are eligible for one of the Athletic Awards, presented during the Student Awards night.

The Athletic Awards are:

- Athletic Award – male athlete of the year
- Athletic Award – female athlete of the year
- Sportsmanship Awards – awarded to three distinguished student-athletes, or participants in the Office of Athletics programs.
- Team Athletic Award – awarded to the team that achieved a major distinction during the academic year.

INTERCOLLEGIATE ATHLETICS

DEREE TEAMS

The Intercollegiate Athletics Program is an integral part of the higher education experience. We view the pursuit of excellence on the playing field as something integral



to higher academic achievement. The values of **cooperation, dedication, effort** and **fair play** are emphasized within the Intercollegiate Athletics Program and are encouraged among student athletes in all areas of the educational experience.

College teams play on local, national and international levels. Travel abroad for participation in tournaments affords student athletes the opportunity to experience strong competition, cultural enrichment, and diverse social interaction.

Currently the following sports are supported:

- Men's and Women's Basketball (10)
- Men's and Women's Volleyball (10)
- Men's Soccer (15), and Water-Polo (10)
- Women's Futsal (10)
- Co-ed Rugby (12)
- Track & Field (8), Swimming (8), Tennis (8), Archery (6), and Cheerleading (8).

A minimum number of student-athletes per sport is required in order a team to run (the minimum number is indicated in the parenthesis next to the sport).

ATHLETIC SCHOLARSHIPS

Deree – The American College of Greece offers gifted student-athletes the opportunity to participate in a highly developed sports program, while simultaneously receiving a high quality college education. Athletic scholarships covering 20% of tuition fees are currently awarded to promising athletes in the following sports:

- Women's Volleyball
- Men's Basketball
- Women's Basketball
- Men's Soccer

This percentage can be added to any other scholarship the applicant qualifies for, provided that certain criteria are met.

Student-athletes who are selected for athletic scholarships participate in a comprehensive athletic program under the guidance of experienced coaches with a successful record of nurturing talent. Practice sessions are held at Deree's outstanding athletic facilities.

Eligibility requirements

Candidates for athletic scholarships must

- meet all requirements for admission to the college (for entering students)
- be evaluated by a college committee, which will assess their athletic skills and their potential for further development
- be eligible to play for the Deree teams
- attend all practices, games, tournaments and events of their team
- achieve a minimum cumulative index (CI) of 2.00 by the end of their first semester at Deree and maintain this CI while receiving the scholarship (for entering students)
- maintain a CI of 2.00 while receiving the scholarship (for continuing students)
- be registered for at least one course (3 credits or more) per continuous semesters while receiving the scholarship

Dependents of ACG faculty and staff are not eligible for an athletic scholarship.



Athletic scholarships are granted for one (1) academic year, and may be cancelled at any time if a student ceases to fulfill one or more of the aforementioned requirements.

ESTABLISHING AN INTERCOLLEGIATE SPORT

INTRODUCTION

This policy outlines our practice regarding establishing an intercollegiate sport team at Deree, in order to assist students with the development of proposals. In order to add any new intercollegiate sport, the Office of Athletics must take into consideration a number of factors such as

- students' interests and abilities,
- our commitment in providing appropriate opportunities to all parts of the student body,
- the availability of competition and support,
- the potential for development, and
- appropriate facilities to support practice and games in the proposed sport.

Further, budget consideration is a major factor in order to support a competitive intercollegiate sport, since the College and the OA must use their financial resources to support a large number of academic and athletic programs for students.

PROCEDURAL GUIDELINES

When there is interest in establishing a new intercollegiate sport, the following steps should be followed:

- A)** A representative from the students group should contact the Executive Director of Athletics to make a formal request, and prepare a written proposal.

The written proposal should be sent to athletics@acg.edu and address the criteria listed below in significant detail:

Criteria for Establishing a New Intercollegiate Sport

1. What are the reasons for the addition of this sport at the intercollegiate level?
2. Is the sport an established club sport at Deree with sustained membership over time?
3. Does a Greek athletic federation sponsor the sport?
4. If not, are any other colleges in Athens or Greece sponsoring the sport on the Intercollegiate or Club level?
5. What is the potential for competition against other intercollegiate programs in Athens and/or Greece?
6. What is a tentative practice schedule?
7. What is the budget needed to sponsor the sport (detailed information needed)?
8. What are the resources needed to sponsor the sport, and whether such resources currently exist:
 - i. Student-athletes needed to field the team (i.e., typical squad size)
 - ii. Personnel needs (i.e., coaches and other support staff)
 - iii. Equipment needs
 - iv. Facility needs: outdoor and indoor
 - v. Travel needs

Students with questions or concerns should contact the Executive Director of Athletics, Mr. Theodore Priskomatis at 210-6009800, ext.1319, or send an email to athletics@acg.edu



B) The Executive Director of Athletics, the Assistant Director for Intercollegiate Athletics, and the Director of Recreation and Intramural Sports will meet to discuss and review the written proposal.

C) The Executive Director of Athletics, the Assistant Director for Intercollegiate Athletics, and the Director of Recreation and Intramural Sports will meet with the student submitting the written proposal to discuss the Criteria for Establishing a New Intercollegiate Sport. In addition to the individual making the initial request, this meeting may include others, such as the captains and coaches of the proposed sport team.

D) Based on the information provided by the student representative, the Office of Athletics will take the following steps to consider the addition of a new intercollegiate sport:

1. The Executive Director of Athletics will consult with knowledgeable individuals in the Office of Athletics regarding:
 - i. Squad size
 - ii. Facility usage
 - iii. Staffing; all varsity sports have one (1) head coach
 - iv. Type of Sport: collision, contact, non-contact will be discussed specific
 - v. Equipment needed
2. If there are no prohibitive issues identified within the Office of Athletics, the Executive Director of Athletics will consult the VP of Administration, and if she is in agreement, the addition of a sport is then presented to her for review.
3. If the VP of Administration is in agreement, the Executive Director of Athletics develops a formal proposal for the creation of a new intercollegiate sport. The formal proposal is then presented to the President for approval.

E) Upon approval of the formal proposal to add a new intercollegiate sport:

1. The student group would be notified and the program needs would be requested.
2. The requests for budget, facilities operations, and personnel must be submitted in the following academic year's budget.
3. A search for the coach will follow with the guidelines established and posted on the Human Resources web page.
4. The coach would be responsible for scheduling, budgeting, training, and service.

INTRAMURAL SPORTS

The intramural sports program is designed to provide students, faculty, and staff the opportunity to compete in individual and team competitions. Emphasis is placed upon participation and the enjoyment derived from involvement in sport carried out in a spirit of fair play and camaraderie. There is a variety of sports to choose from with tournaments ranging from one-day events to full semester activities.

Find the Intramural Sports handbook at

https://www.acg.edu/ckeditor_assets/attachments/745/imsportshandbook.pdf



OUTDOOR RECREATION

Deree provides students, faculty, and staff with the opportunity to engage in outdoor recreation, as a healthy and environmentally sound leisure activity that generates a sense of well-being. The Recreational Sports Program provides various outdoor adventure-based experiential activities such as hiking, climbing, scuba-diving, biking, and skiing through organized trips while also providing the requisite equipment. Such activities initiate recreational, educational, and leadership learning opportunities and are a great way for students to learn a new skill, socialize, and explore their natural surroundings. Moreover, participants will have the opportunity to familiarize themselves with the SERF program designed to instruct them in what procedures to follow in an emergency fire situation.

FITNESS CENTER AND SERVICES

The Fitness Center is located on the lower level of the Gym and provides Muscular and Cardiovascular equipment. It is recommended that you receive clearance from your physician before beginning an exercise program. Fitness services are free of charge and are open to the entire ACG community. You are encouraged to take advantage of these services and take control of your physical wellbeing. The five (5) major areas of fitness services include:

- Professional Fitness assessment
- Personalized exercise programs
- Group Fitness Classes
- Sports-Specific Training
- Body Building/Fitness Training

AQUATICS

A heated, Olympic size, eight-lane swimming pool affords a breathtaking view of the mountain, soccer field, Aghia Paraskevi, and city of Athens. The pool facility is a “shared use” facility with Pierce and Deree academic and non-credit classes. Trained lifeguards are always on duty when the facility is open.

Newly renovated locker/shower rooms, with separate areas for men, women, boys and girls allow the Aquatics Facility to be used on a shared use basis for classes, athletics, recreation, and leisure. Popular aquatics activities include fitness and swimming classes, varsity, water polo, and lap swimming.

PHYSICAL EDUCATION CREDIT CLASSES

Physical Education offers classes for credit. The credit program is twofold in nature. There are skill (Tennis and Swimming), and physical fitness courses (Power Pilates and Water Fitness), which award one credit each with students graded on a pass/fail basis. Instruction is sequential and designed to build the requisite foundation skills, develop and improve performance skills, impart knowledge and concepts relevant to the activity/subject, provide information concerning the fitness and health benefits of regular exercise, help students develop and maintain physical fitness, and enable students to realize why physical activity and proper nutrition can be the cornerstones of well-being and quality of life.



These courses also provide opportunities for multi-cultural learning and socialization in a friendly and pleasant environment. All classes are open to men and women.

ATHLETIC FACILITIES

ACG's state-of-the art athletic facilities are open to active Deree and ALBA students, ACG faculty and staff, and community members, after they present a valid ACG or DCAC card.

ATHLETIC FACILITIES AND ACG FITNESS PROGRAM RULES & REGULATIONS

MEMBERSHIP

1. Membership is personal, non-refundable and non-transferable.
2. A valid ACG ID card is required in order to enter and use the athletic facilities.
3. In order to use the athletic facilities you must present all required medical certificates and have the Athletic Facilities sticker on your ACG ID card.
4. Children of Full members under the age of 18 are only permitted on designated Children Days, accompanied and supervised at all times by their parents/guardians.
5. Guests may use the ACG Athletic Facilities if accompanied by an ACG FITNESS member and having paid the Guest Fee. The Member sponsoring the Guest is responsible for him/her while using the ACG facilities.
6. Members and Guests should carry their Membership Card/Guest Pass at all times when using the facilities.
7. Members are required to sign in for each visit at designated areas.
8. Vehicle entrance to the College is allowed with an ACG Fitness parking sticker only. There is Parking availability M-F 16:30-22:00, Sat & Sun during hours of operation.
9. All members should strictly follow instructions from the security personnel on duty at the main gate.
10. Maximum driving speed on campus grounds is 20km. Please drive carefully.
11. Only OA and ACG Fitness personnel are allowed to provide instructional services and advice.
12. Pets, bicycles, and scooters are not allowed anywhere in the Athletic Facilities or on the patio.
13. Smoking (electronic cigarettes included), gum chewing, drinking alcohol and chewing tobacco are not permitted in the American College of Greece.
14. Photo shooting of the facilities is not permitted, unless a written permission is given.
15. Any formal problems, questions, or concerns regarding
 - Office of Athletics should be submitted via email to athletics@acg.edu
 - ACG Fitness should be submitted via e-mail to dcac@acg.edu.Please clearly indicate the issue being addressed, and be sure to include your name and phone number. All e-mails will be carefully reviewed.
16. The Office of Athletics reserves the right to review and change the Rules and Regulations at their discretion.

BEHAVIOR

1. Disrupting or interfering with the workout of another member is not allowed. Respect the rights of others by using courteous and appropriate behavior. Profanity is not allowed.



2. Except for capped water bottles, eating or drinking is prohibited at all Athletic Facilities, on the stands, and in the locker rooms.
3. The American College of Greece, and all Athletic Facilities are No-Smoking areas (electronic cigarettes included).
4. The use of photographic equipment to take pictures of any person using the athletic facilities or auxiliary rooms without that person's permission is prohibited.
5. All participants are to comply with ACG Fitness staff directives regarding enforcement of policies related to safety, programming, exercise techniques and policies.

LOCKER ROOMS

Lockers are available for all participants based on availability and under the following guidelines:

1. All lockers are day-use only.
2. All persons must empty their locker after facility use. The College, otherwise reserves the right to remove any lock and send the belongings to the "Lost & Found" office, or the Deree Gym Equipment Room without prior notice.
3. ACG staff reserves the right to check lockers during the day for unreturned equipment and known safety issues. Patrons will be notified should this occur.
4. Lockers are available for single visit use, and available during your work-out only.
5. Bring your own lock.
6. All persons using the Athletic Facilities are urged to properly secure their personal belongings.
7. The Office of Athletics is not responsible for stolen, lost or damaged personal property.
8. Locker-room closing time is fifteen (15) minutes after facility closing. All locks must be removed and lockers must be emptied by that time.
9. All lockers are the property of ACG

SAUNA

Helpful hints for Sauna use

1. Always inform the Front Desk before entering the Sauna.
2. Shower before entering the sauna.
3. Any persons with open sores, bandaged wounds or any skin or communicable disease are prohibited from using the sauna. If you have a bandage on a minor cut, dispose of it before entering the sauna.
4. No children under the age of 18 are allowed use of the sauna.
5. The use of oils and body lotions is prohibited.
6. Users must sit or lie on towels.

FITNESS CENTER

Use of the Fitness Center equipment is under the following guidelines:

1. Appropriate athletic apparel and shoes (with non-marking soles) are required.
2. During busy times, or whenever someone is waiting for a machine, observe the 30-minute time limit on all cardiovascular equipment.
3. Individuals are responsible for checking equipment prior to each use. Please report immediately to ACG Fitness staff any damaged or malfunctioning equipment.



4. Members are required to bring their own towels for both personal hygiene and the hygiene of others.
5. Members are required to wipe down all equipment after each use.
6. Spotter must be present when bench pressing. Fitness staff members are NOT allowed to spot for patrons.
7. Intentionally slamming or dropping weights is prohibited.
8. All dumbbells, weights and weight plates must be re-racked after use.
9. Personal training other than that which is scheduled through the Athletics Office is strictly prohibited.

SWIMMING POOL

Use of the Swimming Pool is under the following guidelines:

1. A shower is required before entering the pool.
2. Persons with open sores or any infections are not permitted in the pool area.
3. No Band-Aids.
4. No running or pushing on the decks or in the locker rooms.
5. No dunking, splashing, jumping off shoulders or other horseplay.
6. Glass bottles or containers are not to be used in the dressing rooms or pool area.
7. Do not hang on life lines or racing lines.
8. Do not talk to the lifeguards on duty unless in an emergency.
9. Persons in street clothes are not allowed on the pool deck.
10. Appropriate bathing suits must be worn.
11. No artificial floating devices (bubbles, backboards, etc.) are allowed in the pool except during specific programs.
12. All pool users must wear bathing caps.
13. Positively no swimming if a lifeguard is not on duty.

SOCCER AND TRACK & FIELD COMPLEX

Use of the Soccer and Track & Field complex is under the following guidelines:

1. Only shoes with plastic cleats are allowed on the soccer pitch.
2. Only sneakers or track shoes allowed on the track.
3. Appropriate exercise attire is required at all times.
4. No food or drinks; fluid replacements in plastic containers are allowed.
5. No chewing gum or tobacco products.
6. Please place all trash in the appropriate receptacles.
7. Use only under authorized supervision.
8. Non-sport/activity participants must remain in the stands or outside the fence.
9. Use of facility is at own risk.

DEREE GYM

Use of the DEREЕ Gym is under the following guidelines:

1. Proper conduct and good sportsmanship are expected at all times.
2. Appropriate exercise attire and shoes (with non-marking soles) are required at all times.
3. Hanging on the net or rim is prohibited



4. Personal belongings must be kept in a locker.
5. Food, chewing gum and drinks are prohibited. Water must be in taped bottle or in unbreakable container.

TENNIS COURTS

Use of the Tennis courts is under the following guidelines:

1. Only sneakers or tennis shoes allowed on the courts
2. Appropriate exercise attire is required at all times.
3. No food or drinks. Only fluid replacements in plastic containers are allowed
4. No chewing gum or tobacco products
5. Please place all trash in the appropriate receptacles
6. Non-sport/activity participants must remain outside the fence
7. Register at the Deree Gym reception in order to use a court (a valid ACG, DCAC ID card is needed)
8. Use of facility is at own risk

REQUISITE PAPERWORK

1. Deree and ALBA students, ACG Faculty and Staff must submit a doctor's certificate by a Pathologist or Cardiologist that verifies you are healthy and fit to exercise without restriction, and by a Dermatologist that verifies you do not suffer from any skin diseases.
2. The health certificate should be submitted annually, and will be valid September 1 through August 31.
3. All ACG Fitness members must submit a doctor's certificate by a Pathologist or Cardiologist that verifies you are healthy and fit to exercise without restriction. In addition to the certification above, ACG Fitness Full and Pool specific members must submit a doctor's certificate by a Dermatologist that verifies you do not suffer from any skin diseases.
4. Health certificates that are signed by the doctor more than 3 months prior to the date of submission will not be accepted.
5. All members and guests absolve the College, and ACG Fitness personnel from liability claims in case of injury or death.

Each member enrolled in the ACG FITNESS program fully recognizes that the activities of the College have priority, and that all programs and activities are scheduled according to the College calendar.

If any member violates any rule or regulation or behaves in an inappropriate way they will be subject to the following procedure:

- a. Verbal warning.
- b. Written warning.
- c. Third offense will result in the membership being revoked without refund.



ATHLETIC FACILITIES

DEREE GYM

The Deree Gym is a multi-purpose facility that is the focal point of the ACG athletic complex. The main level of the gym includes two cross-courts and one game court. The courts are used for basketball, volleyball and futsal. Cross-courts are used for team practices and intramurals while the game court is used for intercollegiate matches. The lower level includes a spacious Fitness Center and three Dance/Aerobics studios. Also located on the lower level is the Deree Teams Video Room. The Office of Athletics is located on the upper level of the gym, adjacent to the Sports Lounge.

LOCKER ROOMS

There are two main locker rooms – one for men and one for women. Two faculty locker rooms are located next to the main locker rooms. Two team rooms are situated on the lower level. Students may use lockers on three conditions: they are using the gym, provide their own lock, and leave the locker empty and open after their workout. All locker rooms are day-use only.

SAUNA

Available when the Fitness Center is open. Patrons check out the key from and return to the Deree Gym Reception after each use.

EQUIPMENT ROOM

The equipment room acts as a storage and distribution center for gym equipment. Upon illustration of a valid College identification card, students may check out a variety of athletic equipment for informal recreational use of the facility.

CLIMBING WALL

The climbing wall is certified by TUV, and is located on the main level and provides climbing enthusiasts with a variety of routes. With over 250 attachments, climbers can experience different degrees of difficulty. Use of the wall is after a written approval or under authorized supervision only.

TENNIS COURTS

Four tennis courts are located adjacent to the library and the plateau area directly behind the gym. The surface of the courts is acrylic latex and all courts are lighted. The facility is open for informal recreation and physical education classes. The schedule follows the schedule of the gym.

SOCCER AND TRACK & FIELD COMPLEX

The soccer field is surfaced with synthetic turf, and has an organic, environmentally friendly cork infill that creates playing characteristics similar to natural grass.

The 400m track is synthetic and has six lanes. The track may be used for informal recreation all day with entrance from the walkway in front of the pool. Proper athletic footwear is required.



HOURS OF OPERATION OF THE ATHLETIC FACILITIES & CAMPUS MAP

Monday – Friday: 09:00 – 22:00, Saturday & Sunday: 10:00 – 17:00

Closed on national holidays, Easter Tuesday, July 4th & 26th, Thanksgiving, December 24th & 31st and in August.

Note: Locker rooms closing time is 15 minutes after facility closing.

Schedule is subject to change. Call the Athletics at ext. 1319 or the Pool Office at ext. 1496, 1395 for any updates.



Aghia Paraskevi - Campus Map Athletic Facilities

