

# THE WHITE BOOK

## CHAPTER 1

### Cadet Organization and Training

## SECTION 4

### Varsity Athletic Team Directives

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- I. **Organization:** This section is managed by Commandant's Chief of Staff in coordination with the Athletic Department Military Liaison.
- II. **Functions:** This section describes procedures for the following:
  - A. **Varsity Team Captain.**
  - B. **Orders-Season**
  - C. **Uniforms**
- III. **Procedures:**
  - A. **Varsity Team Captains.**
    1. A Cadet Athlete Team captain will be nominated for each team by the Head Coach. Once approved by the Commandant, he/she will hold the rank of Captain, unless a 2/C (will be designated a MSG). They must be in and maintain a proficient status to hold these ranks.
    2. Duties. Team Captains serve as a vital link in the communication chain necessary for the success of the NCAA Sports program and the cadet training.
      - i. Team captain is responsible to the head coach, Corps Leadership, and Commandant in representing his/her team in matters dealing with cadet duties and requirements within the Corps.
      - ii. Team captains are expected to lead by example and are responsible for assisting the coaching staff in maintaining high morale, good sportsmanship, proper discipline, and conduct among team members.
      - iii. Team captains will attend monthly leadership meetings with the Corps leadership and Commandant.
      - iv. Team captains serve a significant role for maintaining positive relations between Cadet Athletes, coaches and the rest of the Corps.
  - B. **Season Orders:** There are 3 types of Season Orders: In –Season, In-Season Non-Championship, and Off-Season
    1. **In Season and In-Season-Non Championship.** This category is for an athletic team that has entered the playing season. This includes NCAA designated in-season practice dates during the off-season (non-championship). Cadet Athletes participate or are excused from Cadet duties/events as depicted in the example of a Citadel Sport Season Chart in Figure 1.4.1.
    2. **Off Season.** An off-season Cadet Athlete is one that is not participating in the regularly scheduled Southern Conference playing season or NCAA designated in-season practice dates

during the off-season. Cadet Athletes participate or are excused from Cadet duties/events as depicted in the example of a Citadel Sport Season Chart in Figure 1.4.1.

**3. Support Staff (Managers, Trainers, Filmers).** These cadets are part of the team they support and receive similar privileges as other team members and abide by the same orders with some exceptions. Cadet Support Staff participate or are excused from Cadet duties/events as depicted in the example of a Citadel Sport Season Chart in Figure 1.4.1.

Citadel Sport Season Grid  
as of 2/15/2019

SPORT	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	total days allowed	# contests allowed
Baseball		9/6/2018		11/6/2018		1/17/2019				5/27/2019	132	56
Basketball		9/10/2018						3/18/2019			na	29
Cross Country	8/19/2018			11/12/2018							144	7
Football	8/3/2018			12/3/2018			1/28/2019	3/7/2019			na	12 + 1
Golf	8/12/2018			11/1/2018		1/28/2019			4/26/2019		144	24
Rifle	8/22/2018			11/12/2018		1/7/2019		3/10/2019			144	13
Soccer	8/2/2018		10/30/2018				2/15/2019		4/13/2019		132	20 + 5
Tennis		9/10/2018		11/12/2018		1/1/2019			4/22/2019		144	25 + 7
Track and Field			10/1/2018	12/3/2018		1/7/2019			4/28/2019		156	18
Volleyball	8/8/2018			11/26/2018			2/16/2019		4/13/2019		132	28 + 4
Wrestling			10/3/2018					3/10/2019			144	16

Key	Mon & Thu PT & PT Formation**	Tue-Wed-Fri AM Formation & Breakfast	Mon-Fri Open Lunch	Drill	LTP	CPFT**	Punishments	Guard	4C Retreat formation**	ESP/Study Hall	Parade & FAI	SMI
Off Season: 8 hours a week + Meeting Time (Dependant on sport)	Participate unless conflict	Participate Only extraordinary cases are considered for approval	Participate	Participate	Participate	Participate unless conflict	Participate	Participate	Participate unless conflict	Participate	Participate	Participate
In-Season Non Championship: 20 hours a week	Excused	Participate Only extraordinary cases are considered for approval	Excused	Participate	Excused	Excused	Excused	Excused	Excused	Participate	Excused	Participate unless conflict
In-Season: 20 hours a week	Excused	Participate Only extraordinary cases are considered for approval	Excused	Excused	Excused	Excused	Excused	Excused	Excused	Participate	Excused	Excused
Managers on In-Season Orders	Participate ONLY travel exemptions	Participate Only extraordinary cases are considered for approval	Excused	Excused	Excused	Participate ONLY travel exemptions	Excused	Excused	Excused	Participate	Excused	Excused

\*\* Teams OFTEN have training and practices that prevent them from participating in PT and Retreat Formation: Refer to the weekly "Athletics Exemptions" chart & this grid.

\*\*\* Championship Season end dates are subject to change based on how far they go in the tournament

Figure 1.4.1 Example of a Citadel Sport Season Chart

In addition to this chart, Cadet off-season athletes may be granted Special exemptions to miss Cadet events/duties. This will be published weekly by the Chief of Staff and Military Liaison and will look similar to the example in Figure 1.4.2

Figure 2.4.2 Special Exemptions

**CITADEL ATHLETICS: SPECIAL EXEMPTIONS**

Week starting: 28-Jan 2019

MONDAY		
0520 release	Excused from PT/Formation	Excused from 0635 Acct.
	Soccer	Soccer
	Volleyball	Volleyball

THURSDAY		
0520 release	Excused from PT/Formation	Excused from 0635 Acct.
	Volleyball	Volleyball

Teams currently on In-Season Orders:		
Basketball	Tennis	Wrestling
Rifle	Track & Field	Baseball
Golf		

Teams currently on In-Season [Non-Championship]
Football

Teams currently in Off-Season Status
Soccer
Volleyball

**C. Uniforms:**

- 1. Athletic Uniforms.** The prescribed Citadel team Athletic travel/warmup uniform may be worn both on/off campus as directed by the Athletic Director **ONLY** for Athletic events in Athletic venues. Otherwise cadet uniforms are required with one exception--Team Athletic Uniforms [travel/warm-up] may be worn in the Mess Hall only for Pre or Post game meals--there are no other exceptions. In all cases, the uniforms will be uniform.
- 2. Travel Uniforms:** Team members will be in uniform at all times while on Travel orders. Team uniform is identified as either the Seasonal Leave uniform, athletic team uniforms worn in matches, or identical travel wear provided by the Athletic department. If identical travel gear is not available, the Citadel PT gear/sweats may be worn. Uniformity and positive image will be used as a rule.
- 3. Backpacks:** Team issued backpacks may only be worn on backs/shoulders when moving to and from one Athletic facility to another Athletic facility (ex. Locker room to practice field).
- 4.** For additional information on uniforms, refer to Chapter 7, Section 15.