

**Academic Support & Student Services**

**DATE:** August 13, 2025

**TO:** Members of the Faculty

**FROM:** Grace Frederickson, Director of Student-Athlete Academic Services

**SUBJECT:** Excused Student-Athlete Absences

To participate in intercollegiate athletic competition, it will be necessary for members of the **Women’s Cross Country** team to miss class on the dates listed below for competition. Given this, VALPO student-athletes will personally deliver a current competition schedule to each of their professors at the beginning of the semester. It is hoped that this practice will encourage increased faculty-student interaction in our continuing effort to improve the academic achievement of student-athletes. The VALPO Athletics Department, coaching staff, and team members place great emphasis on student-athlete academic success.

In accordance with Article 3.3.2 of the Faculty Handbook (**Absences Due to Sporting Events)**, it is inevitable that conflicts will arise between class requirements and sporting events. These student-athletes are keenly aware that academics are their first priority. Further, they recognize their responsibility for speaking with faculty in the first week of the semester, or when their competition schedule is released to make arrangements, in advance, to make up any academic work, submit assignments on time, or complete tests or quizzes that may be missed as a result of competition or travel.

The student-athletes are capable and motivated students who are very concerned about their academic success. In support of this, during the fourth or fifth week of the semester, Academic Support and Student Services will request an Academic Report, for the student-athletes in your class to obtain your feedback and suggestion regarding their academic success.

I would appreciate any consideration to the student-athlete for classes missed due to travel and competition representing Valparaiso University. If you would like to update us on a student-athlete’s performance in your class or you have any questions, please feel free to contact me via email at grace.frederickson@valpo.edu or phone at (502) 528-0134. Thank you for your time and consideration. In addition, I encourage you to come and support VALPO Athletics. GO BEACONS!!!

*By signing below, you are acknowledging that the student athlete has provided you with his/her team’s travel schedule showing dates of classes to be missed.*

| **Instructors Name** | **Class Name & Section** | **Class Day & Time** |
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**Academic Support & Student Services**

**Fall 2025 Women’s Cross Country Team Members**

Kensi Black

Lauren Guiley

Eva Heimsoth

Alexandra Higbee

Vanessa Parsons

Vivian Rahmel

Laetitia Raoult

Samantha Rowley

Katie Sell

Amelia Tisdale

Isabella Valencia

Alina Worzella

Lauren Wroza

**Fall 2025 Women’s Cross Country Competition & Travel Schedule**

| **Competition Date/ Opponent** | **Location** | **Reporting/Departure Date/Time** | **Return Date/Time** |
| --- | --- | --- | --- |
| 8/29/25 - Winrow Valparaiso Open | Valparaiso, IN | 8/29/25 - 4:00pm | N/A |
| 9/19/25 - Western Michigan | Kalamazoo, MI | 9/19/25 - 5:30am | 9/19/25 - 4:30pm |
| 10/3/25 - Notre Dame | South Bend, IN | 10/3/25 - 8:00am | 10/3/25 - 6:00pm |
| 10/17/25 - Bradley | Peoria, IL | 10/16/25 - 11:30am | 10/17/25 - 9:00pm |
| 10/31/25 - MVC Championships | Evansville, IN | 10/30/25 - 8:00am | 10/31/25 - 6:00pm |
| 11/14/25 - NCAA Great Lakes Regional | Evansville, IN | 11/13/25 - 8:00am | 11/14/25 - 6:00pm |
| 11/22/25 - NCAA Nationals | Columbia, MO | TBD | TBD |

**Actual Missed Classes:**

Friday, August 29th (after 4:00pm)

Friday, September 19th

Friday, October 3rd

Thursday, October 16th (after 11:30am)

Friday, October 17th

Thursday, October 30th

Friday, October 31st

Thursday, November 13th

Friday, November 14th