“Best Practices for Student-Athlete Welfare”

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Definition of Student-Athlete Welfare

• Health, wellness, and safety of student-athletes

• Oversight and expectations of Coaches

• Alignment between Academic Services, Athletic Training, and Strength & Conditioning

• Programming for Academic, Personal and Professional Development
Best Practices

• BEGIN WITH THE END IN MIND

“There, incidentally - if you will allow me this parenthesis - is the whole secret of sporting education. Sport plants in the body seeds of physio-psychological qualities such as coolness, confidence, decision etc... These qualities may remain localised around the exercise which brought them into being; this often happens - it even happens most often. How many daredevil cyclists there are who once they leave their machines are hesitant at every cross-roads of existence, how many swimmers who are brave in the water but frightened by the waves of human existence, how many fencers who cannot apply to life’s battles the quick eye and nice timing which they show on the boards! The educator’s task is to make the seed bear fruit throughout the organism, to transpose it from a particular circumstance to a whole array of circumstances, from a special category of activities to all the individual’s actions.”

Pierre de Coubertin
Founder of the Modern Olympic Movement
Best Practices

• BE INTENTIONAL

+ Student-Athlete Welfare should be a core value and top of mind within the department

+ Who is in charge of your SA Welfare/Development program?

+ Student-Athlete Welfare Committee

+ Educate Internally
  Although many people don’t have contact with student-athletes, make sure they understand what they’re working for

+ Manage your top end student with same rigor as the marginal student
Best Practices

• WAYNE DENSCH CENTER FOR STUDENT-ATHLETE LEADERSHIP
  
  **Mission:** The Center for Student Athlete Leadership is designed to help student athletes develop the skills necessary to compete for the most competitive post-graduate opportunities.

+Student-Athlete Leadership Institute

Areas of Focus:
• Academic Support
• Personal Development
• Professional Development
• Leadership Development
• Service
• Power of the Athlete Network

+1st Round Draft Choice Program
  
  • A Different Type of Corporate Partnership where our corporate partners will be involved in both the design and execution of the program.

+Knights Without Borders
+Varsity Knights
+Junior Achievement Partnership
+SAAC/SGA Partnership
Best Practices

Intercollegiate Athletics Value Proposition

“Ready, Willing, And Unable to Serve”

75% of 17-24 year olds cannot join the Military
  * high school graduation rate 74%
  * physically unfit for service 27%
  * criminality issues 10%
  * health issues unrelated to weight 32%

17-24 year olds = 34.6 Million
Eligible for Military Service = 8.6 Million
UCF’s Athletic Program Profile

- 464 student-athletes (3200+ Varsity Knights)
- 57% female student-athletes
- 42% ethnic minority
- 10% international (22 countries)
- 69 different majors
- 3.02 average GPA for all student-athletes
- 200+ Students with GPA’s over 3.0 (37 w/ 3.75+)
- Approx. 100 student-athletes graduates per year
All Things Equal Choose the Student-Athlete Every Time
Best Practices

Junior Achievement Partnership
Best Practices

2014 Knights Without Borders
St. Vincent and the Grenadines
Development

- Moving donors from transactional to philanthropic
- Treat SA welfare like a revenue producing sport
Designing a life

Abby Windell

Health & Human Sciences | Academic focus: Fashion Design

"I step into the painted white lives each and every day, focusing on making myself and my surroundings better. I am focused on life skills, I am organized, disciplined and determined to succeed in whatever it is put in front of me. Whether it be in the classroom or in the community."