

Notre Dame Monogram Club Mentoring Program

Mentor/Mentee Relationship and the NCAA

The NCAA has very specific rules regarding representatives of athletics interests (boosters) and their relationship with student-athletes. Although a mentoring relationship falls within the guidelines of permissible actions, it is important to remember at no point may a student-athlete receive an extra benefit from mentor. Impermissible benefits include, but are not limited to: meals, lodging, cosigning for a loan and borrowing a car. The one benefit that is permissible under NCAA legislation is that of an *occasional meal*. An *occasional meal* must be approved in advance by the Compliance Office and must take place in the home of the representative of athletics interest. Please contact the Compliance Office for further details.

Overview

Our current student-athletes face a variety of challenges daily with regard to academic, athletic and social demands. The goal of the Monogram Club mentoring program is to pair current student-athletes with former student-athletes in order to provide an opportunity for our young men and women to interact with Monogram winners as they look to navigate the transition from student to graduate.

The Mentoring Relationship

The relationship between the mentor and the mentee is based upon trust and mutual consideration for the other party's time and talents or potential. Both parties benefit personally and professionally from a good relationship and can speak to each other in open and constructively honest forum. Should an issue arise the former student-athlete is welcome to contact the Monogram Club Office at 574-631-5450.

Mentor Definitions

In this program, the relationship is voluntary and meant to strength the bond between former and current student-athletes. Mentors should be flexible and focused on the needs of the mentee.

Mentor Actions

A mentor helps a mentee through encouragement by providing constructive feedback and serving as a life coach.

A Mentor Should

- Reconnect with the Athletics Department.
- Engage in mutually rewarding relationships.
- Build trust and respect by being honest - using experience to guide through constructive dialog.
- Listen actively to understand and talk through the situation.
- Guide mentee towards solutions.
- Let the mentee own the responsibility of setting the goals.
- Offer advice when necessary.
- Be respectful of the mentee's trust and maintain confidentiality in all matters disclosed during mentoring sessions.

Mentoring Checklist

- Schedule regular calls with your mentee
- Set expectations and provide preferred means and times for contact (i.e. email, work phone, cell phone)
- Arrange an in-person meeting/shadowing opportunity (please contact the Notre Dame Compliance Office to be sure you are NCAA compliant)
- Identify networking opportunities (social or career oriented) for mentee (please contact the Notre Dame Compliance Office to be sure you are NCAA compliant)
- Develop archival process for online communications

Help others discover pathways to success. Mentoring is a duty and a reward!

