

"THE COUGAR CUP"

Challenge for Student-Athletes

The "Cougar Cup" challenge will be played by all varsity athletic teams at SIUE. Student-athletes representing their teams will compete against other teams to earn points in three different categories. **The competition focuses on developing leadership skills, teamwork, supporting other athletes, and academic achievement.** We hope teams will use this as a tool to see how they compare to other teams in different categories and then, in turn, set goals to place them at the top of the competition.

Student-Athletes earn points for their teams by doing things they already do only now they can compete with each other!

At the end of the year, the team with the most overall points will be awarded the Cougar Cup at the annual Athletic Banquet. We will tally the points each month and display the standings on a bulletin board outside the Athletics Department so each team is aware of their progress.

Here are the three ways to earn points:

#1 - Athletes Supporting Athletes

Every team wants more fan support!

Athletes supporting athletes is a great way to bring the entire department together. Student-athletes can earn points for their teams by attending highlight event competitions.

- **In order for your attendance to count you must sign in at the door and have a SAAC member issue a Cougar stamp to you.**
- Teams that travel to events away from campus can earn up to 20 points. A "Point Request Form" with an Athletic representative's (event coordinator, coach or administrator) signature must be completed and left in the bin outside Vadalabene Center Room 1026 to receive points.
- Teams can also earn points by attending non-highlight home events and performing acts of encouragement for other teams prior to their competition (i.e., making posters, decorating the locker room, etc.). A "Point Request Form" with an Athletics representative's signature (event coordinator, coach or administrator) must be completed and left in the bin outside Vadalabene Center Room 1026 to receive points.
- "Point Request Forms" are available outside Vadalabene Center Room 1026

20 points when 75 percent (or 15 people) or more of your team attends a home **highlight** event

15 points when the highlight standard (above) is met at a non-highlight home event or **1 point** per person who attends (with a 4-point maximum per event)

5 points per individual who attends (with a 20 -point maximum per event) another team's out-of-town competition

1 point per encouragement (with a 10 -point maximum per event)

#2 - SAAC Involvement

Student-athletes can earn points for their teams by attending monthly SAAC meetings and for participating in SAAC -sponsored events. Having each team represented at SAAC meetings promotes better communication among the teams, the administration, and the Edwardsville community.

- All representatives per sport must be in attendance to receive points
- Class conflict is the only circumstance where an attendance exemption will be made

5 points if all SAAC representatives from the team are present

2 points if the team is partially represented

2 points per individual student-athlete who volunteers for a SAAC event (10 -point maximum per individual)

#3 - Team Grade Point Average/Dean's List

Academics are of the utmost importance at SIUE!

Our teams continually win in the classroom –an accomplishment which does not go unnoticed!

- The top three Men's and Women's teams with the highest team grade point average (GPA) after the fall and spring semesters will be awarded points.
- Teams will also be awarded points for every student-athlete named to the Dean's List

15 points to the Men's Team with the highest GPA after each semester

10 points to the Men's Team with the second highest GPA after each semester

5 points to the Men's Team with the third highest GPA after each semester

15 points to the Women's Team with the highest GPA after each semester

10 points to the Women's Team with the second highest GPA after each semester

5 points to the Women's Team with the third highest GPA after each semester

2 points for each student-athlete named to the Dean's List each semester

NOTE: Point Request Forms are located outside Vadalabene Center Room 1026. Point Request Forms MUST be turned in to the Advisor for Athletics/Life Skills Coordinator within one week of the event in order to receive points towards the Cougar Cup.