Wake Forest Student-Athlete Development
2014-2015
Character, Community, and Career

Annual Report 2014-2015
Student-Athlete Development: About Us

*Wake Forest Student-Athlete Development* is committed to the overall growth of our student-athletes. We seek to provide an environment that promotes the “TOTAL PERSON” experience. Based on the athletic department’s mission of “developing champions,” we implement programming focused on **character building and leadership, campus and community engagement and career development**. We strategically lay out a year's worth of programming, finding ways to develop our student-athletes' decision making and maturity skills. This is a very dynamic department that works hard to keep up with the evolving needs of today's student-athletes.
Character and Leadership Development

The **Wake Forest Student-Athlete Advisory Committee (SAAC)** is our main leadership development program in athletics. SAAC is a 35 member (2-3 representatives per athletic team) group that meets monthly. The mission of WFU SAAC is to serve as a liaison between the student body, faculty, athletic department and student-athletes. SAAC seeks to enhance the student-athlete experience by providing opportunities while fostering a positive student-athlete image as representatives of the University, the ACC and the NCAA.

In 2014-15, SAAC members took on leadership roles throughout the entire academic year, including, but not limited to, participation in ACC Conference meetings, serving as the host of our athletic department's Career Development and Networking Night at Deacon Tower, and hosting the 3rd Annual Black and Golden Globes. This group is also an integral part of determining which campus and community events we actively participate in.

SAAC members must apply to join this leadership group to ensure that the right individuals are serving on behalf of their teams and Wake Forest Athletics. SAAC Officers for the following academic year are as follows: President Brendan Henry (MT), Vice President Tanner Owen (MG), Secretary Krysta Wangerin (FH).
Projects that we've adopted in 2014-2015:

**HABITUDES**

**LEADERSHIP TRAINING FOR ATHLETES**

Habitudes are images that teach character and leadership principles. At every SAAC meeting, a group of 5 or 6 SAAC members is assigned to teach the group their Habitude in a creative way, such as associating it with a video clip or presenting a skit. By remembering the image associated with each principle or character trait, Habitudes allow the student-athlete to reflect on his or her own attitudes and abilities as a leader. Wake Forest University is listed as one of the noteworthy schools using Habitudes on the program's website; others include Duke University and Stanford University.

![Habitudes Logo](Image)

**ONE LOVE FOUNDATION**

**ESCALATION FILM**

In the fall, we partnered with One Love to pilot their Escalation film about relationship violence and abusive relationships. Following a viewing of the film, five of our athletic teams participated in their own 20-minute discussion. One Love is now currently rolling out their curriculum across the nation, with over 100 university partners planned for 2015.
Campus and Community Outreach

During the 2014-15 academic year, Wake Forest Student-Athletes volunteered over 4,800 hours in campus, community and career events. That's an average of almost 13 hours per student-athlete! Part of what makes our athletic department unique is the involvement we have on our campus and in our community. We are proud of the way in which our student-athletes embody our school's motto, "Pro Humanitate," while balancing a heavy academic and athletic load.

This year, Wake Forest University became one of the first schools nationwide to adopt HELPER-HELPER, an iPhone application that makes it easy for student-athletes to sign up for and track community service hours.
Check out some of this year's most heavily attend community service events....

EAT WITH THE DEACGS

Student-Athletes participated in five Eat with the Deacs events this year, in which they attended Volleyball, Field Hockey, Women's Basketball, and Baseball games and shared a meal with community children.
Hit the Bricks

Student-Athletes ran laps and spoke on stage at Hit-the-Bricks, a day-long relay event which raised $30,000 for the Brian Piccolo Cancer Research fund.
Project Pumpkin

Student-Athletes came to Hearn Plaza to hand out candy and play games with children of the community, providing them with a safe environment to trick-or-treat.
Operation Christmas Child

Teams filled up shoeboxes with toys and essentials to ship to children overseas through Samaritan’s Purse. This year, we collected about 100 boxes full of goodies!

Santa's Helper

On the Friday and Saturday after final exams, student-athletes, coaches, and athletic department staff wrapped gifts and delivered them to underprivileged children in the community. This event was started 29 years ago by former WFU football player Chris Rives and has become a long-standing tradition ever since.
D.E.S.K.

D.E.S.K. is an annual community service event that provides painted desks and school supplies to children in the Winston-Salem community who are in need of a place to study and learn in their homes. Several teams participated by showing off their artistic skill and brightening many children's lives!
The CHAMPS Cup is a competition that all sports teams at Wake Forest take part in, and it awards one male team and one female team at the end of each year for having the highest involvement in community service and career building events. The CHAMPS Cup provides extra motivation to track volunteer hours and fosters a sense of personal accountability among teammates. This year's winners were **Women's Soccer and Men's Track and Field**; each team is treated to a victory dinner with Athletic Director Ron Wellman and a trophy to display in their locker room or office. Congrats to both of these teams on their outstanding involvement!

The Women's Soccer team spent their Spring break volunteering in Guatemala.

![Team Photo](image-url)
Top Six for Service

These individuals dedicated countless hours serving others, whether in Winston-Salem or even overseas by spending time with young cancer patients, teaching English, tutoring, building playgrounds, providing food for the hungry, and much more! From left to right: Keri Fulp (WB), Gabby Merritt (WTF), Brendan Henry (MT), Caroline Wootten (WS), Connor Crowley (MTF), Brandon Chubb (FB)
Career Development

Meetings with Patrick Sullivan
Patrick Sullivan of the Office of Personal and Career Development came to the Miller Center every week to meet with student-athletes about career paths, majors, resumes, internships, and so forth. Patrick met with over 70 student-athletes this year for a total of nearly 90 appointments! He even held mock interviews for those who were interested. We plan to continue working closely with Patrick and with the OPCD in the coming years.

Lunch n' Learn
Student-Athletes stopped by the Rovere Room to grab lunch and meet with potential employers as well as representatives from graduate programs on campus. This informal networking event featured companies such as Northwest Mutual TEKSystems, United Way, WFU Multimedia, as well as various WFU Masters programs.
NEARLY 300 STUDENT-ATHLETES "WORKED THE ROOM" ON FEBRUARY 4TH AT THE
2nd Annual Student-Athlete Career Development & Networking Night

Total Number of Resumes Collected: 265
Student-athletes gathered at Deacon Tower for a dinner, a business attire fashion show led by emcees Wanda Starke of WXII 12 News and WFU student-athlete Zach Gordon (featuring clothing from Ann Taylor and Men's Wearhouse), a motivational speech from former WFU football player Elton Ndoma-Ogar, and the chance to network with representatives from 25 different industries and graduate programs.
Quick Facts:

- Total Number of Outreach Hours: 4884 (compared to 4064 in 2013-14 for an increase of 820 hours!)
- Average Number of Hours per Student-Athlete: 12.85
- Percentage of Teams Involved: 100%!

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