



RAC Roundup

Student-Athlete Wellness Screening

The University of Wyoming Department of Athletics will host a wellness screening for all student-athletes on **October 5th, 2011 from 8:00 AM until 4:00 PM** in the Office of Academic Support in the Rochelle Athletics Center. All student-athletes are required to attend; it will take 5-10 minutes to complete the survey. This screening is part of Mental Health Awareness Week here on the University of Wyoming campus.



The survey will focus on depression, anxiety, stress, and mental health. This screening is anonymous and the feedback you receive is not diagnostic. It is part of an educational program and it gives you the information and guidance you may want to take the next step regarding mental health concerns. This is an

opportunity for you to ask questions to a healthcare professional about yourself or someone you care about.

National Depression Screening Day is held each year in October during Mental Health Awareness Week. The screening is designed to draw attention to the symptoms and treatment of depression, bipolar disorder, PTSD, and anxiety.

Recent research indicates that nearly 19 million American adults suffer from depression in any given year. Unfortunately, most people with depression do not seek treatment despite the fact that depression is a highly treatable illness. The wellness screening offers individuals the opportunity to be screened for depression and other disorders and the ability to connect with resources.

Important Upcoming Dates

- October 5th - Wellness Screening 8AM - 4PM
- October 12th - SAAC Meeting @ 6PM
- October 26th - SAAC Meeting @ 6PM
- October 27th - **Brown & Gold Game** - Volleyball vs. UNLV @ 7PM
- November 1st - Soles 4 Souls Drive Begins
- November 9th - SAAC Meeting @ 6PM

INSIDE

- S.A.D.D.L.E. Cup Highlights
- Community Service Spotlight
- Student-Athlete Survival List
- October Home Athletic Events

Did you know that according to the National College Health Assessment that about 44% of all college students reported being so depressed that they found it difficult to function at some point in their college career?

2011-2012 S.A.D.D.L.E. CUP



L
i
v
e
t
h
e
B
r
a
n
d

The S.A.D.D.L.E. Cup is the University of Wyoming's extension of the NCAA Student Athlete Affairs Program (formerly Champs Life Skills). The program offers life skills support in the areas of academics, athletics, personal development, career development, and community service. The S.A.D.D.L.E. Cup is given to the team that exemplifies and embraces all of these areas. Both teams and individuals can earn points over the course of the academic year. This award is the "total package": student-athletes support other student-athletes, excel in and out of the classroom, volunteer, and motivate each other to *LIVE THE BRAND* of the University of Wyoming's Cowboys and Cowgirls.

How can you help?

- Encourage participation and competition! Voice your approval and enthusiasm.
- Offer suggestions to your team on how to earn points or challenge your team in a specific category.
- Notify your team of upcoming events and opportunities.
- Promote a team-initiated community service project.
- Please fill out the S.A.D.D.L.E. Points Roundup Form when your team participates in an S.A.D.D.L.E. Cup activity.

How to Earn Points?

Academic— Teams can earn points for overall team GPA and participation in academic workshops.

Athletics— Teams can earn points for NCAA postseason finishes and Top 25 rankings in addition to supporting other athletic teams at Brown & Gold designated games.

Career Development— Teams can earn points by participating in career workshops and presentations.

Personal Development— Teams can earn points by participating in non-mandatory and mandatory events. SAAC attendance and SAAC on-campus leadership will also gain team points.

Community Service— Teams can earn points by participating in organized community service projects and by initiating a specific team-oriented community service project.

Swimming & Diving Take on Highway Cleanup

The University of Wyoming Men's & Women's Swimming & Diving teams joined together to clean a small stretch of highway in Laramie on September 17th, 2011. This project was a team initiated project that will earn both teams 20 points towards their quest to take S.A.D.D.L.E. Cup honors for 2011-2012.



"We make a living by what we do, but we make a life by what we give."
- Winston Churchill

Next SAAC Meeting
October 12th, 2011
at 6PM
WAR Room

Student - Athlete Survival List

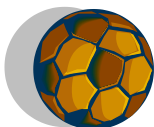
- Try to keep a balance between your social, academic and athletic lives.
- Get as much sleep as possible and try to eat healthy, drink lots of water, and ask for the nutritionist's help when you want to lose or gain weight.
- Be on time for meetings, practices, class, etc.
- Don't be afraid to ask questions, regardless if you think they are "stupid questions."
- Be prepared for everything to be faster in the classroom and on the playing field - be prepared for college level classes and a tougher workload - it's not high school anymore. Always get help before it is too late.
- Go to every class (only miss due to travel), sit as close to the front of class as possible and take good notes.
- Be open to constructive criticism from coaches, professors, and counselors - remember, they are here to help you become better in everything you do.
- Some professors are lenient with athletes who miss class/assignments for traveling, others are not - you have to try your best to work with each individually.
- Read material for class ahead of time so you can follow the instructor during lecture.
- Stay organized - use a planner to write down exam dates, when assignments or presentations are due, etc.

October Home Athletic Events

Soccer

21st vs. San Diego @ 3pm

23rd vs. UNLV @ 1pm



Volleyball

8th vs. CSU @ 7pm

13th vs. TCU @ 7pm

15th vs. New Mexico @ 7pm

27th vs. UNLV @ 7pm

29th vs. San Diego @ 7pm



Swimming

7th Brown & Gold Dual @ 5pm



Women's Basketball

28th vs. CSU-Pueblo @ 7pm



Football

15th vs. UNLV @ 12pm



University of Wyoming

Do you have an idea for the RAC Roundup?
Please contact

Student-Athlete Affairs GA
Courtney Smith
E-mail: csmith1@uwyo.edu
Office: 307-766-4090
Cell: 605-390-4728