



2008-09



CHAMPS/LIFE SKILLS PROGRAM

The mission of the NCAA is to maintain intercollegiate athletics as an integral part of the campus educational program and the student-athlete as an integral part of the student body. With this in mind, the CHAMPS/Life Skills Program was created to support the student-athlete development initiatives of NCAA member institutions and to enhance the quality of the student-athlete experience within the context of higher education.

In the process of achieving this mission, the CHAMPS/Life Skills Program will:

- Promote student-athletes' ownership of their academic, athletic, career, personal and community responsibilities.
- Meet the changing needs of student-athletes.
- Promote respect for diversity and inclusion among student-athletes.
- Assist student-athletes in identifying and applying transferable skills.
- Enhance partnerships between the NCAA, member institutions and their communities for the purpose of education.
- Foster an environment that encourages student-athletes to effectively access campus resources.

CHallenging

Athletes'

Minds for

Personal

Success



- Encourage the development of character, integrity and leadership skills.

Participants in the CHAMPS/Life Skills Program are provided with instructional materials and supplemental resources that support a student-athlete's development in five areas: academics, athletics, personal development, career development and community service.

CHAMPS/Life Skills Program Commitment Statements

Commitment to Academic Excellence

To support the academic progress of the student-athlete toward intellectual development and graduation.

Commitment to Athletic Excellence

To build philosophical foundations for the development of athletics programs that are broad-based, equitable and dedicated to the well-being of the student-athlete.

Commitment to Personal Development

To support the development of a well-balanced lifestyle for student-athletes, encouraging emotional well-being, leadership, personal growth and decision-making skills.

Commitment to Career Development

To encourage the student-athlete to develop and pursue career and life goals.

Commitment to Service

To engage the student-athlete in service to his/her campus and surrounding communities.

PROGRAM HISTORY

In 1991, the NCAA Foundation initiated efforts to create a total development program for student-athletes. Through the collaborative efforts of the NCAA Foundation and the Division 1A Athletics Directors' Association, the CHAMPS/Life Skills Program (Challenging Athletes' Minds for Personal Success) was created.

In 1994, after several years of development by the NCAA Foundation, the CHAMPS/Life Skills Program was introduced to the NCAA membership. That summer, 46 NCAA institutions participated in the first orientation for administrators from around the country. Since then, approximately 40 member institutions and conferences have joined the CHAMPS/Life Skills Program each year.

Today, the NCAA education services staff oversees the development of the program, offering services, support and programs to participating institutions throughout the year. The CHAMPS/Life Skills Program is supported through the promotional and financial efforts of the NCAA.

EDUCATION SERVICES MISSION

NCAA education services provides educational opportunities to the membership that promote...



...for the development of the student-athlete.

The CHAMPS/Life Skills Program has an advisory team to help with programming initiatives and planning for the annual Orientation and Continuing Education Conferences. The 14-member advisory team is made up of a diverse group of coordinators representing all NCAA divisions from different regions of the country.

RESOURCES AVAILABLE

A successful CHAMPS/Life Skills Program reflects the nature and personality of the campus environment, its department of athletics, and the unique needs of its student-athletes. For this reason, the program requires a significant commitment from participating institutions.

To help meet this commitment, each participating institution is provided instructional materials, adaptable to each campus program. Materials provided to each institution include:

- ✓ A needs assessment instrument to assist a participating institution in determining the priority of its student-athletes' needs.
- ✓ A program administration guide that includes information addressing various administrative issues and program evaluation instruments.
- ✓ Supplemental materials to support the instructional materials (e.g., videotapes, DVDs).
- ✓ An opportunity to register for the CHAMPS/Life Skills list-serve, which is ongoing conversation with Life Skills Coordinators from across the country, sharing resources and ideas.
- ✓ Access to the online resource room, where some sample policies and Life Skills materials are housed.

DEVELOPMENT OPPORTUNITIES

At least one representative from each institution or conference office must attend the **CHAMPS/Life Skills Program Orientation**, when a school or conference office is accepted into the program. At the conference, participants are placed in teams to exchange ideas, network and develop plans to implement the programs on their campuses. The Orientation Conference precedes the Continuing Education Conference each February.

In addition to the Orientation, there is an annual **CHAMPS/Life Skills Program Continuing Education Conference** that introduces institutions to new materials, provides supplemental program assistance and assists in improving the effectiveness of the campus CHAMPS/Life Skills Programs. This is an opportunity for coordinators to exchange programming ideas and focus on personal and professional development. The Continuing Education Conference is held each February.

Every NCAA institution is invited to nominate student-athletes to attend the annual **NCAA National Student-Athlete Development Conference** held in the spring. The mission of the conference is to assemble a diverse group of student-athletes who will actively participate in and experience a multitude of challenging and thought-provoking activities that will enable them to become change agents on their campuses and in their communities.

Professional development opportunities for CHAMPS/Life Skills administrators are also available annually. The NCAA education services staff is always looking for qualified, energetic professionals to serve as conference facilitators, on the Advisory Team or to present their program at the Continuing Education Conference. A Call for Leaders is distributed to each CHAMPS/Life Skills coordinator annually.



STARTING A LIFE SKILLS PROGRAM

Each NCAA member institution tailors the CHAMPS/Life Skills Program to meet the needs of its student-athletes. Whether your campus is ready to apply to the program or not, there are steps you can take to start programming for the needs of your student-athletes:

- ✓ Gain support from administrators on your campus.
- ✓ Inventory the existing resources and life skills programming on your campus (not only in the athletics department, e.g., reach out to student affairs offices on campus).
- ✓ Involve your Student-Athlete Advisory Committee in assessing student-athlete needs and initiating new programming.
- ✓ Track the changing needs of your student-athletes through student-athlete focus groups and surveys.
- ✓ Form an advisory team on your campus consisting of interested and supportive faculty, athletics staff, administrators, student affairs staff, coaches and student-athletes.
- ✓ Talk with your conference office or other member institutions in your conference regarding best practices and opportunities to share resources.

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- ✓ Deliver programming through:
 - classes
 - workshops
 - new student orientations
 - socials
 - community service activities
 - speaker series

INSTRUCTIONAL RESOURCES

The Academic Commitment

- Study Skills
- Goal Setting and Time Management
- Tutoring and Structured Study Sessions
- Orientation and Assessment
- Academic Counseling and Advising
- Registration in a Meaningful Curriculum
- Scholarship Applications
- Awards, Honors and Recognition

The Career Development Commitment

- Job Search Process
- Freshman - Senior Years - Developmental Issues
- Post-College
- Agents
- Alumni Career Network

The Athletics Commitment

- Coaching and Evaluations
- Departmental Operations
- Support Programs
- Exit Interviews
- Leadership In and Out of the Arena



The Personal Development Commitment

- Nutrition
- Disordered Eating Prevention Education
- Establishing Relationships and Developing Sexual Responsibility
- Developing Self-Esteem
- Stress Management
- Alcohol Choices and Addictive Behavior
- Dealing with Depression and Grief
- Interpersonal Communications
- Media Relations
- Personal and Social Development
- Manners and Etiquette
- Dealing with Authority
- Understanding and Celebrating Diversity
- Fiscal Responsibility
- Violence Prevention

The Service Commitment

- Mentoring
- Peer Education and Counseling
- Student-Athlete Assistance Program
- Working in Your Community

Program Administration

- Mission, Values and Purpose
- Needs Assessment
- Content Objectives Evaluation
- Student-Athlete Evaluation
- Counseling Student-Athletes
- Strategic Planning



PARTICIPATING INSTITUTIONS AND CONFERENCE OFFICES

DIVISION I

University of Akron
University of Alabama at Birmingham
University of Alabama, Tuscaloosa
Alabama A&M University
Alabama State University
University at Albany
Alcorn State University
America East Conference
American University
Appalachian State University
University of Arizona
Arizona State University
University of Arkansas, Fayetteville
University of Arkansas, Little Rock
Arkansas State University
Atlantic Coast Conference
Auburn University
Austin Peay State University
Ball State University
Baylor University
Belmont University
Bethune-Cookman University
Big 12 Conference
Big East Conference
Big Sky Conference
Big Ten Conference
Big West Conference
State University of New York at Binghamton
Birmingham-Southern College*
Boise State University
Boston College
Boston University
Bowling Green State University
Bradley University
Brigham Young University
Brown University
Bucknell University
University at Buffalo, The State University of New York
Butler University
University of California, Berkeley
University of California, Davis
University of California, Irvine
University of California, Los Angeles
University of California, Riverside
University of California, Santa Barbara
California Polytechnic State University
California State University, Fresno
California State University, Fullerton
California State University, Northridge
California State University, Sacramento
Campbell University
Canisius College
Centenary College (Louisiana)
Central Connecticut State University
University of Central Florida
Central Michigan University
College of Charleston (South Carolina)
Chicago State University
University of Cincinnati
Clemson University
Cleveland State University
Coastal Carolina University
Colgate University
University of Colorado, Boulder
Colorado State University



Columbia University-Barnard College
Conference USA
University of Connecticut
Coppin State University
Cornell University
Creighton University
Dartmouth College
University of Dayton
University of Delaware
Delaware State University
University of Denver
DePaul University
University of Detroit Mercy
Division IA Athletic Directors' Association
Drake University
Drexel University
Duke University
Duquesne University
East Carolina University
East Tennessee State University
Eastern Illinois University
Eastern Kentucky University
Eastern Michigan University
Eastern Washington University
Elon University
University of Evansville
Fairfield University
Fairleigh Dickinson University, Metropolitan
University of Florida
Florida A&M University
Florida Atlantic University
Florida International University
Florida State University
Fordham University
Furman University
George Mason University
Georgetown University
University of Georgia
Georgia Institute of Technology
Georgia State University
Gonzaga University
Grambling State University
Hampton University
University of Hartford
Harvard University
University of Hawaii, Manoa
High Point University
Hofstra University
Horizon League
University of Houston
Howard University
University of Idaho
Idaho State University
University of Illinois, Champaign
University of Illinois at Chicago
Illinois State University
Indiana State University
Indiana University, Bloomington
Indiana University-Purdue University, Fort Wayne
Indiana University-Purdue University at Indianapolis
Iona College
University of Iowa
Iowa State University
Jackson State University
Jacksonville State University
Jacksonville University
James Madison University
University of Kansas
Kansas State University
Kent State University
University of Kentucky
La Salle University
Lamar University
Liberty University
Lipscomb University



*Reclassifying

Long Beach State University
 Long Island University-Brooklyn Campus
 Longwood University
 University of Louisiana at Lafayette
 University of Louisiana at Monroe
 Louisiana State University
 Louisiana Tech University
 University of Louisville
 Loyola College (Maryland)
 Loyola Marymount University
 Loyola University (Illinois)
 University of Maine, Orono
 Manhattan College
 Marist College
 Marquette University
 Marshall University
 University of Maryland, Baltimore County
 University of Maryland, College Park
 University of Maryland, Eastern Shore
 University of Massachusetts, Amherst
 University of Memphis
 Mercer University
 Metro Atlantic Athletic Conference
 University of Miami (Florida)
 Miami University (Ohio)
 University of Michigan
 Michigan State University
 Mid-American Conference
 Middle Tennessee State University
 Mid-Eastern Athletic Conference
 University of Minnesota, Twin Cities
 University of Mississippi
 Mississippi State University
 Mississippi Valley State University
 University of Missouri, Columbia
 University of Missouri, Kansas City
 Missouri State University
 Monmouth University
 University of Montana
 Montana State University-Bozeman
 Morehead State University
 Morgan State University
 Mount St. Mary's University
 Mountain West Conference
 Murray State University
 University of Nebraska, Lincoln
 University of Nevada
 University of Nevada, Las Vegas
 University of New Hampshire
 University of New Mexico
 New Mexico State University
 University of New Orleans
 Niagara University
 Nicholls State University
 Norfolk State University
 University of North Carolina, Asheville
 University of North Carolina, Chapel Hill
 University of North Carolina, Charlotte
 University of North Carolina at Greensboro
 University of North Carolina, Wilmington
 North Carolina A&T State University
 North Carolina State University
 University of North Texas
 Northeastern University
 Northern Arizona University
 University of Northern Colorado
 Northern Illinois University
 University of Northern Iowa
 Northwestern State University
 Northwestern University
 University of Notre Dame



Oakland University
 Ohio State University
 Ohio University
 University of Oklahoma
 Oklahoma State University
 Old Dominion University
 Oral Roberts University
 University of Oregon
 Oregon State University
 University of the Pacific
 Pacific-10 Conference
 Patriot League
 Pennsylvania State University
 Pepperdine University
 University of Pittsburgh
 University of Portland
 Portland State University
 Prairie View A&M University
 Providence College
 Purdue University
 Quinnipiac University
 Radford University
 University of Rhode Island
 Rice University
 University of Richmond
 Rider University
 Rutgers, The State University of New Jersey, New Brunswick
 Sacred Heart University
 Sam Houston State University
 Samford University
 University of San Diego
 San Diego State University
 University of San Francisco
 San Jose State University
 Santa Clara University
 Savannah State University
 Seton Hall University
 Siena College
 University of South Alabama
 University of South Carolina, Columbia
 South Carolina State University
 University of South Florida
 Southeast Missouri State University
 Southeastern Conference
 Southeastern Louisiana University
 University of Southern California
 Southern Conference
 Southern Illinois University at Carbondale
 Southern Methodist University
 University of Southern Mississippi
 Southern University, Baton Rouge
 Southern Utah University
 Southwestern Athletic Conference
 St. Bonaventure University
 Saint Francis University (Pennsylvania)
 St. John's University (New York)
 Saint Joseph's University
 St. Mary's College of California
 St. Peter's College
 Stanford University
 Stephen F. Austin State University
 Stetson University
 Stony Brook University
 Syracuse University
 Temple University
 University of Tennessee at Chattanooga
 University of Tennessee, Knoxville
 Tennessee State University
 Tennessee Technological University
 University of Texas at Arlington
 University of Texas at Austin
 University of Texas at El Paso
 University of Texas, Pan American
 University of Texas at San Antonio



Texas A&M University, College Station
 Texas A&M University-Corpus Christi
 Texas Christian University
 Texas Southern University
 Texas State University-San Marcos
 Texas Tech University
 University of Toledo
 Towson University
 Troy University
 Tulane University
 University of Tulsa
 U.S. Air Force Academy
 U.S. Military Academy
 U.S. Naval Academy
 University of Utah
 Utah State University
 Valparaiso University
 Vanderbilt University
 University of Vermont
 Villanova University
 University of Virginia
 Virginia Commonwealth University
 Virginia Polytechnic Institute & State University
 Wagner College
 Wake Forest University
 University of Washington
 Washington State University
 Weber State University
 West Coast Conference
 West Virginia University
 Western Athletic Conference
 Western Carolina University
 Western Illinois University
 Western Kentucky University
 Western Michigan University
 Wichita State University
 Winthrop University
 University of Wisconsin, Green Bay
 University of Wisconsin, Madison
 University of Wisconsin, Milwaukee
 Wofford College
 Wright State University
 University of Wyoming
 Xavier University
 Yale University
 Youngstown State University



DIVISION II

Abilene Christian University
 Adams State College
 Adelphi University
 University of Alabama in Huntsville
 American International College
 Angelo State University
 Arkansas Tech University
 University of Arkansas, Monticello
 Assumption College
 Augusta State University
 Barry University
 Bellarmine University
 Bemidji State University
 Benedict College
 Bloomsburg University of Pennsylvania
 Bowie State University
 Bryant University
 Caldwell College
 University of California, San Diego
 California Collegiate Athletic Association
 California State University, Chico
 California State University, Monterey Bay
 California State University, San Bernardino
 California State University, Stanislaus

California University of Pennsylvania
 Cameron University
 Catawba College
 University of Central Arkansas*
 Central Atlantic Collegiate Conference
 Central Intercollegiate Athletic Association
 University of Central Missouri
 Cheyney University of Pennsylvania
 Clark Atlanta University
 University of Colorado, Colorado Springs
 Colorado School of Mines
 Colorado State University at Pueblo
 Concord University
 Converse College
 Delta State University
 East Coast Conference
 East Stroudsburg University of Pennsylvania
 Elizabeth City State University
 Emporia State University
 Florida Gulf Coast University*
 Florida Institute of Technology
 Florida Southern College
 Fort Hays State University
 Fort Valley State University
 Francis Marion University
 Gannon University
 Georgian Court University
 Grand Valley State University
 Great Lakes Valley Conference
 University of Hawaii at Hilo
 Henderson State University
 Holy Family University
 Humboldt State University
 University of the Incarnate Word
 Indiana University of Pennsylvania
 University of Indianapolis
 Johnson C. Smith University
 Kennesaw State University*
 Kentucky State University
 Lewis University
 Lock Haven University of Pennsylvania
 Lynn University
 Mansfield University of Pennsylvania
 University of Massachusetts at Lowell
 Mercy College
 Mercyhurst College
 Mesa State College
 Metropolitan State College of Denver
 Michigan Technological University
 Mid-America Intercollegiate Athletics Association
 Millersville University of Pennsylvania
 University of Minnesota Duluth
 Missouri Southern State University
 Missouri University of Science and Technology
 Missouri Western State University
 University of Missouri, St. Louis
 Molloy College
 University of Montevallo
 Morehouse College
 Mount Olive College
 University of Nebraska at Kearney
 University of Nebraska at Omaha
 University of New Haven
 New York Institute of Technology
 North Carolina Central University*
 University of North Carolina at Pembroke
 University of North Dakota
 North Dakota State University*
 University of North Florida*
 Northern Kentucky University
 Northern Michigan University
 Northern State University



*Reclassifying

Northwood University (Michigan)
 Nova Southeastern University
 Nyack College
 Pace University
 Palm Beach Atlantic University
 Pfeiffer University
 University of Pittsburgh, Johnstown
 Rockhurst University
 Rollins College
 Saginaw Valley State University
 San Francisco State University
 Seattle University
 Shaw University
 Shippensburg University of Pennsylvania
 Slippery Rock University of Pennsylvania
 Sonoma State University
 University of South Carolina Upstate*
 University of South Dakota
 South Dakota State University*
 Southeastern Oklahoma State University
 Southern Connecticut State University
 Southern Illinois University Edwardsville
 University of Southern Indiana
 Southern Intercollegiate Athletic Conference
 Southwest Minnesota State University
 St. Andrews Presbyterian College
 St. Augustine's College
 St. Cloud State University
 St. Edward's University
 Saint Joseph's College (Indiana)
 Saint Leo University
 St. Mary's University (Texas)
 Saint Michael's College
 St. Paul's College
 St. Thomas University
 Stonehill College
 Sunshine State Conference
 University of Tampa
 Tarleton State University
 Texas A&M University-Commerce
 Texas A&M University-Kingsville
 Truman State University
 Tuskegee University
 Upper Iowa University
 Valdosta State University
 Virginia State University
 Virginia Union University
 Wayne State University (Michigan)
 Wayne State College (Nebraska)
 West Chester University of Pennsylvania
 University of West Florida
 West Texas A&M University
 West Virginia Intercollegiate Athletic Conference
 West Virginia State University
 Wheeling Jesuit University
 Wingate University
 Winona State University
 Winston-Salem State University*
 University of Wisconsin, Parkside



DIVISION III

Albion College
 Alfred University
 Allegheny College
 Alma College
 Alvernia College
 Anderson University (Indiana)
 Augsburg College
 Augustana College (Illinois)
 Aurora University
 Baldwin-Wallace College

*Reclassifying

Baruch College
 Bates College
 Becker College
 Benedictine University (Illinois)
 Bluffton University
 Bridgewater State College
 State University College at Brockport
 Buffalo State College
 Cabrini College
 California Lutheran University
 Calvin College
 Carnegie Mellon University
 Carroll College (Wisconsin)
 Carthage College
 Castleton State College
 Catholic University
 Cedar Crest College
 Chatham University
 Clarkson University
 College Conference of Illinois & Wisconsin
 Concordia University Chicago
 Cornell College
 State University College at Cortland
 Defiance College
 DePauw University
 Dominican University (Illinois)
 Eastern Connecticut State University
 Eastern University
 Elmhurst College
 Elmira College
 Emmanuel College (Massachusetts)
 Emory and Henry College
 Endicott College
 Fitchburg State College
 Framingham State College
 State University College at Fredonia
 State University College at Geneseo
 Greensboro College
 Gwynedd-Mercy College
 Hartwick College
 Hiram College
 Hood College
 Illinois Wesleyan University
 Ithaca College
 Johns Hopkins University
 Johnson and Wales University
 Kean University
 University of La Verne
 Lincoln University (Pennsylvania)*
 Linfield College
 Macalester College
 University of Maine, Farmington
 Manchester College
 Manhattanville College
 Marian College (Wisconsin)
 Marywood University
 Massachusetts College of Liberal Arts
 University of Massachusetts, Boston
 McMurry University
 Medaille College
 Mills College
 Mitchell College
 Montclair State University
 Moravian College
 Mount Holyoke College
 College of Mount St. Joseph
 Mount Union College
 Nazareth College
 Neumann College
 University of New England
 New England College
 New Jersey City University



*Reclassifying

State University College at New Paltz
 State University of New York Institute of Technology
 Nichols College
 North Park University
 Norwich University
 College of Notre Dame (Maryland)
 State University College at Old Westbury
 State University College at Oneonta
 State University of New York at Oswego
 Pacific Lutheran University
 Pennsylvania State University Erie, the Behrend College
 University of Pittsburgh, Greensburg
 Plattsburgh State University of New York
 State University of New York at Potsdam
 University of Redlands
 Regis College (Massachusetts)
 Rensselaer Polytechnic Institute
 Rhode Island College
 Richard Stockton College of New Jersey
 Rochester Institute of Technology
 Rowan University
 Rutgers, The State University of New Jersey, Camden
 Salem State College
 Salisbury University
 Salve Regina University
 University of Scranton
 Simpson College
 Smith College
 University of Southern Maine
 Spelman College
 Springfield College
 College of St. Benedict
 Saint Joseph's College (Maine)
 St. Lawrence University
 Saint Mary's University of Minnesota
 Stevens Institute of Technology
 Susquehanna University
 University of Texas at Dallas
 Thiel College
 Trinity College (Connecticut)
 Tufts University
 Union College (New York)
 USA South Athletic Conference
 Utica College
 Washington College (Maryland)
 Washington University in St. Louis
 Waynesburg University
 Wellesley College
 Western New England College
 Westfield State College
 Westminster College (Missouri)
 Wilmington College (Ohio)
 University of Wisconsin, La Crosse
 University of Wisconsin, Oshkosh
 University of Wisconsin, Superior
 Wittenberg University
 Worcester Polytechnic Institute
 Worcester State College
 York College (Pennsylvania)

Total number of CHAMPS/Life Skills members
as of June 2008: 627

Division I = 330
Division II = 155
Division III = 141

Partnering Association = 1

APPLICATION PROCESS

Each year, the NCAA accepts up to 40 active, NCAA member institutions and conference offices into its CHAMPS/Life Skills Program. As a requirement for participation, institutions or conferences must identify a staff member as the coordinator and must provide the financial resources needed to send a representative to the Orientation Conference in the year of admission, and hopefully, to the Continuing Education Conference each year thereafter.

No fee is required to become a part of the CHAMPS/Life Skills Program. However, the conference office or institution is responsible for funding and implementing its program. The NCAA provides materials, resources, program models and annual conferences for administrators.

Applications are mailed to the directors of athletics at non-CHAMPS/Life Skills NCAA member institutions and commissioners at NCAA member conference offices each spring, and the new class is announced each fall. Applications also are available on the NCAA Web site.

If you are interested in applying for the CHAMPS/Life Skills Program, or have questions regarding the program, please contact Rebecca Ahlgren-Bedics at the NCAA.



CHAMPS/Life Skills Program

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 317/917-6222

Check out the CHAMPS/Life Skills Program
 Web site at www.NCAA.org.