

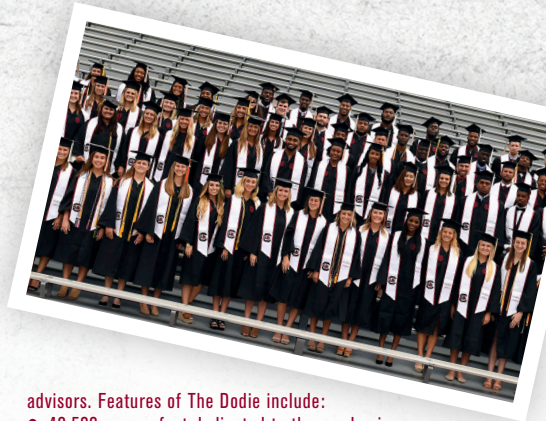


# THE GAMECOCK STUDENT-ATHLETE PROMISE

## A CHAMPIONSHIP EXPERIENCE



**MISSION STATEMENT**  
*Gamecock Athletics develops our student-athletes intellectually, athletically, socially and culturally to compete relentlessly for championships and to attain high levels of achievement at the University, and throughout life, in harmony with our University's mission and vision.*



### COST OF EDUCATION

#### 🏆 FULL COST OF ATTENDANCE

Scholarships provided to student-athletes in all sports will be calculated based on the maximum amount allowed by the NCAA including tuition, fees, room, board, books and other expenses up to the full cost of attendance.

#### 🏆 SCHOLARSHIP COMMITMENT TO STUDENT-ATHLETES

All athletically related scholarships provided to incoming freshmen will be four-year agreements that outline the amount of aid to be provided during each fall and spring term of the student's academic career. For incoming transfer student-athletes, the University will provide an agreement that outlines the student's scholarship for the remaining period of time towards four years of college enrollment. The University may extend the scholarship for a fifth year, if needed. These scholarships may not be reduced or non-renewed for athletically-related reasons.

#### 🏆 GAMECOCK LIFETIME DEGREE GUARANTEE

The Carolina Degree Completion Program provides funding for former scholarship student-athletes who have left the University to return and complete his or her undergraduate degree. To be eligible to receive funding, which includes tuition, room and board, books and permissible fees, a former scholarship student-athlete must 1) be in good standing with the University, 2) be readmitted to the University through the Office of Undergraduate Admissions, and 3) complete the Carolina Degree Completion application process.

#### 🏆 NCAA EXCEPTIONAL STUDENT-ATHLETE DISABILITY INSURANCE PREMIUMS

Student-athletes who qualify for the NCAA's Exceptional Student-Athlete Disability Insurance Program have their premiums deferred until they depart the University or begin their professional sports career. Student-athletes who depart in good standing and then demonstrate financial need will receive funds to cover the cost of the NCAA disability insurance premiums.

#### 🏆 ACCESS TO THE NCAA STUDENT-ATHLETE OPPORTUNITY FUND

Through its NCAA Student-Athlete Opportunity Fund, the University of South Carolina provides funds to assist student-athletes with extraordinary circumstances and needs such as clothing, course supplies and leadership training, as allowed by the NCAA.

### COMMITMENT TO ACADEMIC EXCELLENCE

#### 🏆 ACADEMIC SUPPORT

The primary goal of the University of South Carolina academic support program is to ensure that every student-athlete earns his or her undergraduate degree. This commitment to academic success is enhanced by the following:

- Degree completion plan from day one to ensure student-athletes are making continuous progress towards a degree;
- Priority registration to minimize athletics conflicts with academic requirements;
- Innovative objective-based study sessions for greater efficiency and productivity;
- Time management and organizational skills training;
- Diagnostic screening and learning assessments provided by a certified school psychologist;
- Campus partnerships to maximize programming and resources available to student-athletes;
- Experienced and qualified staff:
  - **Academic Advisors** are experienced professionals who have a strong knowledge of University academic degree requirements and NCAA eligibility rules.
  - **Learning Specialists** work directly with student-athletes needing instruction outside the classroom in order to achieve academic success. These specialists have considerable experience in education and are trained in academic intervention.
  - **Tutors and Academic Mentors.** The Tutor Program provides subject-specific assistance to student-athletes as a supplement to the classroom learning experience. The Academic Mentor Program supports student-athletes as they learn to function effectively in the college environment and provide guidance on study and organizational skills, time management and goal setting.

#### 🏆 DODIE ANDERSON ACADEMIC ENRICHMENT CENTER - "The Dodie"

The primary purposes of The Dodie are to promote excellence in academics and foster a sense of community among student-athletes. This beautifully designed building is conveniently located within the Athletics Village and provides student-athletes with a state-of-the-art facility in which to eat, study and meet with academic

advisors. Features of The Dodie include:

- 40,500 square feet dedicated to the academic success of student-athletes;
- Extensive study areas, 20 tutor rooms, 12 seminar rooms, 3 computer labs with over 100 computers and the latest in technology;
- Full-service dining room.

#### 🏆 PREP 100: SUMMER BRIDGE PROGRAM FOR INCOMING FRESHMAN

The University of South Carolina offers a Summer Bridge Program for student-athletes during the summer prior to their freshman year. The program is designed to improve the student-athlete's reading, writing and study skills necessary to be successful academically, and is paired with another course within the University so that the student-athlete will be able to practice the skills with actual college-level material.

### COMMITMENT TO PERSONAL AND CAREER DEVELOPMENT

#### 🏆 PREPARING STUDENT-ATHLETES FOR LIFE

Student-athletes are provided a variety of innovative programming to enhance their opportunities for personal and career development in preparation for life after graduation.

- **Topics:** Career development, diversity, "Dress for Success," drugs and alcohol education, etiquette, financial planning/personal finances, leadership development, life after sports, mental wellness, networking, nutrition, personal safety, sexual health and relationships as well as educational topics involving bullying, conflict resolution, hazing, respect for others, inclusion, sexual assault and sexual harassment.
- **University 101.** The University boasts an award-winning freshman training course, the first of its kind, which continues to serve as a national model. This course provides valuable information to students on a wide array of practical topics to ensure incoming students are prepared for a successful collegiate experience.

#### 🏆 BEYOND SPORTS PROFESSIONAL DEVELOPMENT & INTERNSHIP PROGRAM

The Beyond Sports program is a professional development and summer internship program for University of South Carolina student-athletes, including interviews,





educational professional development programming, group projects and paid internship experiences funded by the University of South Carolina Gamecock Club as well as unpaid internships with Beyond Sports community partners. Internships within the Beyond Sport program have several goals and objectives including:

- To provide student-athletes with meaningful professional development experience, including resume building, interview experience, developing a network and exposure to various professional settings.
- To provide student-athletes with meaningful work experience in a professional setting.
- Expand student-athletes' contacts beyond their professors and coaches.
- Help student-athletes be better prepared for their professional life after college.

### GAMECOCK CAREER NETWORK

The University of South Carolina is committed to assisting its student-athletes not only to graduate but also to find employment in their chosen profession after graduation. Through the Gamecock Career Network, the Athletics Department matches student-athletes with potential employers to assist them in securing jobs and internships. The Career Network also provides lessons on preparing resumes and interview training. In addition, every student-athlete is provided a business suit that can be worn at job interviews. The Gamecock commitment lasts a lifetime.

### TEAM GAMECOCKS GIVING BACK

Gamecock student-athletes not only represent themselves, their families and the University; but they also help make their communities, South Carolina, our nation and the world a better place. **"Team Gamecocks" performed almost 9,300 hours of community service during 2016-17**, including reading to elementary school children, collecting food for the Harvest Hope Food Bank, visiting both hospitalized children and veterans, interacting with kids in after-school programs, and making a difference all over the world.

### RESPECT AND DIGNITY FOR ALL

University of South Carolina student-athletes live in an environment of respect and dignity, embodied by the **Carolinian Creed**:

*"As a Carolinian ...*

*I will practice personal and academic integrity;*

*I will respect the dignity of all persons;*

*I will respect the rights and property of others;*

*I will discourage bigotry, while striving to learn from differences in people, ideas and opinions;*

*I will demonstrate concern for others, their feelings, and their need for conditions which support their work and development."*

These values are also shared and followed by all Gamecock coaches and staff.

## COMMITMENT TO ATHLETIC EXCELLENCE

### THE NATION'S LEADING COACHES

The University of South Carolina has one of the finest collections of coaches in the nation. Gamecock head coaches have won a litany of national and conference coach of the year honors, championships and even Olympic gold medals. Our coaches have trained All-Americans, all-conference performers and Olympians and are also members of their sports' respective Halls of Fame.

### AWARD-WINNING ATHLETICS FACILITIES

Whether talking about "The Dodie," where student-athletes study, socialize and eat, or various practice and competition venues, locker rooms, and strength and

conditioning facilities, Gamecock student-athletes train and compete in some of the finest facilities in the nation. The University is committed to continuing that level of support. Currently, facility construction and upgrades are taking place for football, track and field, and swimming and diving.

### NATIONAL MEDIA ATTENTION

An overwhelming majority of all U.S. cable households are able to see Gamecock Athletics events through the newly-created **SEC Network**. As a member of the Southeastern Conference, Gamecock Athletics is covered by national, regional and local media. South Carolina sporting events are on national television networks, including CBS and the ESPN family of networks. In social media, South Carolina Athletics' official pages on Twitter, Facebook and YouTube rank among the top 15 of all college sports programs in total users. The Gamecock Sports Network can be heard on radio stations throughout the state and region as well as on GamecocksOnline.com, the official website of South Carolina Athletics, and on the University's official Gameday app, available in the iTunes store and Android Marketplace.

### APPAREL AND EQUIPMENT

Gamecock student-athletes enjoy the use of premier practice and competition apparel and equipment that is designed to promote comfort and safety, to create a distinctive appearance that enhances recognition of the athletics program, and that allows student-athletes to perform at the highest level.

### GAMECOCK COUNTRY

In 2016-17, South Carolina ranked in the top 50 nationally in average attendance for all eight sports the NCAA tracks, including seven of those in the top 25, the most of any school in the country. They are as follows: women's basketball (1st), women's soccer (3rd), baseball (5th), men's soccer (8th), softball (11th), football (17th), men's basketball (21st) and volleyball (41st).

## COMPREHENSIVE HEALTHCARE

### COMPREHENSIVE HEALTH CARE FOR SCHOLARSHIP AND NON-SCHOLARSHIP STUDENT-ATHLETES

The University of South Carolina provides its enrolled student-athletes with high-quality health care from nationally recognized surgeons and athletic trainers. This care includes a comprehensive physical medical exam with lab tests (e.g., sickle cell, CBC blood test, Iron and Ferritin) and comprehensive medical, dental, vision, psychological, rehabilitation and associated health care services for injuries or illnesses sustained by a student-athlete while practicing or competing in a varsity sport.

### CONCUSSION TREATMENT

Gamecock student-athletes are provided the most up-to-date concussion prevention, management and treatment services. Student-athletes diagnosed with a concussion are not allowed to practice or compete until cleared by a medical professional.

### STATE-OF-THE-ART ATHLETIC TRAINING ROOMS; REHABILITATION EQUIPMENT

Gamecock student-athletes have access to seven state-of-the-art, conveniently located athletic training rooms, complete with the latest rehabilitation equipment. In addition to those, there are four on-site game-day prep training rooms available, and one more main training room will come online with the completion of the Football Operations Center.

### SOUND MIND: MENTAL HEALTH

The University of South Carolina cares about the mental health and wellness of its student-athletes. The Gamecock Athletics staff includes three sports psychologists, and a psychiatrist is available to assist student-athletes in dealing with issues affecting their lives.

### SOUND BODY: LEADERS IN SPORTS NUTRITION

As part of its commitment to ensuring healthy student-athletes' health, the University of South Carolina provides nutritious, high-quality meals, snacks and beverages that allow student-athletes to practice and compete at their physical best, be mentally alert for academics and minimize their risk for illness. This commitment includes:

- **Dining at "The Dodie."** Opened in 2010, the Dodie Anderson Academic Enrichment Center dining room serves South Carolina student-athletes and provides high-quality, nutrition-rich foods designed by a nutritionist and prepared by a chef. The 2,650-square-foot dining room and the 2,000-square-foot kitchen host 200 student-athletes at any one time. Student-athletes may dine throughout the day.
- **Two Full-Time Certified Sports Nutritionists** (Dietitians) ensure student-athletes receive both team and personalized nutritional support.
- **The Gamecock Nutrition Center**, one of the first of its kind in intercollegiate sports, is staffed by a full-time nutritionist. Housed at Williams-Brice Stadium and open to all student-athletes, its focus is on maximizing nutritional health and well-being. In addition, nutritional snacks are made available to all student-athletes surrounding practice and competition activities for optimal recovery in the newly-renovated Dodie Dining Hall.

### INNOVATIVE SPORT-SPECIFIC STRENGTH AND CONDITIONING PROGRAMS

The University of South Carolina is unique in being one of the few universities with a MSCC certified master strength and conditioning coach and a certified strength and conditioning staff training student-athletes.

### CUTTING-EDGE SPORTS & HEALTHCARE TECHNOLOGY

The University of South Carolina is continuously reviewing and implementing cutting-edge health research to enhance the athletic ability of student-athletes. For example:

- **The iDxa Body Scanner** scans the composition of a student-athlete's entire body, measuring his or her overall body fat, lean muscle mass, bone density and providing a differentiation of fat mass versus lean mass in every area of the body.
- **My VERT Jump Device** is an innovative software accessory that measures the height and quantity of student-athlete vertical jumps for training.
- **Alter-G** anti-gravity treadmill provides for superior training and injury rehabilitation.

## A VITAL VOICE

### STUDENT-ATHLETE ADVISORY COMMITTEE

The Student-Athlete Advisory Committee provides an equal and representative voice for all University of South Carolina teams. Members of the SAAC play a leadership role, as well as provide input on University, SEC and NCAA policies, rules and legislation.