

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 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 Coaches. The Tutor Program provides subject-specific assistance to student-athletes as a supplement to the classroom learning experience. The Academic Coach 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; and
- Full-service dining room.



COMMITMENT TO PERSONAL AND CAREER DEVELOPMENT

GAMECOCK CEO

The University of South Carolina Athletics Department is committed to the growth and development of all Gamecock student-athletes. The mission of Gamecock CEO is to educate, inspire and holistically develop student-athletes as they transition into college, during their time at South Carolina, and in preparation for life after graduation. Programming is strategically implemented for each class, freshman through senior year, and focuses on the four pillars of personal and professional development, leadership, and community service. Our goal is to empower Gamecock student-athletes to become the CEO of their lives.

PERSONAL DEVELOPMENT

FINANCIAL EDUCATION

Presented by Founders Federal Credit Union, the Financial Education workshop introduces freshman class student-athletes to money management strategies that can be utilized during college and after graduation. Student-athletes will learn about managing their stipend funding, budgeting tactics, credit cards, and more to prepare them to make sound financial decisions. Additional optional financial education programming is offered throughout the year for upperclassmen.

GENERATION GAMECOCK

A three-tiered mentor program that connects current student-athletes with former Gamecock athletes, senior administrators, and/or middle-school youth in the Columbia community. Participants expand their professional network, gain valuable insight into careers of interest, and lead by example as mentors themselves. The structure of the tiers allows Gamecock athletes to be a part of Generation Gamecock for life. Each tier is built for maximum engagement and relationship building beyond the academic year. Meetings and communication vary based on discussions between the mentor and mentee.

SPURs Up (Seniors: Prepared, United & Ready)

The event includes sessions of personal development and best practices as each athlete launches into the career field after Carolina. Former Gamecock athletes share insights on their transition from athletics to their career, how to build a new community and succeed post-grad. Participants will be equipped with tools for short-term and long-term financial planning as well as critical, behind-the-scenes life decision-making processes. This holistic event engages, encompasses, and capitalizes on the transferable skills that Gamecock athletes have, leaving students with a deeper sense of community and self-efficacy to own their life beyond Carolina.

PROFESSIONAL DEVELOPMENT

BEYOND SPORTS

Beyond Sports is a professional development and summer internship program for University of South Carolina student-athletes which includes educational professional development programming, group projects and relevant work experience. Internships within the Beyond Sports program have several goals and objectives including: to provide student-athletes with meaningful professional development and work experience, expand student-athletes' network, and to support and encourage post-collegiate career preparedness.

DRESS LIKE A PRO

Sophomore student-athletes participate in an interactive workshop that educates and prepares them for upcoming interviews, internships, special events, award ceremonies and other occasions where professional, business, and/or formal attire is required.

TAILOR MADE

Junior student-athletes are fitted for a complimentary, custom-made business suit as they prepare for upcoming job fairs and interviews.

NETWORKING NIGHT

Each year, the Athletics Department invites South Carolina Lettermen and business professionals from across the southeast to network with student-athletes who have an interest or major aligned with that professional's career field. Juniors are required to attend but all student-athletes are invited to attend. The submission of a resume is encouraged and shared with all 90+ professionals in attendance. During the event student-athletes are provided the opportunity to have a professional headshot taken.

LEADERSHIP

STUDENT-ATHLETE ADVISORY COMMITTEE

The Student-Athlete Advisory Committee (S.A.A.C.) is an organization made up of two student-athlete representatives from each team within the Athletics Department. SAAC is designed to be a means for student-athletes to share ideas and information on what is going on with their team and to communicate with Athletics Administration about issues that affect them. In addition, SAAC actively promotes student-athlete camaraderie and department-wide community service projects. Team representatives are responsible for sharing pertinent information with their teammates. SAAC meetings are held on Tuesday nights. Please contact the Executive Board if you are interested in becoming a member.

SEC SAAC

The Southeastern Conference Student-Athlete Advisory Committee, which represents the diverse views and backgrounds of student-athletes, was established to serve as a medium of communication through which student-athletes, conference administrators, institutional representatives and coaches to discuss and take action on issues relating to rules governance, student-athlete welfare and community service. The University of South Carolina is represented by two SAAC Officers.

SEC LEADERSHIP COUNCILS

Leadership councils for the sports of football and men's and women's basketball were created to provide student-athletes with additional opportunities to engage with campus leaders and conference office staff.

COMMUNITY SERVICE

TEAM GAMECOCKS

Team Gamecocks represents a continuing commitment by Gamecock student-athletes to respond with both time and effort to the needs of their local communities. Every year, student-athletes from all athletic teams participate in service projects to serve as goodwill ambassadors for not only their respective programs, but also for the Athletics Department and the University of South Carolina. In addition, many student-athletes elect to participate in additional service projects such as week of giving, food drives, and Gamecock Games.



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 ATHLETICS 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.

NATIONAL MEDIA ATTENTION

An overwhelming majority of all U.S. cable households can see Gamecock Athletics events through the 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 and Facebook rank among the top 12 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 app, available at 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

Recognized nationally as one of the toughest places for opponents to play, Gamecock Country provides Gamecock student-athletes the advantage of competing in front of large numbers of faithful and boisterous fans who cheer loudly for the Gamecocks at all home venues. Gamecock fans have a tradition of passionate support, filling the stands while not sitting still. More than 1.3 million loyal fans attended Gamecock home athletics events in 2018-19, the most recent fully completed academic year.

COMPREHENSIVE HEALTHCARE FOR ENROLLED STUDENT-ATHLETES

GAMECOCK SPORTS SCIENCE NETWORK

The Gamecock Sports Science Network is the branded effort for Gamecock Athletics commitment to providing more resources and skilled health professionals for student-athletes. It uses cutting-edge research and technologies that enhance performance in a safe environment based on research and sound methods while helping maintain sound bodies and sound minds.

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, 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

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, 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.

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

Gamecock student-athletes have access to six state-of-the-art, conveniently located athletic training rooms, complete with the latest rehabilitation equipment. Four additional training rooms are currently scheduled for construction.

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 a director of mental health, two psychologists, and a psychiatrist available to assist student-athletes in dealing with issues affecting their lives or sports performance.



SOUND BODY: LEADERS IN SPORTS NUTRITION

As part of its commitment to ensuring 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.
- Certified Sports Nutritionists (Dietitians) ensure student-athletes receive both team and personalized nutritional support. Each athletic team has a nutritionist assigned to it to develop meal plans for maximum nutritional value.
- The Gamecock Nutrition Center is staffed by full-time nutritionists. Housed at "The Dodie" 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.

INNOVATIVE SPORT-SPECIFIC STRENGTH AND CONDITIONING PROGRAMS

The University of South Carolina has a certified staff of technology specialists who incorporate the latest evidence-based training techniques and research. This includes the most up-to-date equipment and prime facilities.

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:

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.

- 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.
- Anti-gravity treadmill provides for superior training and injury rehabilitation.

A VITAL VOICE

STUDENT-ATHLETE ADVISORY COMMITTEE (SAAC)

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.

DIVERSITY AND INCLUSION

The University of South Carolina's Department of Athletics is committed to fostering, cultivating, and preserving a culture of diversity, inclusion, and gender equity amongst student-athletes, coaches, administrators, and athletics staff members. We strive to provide equitable experiences for all student-athletes and staff while offering opportunities and education that support the core foundations of a diverse and inclusive environment.

GAMECOCK LEADERSHIP ACADEMY

The University of South Carolina's Department of Athletics has partnered with the Janssen Sports Leadership Center to create the Gamecock Leadership Academy. Student-athletes from all Gamecock sports participate, learning leadership skills and training with the goal of taking these lessons back to their teammates that support the core foundations of a diverse and inclusive environment.

COVID-19 COVERAGE

FEDERAL & STATE HEALTH GUIDELINES

The University of South Carolina athletics personnel follow federal Center for Disease Control (CDC) and state Department of Health and Environmental Control (DHEC) guidelines to ensure the health and safety of our student-athletes.

COMMITMENT TO SCHOLARSHIPS FOR STUDENT-ATHLETES

University of South Carolina student-athletes who elect not to participate in intercollegiate athletics during the fall 2020 academic semester because of health and/or safety concerns related to COVID-19 will continue to have their scholarships honored and will remain in good standing.

THOROUGH TESTING PROTOCOLS

University of South Carolina student-athletes participating in intercollegiate athletics during the COVID-19 pandemic will undergo thorough testing protocols, including COVID-19 and antibody testing upon returning to school. Testing will be repeated for surveillance purposes or if a student-athlete exhibits COVID-19 symptoms. Should a student-athlete test positive for COVID-19, he/she will be isolated away from their team and will undergo health monitoring multiple times each day. In addition, staff, dietitians, counselors and Student Development staff will keep in close contact during the isolation period. Teammates who have been in close contact will be quarantined and receive support during the quarantine period.

EDUCATION

In addition to the rigorous safety protocols in place, all University of South Carolina student-athletes undergo extensive education on what is known about COVID-19, including videos and in-person communication. Each Gamecock sports team, along with parents of student-athletes, has undergone an education session with Gamecock medical staff to provide information and answer questions.

CLEAN FACILITIES

All facilities used by University of South Carolina student-athletes undergo a strict daily cleaning process to ensure that they are fully disinfected. This protocol exceeds the federal CDC guidelines for cleaning and disinfecting. Use of face coverings are mandatory in all facilities.

