

THE REDHAWK EXPERIENCE

ENGAGE

REFLECT

SERVE

PREPARE

CHAMPIONS

Compete for conference championships and berths to NCAA Tournaments.	"I am forever grateful for the opportunity I had to be a leader of this team and for the life lessons I learned in accountability, responsibility and commitment." – Mattia Da Campo, '20, Men's Basketball	Since 2012-13, 58 total individual and team WAC Championships and 14 team NCAA Tournament appearances.
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SCHOLARS

Engage with what it means to be Jesuit educated.	"I feel a sense of belonging in the community, not just in athletics, but with my studies as well." – Baseball Student Athlete	Join the Learning Commons Partnership is a tutor (e.g., writing center, math lab).	"I can't find words to express my gratitude for the experience Seattle U has provided me over the years. I know for a fact that all staff members have always been there for us whenever we needed help. Thus, it would simply not be possible for us to graduate without all of you!" – Malte Thesenvitz, '20, Men's Soccer
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INCLUSIVE EXCELLENCE

Advance an athletics community that is anti-racist and inclusively excellent through education and action.	"Together we rise. All of us together is better than all of us by ourselves." – Kailan Claiborne, '21, Men's Track & Field, inagural member of the Racial Equity Working Group	Join the Racial Equity Working Group, Attend workshops (e.g., Allyship, Understanding Microaggressions), Participate in monthly listening sessions.	"Being a good ally is like being a good teammate, letting others know that you have their back." – Connor O'Brien, '21, Baseball, inagural member of the Racial Equity Working Group.
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SENSE OF BELONGING

Engage with classmates, teammates, coaches, Seattle and the amazing beauty of the Pacific Northwest.	"This is a family-vibe campus." – Emma Mitchell, '19, Softball	Be a SAAC officer/representative. Attend designated "Together We Soar" contests in support o fellow student athletes. Participate in "listening sessions" and workshops (e.g., Allyship) sponsored by the Athletics' Racial Equity Working Group.	"Thank you for this unique and compassionate SU community that I will forever call family. This has been a life-altering experience that will be permanently instilled into who I am and who I will become." – Tyler Yeh, '20, Baseball
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FACULTY ENGAGEMENT

Build personal connections with professors.	"The Seattle U professors have supported my development and shaped who I am inside and outside the classroom." – Sofia Sanchez, '22, Volleyball.	Meet with professors during office hours. Connect with faculty at Faculty Appreciation Event. Reach out to the team's Faculty Liaison.	"Thank you for the Virtual Faculty Appreciation Event. I have taught many years at other institutions prior to Seattle U, our athletes are the best students I have encountered." – Professor Marinilka Barros Kimbro
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PERSONAL & SPIRITUAL FORMATION

Connect with Campus Ministry.	Community of Student Athletes welcomes all student athletes. It is a space for connection, laughter, and mutual support." – Erin Beary Andersen ('95), Associate Director of Campus Ministry	Join Community of Student Athletes. Attend New Student Retreat. Participate in mental health workshops (e.g., stress management, better sleep, mindfulness).	"Leading at New Student Retreat was a big time commitment but nonetheless I learned so many important leadership skills, and I feel that I helped the new student belong at SU." – Alex Howerton, Women's Cross Country
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COMMUNITY PARTNERSHIPS

Volunteer on a service project.	"Virtual Story Time has made me realize how much of an influence we have on young students and how much of a role model we can be." – Rachel Stark, '21, Volleyball	Commit to the Seattle U Youth Initiative (e.g., Redhawk Academic Mentoring Program at Washington Middle School, St. Francis House). Participate in Virtual Story Time at schools near campus (e.g., St. Joseph and St. Anne).	"The bond created through student athletes mentoring middle school students transcends so many social constructs and lines, enriching both of their lives." – LaKesha Kimbrough, SU Center for Community Engagement
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PROFESSIONAL & CAREER PREPARATION

Connect with Career Engagement Office.	"It is a privilege to help student athletes discover and acknowledge their breadth and depth of athletic and non-athletic strengths, achievements, and skills as they take steps to gain experience and insight to continue making career transitions throughout their lifetimes." – Hilary Flanagan, Executive Director of the Career Engagement Office.	Join "Redhawk Landing," SU's mentoring and networking platform. Attend annual Redhawk Student Athlete Career Event. Participate in "Life Skills" workshops (e.g., Financial Literacy, Engaging with New Confidence).	After Seattle U, find meaningful work and career opportunities.
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REDHAWKS FOR LIFE

Develope lifelong affinity, pride and commitment to Seattle U.	"Seattle U has played a large part in the person that I am today. I am truly blessed to be able to be called a Redhawk and experience the journey I went through in the last four years." – Baseball Student Athlete	Return to campus for the Student Athlete Career Event. Attend the Seattle U Alumni Awards and/or Red Tie Event.	"I would not trade being a part of that team and the Seattle U community for anything. The values I learned and gained through the time with my team, my coaches, and community will last me a lifetime." – Julia Besagno, '14, Women's Soccer
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