

N UNIVERSITY OF NEBRASKA **FIRST YEAR SURVIVAL GUIDE**



UNIVERSITY OF NEBRASKA ATHLETICS COMPLIANCE OFFICE

One Memorial Stadium

P.O. Box 880219

Lincoln, NE 68588-0219

2025-26 ACADEMIC YEAR



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QUESTIONS?

University of Nebraska Athletics Compliance Office
One Memorial Stadium | Lincoln, NE 68588

Phone: 402-472-2042

Email: compliance@huskers.com





CHECKLIST

Pre-UNL Admission

- _____ Apply for Admission
- _____ Send all SAT and ACT test scores to UNL (*if applicable*)
- _____ Send official transcript to UNL (*by July 1*)

Post-UNL Admission/Pre-Enrollment

- _____ Activate your TrueYou credentials for access to MyRed
- _____ Pay \$250 Enrollment Deposit
 - _____ If your scholarship covers fees, you may submit an Enrollment Deposit Deferral request through MyRed (see page 4 for instructions)
- _____ Submit immunization information via MyRed
- _____ Register for New Student Enrollment (NSE)
- _____ Complete the FAFSA
- _____ Complete Housing Contract
- _____ Enroll in Direct Deposit on MyRed
- _____ Attend New Student Enrollment
- _____ Request Final NCAA Amateurism Certification (*after April 1*)
- _____ Download Teamworks app and login (*one month prior to arriving on campus*)

Upon Graduation

- _____ Request final official high school and college (if applicable) transcript(s) to be sent to UNL
- _____ Request final official high school transcript to be sent to NCAA Eligibility Center

Arrival to Campus

- _____ Obtain Parking Permit (*if you will bring a vehicle to campus*)



PRE-ADMISSION

After committing to attend the University of Nebraska, you should begin the process of applying for admission to UNL. All questions related to the admissions process should be directed to Katie Jewell (kjewell@huskers.com).

Dates to Remember

Fall/Summer Enrollees

May 1: Deadline to apply and submit test scores
May 1: Pay your \$250 Enrollment Deposit via MyRed
July 1: Deadline to submit final high school transcripts

Spring Enrollees

December 1: Deadline to apply and submit test scores
December 1: Pay your \$250 Enrollment Deposit via MyRed
Submit final high school transcripts ASAP after graduation

How to Apply To UNL

Create an application account at the University of Nebraska Admissions website: <https://admissions.unl.edu/apply/>. Complete all portions of the application and pay the application fee. Fee waivers are available for those who meet the published requirements. First year applicants self-report transcript information, so you will want to have an unofficial transcript on hand when you complete the application. Students planning to enroll for summer can select "summer" as their intended term of enrollment.

Test Scores (Optional)

Test scores must be submitted to the Office of Admissions directly from the testing agency. Test scores are not required for admission into UNL, but can be used to help in the admissions process and awarding of scholarships.

ACT: Go to www.act.org and sign in to your ACT profile. You must enter the code 2482 in order for your scores to be sent to UNL.

SAT: Go to www.collegeboard.org and sign in to your SAT profile. You must enter the code 6877 in order for your scores to be sent to UNL.

Transcripts

Summer/Fall enrollees must submit official high school transcripts by July 1. Spring enrollees should have their transcripts sent as soon as possible after fall grades and graduation have posted.

You must also submit official transcripts to the Office of Admissions for any college credit that you have earned while in high school, even if it appears on your high school transcript.

Send all transcripts to the following address:

*Office of Admissions
University of Nebraska-Lincoln
1410 Q Street
Lincoln, NE 68588-0417*

International Students

International students are required to submit additional documents in addition to meeting English proficiency requirements. Specific information can be found at global.unl.edu.



POST-ADMISSION

The following steps should be completed after you receive your acceptance letter from the University of Nebraska. Any questions regarding admission should be directed to Katie Jewell (kjewell@huskers.com).

MyRed

After applying for admission, you will receive information regarding setting up TrueYou credentials, which will permit you to access MyRed, Canvas, and other university systems. You will also receive your NUID, which is your student ID number.

MyRed is the system that allows you to monitor your admissions status, pay your enrollment deposit, register for New Student Enrollment, complete your housing contract, accept your financial aid, and much more.

Enrollment Deposit Deferral Request

Student-athletes whose scholarship covers fees may request that their athletics scholarship defer their deposit to the fall bill by completing the following steps:

1. Log into MyRED
2. Select Undergraduate underneath Admissions on the red bar at the top of the page.
3. Under Manage Your Applications, select Enrollment Deposit Deferral Form.
4. Underneath Reason for Request, select "I have a scholarship or combination of University scholarships which equal(s) the total cost of tuition, room and board, and student fees."
5. In the box under Additional Information, type "Athletic scholarship".
6. Complete the remainder of the form, and click complete to submit the form.

Enrollment Deposit Deferrals will be reviewed for approval periodically. Approval of Enrollment Deposit Deferrals may be delayed until student-athletes have been certified as meeting NCAA eligibility requirements.

Health Requirements for New Students

New students must show proof of certain immunizations. Specific information and instructions for submitting necessary health requirements can be found here: <https://health.unl.edu/new-student-health-requirement>.

Additionally, parents/guardians of students under 19 years old are strongly encouraged to complete a Power of Attorney form for the UNL Health Center: <https://health.unl.edu/forms/PowerofAttorneyFillable.pdf>.

New Student Enrollment

All new students register for classes through the New Student Enrollment (NSE) Program. Students must sign up for a NSE date through MyRed. Visit with your academic counselor if you have questions about NSE.

Please note that NSE dates are determined by the major you selected on your application. This may mean that some dates are not available to you. Additionally, NSE dates fill up quickly so please sign up as soon as you are able.



NCAA REQUIRED INFORMATION

Prior to competing for the University of Nebraska, you must complete the following steps with the NCAA Eligibility Center. All questions related to the NCAA Eligibility Center should be directed to the Compliance Office at compliance@huskers.com.

NCAA Academic Certification

Student-athletes must send all transcripts and test scores to the NCAA Eligibility Center in order to be certified.

Make arrangements for your high school to send **FINAL SEALED TRANSCRIPTS** (with graduation date) to:

NCAA

NCAA Eligibility Center
P.O. Box 7136
Indianapolis, IN 46206

OR

NCAA Overnight

NCAA Eligibility Center
1802 Alonzo Watford Sr. Dr.
Indianapolis, IN 46202

High schools may also upload transcripts directly to your account through the high school portal.

Test Scores

Test scores are not required for 2025-26 enrollees. However, if you achieved a test score, please follow the below instructions to submit it to the Eligibility Center.

ACT: Go to www.act.org and sign in to your ACT profile. You must enter the code 9999 in order for your scores to be sent to the NCAA. There is a fee to send scores.

SAT: Go to www.collegeboard.org and sign in to your SAT profile. You must enter the code 9999 in order for your scores to be sent to the NCAA. There is a fee to send scores.

NCAA Amateurism Certification

All student-athletes must request Final Amateurism Certification through the NCAA Eligibility Center beginning April 1 and have their amateurism certified prior to enrollment. Please note, the NCAA may have follow-up questions regarding your amateurism and will send correspondence to the email address you registered with the Eligibility Center. Coaches are not permitted to assist you in answering any amateurism questions. If you receive follow-up questions from the NCAA, copy Jena Johnson (jjohnson@huskers.com) on your response. Please also contact Jena if you are unsure how to answer a question. Be sure to continue to monitor your personal email account until you have been final certified by the NCAA.



ON-CAMPUS HOUSING

UNL Housing welcomes all students to live on-campus and join the thriving community! Any questions regarding the housing application or housing requirements should be directed to the Housing & Dining office at (402) 472-3561 or housing@unl.edu.

Important Information

- Students under 19 years of age before the first day the housing contract begins are required to live on campus. For more information on exceptions and how to apply for one, please see <https://housing.unl.edu/residency-requirements>.
- Students awarded the William H. Thompson (Buffett) Scholarship must live in Harper Hall. Please make your coach aware if you were awarded this scholarship.
- Once the housing application is signed, it is binding and cancellation fees will apply. You may not want to sign a housing application if you're unsure about attending the University of Nebraska, are considering living in a fraternity/sorority, or have financial or other concerns with the arrangement.
- Review contract cancellation information here: <https://housing.unl.edu/contract-cancellation>.
- Review the contract policies here: <https://housing.unl.edu/contract-policies>.
- Your coach will be involved in your room assignment and selected roommate. Your first point of contact regarding roommates should be your coach (not the Housing office).

Steps to Complete the Housing Application

The Housing Application for New Students will be available on January 15, 2025 to students who have been admitted and have paid the \$250 enrollment deposit.

Follow the steps below to begin your application:

1. Log in to MyRED
2. Under "Important Links" click the blue "Housing" button.
3. Choose "New Student Application" on the red navigation bar or in the dropdown menu.
4. Click "Apply" next to the 2025-26 Academic Year. You can also access the housing application here: <https://housing.unl.edu/new-student-sign-up/>
5. Complete each section of the housing application including profile information and room preferences. The room preferences page may not list your top preferences as available. However, since your coaches arrange your building placement, you need not worry about this page. Complete to the best of your ability.
6. Pay the \$100 non-refundable housing application fee and sign the housing agreement. If you qualify for a fee waiver, the housing application fee will not be requested and may be deferred or covered by your scholarship later. (See details in the "Pre-Admission" section.)
7. You'll also select a meal plan and have the option to add [Renter's Insurance](#). All incoming first year students are required to have a meal plan. Visit <https://dining.unl.edu/meal-plans> for detailed information regarding meal plans. Student-athletes who signed an athletic scholarship that pays full board will select the "Premium" meal plan.
8. Congratulations! You've completed your Husker Home housing application.



ON-CAMPUS HOUSING *(continued)*

Roommates:

After completion of your housing application, you'll have the option to search for roommates. You are welcome to form a roommate group with the student(s) your coach has assigned you to. Otherwise, we recommend you skip this step.

Prior to move in:

Your coach will work with Housing & Dining to assign you to a residence hall with a roommate. Typically your team will be assigned to the same complexes (a group of residence halls). Your coach will also assign you to live with a teammate or a student-athlete from another sport. If you have specific requests that differ from what your coach has assigned, you need to get this approved by your coach in order for Housing to consider the request. Coaches will then need to notify Housing of the change. *These requests are time sensitive. Housing does their best to accommodate all roommate requests but cannot make guarantees.*

Room assignments will be emailed to your UNL email address in early summer.

After move in:

Room and roommate changes must go through your Residence Director.



NEBRASKA PERFORMANCE NUTRITION TRAINING TABLE

At Nebraska, our commitment to Performance Nutrition is unmatched, and it prepares our athletes for a lifetime of elite nutrition. Student-athletes have access to a team of performance dietitians at the training table, at the fueling stations, at practice, and at competitions. Your dietitian can help you prepare for elite performance by developing an individualized meal plan along with helping you build performance plates in the training table. Your team dietitian along with the Flik culinary team can also teach you how to cook in the Lewis Family Demo Kitchen. This is a great resource so that your elite fueling can continue when you aren't dining at the training table. Our training table is run by Flik Athletics where we pride ourselves on providing you with high quality fuel that tastes great and meets all your performance needs. We also strive to provide you with lots of options from the daily action stations, to the theme buffet, to our comfort line. You can order off the Teamworks Nutrition app also to make custom orders from the Smoothie, Grill, or Deli Stations. We are the only collegiate athletic program that is serving the same food the professional athletes are eating!

Hours of Operation

Monday – Thursday

- Breakfast 6:30 am – 9 am
- Lunch 11 am – 2 pm
- Dinner 5 pm -7:30 pm

Friday

- Breakfast 6:30 am – 9 am
- Lunch 11 am – 2 pm
- Dinner – Closed (Husker Bucks Provided)

Sundays in the Fall

- Brunch 12 pm – 2 pm





Entrance Requirements

- All student-athletes receive access to all meals in the training table and Husker Bucks.
- Everyone is required to scan their N Card or a picture of your N Card at the front desk.
- If you are a first-year student living on campus, you are required to purchase a housing meal plan. We recommend the Premium Meal Plan (18 meal swipes per week, of which you can use 15 in the Lewis Training Table). You will be using a swipe when you dine in the Training Table or C-stores.

Weekly Menu

- The weekly menu will be sent out on Fridays for the following week along with our Husker Happenings that will highlight the Life Skills Kitchen Activity for the week or other events happening in the Training Table.

WEEKLY MENU 10/21-10/25



	MONDAY 10/21	TUESDAY 10/22	WEDNESDAY 10/23	THURSDAY 10/24	FRIDAY 10/25
BREAKFAST 6:30 - 9:00 AM	<ul style="list-style-type: none"> • Avocado Toast Bar • Pancakes & Toppings • Sausage, Egg, Cheddar Cheese Biscuit • Bacon, Egg, Cheese Croissant • Pink Starburst Smoothie • Peaches & Cream Smoothie • Breakfast Cheese Biscuit • Breakfast Meats 	<ul style="list-style-type: none"> • Avocado Toast Bar • French Toast & Toppings • Sausage, Egg, Cheddar Cheese Biscuit • Bacon, Egg, Cheese Croissant • Pink Starburst Smoothie • Peaches & Cream Smoothie • Breakfast Cheese Biscuit • Breakfast Meats 	<ul style="list-style-type: none"> • Avocado Toast Bar • Pancakes & Toppings • Breakfast Burrito with Potato, Egg, Cheddar, Sausage • Bacon, Egg, Cheddar • Bagel • Tropical Green Smoothie • Strawberries & Cream Smoothie • Breakfast Potato • Breakfast Meats 	<ul style="list-style-type: none"> • Honey Ricotta Toast Bar • French Toast & Toppings • Breakfast Burrito with Potato, Egg, Cheddar, Sausage • Bacon, Egg, Cheddar • Bagel • Tropical Green Smoothie • Strawberries & Cream Smoothie • Breakfast Potato • Breakfast Meats 	<ul style="list-style-type: none"> • Honey Ricotta Toast Bar • Pancakes & Toppings • Breakfast Burrito with Potato, Egg, Cheddar, Sausage • Bacon, Egg, Cheddar • Bagel • Tropical Green Smoothie • Strawberries & Cream Smoothie • Breakfast Potato • Breakfast Meats
LUNCH 11 AM - 2 PM	<ul style="list-style-type: none"> • Blackened Shrimp • Adobo • Marinated Braised Beef • Bow Tie w/ Chicken • Alfredo • Roasted Brussels Sprouts & • Shallots • Hawaiian Rolls • Chicken • Steamed White Rice • Gingered Carrots • Salmon Smash Bowls 	<ul style="list-style-type: none"> • BBQ Chicken Drumsticks • Sirloin Steak • Beefaroni • Char-Grilled Asparagus • Sister Schubert Rolls • Greek Zatar Salmon • Greek/Mediterranean Style Rice • Roma Tomato & Cucumber Salad • Taco Station 	<ul style="list-style-type: none"> • Breaded Chicken • Parmesan • BBQ Pork loin • Herb Roasted Fingerling Potatoes • Roasted Broccoli • Texas Toast • Garlic Bread • Pesto Crusted Cod • Wild Rice Pilaf • Cumin Grilled Squash • BBQ Sundae Bowl 	<ul style="list-style-type: none"> • Honey Ricotta Toast Bar • French Toast & Toppings • Breakfast Burrito with Potato, Egg, Cheddar, Sausage • Bacon, Egg, Cheddar • Bagel • Tropical Green Smoothie • Strawberries & Cream Smoothie • Breakfast Potato • Breakfast Meats 	<ul style="list-style-type: none"> • Honey Ricotta Toast Bar • Pancakes & Toppings • Breakfast Burrito with Potato, Egg, Cheddar, Sausage • Bacon, Egg, Cheddar • Bagel • Tropical Green Smoothie • Strawberries & Cream Smoothie • Breakfast Potato • Breakfast Meats
DINNER 5:00 - 7:30 PM	<ul style="list-style-type: none"> • Fried Chicken • Kielbasa • Smoked Sausage • Mac & Cheese Bar • Grilled Asparagus • Cornbread • Blackened Salmon • Seasoned Brown Rice • Sautéed Seasoned Brussels Sprouts • Chili Bar • Cake Bar 	<ul style="list-style-type: none"> • Strip Loin • Swedish Meatballs • Buttered Egg Noodles • Grilled Broccoli • Spears • Cheese Bread • Southwest Spiced Chicken Thigh • Steamed White Rice • Buffalo Cauliflower • Quesadilla Bar • Desserts from Butterfly Bakery 	<ul style="list-style-type: none"> • Buffalo Ranch Chicken Thighs • Pan-Seared Catfish • Cajun Chicken Pasta • Roasted Balsamic Potatoes • Roasted Honey Brussels Sprouts • Buttered Biscuits • Smoked Polish Sausage w/ Pierogies • Seasoned Brown Rice • Roasted Zucchini • Chicken & Waffles • Cheesecake Bites 	<ul style="list-style-type: none"> • Mesquite Smoked Chicken Quarters • BBQ Pork Butt • Peppercorn Potato Wedges • Stewed Pinto Beans • Grilled Zucchini • Blackened Cod • Pasta w/ No Nut Pesto Velouté • Fried Apples • Carved Gyro Bar • Brownie Bites 	<ul style="list-style-type: none"> • Honey Ricotta Toast Bar • Pancakes & Toppings • Breakfast Burrito with Potato, Egg, Cheddar, Sausage • Bacon, Egg, Cheddar • Bagel • Tropical Green Smoothie • Strawberries & Cream Smoothie • Breakfast Potato • Breakfast Meats

CLOSED

Life Skills Kitchen @ Dinner - Hibachi

Performance Nutrition Husker Happenings



Sunday Brunch

Avocado Toast Bar
Blueberry Buttermilk Pancakes
French Toast Bar
Fried & Scrambled Eggs
Bacon
Turkey Bacon
Bacon & Cheddar Frittata
Hash Brown Patties
Biscuits & Sausage Gravy
Oatmeal & Grits
Muffins
Grilled Strip Steak
Noodles & Alfredo Sauce
Steamed Broccoli



ACTION STATION: Chicken & Waffle Bar

#FUELED BY FLIK



Life Skills Kitchen

Feature: Breakfast For Dinner!

Come to the Lewis Family Life Skill's Kitchen to learn how to make eggs any way, pancakes, French toast, air frying methods, and more! Available at every dinner
10/28-10/31 from 5:00-7:30pm.



Husker Halloween

Team Pumpkin Decorating Contest

Complete your team's pumpkin by Tuesday dinner (10/29)!
Voting starts Wednesday (10/30) and closes Thursday (10/31) before 5:00pm!

Best Dressed Competition

Dress up in your Halloween costume Thursday at dinner.
Winner will be announced by 6:00pm!

Spooky Special Sweepstakes

Guess the weight of the pumpkin

Guess the number of candy corn in the jar

Trivia in the Student Athlete Lounge at 6:30pm

Enjoy spooky music, movies, & competition prizes!





Performance Nutrition Services

Our performance nutrition program provides a variety of resources to help you be successful in your time at Nebraska. Below is a list of services provided to you as a student-athlete.

- Access to a team dietitian for one-on-one consults where you are able to set goals on topics such as performance goals, body composition, food allergies, labs, hydration, supplements, injury support, etc.
- Lab testing to test your vitamin D & iron levels.
- Hydration testing with Refractometers or MX3 and Body Composition Testing using DEXA.
- Nutrition education such as plate coaching, grocery store tours, cooking demos, and off campus eating to meet your goals.
- All student-athletes have access to fueling stations for pre-workout and post-workout recovery options.
- Team dietitians will also do various team talks about performance nutrition related topics.
- All student-athletes have access to Teamworks Nutrition where you can place custom orders on your phone for the training table or you can log your meals to share with your team dietitian.



SCHOLARSHIPS & FINANCIAL AID

Any questions related to an athletic scholarship should be directed to Sarah Standley (sstandley@huskers.com) in the Athletics Compliance Office. Questions related to outside scholarships should be directed to Lisa Dority (edority2@unl.edu) in the Office of Scholarships and Financial Aid. Questions related to federal, state, or campus aid should be directed to Husker Hub at (402) 472-2030.

Application of Athletic Scholarships

At the University of Nebraska, athletic scholarships may cover tuition, required course-related fees, room, a meal plan, required course-related books, and other expenses up to the estimated cost of attendance (which includes personal and transportation expenses).

Partial scholarships are all awarded differently, at the coach's discretion. Athletic aid will be applied as it states on the scholarship agreement that the student-athlete signed. For example, an out-of-state student-athlete on a 50% athletic scholarship may be written in the following way:

"50% of a full grant in aid to pay full Fees, Room and Books with the remaining balance applied toward Tuition."

The scholarship would be allocated in the following way:

Out-of-State Scholarship	Tuition	Fees	Room	All-Access Meal Plan	Books	Other Expenses Related to Attendance	Total
2024-25 Costs	\$26,640	\$2,184	\$8,120	\$6,000	\$800	\$3,000	\$46,744
50% Scholarship	\$12,268	\$2,184	\$8,120		\$800		\$23,372

Timing of Athletic Aid

The Board of Regents votes on the upcoming tuition rates in June each year. Once the tuition rates have been confirmed, Athletics Compliance and the Office of Scholarships and Financial Aid will work to post athletic aid to student-athletes' financial aid packages displayed in MyRed. Processing of awards continues throughout the summer months. Non-athletic scholarships or financial aid may be adjusted in accordance with federal, state, and/or institutional policies and procedures.

Free Application for Federal Student Aid (FAFSA)

The FAFSA is an application the U.S. Department of Education uses to determine if a domestic student is eligible for federal financial aid including Federal Pell Grants and Direct Loans. The FAFSA application is available at <https://fafsa.gov> and must be completed annually for students who wish to apply for financial aid.

- Submit the 2025-26 FAFSA to apply for financial aid for the 2025-26 academic year. The 2025-2026 FAFSA will be available in December 2024.
- Complete the 2024-25 FAFSA to apply for financial aid for the summer 2025 term.
- Federal aid is only allowed for domestic students. International students do not qualify.



SCHOLARSHIPS & FINANCIAL AID *(continued)*

Outside Scholarships

The NCAA has strict regulations that determine what outside scholarships a student-athlete may receive (e.g. awards from high school booster club, rotary club, local sports club, etc.). The Office of Scholarships and Financial Aid and Compliance Office must approve all outside scholarships before the money is disbursed to the student-athlete. In order to expedite the approval process, once you know that you will be receiving an outside scholarship, please email Lisa Dority (edority2@unl.edu) with the following information:

- Your Name
- Sport
- Name of Scholarship
- Name of Awarding Organization
- Contact Information or Website for Organization





STUDENT ACCOUNTS

Any questions related to a student bill should be directed to Husker Hub at 402-472-2030 or huskerhub@unl.edu.

Tuition Rates

A full listing of the non-resident and resident tuition rates and fees for the academic year and summer can be found online at: <https://studentaccounts.unl.edu/tuition-fees>

Please note that tuition rates vary if courses are taken in-person or online. Also, **courses for the Colleges of Engineering, Business, and Architecture have a higher tuition rate.**

MyRed Student Bill

The bill is delivered online in MyRED and an email is sent to the student's @huskers.unl.edu email address.

The bill will show charges for classes, which includes tuition and fees. Anytime you add, drop or adjust your schedule, the activity on your student bill may adjust. Student Accounts also bills for Housing, Bookstore, Parking Services, NCard, etc.

If you are receiving a 100% athletic scholarship, the charges for tuition, fees and housing will be paid. If you charge anything to your account (e.g. parking permit, clothes from the bookstore, coffee from Dunkin Donuts, etc.), you will be responsible for paying your bill.

Timing of MyRed Bill

Bills are generated on the 25th of each month and due on the 12th of each month. For the fall semester, the initial Tuition, Fees, and Housing (if living on campus) bill will be invoiced on August 25 and due on September 12. For the spring semester, Tuition, Fees, and Housing (if living on campus) will be invoiced on January 25 and due on February 12.

To view your bill, go to MyRed and click on the Student Accounts tab. If you scroll down on that main page, you will see an "Account Activity" section which will display an itemized list of all charges and credits on the account.

To pay your bill online through MyRED follow this step-by-step guide: <https://studentaccounts.unl.edu/access-and-pay-my-bill-online>

Enroll in Direct Deposit / Refunds

Athletics scholarship monthly stipends are disbursed via direct deposit. Also, if your student account has a credit balance, where payments and credits exceed charges, the excess funds are directly disbursed to the student via direct deposit. You must do the following to enroll in direct deposit:

- Log on to MyRed
- Select Student Accounts tab
- Select "Enroll in Direct Deposit" link
- Fill in your bank routing number and checking/savings account number

Payment Plan

The University of Nebraska offers the Husker Payment Plan to all students. If you do not have enough athletic and/or federal financial aid to pay your student bill, the Husker Payment Plan allows you to split your charges for both fall and spring into three payments. For more information, go to <https://bursar.unl.edu/student/husker-payment-plan/>



TEAMWORKS

Teamworks is a required database used by all Husker student athletes and staff to communicate and manage daily schedules. Any questions and/or issues related to Teamworks should be directed to Brian Garand at bgarand@huskers.com.

How will you use Teamworks?

Calendar – Your athletic activities will be recorded in a personal calendar, including but not limited to times for practice and weightlifting, appointments with your athletic trainer, academic counselor appointments, and tutor appointments.

Communication - You will be able to send and receive messages to all members of the athletic department staff.

Study Hall - You will log in and log out of study hall using the Teamworks app.

Schedule Tutor Appointments – You will be able to schedule, edit, and cancel tutor appointments with your academic counselor using the Teamworks app.

Forms – You will complete required NCAA, Big Ten, and/or UNL forms through the Teamworks app.

Tickets – Assign complimentary admissions for your sport's games.

Resources – Review institutional educational resources. In the files tab there are documents on NCAA banned substances, the student-athlete handbook, drug testing policy, training table calendar, and many other helpful resources.

Logging In:

Website:

1. Go to nebraska.teamworksapp.com and login with your TrueYou ID (same as MyRed and Canvas login)

Mobile App:

1. Download the Teamworks app
2. Click on "Use Organization Account (SSO)"
3. Type in school domain name: nebraska (all lowercase)
4. Login with your TrueYou ID (same as MyRed and Canvas login)



PARKING & TRANSIT SERVICES

Any questions related to campus parking and bus transit services should be directed to Parking & Transit Services at 402-472-1800 or unlpts@unl.edu.

All new students that plan to bring a vehicle to campus are advised to purchase a parking permit from the UNL Parking and Transit Office. Students can pre-order permits online at <https://unlpts.t2hosted.com/Account/Portal> or purchase in-person at the Parking and Transit Services Office once they have a Canvas username/password and are registered for classes.

Parking & Transit Services

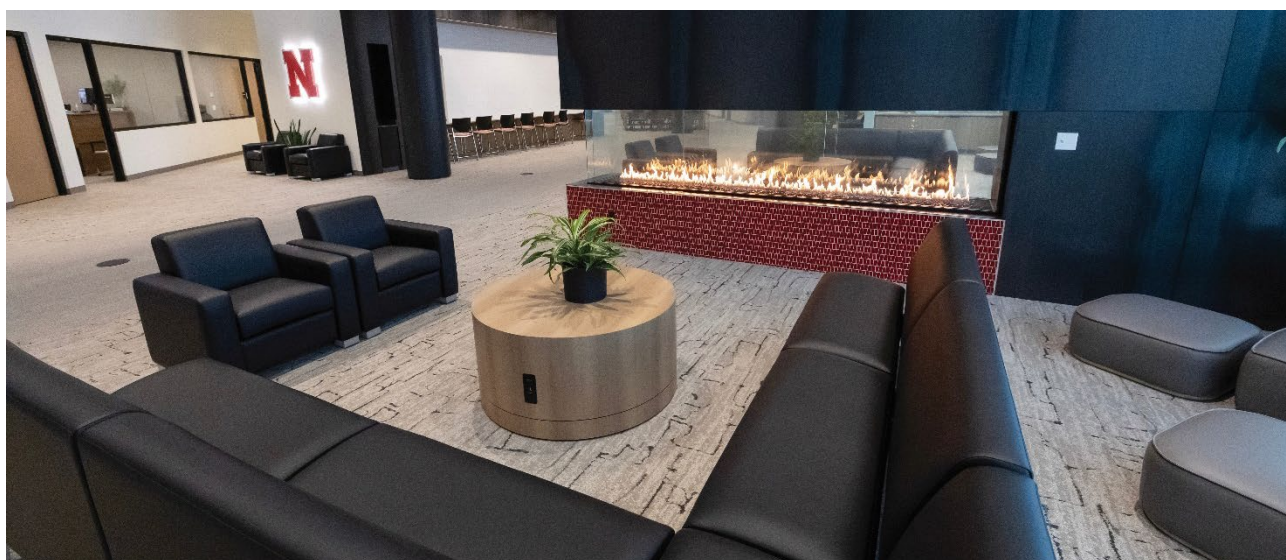
625 Stadium Drive, Suite A
Lincoln, NE 68588-0161
Monday-Friday 7:30 a.m.-5:00 p.m.

There are a limited number of parking permits sold each academic year, so it is advised that returning students take advantage of pre-ordering their permit prior to the end of the second semester and new students as soon as they are registered for classes. Permit pre-order begins in May. All permits are virtual; however, resident students will receive an event sticker that allows them to park in their assigned lot or garage on event days (especially home football game days). If a commuter student needs to park on campus during a home football game day, please email the Parking and Transit Services office at unlpts@unl.edu from your huskers.unl.edu account to request an event sticker.

To purchase a permit, be prepared to provide the following information:

- Vehicle license plate number
- Vehicle make and model
- Vehicle year
- Vehicle color

Online payment options include credit/debit card or consolidated bill; additionally, cash or checks are accepted in the office.





CONTACTS

Please contact the appropriate staff member listed below if you have any questions.

Who to Call Guide

Questions About...	Contact	Contact Information
Admissions	Katie Jewell	402-472-4620 / kjewell@huskers.com
Admissions (International Students)	Alyssa Czapla	402-472-4912 / aczapla@huskers.com
Amateurism	Jena Johnson	402-472-8253 / jjohnson@huskers.com
Athletic Scholarships	Sarah Standley	402-472-4630 / sstandley@huskers.com
Compliance Forms	Brian Garand	402-472-3933 / bgarand@huskers.com
Eligibility Center	Jena Johnson	402-472-8253 / jjohnson@huskers.com
Financial Aid, FAFSA, Loans	Husker Hub	402-472-2030 / huskerhub@unl.edu
New Student Enrollment	Mike Nieman	402-472-3311 / mnieman@huskers.com
Outside Scholarships	Lisa Dority	402-472-5325 / edority2@unl.edu
Student Bill	Husker Hub	402-472-2030 / huskerhub@unl.edu
Teamworks	Brian Garand	402-472-3933 / bgarand@huskers.com

Academic Staff Contacts

Academic Counselor	Sport	Contact Information
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