



UNIVERSITY OF LOUISVILLE ATHLETICS - THE CARD PACKAGE

Athletics Scholarship - All UofL sports fully funded up to NCAA Team Scholarship Limits.



TUITION



HOUSING/ROOM



MEAL PLAN



BOOKS



REQUIRED FEES

ADDITIONAL BENEFITS:

COACHING/SKILL INSTRUCTION & DEVELOPMENT

- NCAA and ACC SA Eligibility Monitoring & Rules Education
- Agent Programming
- Aspiring Professional Athlete Education (Cardinal Select Program)
- Disability Insurance (for qualifying professional sport draft-eligible SAs)

MEALS INCIDENTAL TO PARTICIPATION

- Nutrition-friendly Meals and Snacks
- Calorie Replenishment (Post-Workout Recovery Snacks/ Supplements)
- 'Grab 'n' Go' meals to facilitate class schedules and practice schedules
- State-of-the-Art Food Service/Kitchen for Student-Athletes

CELEBRATORY MEALS/ TEAM MEALS

CAMPUS & AFFILIATE HOUSING

- Bettie Johnson
- Kurz Hall
- Cardinal Towne
- University Pointe
- The Nine
- The Clubhouse

HEALTH INSURANCE

- Available to SAs who are not on parent's/ legal guardian's insurance policy

SPORTS MEDICINE

- Sports Medicine Trained Physicians (On-Campus Physician Clinics)
- Certified Athletic Trainers
- Physical Therapist
- Annual Physical Exams (Including, Labs and Sickle Cell Testing)
- Concussion Management Plan
- Athletic Training Room Modalities (Laser, Stim, Ultrasound, Hivamat, Hot & Cold Whirlpools, G-5 Massager, Dry Needling)
- Athletic Training Room Equipment (Anti-Gravity Treadmill, Underwater Treadmill, Wii Balance, Blood Flow Restriction)
- Muscle Recovery (NormaTec Recovery Boots, Contrast Whirlpools, CompeX-Active Recovery Machines)
- Functional Sport Specific Rehabilitation Programs
- Annual Eye Exams (Including Contacts/ Glasses)

SPORT PERFORMANCE

- Sports Performance Coaches/High-Performance Athlete Assessments
 - Movement Screening
 - Body Composition Screening
 - Jump Screening
 - Sport-Specific Performance Testing
 - In-Season Athlete Monitoring (heart rate and GPS technology)
- Individualized, Assessment-Based Training Programs
- Vision Training
- Leadership Development

SPORT NUTRITIONISTS & REGISTERED DIETITIANS

- Athlete Dining (Meal Plans – Allergies)
- Fuel Stations (Marshall & Trager)
- Clinical Nutrition
- Counseling
- Performance Nutrition
- Team Nutrition
- Individual Nutrition
- Hydration
- Travel
- Vitamin Lab Testing & Monitoring
- Eating Disorder
- Food Allergies/Sensitivities
- Supplement Safety
- Grocery Tours
- Cooking Demos

PERFORMANCE TEAM

- Counselors
- Mental Health Professionals
- Dedicated Health Network
- Disordered Eating Counseling
- Dietitian
- Psychiatric Services
- Grief Counseling
- Critical Incident Response Team
- PEACC Program- Domestic Violence Counseling
- LGBT Center/Support Services
- The Morton Center - Drug & Alcohol Addiction Counseling

ACADEMIC SERVICES

- Academic Advising
- Objective Based Study Hall
- Tutoring
- Learning Specialists
- Priority Registration
- Grades First

ACADEMIC ADVISING & TUTORS

THORNTONS ACADEMIC CENTER OF EXCELLENCE

ACADEMIC HONORS & AWARDS

- Red & Black Banquet
- AD Honor Roll
- NCAA/ ACC National, Individual and Team Awards

PARTICIPATION AWARDS

TECHNOLOGY

- iPads
- Computers
- SA Scheduling Software

APPAREL

- Uniforms
- Warm-ups/Sweats
- Shoes
- Socks
- T-Shirts
- Shorts
- Adidas Sponsorship

EQUIPMENT & GEAR

- Travel Bags
- Gloves
- Caps
- Helmets
- Bats
- Clubs
- Balls
- Adidas, Wilson, Louisville Slugger, STX

TRAVEL ACCOMMODATIONS

- Bus with wifi
- Airfare
- Hotel

COMPLIMENTARY ADMISSIONS

- SA comp admission to attend other team's contests
- Comp admissions for SA's guests to attend SA's team's competition (varies by sport)
- Comp admissions for SA's guests to attend postseason competition (e.g., NCAA championships; bowl game)

STUDENT ASSISTANCE FUND (SAF)

- Fund supports SA's overall UofL experience (e.g., insurance; clothing; grad school exam fee)
- Assists SAs with expenses tied to emergency situations

STUDENT-ATHLETE INVOLVEMENT OPPORTUNITIES

- Student-Athlete Advisory Committee (SAAC)
- CardsCARE Community Outreach Program
- SCORE- Student-Athletes of Color Combining Opportunities and Responsibility for Excellence
- LIFE- Louisville International Family Enrichment program
- Coach for College- Overseas Serving/ Learning Trip
- Cardinal Captains Corner
- Student-Athlete Social Activities
 - Welcome Back Dinner
 - Student-Athlete Kickoff Tailgate
 - Student-Athlete Socials
 - Annual Louie Awards
- Engage Lead Serve Board
- Peer Health Advisors
- Greek Life
- Card Cup
- Student-Athlete Talent Show

MARKETING & MEDIA RELATIONS OPPORTUNITIES

- Signing Publicity
- Media Days (vary by sport)
- Kickoff/Celebratory Luncheons and Dinners
- Media Guide
- Team/Game Programs
- Team Publicity
- Athletic Department Website
- On-line Team & Student-Athlete Profiles
- Mobile Apps
- Radio Programming
- Live Television Productions
- Feature Stories
- Promotion for Honors & Awards
- Billboards

LIFE SKILLS & PERSONAL DEVELOPMENT

- Guest Speakers
- Personal Development Training
- Dining Etiquette Seminars
- Financial Management Seminars
- Student-Athlete Life Skills Class
- New Student-Athlete Orientation
- Leadership Development
- Menu Picks- team specific life skills workshops
- Cardinal Senior Interviews
- Personal Branding Workshop
- Alcohol/ Substance Education
- Exit Interview

CAREER COUNSELING SERVICES AND NETWORKING OPPORTUNITIES

- Mock Interviews
- Resume Building Workshops
- Job Fairs/ Networking Events
- Job Shadows
- Internship Placement
- Part-Time & Full-Time Job Seeking Assistance
- Cover Letter Preparation
- Interview Preparation
- Graduate School Exploration
- Image Consulting
- Women of Influence Mentoring
- Graduate School Entrance Exam Prep Sessions (GRE, GMAT, LSAT)

FACILITIES

- SA locker rooms
- Team meeting rooms
- Practice fields/cages
- Indoor Practice Facilities
- Game fields/stadiums/arenas
- Signage

COMPREHENSIVE ACADEMIC MAJORS & DEGREE PROGRAMS

- Over 80 different bachelor of arts and bachelor of science degree programs
- Over 75 different graduate degree programs
- Over 35 professional and doctorate level degree programs

MISCELLANEOUS

- Free Campus Shuttle
- Campus Security/ Escort Services

**BEST COLLEGE
SPORTS TOWN IN
AMERICA...**