



# 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

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