



The Life of a Student-Athlete



Board of Trustees

Our Student-Athlete Panel

- ▶ **Tim Scott, Football**
 - ▶ Moderator
- ▶ **Ryan Switzer, Football**
 - ▶ A Day in the Life
- ▶ **Kemmi Pettway, Football**
 - ▶ My Academic Plan
- ▶ **Michelle Ikoma, Gymnastics**
 - ▶ Baddour Carolina Leadership Academy
- ▶ **Lori Spingola, Softball**
 - ▶ Carolina Outreach
- ▶ **Marcus Paige, Men's Basketball**
 - ▶ Why Carolina?



Football Calendar

8-hours of instruction allowed per week.

Training Camp - No hourly max . Schedule typically full from 7:00 am through 10:00 pm.

Regular Season (20 hours per week - games count as 3)

Post-season (20 hours per week until classes end. Unlimited once classes end).

Voluntary workouts only. Coaches not allowed to be present.

Blue Dawn: 5:30 a.m. workouts. One hour in morning, one hour lifts in afternoon. Still 8-hours per week.

Spring Practice: 20 hours per week

JULY

S	M	T	W	T	F	S
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

SEPTEMBER

S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

NOVEMBER

S	M	T	W	T	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

JANUARY

S	M	T	W	T	F	S
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MARCH

S	M	T	W	T	F	S
23	24	25	26	27	28	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MAY

S	M	T	W	T	F	S
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

AUGUST

S	M	T	W	T	F	S
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

OCTOBER

S	M	T	W	T	F	S
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

DECEMBER

S	M	T	W	T	F	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

FEBRUARY

S	M	T	W	T	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	1
2	3	4	5	6	7	8

APRIL

S	M	T	W	T	F	S
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

JUNE

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

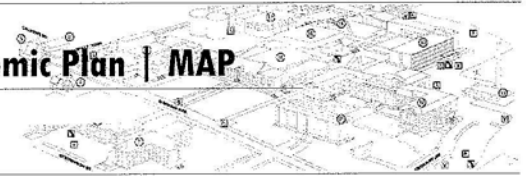
A Day in the Life (Football)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00									
6:30		Lift (1)		Lift (1)					
7:00	Med. Treatment		Med. Treatment		Med. Treatment				
7:30									
8:00	Class	Class	Class	Class	Class				
8:30									
9:00						Pre-game Meal			
9:30						Team Meeting			
10:00					Depart Hotel				
10:30									
11:00	Lunch		Lunch		Lunch	Pre-game			
11:30		Lunch		Lunch					
12:00	Voluntary Film Study				Children's Hopital Visit				
12:30					Ice Bath				
1:00						Game	Treatment		
1:30							Lift (1)		
2:00		Team Meeting (.5)		Team Meeting (.5)					
2:30			Position Meetings (1)				Team Meeting (1)		
3:00		Position Meeting (.5)		Position Meeting (.5)	Team Meeting (.5)				
3:30					Position/Special Teams Meeting (1)	Post-game			
4:00		Practice (2)	Practice (2)	Practice (1.5)	Walk-Through (.5)		Special Teams and Position Meetings (1)		
4:30							Stretch		
5:00	Dinner								Practice (1)
5:30							Team Travel Mtg. (.5)	Team Dinner	Dinner
6:00		Dinner	Dinner	Dinner					
6:30					Team Movie				
7:00									
7:30									
8:00	M.A.P. at Loudermilk (Study Hall)	M.A.P. at Loudermilk (Study Hall)	M.A.P. at Loudermilk (Study Hall)	M.A.P. at Loudermilk (Study Hall)			M.A.P. at Loudermilk (Study Hall)		
8:30									
9:00					Check in to team hotel				
9:30					In room by 10:15				
10:00					Bed Check 10:45				
10:30									
11:00				Team Curfew					
Countable Hours	OFF	4	3	4	2	*Gameday = 3 hours	4		

My Academic Plan (MAP)

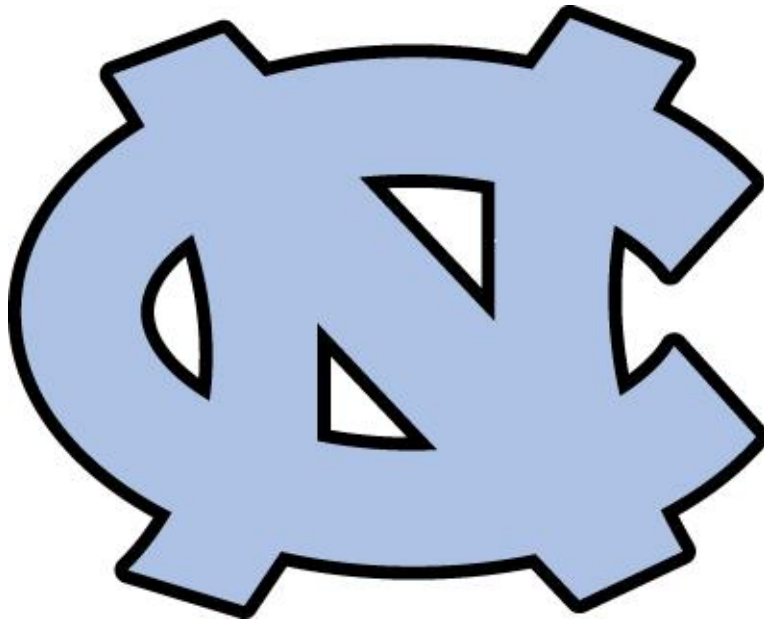


My Academic Plan | MAP



Academic Support Program for Student-Athletes

Your MAP is a personalized study plan designed to help you study efficiently and effectively in the Academic Support Center. It is an objective-based approach that you and your academic counselor design together to help you reach your academic potential. Should you have questions about it at any time, do not hesitate to speak with your counselor; we want to help you make the most of your experiences in the Academic Center and at UNC.



WEEKLY ACADEMIC PLAN

COURSE	TUTOR	APPT	ROOM
GS	Felicelli, Frank	Sunday, 06:00 PM	K
SOCI 121	Retta, Gabby	Monday, 09:00 PM	S
ALS	Wood, Erica	Monday, 11:00 AM	see Raphael
DRAM 115	Jones, Kim	Tuesday, 06:00 PM	O
ENGL 105	Griffin, Jen	Tuesday, 07:00 PM	WL
GS	Clayton, Nicole	Wednesday, 08:00 PM	2310A
SOCI 121	Retta, Gabby	Wednesday, 09:00 PM	N
ALS	Wood, Erica	Wednesday, 11:00 AM	see Raphael
ENGL 105	Griffin, Jen	Thursday, 06:00 PM	WL
DRAM 115	Rosendahl, Todd	Thursday, 07:00 PM	U

LS = Learning Specialists | ALS = Assistant Learning Specialist | GS = Guided Study | CGS = Counselor Guided Study

MAP Time Breakdown

Type of Appointment	# of Hrs
Study Hours per Week	10.0
Assistant Learning Specialist	2.0
Tutorial	5.0
Guided Study	2.0
Counselor Guided Study	1.0
Independent Hours	0.0
Drop-In Hours	0.0
Weekly Meeting(s)	0.0

Comments



The Carolina CREED 10 Years by the Numbers

THE CAROLINA CREED

*As a University of North Carolina student-athlete I pledge
to make every effort to abide by the Carolina CREED
as a show of my commitment to the University,
the Department of Athletics, my team, and myself.*

C I will know and embrace the tradition
and **culture** of this great university and
its athletics department

R I will **respect** myself and others

E I will pursue **excellence** in my academic
work by striving to reach my academic potential
while preparing for a career of significance

E I will **excel** athletically by committing myself
to performance excellence, team success,
and continual improvement

D I will **develop** the capacity to effectively
lead myself and others



10 YEARS by the Numbers

Over the course of 10
years of programming,
the Richard A. Baddour
Carolina Leadership
Academy has produced
the following numbers:



1,836
CREED
Participants

394
CREED
Mentors

773
Rising
Stars

772
Veteran
Leaders

176
Leaders of
Distinction



13,976
360-degree
Evaluations

501
Leadership
Workshops

41,934
Hours of
Development



#1

With the first and finest
program of its kind, UNC
leads the way in student-
athlete leadership training



Baddour Carolina Leadership Academy

**Veteran
Leaders**

Vocal
Leadership

Gap Year

Practical
Leadership

Rising Stars

Leadership
by Example

Carolina CREED

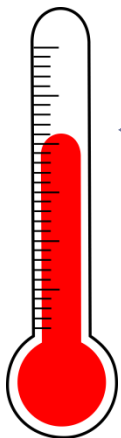
Personal
Leadership



Mission

To work together with fellow student-athletes to give back to the community with our time, talents, and resources

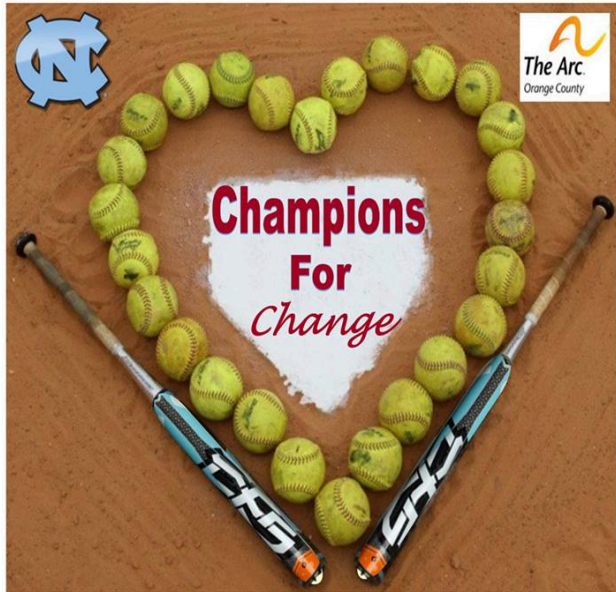
To reach out to those less fortunate than ourselves



1,943
Community
Service Hours

“Volunteers aren’t paid, not because they are worthless, but because they are priceless.”

-Anonymous



Why Carolina?

- ▶ A student-athlete perspective



Thank you!

- ▶ Any questions for the student-athletes?

