Student-Athlete Resources

Step-Up Program

Step Up Program – Be a leader, make a difference

Leadership Links

Leadership Lessons in Sports – Taking your leadership on and off the field

General Information

AthleteConnections.com
SportsPsychology.com
Student Athletes and Time Management – Managing your time between school and sports
Transitioning from High School to College – Challenge between high school and college
Nutrition Management
LGBT - Getting Better in College Athletics – LGBT issues within college athletics

Hazing Prevention/Social Media

Janet Judge Presentation – Fall 2012
Hazing Prevention

Post-College Information

Life After College – What to make of life post-athletics

NCAA Information

Guide for College-Bound Student-Athletes
Getting In The Game
Leadership and Development Programs and Resources
NCAA Division III Manual
NCAA Division III Self-Release Form
Eligibility
NCAA Banned Substances