



# ATHLETEGUIDANCE&SUPPORT



@ags.ambassadors

# Our Program from the APPLE Lens

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- Attended APPLE in 2018
- On-Going Program - “Club” within athletics
  - Student-Athlete Run → Requires Dedicated Student Athletes
- Education/Referral Counseling
  - Peer-to-peer support



# A.G.S. is...

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A group of Student-Athletes dedicated to connecting fellow Students-Athletes to health and wellness resources, providing peer support and implementing educational programs and events.



What does A.G.S. do?



# Events

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Purpose: to create a new culture around mental well-being

- One-event per quarter
  - Non-mandatory
  - Stress Relieving
  - 100 student-athletes attend











**"It was enlightening to discover that there are others facing the same struggles that I am encountering as an athlete."**



# AGS Check-Ins

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Purpose: to support and guide student-athletes to resources

- Trained Student-Athletes
- Listening Ear→Refer to Resources
- Built a Relationship with our Sports Psychologist & Counseling Center
- Athletic Department Wide - Needs Assessment





How did we decide to  
create A.G.S.?



# UC Davis...

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- DIV I, mid-major school, 600 student athletes
- Challenging Academics = extremely stressed students-athletes
- Budget (\$1,000/year)
- Admin supports student-athlete run programs
- **Alcohol/Drug Abuse occurs, but isn't a huge culture**



**Problem:**

Alcohol & Drug  
Abuse

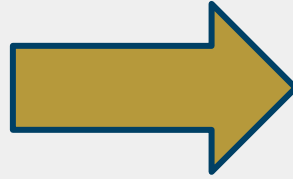
# Cause?



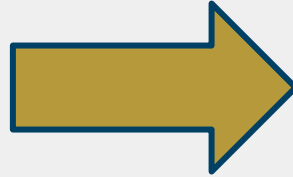


# Cause?

1) Culture



2) Mental Health



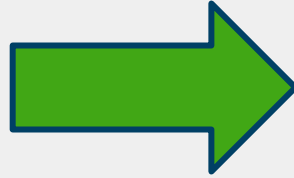
**Problem:**  
Alcohol &  
Drug Abuse

# Cause?

1) Culture



2) **Mental Health**



**Problem:**  
Alcohol &  
Drug Abuse

What are some aspects of your school that you need to be aware of?

What aspects can you can take advantage of?

How could you adapt this program to your school?

# Timeline and Structure

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## To Begin AGS:

- Month 1: Weekly APPLE Meetings
- Month 2: Student-Athlete Feedback Meeting
- Month 3:
  - ◆ Finalized Structure: Quarterly Events and A.G.S. Check-In's
  - ◆ Held first A.G.S. Meeting
  - ◆ Organized, marketed and held first event





What are our successes  
and struggles?



# Our Success & Advice

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1. Increased the conversation around Mental Health in UCD Athletics
2. Student-athlete run & organized, *supported* by staff
3. Meeting structure

PERSONAL CONNECTION  
IS KEY



# Our Success & Advice

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- Growth of A.G.S. & Meeting Attendance
- Event Attendance: Average of 60-100 student-athletes



# Struggles

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- It's hard to get a diverse set of teams to our meetings, especially the men's teams
- At first, no sports psychologist or much hands-on support from counseling center
- Talking about mental health is hard

# References

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This PowerPoint

AGS Ambassador Resource Flow Chart

A.G.S. Packet 2018-2019 and  
2019-2020

<https://tinyurl.com/agsfiles>



# Contact Info, Website and Social Media

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Quick talk with the person next to you...

Q/A



Questions?

