



STUDENT ATHLETE MENTOR PROGRAM

SAM Program:

Primary substance abuse education program in the athletics department.

SAMs serve as a peer-to-peer resource to help prevent substance abuse.

SAMs receive training in alcohol and drug abuse prevention throughout the year.

“

Leaders must be close enough to relate to others, but far enough ahead to motivate them.

”

- John Maxwell

SAMS STRIVE TO:

- Be effective leaders
- Make an impact in the lives of friends and teammates
- Build skills
- Prevent alcohol and drug abuse
- Teach coping strategies and problem solving
- Help teammates and friends find resources for problems
- Provide community service opportunities

SAM EVENTS:



GAME NIGHT

Various teams come together to compete and have fun playing different sports and interacting with one another. This event takes place October 28th.



CARE PACKAGES

SAMs invite parents of current student-athletes to buy care packages of useful and fun items for student-athletes to receive during the winter exam period. This event takes place right before Christmas break at the end of the fall semester.



SHOOT OUT FOR CANCER

Carnival style event helping to support the UVA Cancer Center. This event brings families of the Charlottesville community the opportunity to play games with UVA athletes while also helping to support a great cause! This event takes place in April.

GET INVOLVED

To become a part of the SAM program, contact:



Phil Gates

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Holly Deering

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