UCLA
Building A Student-Athlete Mentor Program From The Ground Up

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UCLA

Enrollment: 41,908
29,585 undergraduates
12,323 graduate students

Student-Athlete Population 675
23 Sports
13 Female Sports – 10 Male Sports
APPLE Training Institute

First attended in 2010

Action Plan was to create a Student-Athlete Mentor Program (SAM)

We were attending APPLE every other year (2012, 2014) but in 2016 decided it was beneficial to the success of the program to attend every year.

The APPLE conference is now something our SAM members strive to be selected for.
New Under Armour created SAM logo
Mission Statement

The SAMs mission is to serve as a liaison between CAPS, student-athletes, and the UCLA Department of Athletics. SAMs act as a trained peer mentor to promote health and wellness to their teammates and the broader UCLA community. The goal of SAMs is to connect student athletes to relevant resources, reinforce pro-social behavior, and engage in effective prevention programming across campus.
Student Athlete Mentors Training

Suicide prevention
Recognizing disordered eating
LGBTQ
Substance use concerns
Sexual assault prevention
Bystander awareness
Recognizing signs of distressed students and appropriate referrals
Team dynamics and leadership
SAM Member Opportunities

QPR Gatekeeper Suicide Prevention Certification
NCAA Apple Training Institute
Actively participate in campus outreach/prevention events
Report out to teams after each SAMs meeting
Learn information about CAPS and disseminate to teammates (provide referrals as needed)
Leadership development and personal growth
International NO DIET Day
Health & Wellness Fair
SAMs Recruitment Fair
Resources

Mission Statement
Trainings/Programs
SAMs Application
Letter to Coaches
Year End Report

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THE APPLE MODEL

- Recruitment
- Expectations & Attitudes
- Drug Testing
- Sanctioning
- Policies
- Referral & Counseling
- Education