A Program of Excellence

Introduction
The University of Arizona Department of Intercollegiate Athletics is committed to the academic, physical and personal development of each and every Wildcat student-athlete. To assist in that endeavor, the Department of Intercollegiate Athletics (ICA) has developed a philosophical approach called C.A.T.S. (Commitment to an Athlete’s Total Success). C.A.T.S. consists of four programs: Academics, Personal Development, Strength and Conditioning and Medical Services. These programs provide a philosophical framework for ICA and staff to use in the task of assisting in the personal, physical and emotional growth and in the educational development of the student-athlete.

Mission
- To provide a personal development program designed specifically for the individual student-athlete.
- To help develop personal and life skills needed to lead a healthy and positive lifestyle.
- To bring life-long and lasting growth in the individual.
- To assist in academic, athletic and personal development academically, athletically.

Benefits
- Student-athletes may realize higher academic achievement
- Increased likelihood of retention
- Graduation and a path towards a chosen profession
- A higher level of maturity, well rounded experiences, personal responsibility and accountability
- Greater overall success

C.A.T.S. Academics

C.A.T.S. Academic Services provides the student-athlete with the tools and skills necessary to achieve academic success through utilization of diverse academic programming, including academic counseling, tutoring, course selection and strategic study planning. The philosophy of C.A.T.S. Academics evolves from the belief in the student-athlete’s own maturity and judgment as it relates to academic preparation.

C.A.T.S. Academics Goals
C.A.T.S. Academics is designed to enhance the experience of the student-athlete in the University setting. The primary goals are to:
1. Support the efforts of every student-athlete who attends the UA to earn a degree.
2. Provide assistance for the student-athlete in the development of values, emphasizing the qualities of leadership.
3. Enhance the interpersonal relationships and communication skills of the student-athlete.
4. Facilitate the fulfillment of career and life goals of each student-athlete.
5. Safeguard the academic integrity of the UA by insuring compliance with all rules of the University and NCAA.

The Staff
The C.A.T.S. Academics staff under the direction of Associate Athletics Director Dr. Richard Bartsch, consists of: Dr. Kathleen Gabriel, Director of the Strategic Studies Program Jennifer Mewes, Academic Counselor Bobbi Madison, Academic Counselor Julius Holt, Academic Counselors Ken Crandall, Computer Specialist

Freshmen
The focus of our program is predicated on the belief that the key to retention of student-athletes in higher education is an academically healthy freshman year. We begin the transition process from high school to college early and continue throughout the first year.
Upon arrival in August, a member of the Academics staff greets each student-athlete and family and addresses the new student-athlete at their first team meeting, at the coaches’ request.
The New Start Summer Bridge Program is also available to incoming freshman. This program involves students coming to campus during the summer. During a six-week program, freshmen are introduced to academic courses and activities that help new students make the transition from high school to college. The program includes a comprehensive orientation program, academic coursework, registration for the fall semester, academic skills-building workshops, personal development and leadership.

Academic Advising
The academic advisor designated by each College has primary advising responsibilities for student-athletes who are currently enrolled in that College’s curriculum. The C.A.T.S. Academics Office also offers supplemental counseling to all student-athletes regarding course selection for degree requirements and NCAA requirements for continued eligibility. The academic advisory staff members are responsible for monitoring the student-athlete’s progress towards a degree and preserving academic integrity in the advising process.

The student-athlete meets initially with an academic advisor or member of a college advising center staff to review an academic plan based on the student-athlete’s academic background, career objectives and areas of interest. Once this meeting has concluded, the student-athlete may register for classes.

Monitoring Academics and Grade Checks
Selected freshmen and upperclassmen are monitored throughout the semester. At least one mailing is sent to faculty members requesting progress information. Telephone calls are made...
to instructors for current information and student-athletes are asked to self-report academic progress to his or her respective academic counselor.

**Test Monitoring Policy**

If, during the course of a semester, a conflict arises with class assignments or tests due to team travel, the student-athlete is encouraged to communicate with their respective academic counselor to seek assistance. Specific policies and procedures exist to provide consideration and compensation for missed exams and the academic counselor should be consulted to initiate these procedures.

**Tutorial Program**

Tutorial services are available to all student-athletes upon request. These sessions may be conducted in-groups or individually. Graduate students and outstanding undergraduate students are recruited from all academic departments and are selected on the basis of faculty recommendation and demonstrated knowledge of subject area. Although special arrangements are sometimes made, tutoring is usually conducted at the C.A.T.S. Academics Center, McKale Room 126. This policy allows close staff supervision and safeguards the integrity of the program. The services provided by the tutorial staff are an integral part of the total C.A.T.S. Academic Program and are an invaluable learning resource for busy student-athletes.

**Strategic Study Program (SSP)**

The Strategic Study Program for at-risk student-athletes. Participation in the program is based on diagnostics reading and writing test scores, high school records and SAT/ACT scores. The program consists of six parts:
- Tutoring
- Academic skills and strategies instruction
- Monitoring of class attendance
- Communication with professors
- Communication with coaches
- Communication with faculty advisors

**Individual Learning Program (I.L.P.)**

The primary focus of the student-athlete should be academic success. With this in mind, the I.L.P. is designed to enhance the academic skills of the freshmen student-athletes. Attendance in the I.L.P. Program is recommended for all student-athletes who demonstrate a need for greater structure or enhancement of academic study skills. The I.L.P. structure includes a daily 45 minute meeting when student-athletes concentrate on review of class notes, time management, organizational skills, note taking, test taking strategies, paper structure, content and writing, and final exam preparation.

**S.T.A.R.T. F.A.S.T. PROGRAM**  
(Starting Towards Academic Responsibility Through Freshman Athletic Scholastic Training)

The S.T.A.R.T. F.A.S.T. Program, required by all freshman student-athletes, consists of a minimum of six (6) hours of directed study time per week in the first semester of enrollment. Each study session focuses on completing academic objectives and is designed to supplement other academic programs.

**Freshman Student-Athlete Class: Peek Performance for Academic and Life Success**

The purpose or goal of this course is to acquire knowledge, develop skills, abilities and attributes that will enhance academic and personal success. All freshmen are required to enroll in the class, which is designed to assist the freshmen with the transition from high school to college and develop a foundation for success. The early focus is centered around academic performance, goal setting and enhancing or developing consistent time management skills.

**Computer Lab**

The C.A.T.S. computer lab encompasses:
1. Twenty-three (23) stand alone computers featuring Microsoft Office and Windows word processing and several spreadsheet programs.
2. Each computer has full Internet access, the UA library Sabio system and e-mail.
3. Student athletes can access the Discover Career Exploration program from each computer.
4. The Computer facility is open and supervised seven (70) hours per week, and the lab is maintained by a full-time employee.
5. One laser printer and a scanner compliment the lab.

**Campus Academic Support Services**

The Integrated Learning Center (ILC) is available for students and houses numerous programs designed to enhance the academic and personal experience of students at the University of Arizona.

**University Learning Center (ULC)**

The Center provides direct learning support to students. While ULC serves all students, the resources are focused on students in their first year of study.

**Freshman Year Center**

The Center is designed as a one-stop center for students’ academic and advising needs. Free tutoring, academic advising, academic counseling, major and career exploration, and information about student programs are available.

**Advising Center for Exploratory Students (ACES)**

The Center is a University-wide support program that offers career exploration and guidance services to students.

**S.A.L.T. (Strategic Alternative Learning Techniques)**

The Center for Learning Disabilities is designed to maximize the educational experience of students with specific learning disabilities and attention deficit disorders.

**The Disability Resource Center**

The Center offers to equalize educational opportunities for students and provide support services for faculty and staff with disabilities. The D.R.C. program emphasizes full inclusion and participation in the educational experience and campus life.

**The Honors Center**

The Center offers a challenging atmosphere for aspiring doctors, lawyers, engineers, scientists and performing artists.

**Minority Student Resource Centers**

The centers provide support, advocacy and programming designed to enhance the persistence and graduation of minority students.

**The University Library**

The Library system contains almost 7,000,000 items, including books, periodicals, microforms, maps, government publications, manuscripts and non-book media. It’s ranked 27th by the Association of Research Libraries, an organization representing the 107 largest libraries in North America.
C.A.T.S. Personal Development

Overview
C.A.T.S. Personal Development is an active aggressive outreach program that addresses the unique and special needs of every student-athlete. It is designed to expose the student-athlete to a wide variety of experiences including social and ethical challenges and diverse attitudes, values and cultures from which the student-athlete may learn and grow. The C.A.T.S. Personal Development also provides a comprehensive referral service and personal counseling from identified campus and community professionals who understand the special needs of the student-athlete. The C.A.T.S. Personal Development Program helps the student-athlete develop life skills needed for success in future endeavors through comprehensive career development, community service and mental training programming.

Staff
Becky Bell, Director of C.A.T.S. Personal Development
Vicky Maes, C.A.T.S. Community Service Coordinator

Enrichment and Orientation Programs
Students explore campus life through an orientation program that consists of a three-day introductory session covering University and Athletics Department programs and policies.

Substance Abuse Education & Testing
The Athletics department is committed to being drug-free. Educational programs consisting of a mandatory workshop, follow-up meetings, seminars and a Substance Abuse Testing Program help in understanding — and avoiding — any type of substance abuse.

C.A.T.S. Network for Student-Athletes
The purpose of the C.A.T.S. Network is to provide free, confidential and professional assistance to those student-athletes who wish to obtain information or advice in the areas of health, personal growth and well-being and/or explore specific personal concerns.

Personal Assistance Program
This program identifies student-athletes who are considered “at-risk” through an enrichment program which includes special assessment tests. Once recognized, the student-athlete is given assistance through individual sessions with Athletics Department staff members and/or through various campus assistance programs.

Minority Outreach Program
In affiliation with various programs on campus, the minority mentoring program places minority student-athletes in touch with faculty and staff who are there to address the personal or academic concerns of student-athletes.

Peak Performance Program
Peak Performance is designed to help student-athletes learn and use mental skills such as goal setting, visualization, positive self-talk, stress management, communication and team building to enhance their effectiveness as a student-athlete and a person.

Peer Athletic Leaders (P.A.L. Program)
P.A.L. is made up of upper-class student-athletes from each team who are dedicated to helping other student-athletes with any questions or difficulties. Every incoming student is paired with a Peer Athletic Leader to help ease the transition into the University.

Career Development Program
The Career Development Program is designed to offer a variety of services to help student-athletes develop and implement career plans, develop resumes, set goals and help facilitate use of the campus Career and Placement Service.

L.I.F.E. Program (Links to Internships and Future Employment)
Student-athletes are placed in internships or have the opportunity to interview for full-time or part-time jobs according to their majors and career interests.

Faculty Fellow Program
The Faculty Fellow allows for a personal relationship between a student and a faculty member to develop and it provides an opportunity to share intellectual, social and cultural experiences.

Seminar Series
The Seminar Series provides interesting and knowledgeable professionals to speak to student-athletes on a variety of health-related and student success issues.

Student-Athlete Advisory Board (SAAB)
SAAB represents the voice of the student-athlete. Members of the board discuss their ideas and concerns with members of the Athletics Department administration. Student-athlete representatives from each of the UA’s 19 sports are selected. The Director of Athletics and the Senior Associate Athletics Director (Senior Woman Administrator) hold non-voting membership on the board. The board meets monthly.

Student-Athlete Giving-Back Program
The Giving-Back Program is designed to educate student-athletes about the importance of giving back during and after athletic eligibility has ended. It also provides venues to learn the heritage and rich traditions of Arizona Athletics.

C.A.T.S. Forever
The C.A.T.S. mission continues long after student-athletes have left the University of Arizona. Former student-athletes who have left the program prior to graduation are encouraged to return to complete their academic degrees.

S.T.A.R.R. Program (Student-Athletes Taking Active Responsible Roles)
In 1999, the University of Arizona student-athlete advisory board began what has evolved into a nationally recognized program - S.T.A.R.R. - Student-athletes Taking Active Responsible Roles. Understanding that they are looked up to as role models and the responsibility that goes with that, this group advocates making healthy, low risk choices in social situations.

Career Development Program
The Career Development Program is designed to offer a variety of services to help student-athletes develop and implement career plans. The Athletics Department’s Career Development Program can help with year-by-year career planning and strategies to best prepare for the future.

Community Outreach Program
Community service, which includes the Smith Project Speakers’ Bureau, continues to be one of the most successful segments of the overall personal development program. During the 1997-98 year, more than 200 student-athletes volunteered in excess of 400 hours to community service and spoke to more than 40,000 children in the Tucson area. Smith Project Speakers’ Bureau
In addition to the Smith Project, Arizona student-athletes are involved in a variety of other outreach programs. Some of these programs include the G.R.E.A.T. Program (a program with the Tucson Police Department designed to discourage youth violence), Love of Reading, Special Olympics, Big Brothers Big Sisters (including Campus Pals) and the Volunteer Center of Tucson.

The Athletic Director’s Cup for Community Service is given to the team that contributes the most hours per student-athlete during the course of the academic year.
C.A.T.S Strength Training

C.A.T.S. Strength and Conditioning offers the student-athlete diverse programming designed to maximize the physical capabilities of each individual student-athlete. Each student-athlete receives direction appropriate to his or her specific sport and is able to benefit physically and mentally from strength and conditioning efforts.

C.A.T.S. Strength and Conditioning Staff
Brad Arnett, Director of C.A.T.S. Strength and Conditioning
Carla Garrett, Assistant Strength and Conditioning Coach
Preston Greene, Assistant Strength and Conditioning Coach

Bill and Shirley Estes Strength and Conditioning Center
The new $13.5 million dollar Bill and Shirley Estes Strength and Conditioning Center at The University of Arizona is a functional facility with thousands of dollars of strength, plyometric (indoor sandpit), indoor running turf and aerobic equipment. An individualized program is developed for each student-athlete depending on his or her sport, position and specific physical needs. In today’s athletic arena, it takes more than just talent to succeed. Physical training that includes speed development, flexibility work, strength training, injury prevention exercises and nutritional counseling will give a University of Arizona student-athlete the greatest chance to be successful in their competitive endeavor. The University of Arizona is committed to helping every student-athlete reach his or her potential.

Free Weight Equipment
Free weight training provides a student-athlete with functional power and strength development to enhance their performance. World-class and state-of-the-art equipment is available to help maximize athletic performance safely and effectively.

Plyometric and Flexibility Equipment
Transitioning strength development into reactive power and foot speed is vital for every student-athlete. Specific equipment such as an indoor sandpit, running turf, jumping machines, plyo boxes, medicine balls and the knowledge of when and how to use them from the strength staff will allow a student-athlete to reach the highest level of competition.

The University of Arizona is committed to helping every student-athlete with functional power and strength development to enhance their performance. World-class and state-of-the-art equipment is available to help maximize athletic performance safely and effectively.

Conditioning Center
The UA does not cover treatment for injuries not directly related to the participation in a covered sport activity. Therefore, we strongly recommend that all student-athletes obtain private health insurance. The University offers Campus Health Service insurance for a reasonable fee to cover non-sport related medical needs. A pre-season physical evaluation will be conducted prior to participation in any sport.

Mission of the C.A.T.S. Medical Services
The mission of the C.A.T.S. Medical Services is to provide comprehensive athletic medicine service to the student-athletes at the University of Arizona. A team of certified athletic trainers, physical therapists and physicians work with coaches and the rest of the C.A.T.S. Student-Athlete Services Program as an integral part of a student-athlete’s total success.

C.A.T.S. Medical Services Staff
The athletic medicine team is comprised of a team physician (family practice specialist), three team orthopedic surgeons, 12 certified athletic trainers and two physical therapists. In addition, the entire staff works with a team of approximately 30 specialists in the Tucson community to provide comprehensive medical care for athletically related injuries and illnesses.

Staff
Dr. Don Porter, Team Physician
Matt Radelet, Associate Athletic Trainer
Margery Illiria, Assistant Athletic Trainer
Ed Orr, Assistant Athletic Trainer
Greg Remien, Assistant Athletic Trainer
Melinda Brinton, Program Coordinator

Injury Prevention
The athletic medicine staff is committed to working with strength and conditioning coaches, team coaches and student-athletes to prevent injuries. Although the risk of injury cannot be completely eliminated, proper strength and conditioning, adequate hydration, taping and bracing, and education are all methods employed by the staff to minimize the risk of injury or illness.

Injury Evaluation and Treatment
If a student-athlete is injured during an athletic event, the certified athletic trainer will assess the injury and proceed to treat the injury or recommend further consultation from a team physician.

Injury Rehabilitation
The athletic training staff and physical therapist are trained in up-to-date methods of rehabilitating athletic injuries. Rehabilitation entails returning student-athletes to a level in which he or she can return to competitive competition. The staff utilizes equipment located in the rehabilitation area of the training room such as balance boards, Swiss balls, bicycles and treadmills. Later stages of rehabilitation may be conducted in the weight room with help from the strength and conditioning staff.

Arizona Athletics Medical Insurance Policy
It is our goal to provide our student-athletes with the best possible athletic health care. In the unfortunate event that an injury occurs during a UA sport related activity, the charges for medical services will be sent to your health insurance carrier. After the insurance has paid for or denied the services provided, the University will act as a secondary insurance and pay the balance, i.e. deductibles, excessive charges, denied claims, etc.

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