UNBC STUDENT-ATHLETE ORIENTATION

September 2021

UNBC UNIVERSITY OF NORTHERN BRITISH COLUMBIA

WE ARE ALL TIMBERWOLVES

Timberwolves Athletics Vision

To work with students, staff and the community to provide experiences for student athletes that will develop self esteem, self confidence, and life skills.

Timberwolves Athletics Mission

Support, develop and deliver equitable, diverse and inclusive access to athletic and academic endeavors that lead to success.

Timberwolves Equity Statement

Diversity, equity and inclusion are the innate principles guiding how we build our teams, clutivate leaders and create a University environament that is the right fit for everyone.

Black Lives Matter

Overview

- Introductions of UNBC Athletics
- Your team and support around campus
- Departmental expectations

UNBC Athletics Staff

- Loralyn Murdoch – Director, Athletics and Recreation
- Rich Abney – Sports Information Officer
- Marcus MacKay – Athletics and Recreation Coordinator
- Katie Berg – Administrative Assistant
- Steve Simonson – Men's Soccer Coach
- Neil Sedgwick – Women's Soccer Coach
- Todd Jordan – Men's Basketball Coach
- Sergey Shchepotkin – Women's Basketball Coach

Campus Resources

- Academic Resource Centre
  - FREE academic support services such as tutoring, workshops and study skills
- Access Resource Centre
  - Provides access and accommodations for student with disabilities
- Health and Wellness Centre
  - Provides professional medical support for students' health
- Registrar's Office
  - Financial Aid and Awards
- NUGSS
  - Undergraduate student representation and services

Campus Resources

- Northern Sport Centre
  - Accelerated Sport and Spine Physiotherapy
  - Engage Sport North – Strength and Conditioning
- First Nations Centre
  - Provides services, activities and programs for Aboriginal students.
    EVERYONE IS WELCOMED ☺
- Housing Office
  - On campus housing support
- Student Life
  - Join fun events and student-ran clubs, meet other students, become a campus leader

Counselling Services

- Available by phone, video, or in person (so if you are on the road, we can be available ☺)
- We have late hours
- We offer a diverse approach to counselling
- We are here to help you succeed

Why come to Counselling?

- Performance anxiety
- Relationship conflicts and communication supports
- Mental Illness Concerns or Treatment
- To learn more about self in terms of needs, strengths, and resiliency
- Balance strategies
- When worried about addiction
- There are many other reasons…all are ok

The Counselling team is here to help UNBC students meet their goals as they journey through their academic life.

1. Call the Counselling Centre to setup an initial appointment.
2. A counsellor will then meet with you over the phone, video, or in person.
3. At the end of your initial appointment, you will work with the counsellor to establish next steps.

Hours of operation:

Monday to Friday 9:00 am - 4:00 pm (closed for lunch 12:00 - 1:00 pm); late hours available as on certain evenings.

Room: 5-168

Phone: 250-960-6369 **Website:** https://www2.unbc.ca/counselling

“Failing to prepare is preparing to fail”

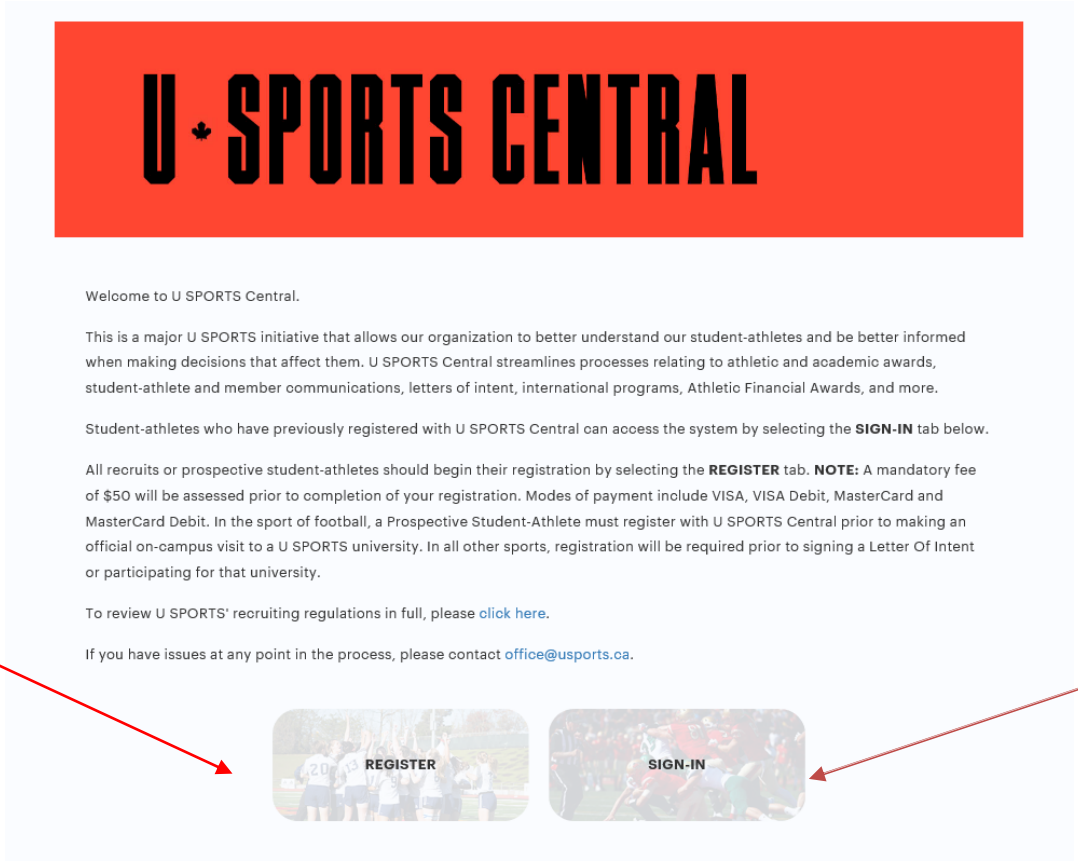
- Wayne Gretzky

- UNBC Code of Conduct – Student Athlete Guide
- Leaders on Campus & Leaders in the Community
- Stay Clean
- Stay Eligible
- Demonstrate Respect
- The UNBC Brand
- TSAS
- Fundraising
- Alumni

U SPORTS Eligibility

- 5 years of Eligibility
- 18 credits a year to remain “in good standing”
- 3.67 GPA with a min of 18 credit hours = Academic All Canadian status
- Min. of 9 credits per semester
- Transferring to another U SPORTS or CCAA Institutions
- Regaining Eligibility
- Whose responsibility?
- www.usports.ca

Have you given U SPORTS your consent for this year??



U SPORTS CENTRAL

Welcome to U SPORTS Central.

This is a major U SPORTS initiative that allows our organization to better understand our student-athletes and be better informed when making decisions that affect them. U SPORTS Central streamlines processes relating to athletic and academic awards, student-athlete and member communications, letters of intent, international programs, Athletic Financial Awards, and more.

Student-athletes who have previously registered with U SPORTS Central can access the system by selecting the **SIGN-IN** tab below.

All recruits or prospective student-athletes should begin their registration by selecting the **REGISTER** tab. **NOTE:** A mandatory fee of $50 will be assessed prior to completion of your registration. Modes of payment include VISA, VISA Debit, MasterCard and MasterCard Debit. In the sport of football, a Prospective Student-Athlete must register with U SPORTS Central prior to making an official on-campus visit to a U SPORTS university. In all other sports, registration will be required prior to signing a Letter Of Intent or participating for that university.

To review U SPORTS' recruiting regulations in full, please click here.

If you have issues at any point in the process, please contact office@usports.ca.

REGISTER

SIGN-IN

Have you registered yet?

Returning Student

https://usportscentral.ca/StudentCentre/

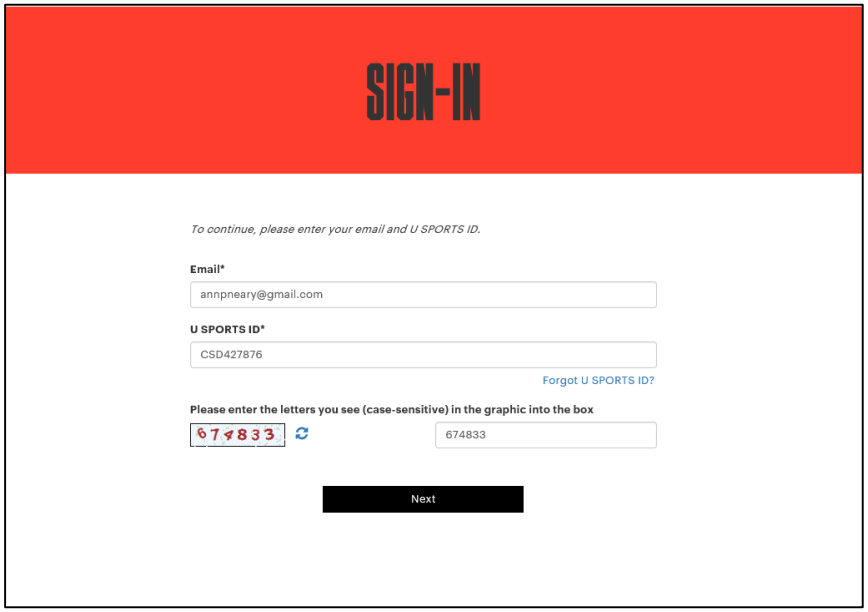
U SPORTS Central

E-mail:

- It will be the e-mail you used when you registered with U SPORTS

U SPORTS ID:

- i.e. CS50B4767



Don't know your information??

- talk to Katie

<u>ASAP</u>

CCES Doping Education and Resources

- CCES Drug Education Program
- Testing
- Global DRO
  - www.cces.ca
- If you don’t know, don’t take it!

Sport Information

Media Guidelines

- Interviews – Be courteous. T-Wolves gear. Talk about teammates by name. You are the expert. ENERGY!
- Social Media – Does it reflect well?
- Snapchat, IG, FB are made to be fun, and connect. Thank fans.
- Retweet! Share! Invite friends! Build a Timberwolves fanbase.

Department & Team Culture

- Culture is not definitive and requires individuals to educate themselves continuously
- Timberwolves Wall of Honour
- Remember We Are All Timberwolves!

The cheers of athletic contests soon pass, but sincere friendships live forever!

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