

UNBC STUDENT-ATHLETE ORIENTATION



Timberwolves Athletics Vision

UNBC Athletics and Recreation will encourage wellness while building community and character through competition, cooperation and participation.

Timberwolves Athletics Mission

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



Timberwolves Equity Statement



Diversity, equity and inclusion are the innate principles guiding how we build our teams, cultivate leaders and create a University environment that is inclusive for everyone.



[Black Lives Matter](#)

[Indigenous Uniform](#)



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
- Zoe Nunes – Administrative Coordinator
- Kaz Ikuta – Event Coordinator
- Steve Simonson – Men's Soccer Coach
- Neil Sedgwick – Women's Soccer Coach
- Todd Jordan – Men's Basketball Coach
- Sergey Shchepotkin – Women's Basketball Coach



UNBC WELLNESS CENTRE

Medical
Clinic

Counselling
Services

Access
Resource
Centre

We are here to support your Personal Well-Being at UNBC

The Wellness Team is here to support all students to engage in their own well-being.

Students can access Wellness services for personal, emotional, academic and/or mental health support.

Any issue that you deem important is worthy of discussing with a Wellness professional.

Feel free to email us at wellness@unbc.ca if you have any questions!

Medical Clinic

Registered Nurse (Monday to Friday)

Health Care Provider Clinics (Physicians and Nurse Practitioners)

Health assessments and treatments, Prescription renewals, sexual wellness, STI testing, Contraception Management, Wart Treatment, Referrals, Immunizations, and mental health support

Health information, Health resources and events

How to Connect with the Medical Clinic:



Call us at **250-960-6370**



Email: clinic@unbc.ca



Find us at **5-161 in Library
Building**



Book appointments by calling or
email



Website: [www.unbc.ca/medical-
clinic](http://www.unbc.ca/medical-clinic)

COUNSELLING SERVICES



**Includes Clinical
Counsellors and
Practicum Counsellors**



**How to book an
appointment to meet
with a counsellor:**

-Call us: 250-960-6369

-Email us:

wellness@unbc.ca

**-Stop by in person at 5-
168 between 9-12 or
1:30-4 Monday to Friday**



**-Sessions available in
person, via video or
telephone**

After hours Free Counselling Support

Here2Talk:

Free 24/7 mental health support
for all BC post-secondary students
living in BC, Canada, or Abroad.

Toll-free: 1 877 857 3397

Website: here2talk.ca

Empower Me:

Free 24/7 counselling/life coaching
support for undergraduate students.

1-833-628-5589

24 Hour Crisis Line for Northern BC:

1-888-562-1214

Access Resource Centre (ARC)

01

Coordinate accommodations for students with permanent disabilities or temporary disabilities lasting two weeks or more.

02

Students requesting academic accommodations must register with ARC and submit documentation.

03

Assist with applications for the Canada Student Grant for Students with Disabilities and service requests.



For example: a concussion, broken limb, or long Covid are all things we can support students through.

We also do like to emphasize that it is not just physical or learning disabilities but all disabilities including anxiety, depression, and ADHD to name a few.

To Connect with the Access Resource Centre:

Check out our website at:

unbc.ca/access-resource-centre

Email: arc@unbc.ca

Phone: 250-960-5682

Find us at:

- Room 5-157 Library
- 8:30am-12:00pm and 1:00pm-4:30 pm

Campus Resources

- Northern Sport Centre
 - Engage Sport North – Strength and Conditioning, Athletic Therapy
 - NSC Membership
- First Nations Centre
 - Provides services, activities and programs for First Nation students.
EVERYONE IS WELCOMED 😊 [Drum making video!](#)
- Housing Office
 - On campus housing support
- Student Life
 - Join fun events and student-ran clubs, meet other students, become a campus leader



Campus Resources

- Academic Resource Centre
 - FREE academic support services such as tutoring, workshops and study skills
- Registrar's Office
 - Financial Aid and Awards
 - Registration questions
 - Advising
- NUGSS
 - Undergraduate student representation and services



NUGSS & Health Insurance!

- The NUGSS website has some information on the Health & Dental plan <https://www.nugss.ca/health-and-dental> and we have paper copies in our office (6-170) as well.
 - The website also has some "how to" videos
 - Recommend downloading the app.
 - Opting out of extended information - deadlines

Studentcare website <https://www.studentcare.ca/> select NUGSS on the right hand menu

- download the app on your phone it will have a digital card that you can show
- you can also pick up a paper copy from the NUGSS office





Top Things your Advisor Wants Athletes to Know

-Written by your Advisors

- Be aware of your Academic Calendar & how to find it
 - unbc.ca/calendar
- Be aware of your program requirements
 - For example, some majors require minors.
 - Don't copy what your friend is doing.
 - Find your balance.
- Use your Degree Evaluation
 - Available via MyUNBC/Student Online Services.
 - Do not Google your program requirements. Ever.
- Plan ahead with your Advisor
 - Some courses have prerequisites.
 - Some courses are offered sporadically or in alternating years.
 - Desired graduation timelines.

- Register for courses early
 - When course registration opens, register for all available semesters.
 - Hate waitlists? Us too. Don't wait. Register early to secure your spot.
- Be aware of important dates and deadlines
 - unbc.ca/registrar/dates-and-deadlines
- Use the supports before you NEED the supports
 - unbc.ca/current-students/student-resources
 - unbc.ca/advising
- Get to know your advisor—and how to be in touch with them.
 - Email. Drop-Ins. Appointments.
 - Identify yourself as an athlete.
 - Try to connect with your advisor once a semester.

WHAT IS YOUR FACULTY

Faculty of Human and Health Sciences (FHHS)	Faculty of Business and Economics (FBE)	Faculty of Indigenous Studies, Social Sciences and Humanities (FISSSH)	Faculty of Science and Engineering (FSE)	Faculty of Environment (FE)
Education Health Sciences Psychology	Commerce Economics	BA General Anthropology English First Nations Studies History International Studies Northern Studies Political Science Women's Studies Social Work*	BSc Integrated Science Biochemistry and Molecular Biology Chemistry Computer Science Environmental Engineering Civil Engineering Mathematics & Statistics Physics	Biology Conservation Science & Practice Environmental Planning Environmental Science Environmental & Sustainability Studies Forest Ecology & Management Geography Outdoor Recreation & Tourism Management Wildlife and Fisheries

WHO IS YOUR ADVISOR?



Carol
Faculty of
Human and
Health
Sciences



Tania
Faculty of
Business and
Economics



April
Faculty of
Indigenous
Studies, Social
Sciences and
Humanities



Shannon
Faculty of
Science and
Engineering



Emily
Faculty of
Environment

Email: advising@unbc.ca

Telephone: 250-960-6306

Website: www.unbc.ca/advising

Instagram: @UNBCStudentAdvising

Twitter: @UNBCAdvising

"All our dreams can come true, if we have the courage to pursue them."

- Walt Disney

- 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.



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



The screenshot shows the 'SIGN-IN' page of the U SPORTS Central website. The page has a red header with the text 'SIGN-IN' in white. Below the header, there is a white area with the following content:

To continue, please enter your email and U SPORTS ID.

Email*

U SPORTS ID*

[Forgot U SPORTS ID?](#)

Please enter the letters you see (case-sensitive) in the graphic into the box



Don't know your information??

- stop by the office ASAP!

CCES Doping Education and Resources

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





Engage Sport North Staff

Simon Lamarche – Director of High Performance, Strength and Conditioning Coach

Email: slamarche@engagesportnorth.com

As per safe sport procedure, please ensure to include a third party (teammate, staff member, etc.) on all communications with Simon.

Joel Walkey – Head Athletic Therapist

AT Room: 14-166, NSC

Email: joel@engagesportnorth.com

WhatsApp: 250-981-6561

Athletic Therapy Services

- UNBC Athletics utilizes Engage Sport North for Athletic Therapy services.
- A doctor's referral is **NOT** required to be treated. In order to book appointment
- All athletes must create a personal profile on the Jane App website by accessing engagesportnorth.janeapp.com.

Clinic hours will vary from week to week so please visit website for most up to date hours of availability.

- Please email Joel to arrange an appointment outside of these hours.
- Alternative Services
 - Karissa Polsum, PT
 - Off-site physiotherapy care by request
 - Off-site mental health/counselling/nutrition resources by request



team SNAP App



Sport Info, Social Media

Media Guidelines

- Interviews – Be courteous. Branded gear. 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.



"Success is not final, failure is not fatal: it is the courage to continue that counts."

- Winston Churchill



[Future Twolf – Mic'd up!](#)