

EVERYDAY CHAMPIONS



WHAT IS EVERYDAY CHAMPIONS:

The Everyday Champions Program is designed to enhance the well-being of Beaver student-athletes. It is comprised of clubs and groups, workshops and speakers, events, and industry pipelines, all which give Beaver student-athletes an opportunity to grow holistically, both **personally** and **professionally**, while developing the **leadership** skills to enter into the real world with poise, conviction and a drive to succeed.



TOP 5 REASONS THE OSU EVERYDAY CHAMPIONS PROGRAM WILL SET YOU UP FOR SUCCESS:

- 1. Staff to student ratio:** OSU Athletics has five full time staff members and two graduate assistants dedicated to the personal and professional development of our student-athletes
- 2. Individual progress assessments:** One-on-one support with a member of the life skills staff to assess growth and work thru any troubles or difficulties related to personal and professional development
- 3. Vendors:** We utilize Helper Helper and GamePlan to improve and streamline your access to information and opportunity
- 4. Varsity OSU:** More than 7,000 alumni to help you transition into your professional life
- 5. Defined course of action:** Student-athletes are presented with a recommended sequence of programming to foster their continued growth and progression





COMMUNITY SERVICE & ENGAGEMENT

Oregon State Athletics is committed to providing transformational and educational service opportunities for OSU student-athletes that strengthen the Corvallis community and surrounding areas.

The athletic department provides weekly opportunities for student-athletes to impact causes and non-profits they are passionate about. Transportation is provided to all volunteer events.



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PROGRAM INFRASTRUCTURE

To aid in the holistic development of our student-athletes, we provide a robust infrastructure of opportunities that meet the needs of our diverse student-athlete population. We aim to foster an environment where student-athletes can be successful, but embrace and believe in the power of self-discovery.

Individual Meetings – Student-athletes are encouraged to meet a minimum of once per term with a member of the Life Skills staff. Each OSU Athletics team is provided with an assigned member of the Life Skills staff to meet the team's unique needs and time demands. During each meeting student-athletes may work on or discuss topics relevant to the progression

Clubs/Groups – Student run initiatives that provide practice experience around a cause and fellowship with like-minded student-athletes

Workshops – Professional instruction that provides knowledge or skills that are universally relevant and can be directly applied to influence personal and professional growth

Courses – Curriculum designed to meet the unique needs of student-athletes and foster skill sets required to succeed personally and professionally

Events – An opportunity to formally recognize and celebrate the many accomplishments of our student-athletes

Pipelines - Defined, multi-faceted program that provides mentoring, exposure, and preparation in a chosen career field. Student-athletes who participate in the pipeline are provided with tangible skills and experience through career exploration trips, workshops and speakers related to their specific concentration

WHAT SETS OREGON STATE APART: SIGNATURE PROGRAMMING

Oregon State Athletics strives to be a national leader in the personal and professional development of our student-athletes. To accomplish this goal, we've developed several programs that are first of their kind in collegiate athletics.

Beaver Athletes Sustainability Team: Founded by student-athletes, the sustainability team identifies strategies and new initiatives surrounding sustainability, eco-awareness and improving our environment

Beavers Without Borders: Beavers without Borders is an annual, ten-day service trip designed to expose student-athletes to foreign surroundings while assisting with a large-scale service project. Twelve student-athletes visited the Dominican Republic in 2016 where they helped build an irrigation system for a local school and planted yucca for community assistance. Previous destinations included Ethiopia, Guatemala and Macedonia.

Captain's Table: A quarterly meeting of current and future captains with the Director of Athletics, Todd Stansbury, to discuss issues of leadership, solutions for solving problems and ways to improve individual leadership skills

Industry Pipelines: Defined, multi-faceted program that provides mentoring, exposure, and preparation in a chosen career field. Student-athletes who participate in the pipeline are provided with tangible skills and experience through career exploration trips, workshops and speakers related to their specific concentration

OSU SportUp Incubator: A creative space for entrepreneurial student-athletes to develop new business ideas and creative concepts. Under direction of a former Oregon State student-athlete and serial entrepreneur, student-athletes receive mentorship and advice to progress their ideas from concept to market, culminating in a pitch-event to potential investors.

Project Huddle: Drawing from lessons learned thru being teammates with individuals from different backgrounds, student-athletes use the power of sport to foster conversation and develop strategies for creating a more inclusive campus community

Student-Athlete Investment Club: Opportunity for student-athletes to develop skills and knowledge related to the money market, through competition and instruction from faculty of the Oregon State College of Business

Student-Athlete Response Team: Provides a platform for student-athletes to contribute their thoughts to the larger narrative surrounding student-athlete welfare, experience, vision and future. Essays are shared and published via local media outlets and Oregon State media channels

Women LEAD (Limitless, Empowered, Authentic and Driven): Platform for female student-athletes to address potential challenges unique to the female experience, develop mentorship relationships with female administrators and community leaders and foster a supportive network of empowered, driven females

