

CHAMPS LIFE SKILLS

What is the CHAMPS Life Skills *BULLDOGS CHALLENGE*?

The CHAMPS Life Skills Bulldogs Challenge is a team competition designed to create greater participation in CHAMPS Life Skills events. CHAMPS points can be earned in the following areas:

- ***Academic Excellence***
- ***Athletic Excellence***
- ***Personal Development***
- ***Career Development***
- ***Community Service***
- ***Team Spirit***
- ***Bulldog Excellence***
- ***SAAC Involvement***

Each team earns points based on the percentage of their team that participates in the event. A percentage point system is used to help to create fairness for both large and small teams. For example, if Football, with 100 student-athletes, has 50 students show up for a speaker, they will earn 50 points because 50% of the team attended. Alternatively, if all ten members of Women's Tennis attended they would earn 100 points because 100% of their team attended. Teams can earn points by participating in events as individual teams or as individual student-athletes.

Upon completion of the event either the coach or the team's Student-Athlete Advisory Committee (SAAC) representative will complete the ***verification form*** and submit it to Donna Polk, Associate Athletic Director within one week of the event.

The CHAMPS Life Skills Bulldogs Challenge is awarded to the Men's or Women's team that earns the most points from August - May. The Bulldog Challenge winner is presented to the winning team at the Annual Athletic Department Sports Banquet during May of each year.

ACADEMIC EXCELLENCE

Athletic Director's Honor Roll:

Student-athletes who earn a semester GPA of 3.00 or higher are recognized each semester.

2 points are rewarded for each individual with a 3.00 or higher GPA.

Highest Team GPA

- 100 points awarded to the team with the highest team semester GPA
- 100 points awarded to the team with the highest cum GPA
- Term Team GPA Points
 - 3.5 – 4.00 150 points
 - 3.0 – 3.49 100 points
 - 2.7 – 2.99 75 points
 - 2.50 – 2.69 50 points
 - 2.20 – 2.49 25 points
 - 2.00 – 2.19 5 points

Early Registration:

Student-athletes are encouraged to register early for the next scheduled semester so they can meet the requirements for academic progress. This provides student-athletes the opportunity to arrange their schedule to meet both academic and athletic needs. CHAMPS Life Skills points are awarded for student-athletes that register early.

Bonus Points are awarded for student-athletes who make the Dean's List (10 points for each student-athlete with a 3.50 semester GPA).

ATHLETIC EXCELLENCE

Varsity Participation:

Student-athletes are awarded points for their team participation (100 points).

Bonus Points

- Additional points may be earned for team and individual awards.
 - Team
 - 25 points for making the conference championship title game
 - 50 points for winning the conference championship
 - 75 points for making the NCAA playoffs
 - 100 points for winning the national championship
 - Individual:
Points awarded only once for all individual honors received per team
 - 10 points for conference player or coach of the week (each occurrence)
 - 25 points for conference honors
 - 50 points for regional honors
 - 75 points for national honors
 - 100 points for conference player or coach of the year

PERSONAL DEVELOPMENT

The athletic department sponsors guest speakers to discuss various topics facing student-athletes. Teams often invite guest speakers to present team specific topics as well.

2 points are rewarded for individual efforts and % points for team efforts (based on a 1-3 hour time frame).

CAREER DEVELOPMENT

The career development component of our Life Skills program is designed to assist student-athletes in the process of establishing and achieving career goals. This is achieved by working with the University *Career Services Center* located on campus.

2 points are rewarded for individual efforts and % points for team efforts (based on a 1-3 hour time frame).

COMMUNITY SERVICE

Throughout the year, a strong emphasis is placed on community service to encourage student-athletes to devote time and energy to the campus and to our surrounding community. Student-athletes and staff have the opportunity to participate in community service activities such as the Share Program, Cora Rice - Annual Prince George's County Police Department Community Christmas Party for Deserving Children and the Susan G. Komen Race for the Cure. Individual and teams are encouraged to volunteer their time and energy to worthwhile causes in our community.

2 points are rewarded for individual efforts and % points for team efforts (based on a 1-3 hour time frame).

TEAM SPIRIT

To promote school pride, team spirit and support within our athletic department, points are awarded for attending athletic events.

% points for team efforts

BULLDOG EXCELLENCE

This category was developed to give credit to a student-athlete, team or coach willing to go the extra mile. It was also created to cover any category not covered.

5 points are awarded

SAAC INVOLVEMENT

Bonus Points

- Team SAAC reps attend SAAC meetings – 25 points each rep
- Team SAAC reps communicating SAAC information and conference SAAC information – 50 points
- Participation in SAAC projects, events or activities *

* 10 points are rewarded for individual efforts and % points for team efforts (based on a 1-3 hour time frame).



**BOWIE STATE UNIVERSITY
CHAMPS LIFE SKILLS BULLDOGS CHALLENGE
VERIFICATION FORM**

Please circle the appropriate CHAMPS/Life Skills Area:

Academic Athletic Career Development Community Service Personal Development

Sport: _____

Program Day/Date: _____ Program Time: _____

Program Location: _____

Program Title: _____

Program Sponsor/Contact: _____

What is the purpose of the program? (Attach brochures, information sheets, etc)

Please list Team Members in Attendance (attach a separate sheet if necessary):

- | | |
|----|----|
| 1 | 13 |
| 2 | 14 |
| 3 | 15 |
| 4 | 16 |
| 5 | 17 |
| 6 | 18 |
| 7 | 19 |
| 8 | 20 |
| 9 | 21 |
| 10 | 22 |
| 11 | 23 |
| 12 | 24 |

Student-Athlete's Signature: _____ Date: _____

Coach's Signature: _____ Date: _____

-----**FOR Athletic Department/SAAC USE ONLY**-----

Date received: _____ Points received: _____

CHAMPS/Life Skills Coordinator: Date: _____