

*They spend countless hours at practices and competitions,
show great discipline and dedication to the sport they love,
and represent our school with distinction around the state and country...*

***Listening to
Student-Athletes***

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Listening to Student-Athletes...

“It’s different, more freedom. I’m one of the youngest on campus. I am an athlete at Sac State which is new to me, never been on college team.

I’ve had some awesome experiences here. College games are so much better than high school.”

—a new college student

“A little stressful do to the lack of free time I have. I always feel too busy and sometimes think I have to much on my plate. I am living away from home as well, so at times I feel homesick.

I’m new to the school this spring so I don’t have many experiences. My favorite part of school so far has been when the baseball team travels to away games. I like how I have made friends quickly and was able to make the team.”

—an Athlete, 20 yrs old, male, and Latino

“It is really busy. Class, practice, class. It’s tough to get the necessary meals in without spending a ton of money. But I’m treated with respect, and feel welcomed. I love the SARC (Student Athlete Resource Center). It is really helpful.”

—21 y/o male Caucasian student-athlete

“I’m pretty new to this school so I have not been around as many people as others have. Many people do assume since I am white and an athlete that I have a lot of money or I am privileged. I do have a good life, but have went through many obstacles to overcome the problems I’ve had in my past.

I don’t like the school spirit at all.... Although there are many people who go to this school, nobody really has a sense of pride for being a part of this school.”

—White, 20, Depression + Anxiety, Athlete

“I would love to share the athletic part of my perspective w/Sacramento State. Not many know just what it is like to be athlete or how hard we work for this school.”

—white, female, 21, athlete

“I would like to share how cool it is to be an athlete on campus, the environment of knowing people and being part of a group. I like the student-athlete resources and the help they give.”

—white, 18 yrs old, student athlete, new to college

“It’s a very different experience coming straight here out of high school. Making new friends was easy but leaving your old friends behind was not. Joining the cheer team made my transition much better. Its nice to know you belong to a group and that we all care about each other.

I love the community at Sac State. The football games are fun and having people ask to take pictures w/us after the games is flattering. I’m glad I picked this school over others I could have attended.”

—18 yr old white girl – Sac State cheerleader

“I am an athlete here, and I feel like it is a lot different than just being a student.

Since I am an athlete, I do not have time to experience student life on campus.”

—20 yr old, white

“Good grades are harder to get, good grades anyways. In high school I was a 4.0 student and then I get to college and it’s hard. The lectures, note-taking, and teaching styles of the professors are so much more different. There’s little room for procrastination. Being an Athlete, it’s important to stay on top of things and stay consistent.”

—Black, white, and Asian, 18 y/o, female, 1st year college student, Athlete

“I believe that CSUS provides a lot of resources, by means of clubs and activities for me.”

—Christian/male/athlete

“As an athlete you are seen w/ some admiration from other students. Also see a split with frats/clubs.”

—Mexican, Baseball Athlete, 20 yrs old

“As a student athlete I have different challenges that other students, professors, and other faculty do not understand. Just by professors learning I’m a student-athlete I’m already treated differently, professors act surprised when I do my work well.”

—white, 22, ComS 4th yr at Sac State, female, student-athlete

“The SARC as an athlete is immensely important.”

—Hispanic/Female/LGBT/Athlete/21

“I find that there is a definite lack of involvement from the student body in campus activities, including things like sporting events.”

—white, female, 21, student athlete

“its really nice being an athlete, the support is great but being a white male is very much a disadvantage when it comes to actually paying for school.

I don’t like how uninvolved the campus is, the attendance at football games is embarrassing and walking around seeing other schools shirts and logos is just showing how unspirited everyone is.”

—new athlete, white middle class male, 18 yrs old.

“It is very time-consuming. I have a very heavy load with practices, games, extra appearances, and homework/study time. Trying to do all that and have a job makes it even harder.

Having a hard time juggling school and athletics.”

—an athlete

“I, for one, have been labeled as an ‘academic probation’ student...I’m also an athlete here in Sac State playing for the Men’s Volleyball Team Club. So pretty much the conflict here is that being an athlete and student is hard!”

—an athlete and a student, all in one.

“To be a student here w/that perspective (of an athlete) makes life pretty good. I feel like I’m in a special group here.

I would like to share the lack of attendance at sports games. This is a D-1 school but it’s students act like we are D-3. We play against the top schools in the nation in every sport.

Having a team has been great, it makes me feel like I have a family.

(I don’t like) injuries & teachers that don’t give leeway when I travel.”

—20 yrs White Student-Athlete

“It is not any different from being a normal student.”

—White 22 year old male athlete

“It is pretty good but could be a lot better. Coming from another school with more students Im used to seeing a lot of different faces here I dont

It is a convenient university. If I had to stay here all day I would be fine.”

—Male Athlete

“It’s been a nice experience, there’s a lot of work between school and sports but it’s all enjoyable.”

—African-American, Male, Straight, Athlete, New to College, 18

“I have experienced a lot in this first year. From parties/frat parties/kickbacks/club events/family dinners/visiting capital/Sac river/on campus events and many more. The most memorable is getting to the semi-finals in soccer as the only all freshman team.”

—18-year old/Mexican/Male/First Generation/Athlete/with good grades

“From an athletics perspective, I love being at Sac St. I am originally from Southern California, so being up here is a nice change. The professors, for the most part, do a very good job of working w/ student athletes’ schedules.”

—White, Male, 20, Straight

“Being a student athlete it’s not much of an issue for me to get courses so that’s not an issue. So my experience here at CSUS has been a particularly pleasant one.

I enjoyed being a part of the cheer team here. It was my main reason for leaving home and coming here. I do not like how the cheer team is expected to be at every event, and yet gets no recognition.”

—Mexican-american; student-athlete; senior

“Awesome. Many benefits compared to the general population

The staff is always helpful in every area of the school. I feel I can receive help anywhere”

—a student-athlete

“It is difficult at times because our schedule is demanding and while a lot of professors know this, they don’t care.”

—a male athlete

“I am an athlete and really enjoy being one.

I enjoy the diversity, meeting new people from all backgrounds and cultures. The professors are mostly open minded to discussions and suggestions.”

—21, Caucasian Male

“I feel like I’m in a bubble in that athletes only hangout with athletes.

I like being able to represent CSUS all across the country.”

—An athlete

“I enjoy being a student at CSUS. I have gotten mostly great teachers who care about their students.”

—2nd year sac state white female athlete

“It can be challenging balancing both school and sport. When in season, a lot of school is missed, so it can be hard making up participation and in class work.

Some teachers I have had in the past haven’t been willing to work with me. Even letting them know my schedules at the beginning of the semester, some teachers aren’t willing to let you make up the work that you have missed. With athletics, we have no control over what days we miss. Some teachers on the otherhand are really understanding and allow you to work with them on keeping up with the work.”

—Athlete

“Busy, I have something from 6am – 10pm almost everyday. From juggling school, my sport, and work I am often tired, but I am able to manage a social life and maintain grades.”

—a 19 female student athlete who is self sufficient

“Being a white, twenty two year old male who struggles with diagnosed Dyslexia and ADD makes life as a student athlete very difficult. School has always been a challenge for me, and being successful in all areas of my life seems nearly impossible when regarding the hours in a day. There just aren’t enough.

I’ve been at Sac State for a year now and almost all of my experiences are either inside the classroom or athletic related. It’s difficult to relate to non athletes.

I like the library and the availability of the professors, fortunately most teaches have office hours.”

—No student specifics given other than what is stated above

“I have enjoyed my time here. The only thing I don’t like is how liberal teachers and students are. I like the campus and the classes offered.”

—white, 20, Athlete

“I loved being an athlete so much, it made my college experience so amazing. Being an athlete for 3 years helped me make friends and find people I shared the same experiences with. Now being a regular student with 2 jobs the difference is crazy. I would not be where I am today without Sac State Athletics.

I like priority registration and having help in Lassen hall whenever I have needed it.

The amount of support I get from so many people in the athletics here at Sac State is unreal. We show support where it is due, whether it be a birthday, game, or just talking everyday.”

—21, Athlete returning to school

“Being a student-athlete is very challenging and it is very stressful trying to balance schoolwork and practice/workouts and everything else that comes in in life.

There are some weeks where there is an excess amount of homework and a lot of practices and workouts. Always do homework on freetime. I have to make a schedule each week and follow it.

Everything about Sac State I love. Stingers Up!”

—student-athlete

Student-Athletes

Sacramento State Athletics

Sacramento State Athletics moved to the National Collegiate Athletic Association (NCCA) Division I athletics over 15 years ago and now, depending on the sport, competes in the Big Sky Conference, the Big West Conference, Mountain Pacific Sports Federation, American Athletic Conference, and the Western Athletic Conference.

Women's Sports: Basketball, Beach Volleyball, Cross Country, Golf, Gymnastics, Rowing, Soccer, Softball, Tennis, Track & Field, and Volleyball.

Men's Sports: Baseball, Basketball, Cross Country, Football, Golf, Soccer, Tennis, and Track & Field.

Excellence in Our Classrooms

The *Student-Athlete GPA/Academic Standing Report* states that in Spring 2017, of the 430 total academic headcount of student-athletes:

22 student-athletes earned a term GPA of 4.000.

106 student-athletes earned a term GPA of 3.999 – 3.500.

133 student-athletes earned a term GPA of 3.499 – 3.000.

60.7% of student-athletes were above a 3.000 term GPA (261 of 430 student-athletes).

97.9% of student-athletes were in “Good Standing” compared to 92.9% of the overall student body.

The term GPA for student-athletes was 3.037 (compared to the 2.830 term GPA of the undergraduate student body). The overall GPA for student-athletes was 3.122 (compared to the 2.950 overall GPA of the undergraduate student body), the Athletic Department's highest overall GPA in school history.

This is the sixth consecutive term for the record-breaking overall GPA for athletes, and the fourth semester in a row achieving above a 3.000 term GPA in Athletic Department history.

Excellence in Their Sport

According to the Hornet Sports webpage:

Sacramento State student-athletes earned 87 conference all-academic awards during the the spring season. The group had 54 Big Sky all-academic honors in the sports of men's and women's golf, men's and women's outdoor track and field, men's and women's tennis, and softball. In addition, 20 rowers received American Athletic Conference all-academic honors, nine Hornet baseball players received WAC all-academic accolades, and four beach volleyball players earned Big West all-academic honors. In all, Sacramento State totaled 175 conference all-academic selections during the 2017-18 academic year. That athletics department has now totaled at least 170 all-academic selections each of the last three academic years.

And if you look at the “Sacramento State Championships” webpage provided below, you will see the *numerous awards* student-athletes have won for the school, year after year.

[Championships Website](http://www.hornetsports.com/information/facts/nat_championships) http://www.hornetsports.com/information/facts/nat_championships

Eligibility to Play

Student-athletes are required to take a full-time load (enrolled in 12 units) in order to practice and compete in their sport; anything less and the student is declared ineligible and loses the scholarship and financial aid (and may be responsible for paying back their athletic scholarship, in some cases). Additionally, student-athletes must make progress toward their degree and meet certain GPA requirements each year, as stipulated in the *Student-Athlete Handbook*.

Time Spent

While each sport is different, typically athletes practice, on average, two hours per day, five days a week. Some teams practice twice a day, morning and evening! Competitions also take quite a bit of time and often involve long travel and overnight stays. The season length varies, but some sports practice almost year-round.

Student-athletes face an intense and demanding schedule in terms of both *time* and *physical exertion*. The latter affects the former when the athlete's productive use of time is hindered by tiredness, or the need for sleep, which is essential for muscle repair and recovery, cuts into study time.

The Stakes

In sum, student-athletes are required to take a full-time course load and maintain their GPAs, all while putting in considerable time and energy into their sport. They study and complete assignments before practice, after practice, and on road-trips to competitions, as well as the time they have free in between class hours and their other responsibilities.

Failure to meet their academic responsibilities means ineligibility to play—and the tremendous loss of being on a team that often becomes like family and participating in a sport they love.

Issues They May Face

In addition to all of the other challenges that students might face (being a new student, working to make ends meet, etc.), student-athletes might also struggle with:

- Learning how to balance athletics with academics. Finding the time for both practice and homework can be difficult and, again, the stakes are high.
- Managing athletic success or failure. Winning can take so much out of an athlete and losing can sometimes be devastating.
- Satisfying multiple relationships with their family, friends, significant others, classmates, work colleagues, and coaches and teammates. Athletes may have many different people they may need to answer to or spend time with each day.

What We Can Do

Student-athletes do so much for our university, and there are ways we can show our appreciation and support.

Contact or refer the student to SARC should a question or concern about a student-athlete arise.

As those who work in higher education, we want the best for our students, and, as you will see below, the Student-Athlete Resource Center (SARC) can help student-athletes in so many ways.

Student-Athlete Resource Center (SARC)—

Helps student-athletes to achieve their academic goals, navigate campus procedures and policies, and understand NCAA rules and eligibility requirements, and provides services that place the welfare and development of the whole student as top priority. SARC also offers the Student-Athlete Academic and Life Skills Lab and the Student-Athlete Study Lounge, with computer labs for student athletes to work on coursework.

Location of SARC: Lassen Hall 3002 Phone: (916) 278-5431

Location of Student-Athlete Academic and Life Skills Lab: Lassen Hall 3002

Location of Student-Athlete Study Lounge: Athletic Center 1030

[SARC Website](https://www.csus.edu/student-affairs/centers-programs/student-athlete-resource-center/) <https://www.csus.edu/student-affairs/centers-programs/student-athlete-resource-center/>

Show up and support our student-athletes.

Your presence at athletic events can mean so much! Home athletic events during the regular season are free to Sacramento State students, too, something not all realize. Further information may be found at the [Hornet Sports Website](http://www.hornetsports.com/landing/index) <http://www.hornetsports.com/landing/index>.

A Few Sacramento State Athletics Fun Facts—

Nickname: Hornets

Mascot: “Herky” the Hornet (short for “Hercules”)

Colors: Green and Gold

Venues: Hornet Stadium (Football), Hornet’s Nest (Basketball), John Smith Field (Baseball), Shea Stadium, (Softball), and Hornet Field (Soccer).

School Fight Song: “Fight on, Sacramento State”

One Last Thing

In academia today, we emphasize the cerebral over the physical, but some of the most powerful thinkers in the history of the world, such as Plato and Aristotle, came from the cultural tradition of, and ran and taught schools where, the exercise of both the mind and body was prized.

Sometimes non-athletes—meaning most of us—may not understand the pride and passion athletes feel for their sport, or the deep fulfillment they get from it. In *Motivation and Personality*, Abraham Maslow wrote, “What humans *can* be, they *must* be. They must be true to their own nature. This need we may call self-actualization.” In addition to music, art, and poetry, he specifically cites athleticism as one form of expression of this, the apex of human needs, the growth and development of one’s talents and abilities.

“Stingers up!”

(With appreciation to the Sacramento State Athletics Department, for all they do for the student-athletes who represent Sacramento State with distinction around the state and nation, and to Steve Perez, Faculty Athletic Representative/IAAC Chair, Bill Macriss, Director of Athletics, and Lois Mattice, Associate Athletics Director, for assistance with this information, as well as to Paul Edwards, Director of the Student-Athlete Resource Center, for the work on such impressive student-athlete grade data.)