



NORTH STAR PATHWAYS

Exploring Careers in Sports

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A Guide to Being a Student Athlete

Sports has been a part of the American college experience since the beginning of the American higher education system in the nineteenth century, starting with crew and then American football. Today there are over 480,000 student athletes that compete for schools that are members of the National Collegiate Athletics Association (NCAA) alone. It can be a great addition to the college experience but is it the right choice for you? This quick guide will go over, what is a student athlete, how to become one, the benefits and potential downsides.

What is a Student Athlete?

Simply put, being a student athlete is representing your school in a competitive sport, usually in a wider competitive league or association. The largest and most common competitive associations are the NCAA, the National Association of Intercollegiate

Athletics (NAIA), and the National Junior College Athletic Association (NJCAA). In return for competitively representing your school, the college may pay for some or even all of the cost of your education.

In order to qualify, the college, and the association it is a member of, will have qualifications like a certain amount of hours per week spent in practice, a minimum grade point average, and upholding various other academic, behavioral and competitive standards. These qualifications and performance standards differ between associations and colleges.

How to Become a Student Athlete

Starting in high school is highly recommended, both academically and competitively. Depending on the sport you want to compete in, like football, basketball, baseball or softball, entry may be highly competitive. In addition to applying to college, speaking to college recruiters and coaches, students are encouraged to register with their respective colleges' competitive association.

For instance the NCAA encourages prospective student athletes to start registering with the NCAA in their junior year of high school in order to get started. On top of getting accepted to a college, students



will register with the NCAA Registry Center by paying a fee, providing high school transcripts and demonstrating a certain academic and competitive standard. Additionally they require an SAT or ACT score. The NAIA and the NJCAA, as well as other competitive associations, have similar requirements.

Benefits of Being a Student Athlete

On top of the obvious benefits of playing a sport that you are skilled in with teammates who can be lifelong friends, there can also be immense educational benefits for you by getting your college paid for. Roughly 150,000 students



in the NCAA alone receive over \$2 billion in scholarships annually. Additionally even students who do not receive a direct scholarship for competition still can receive assistance through Pell Grants and other scholarships offered. Students that compete at a Division I school through the NCAA can also access the Student Assistance Fund to assist with other costs besides tuition through the year.

While at college, being an athlete can also help you get through college. To help with the academic standards, many colleges will have academic and support services in order to help students cope with the competitive and academic rigor. Lastly, overall, student athletes have a higher graduation rate than their non athlete peers in college.

Liz Brenner, a student athlete in women's volleyball at the University of Oregon, put it this way:

Being a collegiate athlete is unbelievable...I absolutely love it. We get everything we possibly need. I am so thankful and blessed to have this opportunity."

Downsides of Being a Student Athlete

That being said, it can be a major commitment that can be a massive drain on your time and energy as a student. For some students, being a high level student athlete can have a very negative affect on mental health. Researchers cited by BYU in 2021 found that, "6.3% of student-athletes met the criteria for clinically significant depression and 24% had low moods considered 'clinically relevant.'"

Depending on the sport you participate in, you may suffer a sports injury during the season. Though not limited to college students, researchers at Johns Hopkins University found that of the more than 30 million children and teens who participate in organized sports, 3.5 million suffer some kind of injury.

Any student that is interested in pursuing competitive sports during their college career will have to weigh the costs and benefits. BYU student-athlete and writer Mickey Strauss explains:

An athlete's happiness usually depends on how they are performing in their sport which affects their entire college experience. A successful athlete is happy, confident and full of high self-esteem, which will give the athlete many positive benefits throughout their college career and even into the rest of their life. However, the negative effects of a college athlete can be very harmful. If an athlete is not feeling success, then they have a tendency to stress over their performance which can be carried over into academics. The more an athlete stresses about their sport, the more damaging they do to their mental health. They have a harder time focusing on their academics and worry about keeping their grades up. Stress during exam week also makes athletes more likely to become injured or ill. Such negative effects can cause an athlete to have anxiety and/or depression. Student-athletes often suffer from the negative side of athletics which can include stress in academics and performance as well as during in-season versus out of season, gender within team versus individual sport, and depression.



CUI
EAGLES

Travel the World through Coaching

International travel is something many students dream of, whether by taking a gap year, studying abroad or traveling during the summer. For students interested in sports and volunteering, there are many opportunities to combine these two passions. This quick guide can help you get started traveling the world by volunteering as an athletics coach.

Every organized, competitive sport requires coaches to help train teams and also referees to help keep games on track. Without these roles, the game would quickly break down over a lack of training or a lack of agreement over the rules.

By volunteering overseas you can see a lot of the world from teaching soccer in India to coaching in South Africa. The question is finding the sport, destination and trip that is right for you.

The first is finding the right sport for you. If you play a sport already and possibly have some volunteer coaching or referring experience. Some organizations like Sporting Opportunities, will have spots for entirely new coaches or referees, but you will have a wider list of spots if



you have prior experience either as a coach, player or referee.

Secondly, you will want to find the correct trip. It is important to see what destination works best for you. Does coaching in South America or Asia sound the most fun? Do you want to spend a whole year or just a summer working there? Additionally, any young traveler should always consider the U.S. State Department Travel Advisories in order to make sure your trip is safe as well as fun.

Lastly, you will definitely want to see which program is right for you. If you are looking to be a student athlete in college, there may be limitations to access your college's study abroad program as you may have obligations to your athletic program. For student athletes with limitations, there are

organizations like the Council on International Educational Exchange that provide scholarships and specific trips for student athletes so they can find something that fits their athletics program schedule. Additionally there are internship programs for student athletes like Student-Athletes Abroad that can provide unique experiences like learning sports management in Greece or physical therapy in Costa Rica. For those who may be newer to their sport or to coaching in particular Sporting Opportunities offer positions for those at all levels of their sport.

Doing research will be critical to make sure you make the most of your time. For a young student willing the travel, coaching abroad can be the experience of a lifetime by giving back!





Should You Attend Concordia University, Irvine?

Established
1976

“*Concordia University Irvine is a private Lutheran university in Irvine, California, United States. It was established in 1976 to provide a Lutheran Church–Missouri Synod college to serve the Pacific Southwest and provide training for pastors, religious education*”

Concordia University, Irvine (CUI) is the heart of Orange County, in southern California. It is roughly an hour from Los Angeles, CA and about 20 to 30 minutes from the beaches of Orange County. It also offers an extensive amount of virtual and remote learning courses allowing students to access a CUI education from all over the country and internationally.

The school offers over 150 different majors, minors and areas of specialty. It also offers nine masters programs, as well as teaching credential and nursing programs. But is it the right choice for your post high school graduation career?

Cost

The tuition costs are \$36,000 per academic year, \$11,000 of that being room and board. The average student and their family ends up paying \$23,000. 75% of CUI students report that they were on some form of needs-based scholarship with students on average reporting that 60% of their needs were met through this scholarship.



The average CUI student graduated with \$23,000 in student loan debt in total. Those who did not graduate, left with \$11,000 in student loan debt in total. On average 69% of Concordia's students end up paying off their student loan debt. It will be critical for any incoming freshman to evaluate each major's strength for employability, starting salary and potential loan pay off before attending. A 69% pay off rate of roughly \$23,000 is well under the national average for private schools.

Student Life

Concordia University does offer a wide variety of opportunities for student life. Students should find a rich and full campus culture; however there are a few unique points and some elements found elsewhere that will be absent for a CUI student.

What Is Missing?

With the exception of the Army ROTC, which is offered on campus at nearby California State University Fullerton, there is no ROTC on Concordia University's campus. Students who want to look into this should either look into another military entry program or see if another nearby institution will provide them an ROTC experience if they want to use that to enter military service after graduation.

Concordia University does not have an on-campus Greek life. There are some profession-related fraternities such as the business fraternity and the medical professional fraternity but nothing that is part of the wider Greek life across the nation. Greek societies can offer a lot of valuable networking but there are pitfalls and dangers as well. Students should factor in whether Greek life would be valuable to their college experience before choosing a college that does not offer that network and experience.

What Is Offered?

Concordia University does offer a wide variety of clubs from recreational clubs,

like the Judo Club, cultural clubs like CUI's Black Students' Union, and academic clubs like the History Society. The wide variety allows for students to customize their on campus experience. Additionally, the Associated Students of CUI has streamlined their club approval process for students to create their own on-campus organization so students can maximize their student life fulfillment.

One of the more unique programs that Concordia University offers is the academic forensics program, which competes on a nationally ranked level in a variety of debate and speech event formats. Concordia University's parliamentary debate program was ranked #1 nationally for 2019-2020 and their speech team is nationally ranked for the last few years. David Vasquez, 2020 alumnus explains it:

Participating in Concordia University Irvine's Forensics program was the most academically rewarding and educationally impactful activity in my time as an undergraduate student. The program trains you to think critically, communicate arguments and ideas clearly, teaches exceptional public speaking skills, develop in-depth research briefs and policy proposals, and provides you with a competitive atmosphere to prepare you to compete at the national level. Concordia Forensics research and writing



CUI
EAGLES



training dramatically improved my essay writing, my development of professional networking skills, and provided my career opportunities immediately following my graduation. I believe there is no better academic or professional co-curricular investment for students at Concordia University Irvine other than CUI Forensics.

A lot of recent research literature suggests that participation in college forensics plays a huge role in post graduation employability and higher career earnings. Additionally, alumni report high levels of post-graduation satisfaction due to their involvement in college forensics.

Lastly, as a private school affiliated with the LCMS, Concordia University does have a robust student conduct code and is a dry campus as it is a religious, Christian school.

Return on Investment

Niche.com, an American company that ranks the return on investment for American colleges and universities, lists CUI as relatively high on their list, giving it a B+ ranking on return on investment for students. 63% of students graduate with a degree compared to the 49% average. Additionally 92% of students report employment within 2 years, compared to 89% for the national average, and the average of students' post graduation income is \$49,000 compared to \$33,000 for the national average.

Denise Sprimont, 2020 alumna and University of Chicago

master's student, notes:

CUI's small class size allowed me to form mentoring relationships with the professors, who did far more than providing a letter of recommendation. They not only challenged me in class, but provided me with opportunities outside of class to network with academics and professionals in the field I was interested in, and helped me to select the coursework and internships that would best align with my future career. Additionally, the opportunities at CUI itself are outstanding. By the time I graduated, I had published in a peer-reviewed journal, attended 4 professional and academic conferences, presented at 2 national conferences, attended 2 intensive internship experiences, and worked as a Writing Consultant and tutor. Concordia provided me with soft skills that opened doors to top US universities for graduate school, and landed me multiple job offers before I even graduated

International Experience

Through its Moon International Center, Concordia University offers a major international students program and special housing for international students in its Global Village. CUI also offers assistance for gaining a student's visa and scholarships for international students.

For American students looking for an international experience, Concordia University offers an international

experience through four formats; the Around The World semester in which students will visit several countries over the course of the entire semester, the Study Abroad program in which students will study at another university (such as Cambridge University in the UK) for the semester, shortened May terms in places like Italy or Scotland and religious missions around the world. The Around the World semester does offer students the chance to get a Global Studies Minor if they meet certain requirements.

Veteran Support

Through its SSG Matthew Thompson Veterans Resource Center, Concordia University offers a robust level of support to its students who have served our country through the United States military. Concordia University is a Yellow Ribbon University, which means it offers a high degree of financial aid to military veterans. Additionally Concordia University is an approved VA Study Work location which means Concordia students who utilize their GI Bill benefits and are at the required amount of units can apply to work at their local Veterans Resource Center and be paid by the Veterans Administration.

Athletics

Concordia University is a Division 2, NCAA school. The Concordia Eagles compete in both men's and women's athletics, including but not limited to; baseball, softball, basketball, soccer, swim, tennis, track & field, and volleyball. Recently Concordia University's softball players qualified to the 2020 CoSIDA Academic All-District Team due to their GPA scores and NCAA success. NCAA participation

plays a huge role in post-graduation career opportunities as well as university enjoyment.

Notable Alumni

Though a younger school, Concordia University has a variety of prestigious alumni, including:

- ◆ **Misty May-Treanor**, an American professional beach volleyball player. She is a three-time Olympic gold medalist, and the most successful female beach volleyball player with 112 individual championship wins in domestic and international competition
- ◆ **Cameron Gliddon**, an Australian professional basketball player for the Brisbane Bullets of the National Basketball League (NBL). He won the NBL Rookie of the Year Award in 2012–13, and led the Taipans to the minor premiership in 2014–15.
- ◆ **Christian Ramirez**, an American soccer player who plays for the Houston Dynamo in Major League Soccer. He has also played for the US Men's National Soccer Team in international games.
- ◆ **Larry Tieu**, an American professional basketball player who last played for the Saigon Heat of the ASEAN Basketball League (ABL).





Should You Attend Indiana University, Bloomington?



Established
January 20,
1820

“*Indiana University Bloomington is a public research university in Bloomington, Indiana. It is the flagship campus of Indiana University and its largest campus with over 40,000 students.*”

Indiana University, Bloomington (IU), also known simply as Indiana, founded in 1820, is located in Bloomington, Indiana and is a public research university. The campus is over 1900 acres set in the small Indiana town of Bloomington and is the main

school of the Indiana University system. But is it right for you?

Costs:

Indiana can be an inexpensive or an expensive college to attend depending on your state residency. For in-state students the tuition and fees are \$11,790 with the total annual cost after needs-based aid being just over \$14,000. This makes it much cheaper than many other universities however for out-of-state students, that annual tuition

goes up to \$40,482. Room and board separately is over \$12,000.

Academics:

IU has an extremely wide selection of over 500 majors to choose from, offered between 16 different colleges. The College of Arts and Sciences is the largest, offering majors from Classical Studies to Statistics. Indiana University has an extremely storied and successful athletics program and this is reflected even in its academics. One of the majors students can take is Bachelor in Science in Sport Marketing & Management, where students are prepared to be sports industry professionals. Students take courses in law, marketing, business management and finance to give them a career in the sports beyond just competing.

Student Life:

Indiana not only has a variety of different student traditions dating back to the 1800s but a multitude of student clubs for undergraduates to participate in. Students can join organizations like the Adoptee Awareness Student Association, the Badminton Club, or the Student Cinema Guilds. IU also has a large Greek presence with several fraternities and sororities on campus as well as several pan-Greek coordinating groups.

ROTC & Military Resources:

Indiana University offers both an Army and an Air Force Reserve Officer Training Corps program. Additionally for currently serving or veteran students, there are several resources like educational benefits and counseling services offered through the Veteran Resource Center.



Athletics:

Indiana University has a long-standing athletics program, known as the Indiana Hoosiers. The Hoosiers compete in Division I of the NCAA in 24 states and compete in the Big Ten Conference. It is one of the most successful athletics programs in the country, winning 24 NCAA national championships and over 140 individual NCAA national championships. Though possibly most famous for its Hoosiers men's basketball team, it also has national championship winning men's soccer team, men's swimming and diving team, and men's cross country among others.

The school also puts a major emphasis on sports as a career path outside of competing. There are several outlets for sports journalism, which can lead to a great career covering sports. Matthew Brown, a IU graduate in sports journalism was able to pick the brain of noted sports writer and IU alumnus, Manny Randhawa:

"It [writing on sports for Indiana University] was a very good early experience and exposure to that world. It was a very valuable experience."



Return on Investment:

IU is definitely a fairly expensive college with an annual cost that is well above the average for most colleges in the United States. However it is also a highly ranked school. IU has been repeatedly ranked as one of the best public universities in the US with several top programs. In 2023 the Academic Ranking of World Universities ranked as one of the top 100 schools internationally. The U.S. News & World Report ranks it as the 26th best public university in America.

Notable Alumni:

- ◆ **Sherman Minton**, associate justice of the Supreme Court of the United States
- ◆ **Evan Bayh**, U.S. Senator representing Indiana
- ◆ **Margaret Harshaw**, mezzo-soprano at the Metropolitan Opera
- ◆ **Jamie Hyneman, special effects expert**; best known as co-host of the television series MythBusters
- ◆ **Gene Monahan**, New York Yankees trainer, Hendrick Motorsports consultant

Is It Worth It?

For a student who wants the big college experience, Indiana University, Bloomington can be the perfect fit. Depending on what state you live in it can also require a significant amount of financial resources or financial aid. Some questions that you and your class can discuss could be,

- ◆ What subjects should students study in college?
- ◆ How much money should I spend on my college education?
- ◆ Do I want to go to a small or a large college? What are some of the downsides and upsides of each?



“*Villanova University is a private Catholic research university in Villanova, Pennsylvania, United States. It was founded by the Augustinians in 1842 and named after Saint Thomas of Villanova.*”

universities. The average student that is admitted has an SAT average between 1380 and 1500 or an ACT average 32-34 with a high school GPA average of 3.9.

Academics:

Villanova has an extremely academically rigorous undergraduate program, ranking as one of the best according to the U.S. News & World Report Rankings. For undergraduates there are 71 programs available with majors rankings from Arab & Islamic Studies to Russian Area Studies.

Student Life:

Due to their Catholic heritage, Villanova makes an effort to center service and civic participation as a part of the student life. To achieve this, the school offers a variety of recreational, academic, and cultural organizations as well as several faith based and student interest groups to help serve the students and the wider Villanova community. Villanova also has a variety of fraternities and sororities available on campus.

ROTC & Military Resources:

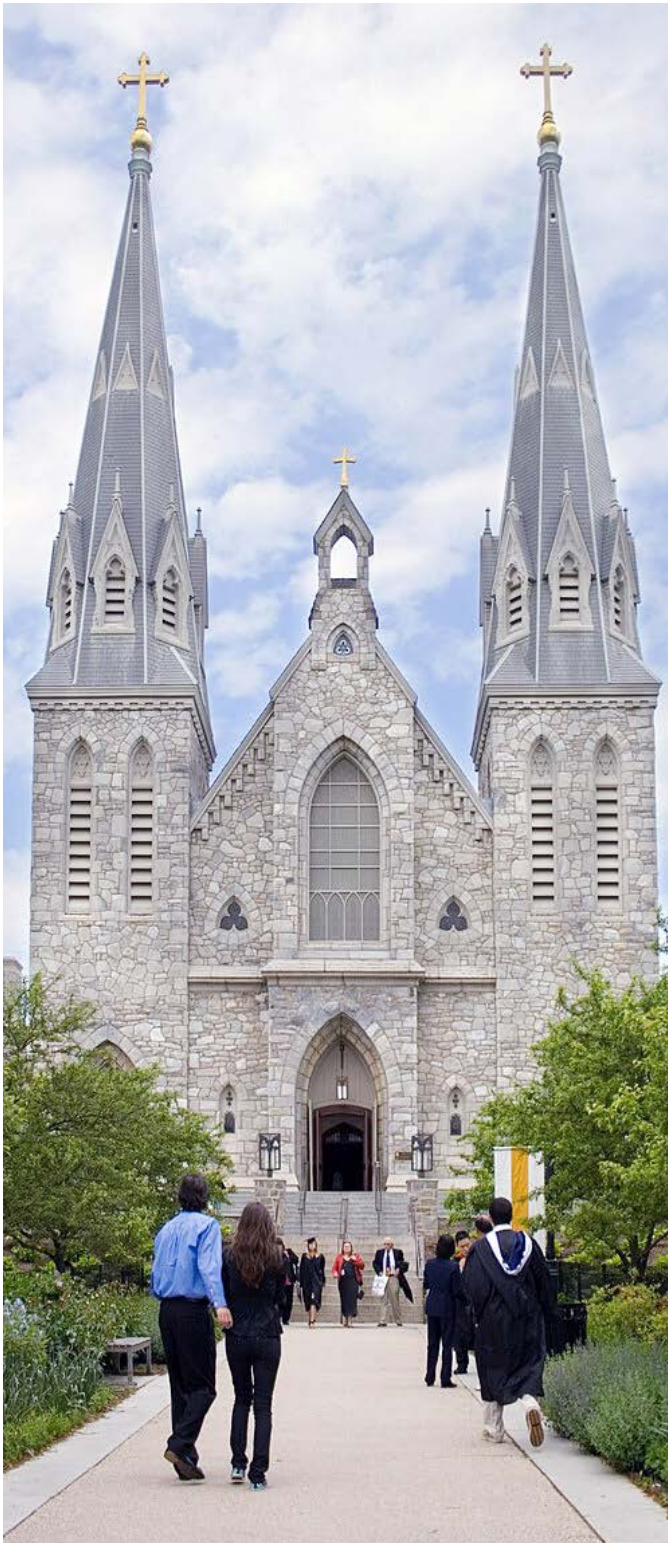
Villanova University offers both an Army and a Navy Force Reserve Officer Training Corps program. Villanova's NROTC program is especially influential, producing 25 admirals in the Navy or generals in the Marine Corps.

Villanova is a private Catholic research university founded in 1842 and is located in Pennsylvania. Located in the Villanova suburb of Philadelphia, it has a small school feel with just over 6,700 undergraduate students. The school prides itself on combining both a traditional liberal Catholic education with a heavy emphasis on public, doctoral research. But is it the right school for you?

Costs:

Villanova is more expensive than the national average with tuition and fees costing over \$64,000 annually. Room and board costs an additional annual \$16,896. The average Villanova student gets a needs-based aid package of \$46,360 and the average annual cost after receiving needs-based aid is \$34,784.

Additionally Villanova is one of the more selective



Additionally for currently serving or veteran students, there are several resources like educational benefits and counseling services offered through the Office of Veterans & Military Service Members.

Athletics:

Villanova has a famous collegiate athletics program that competes in Division I of the NCAA, usually in the Big East Conference. Its teams are known as the Wildcats. Villanova has several successful teams such as women's basketball, football, men's lacrosse, track & field, and swimming & diving. However it's most well known program is the men's basketball program. In 1985, the Wildcats made NCAA history by beating the favored Georgetown men's basketball team, one of the great sports upsets in history. Villanova has 21 national NCAA championships, 3 of which have been won by the men's basketball team.

Rachel Lenzi of *The Buffalo News*, asked Villanova alumnus, former Wildcat and current guard with the Denver Nuggets, what it was like to be a part of Villanova's basketball team and what he learned:

Having a good attitude every day, whether things were going good or bad. Approaching every day with a great attitude and improving each day. That's something we always talked about. Control your effort, your attitude and how hard you work every day. That's something I'll carry with me always, even now, as a professional. Doing it for five years in college has prepared me for the situation I'm in now.

Return on Investment:

Villanova is definitely an expensive college with an annual cost that is well above the average for most colleges in the United States. However it is also a highly ranked school that has been repeatedly ranked as one of the best universities with several top programs. The U.S. News & World Report ranks it as the 67th best national university in America.

Notable Alumni:

- ◆ **Jill Biden**, educator and First Lady of the United States
- ◆ **Ed Rendell**, former Governor of Pennsylvania and former Mayor of Philadelphia
- ◆ **Malik Allen**, former NBA player, currently an assistant coach with the Miami Heat
- ◆ **Brian Finneran**, former NFL player with Philadelphia Eagles and Atlanta Falcons, Walter Payton Award winner 1997
- ◆ **Kyle Lowry**, NBA player, 2019 NBA Champion, currently with the Miami Heat

Is It Worth It?

For a student who wants a Catholic school, a big city college experience or a major sports school experience, Villanova can be the perfect fit. However it might also take a very large academic and financial investment in order to get admitted. Some questions that you and your class can discuss could be,

- ◆ How much academic work am I willing to invest in my college education?
- ◆ How much money should I spend on my college education?
- ◆ Do I want to go to a religious school? Are there benefits or downsides to this?



Should You Attend East Los Angeles College?



Established
1945

“East Los Angeles College (ELAC) is a public community college in Monterey Park, California, a suburb of Los Angeles. It is part of the California Community Colleges System and the Los Angeles Community College District.”

Academics:

ELAC does not confer bachelor degrees or graduate degrees but as a public community college does offer associate degrees and certificates. There are several academic areas of focus that a student can take classes in, offered through several academic departments ranging from Anthropology, Geology and Geography to Social Sciences.

Through its Department of Kinesiology, ELAC offers a host of certificates in order to help students get a start in their athletics career. At ELAC, a student can take courses on aquatic skills, coaching, fitness, kinesiology and physical therapy.

Student Life:

As a community college, ELAC does not have many of the student life amenities that a traditional four year college or university will have. However it still has many student organizations for students to join and services

East Los Angeles College, or ELAC for short, is a public community college in Monterey Park, an eastern suburb of Los Angeles, in southern California. It is part of the wider California Community Colleges System. Since 2018, ELAC has the largest student body campus of any community college in the state. It can be a great option further your education and career but is it the right choice for you?

Costs:

As a community college, ELAC is cheaper than many other college options in the Los Angeles area. For in-state residents, the fall and spring cost comes out to \$1,238 in tuition and fees, with the summer semester costing \$616. For out-of-state students, the fall and spring semesters cost \$10,130 while the summer semester costs \$5,062.

to assist students in their time at ELAC. Students can join clubs like the Accounting Club or the Law Society.

ROTC & Military Resources:

ELAC does not have an ROTC on campus but it does have a Veteran Resource Center to help veterans navigate tuition, enrollment, and also provides counseling services.

Athletics:

ELAC has a robust athletics program for a community college. The East Los Angeles Huskies offers many different sports for students to compete in track and field, cross country, soccer, men's football, baseball, softball, and women's swimming and diving, among others. Their most famous team is their men's basketball team, which was featured on the Netflix special *Last Chance U*, as the team competed in the 2020 season. The team is not only extremely competitive but ELAC athletes often go on to compete on a four year collegiate level thanks to their time at ELAC.

Return on Investment:

ELAC is not a traditional four year college so it will not have many of the advantages of a full college. However it does have two main advantages. First, it is cheaper than many other colleges in the area. Secondly, for students who are looking to attend other public universities in California, ELAC has an impressive transfer record. ELAC is currently ranked 12th in transfers to California State Universities and a 77% admission rate to the University of California system,

the highest of any community college in the state.

Notable Alumni:

- ◆ **Edward James Olmos**, Golden Globe winning actor, and actor.
- ◆ **Julian Nava**, U.S. ambassador to Mexico and author.
- ◆ **Clarence Davis**, former NFL player with the Oakland Raiders, Super Bowl champion.
- ◆ **Ben Davidson**, former AFL player with the Oakland Raiders and former NFL player with the Green Bay Packers.
- ◆ **Ethan Katz**, former MLB player and current pitching coach for the San Francisco Giants.

Is It Worth It?

For a student who lives in the southern California area, and wants to transfer to a local four year college, ELAC can be a great experience. Here, students can save money, get experience and transfer to get their bachelor's. But if students are looking for the full four year traditional college experience, East Los Angeles College may not be a fit. Some questions for you and your class to consider and discuss:

- ◆ What do I want out of college? Do I want an experience or to gain a specific education?
- ◆ How much money should I spend on my college education?
- ◆ Do I want to go to a small or a large college? What are some of the downsides and upsides of each?





Should You Attend University of Texas, Austin?

Established
1883

“The University of Texas at Austin (UT Austin, UT, or Texas) is a public research university in Austin, Texas. It is the flagship institution of the University of Texas System. With 52,384 students as of Fall 2022, it is also the largest institution in the system”

The University of Texas at Austin, simply known as UT Austin, is a public research university based in Austin, Texas and is the main school of the University of Texas System. It is a top public research school and is considered a “Public Ivy” with a very large student population over 40,000 undergraduates and 11,000 graduate students. But is it right for you?

Costs:

UT Austin’s cost varies greatly depending on your state residency. For in-state students, the annual tuition cost is \$11,698. For out-of-state students, that same cost is \$41,070 for tuition and fees. Room and board for both types of students is \$13,058. For the average in-state student, annual cost after their needs-based aid package is \$17,519.

UT Austin is a fairly selective school, accepting only 31% of applicants. The applicants’ average ACT score range is 29-34.

Academics:

UT Austin has over 100 undergraduate majors to study and eight different honors programs; Liberal Arts, Business, Turing Scholars, Engineering, Dean’s Scholars, Health Sciences, Polymathic and Nursing programs.

Undergraduates can study anything from Architectural Studies to International Business to Public Health, offered through 13 different schools within the system. According to the U.S. News & World Report and the Academic Ranking of World Universities, its undergraduate programs, in particular its Accounting and Latin American Studies programs, are some of the top in the world.

Given its famous athletics program, UT Austin also offers degrees that specialize in sports. Through the Department of Kinesiology and Health Education, students can attain a degree in Sport Management which will prepare, “you for a career in the management,



marketing, and administration of sport programs in educational, sport business, or the entertainment industry.”

UT Austin alumna Eliza Pillsbury remembered her academic experience this way:

I had discovered for myself a fuller image of what college could be. I could have the rigorous liberal arts classes through Plan II and the Thomas Jefferson Center for the Study of Core Texts & Ideas, with the resources of a world-renowned research institution.

Student Life:

Students at UT Austin live in 14 different residential halls and over 7,000 students live on campus. For students who are looking to join a cultural or recreational organization, UT Austin has over 1,000 student organizations ranging from a Figure Skating Club to a Robotics Society. There is a large Greek presence on campus with more than 60 national chapters on campus. Students who are interested in a media career will find opportunities to get started helping with The Daily Texan and the Texas Travesty as well as a student TV and radio station.

University of Texas at Austin

Due to its successful athletics program, UT Austin students have many sports related traditions like singing the Texas Fight song, and going to Texas Longhorn games on campus.

ROTC & Military Resources:

For students looking to serve in the U.S. military, UT Austin offers an Army ROTC scholarship through its Russell A. Steindam Department of Military Science. Additionally for veterans and currently serving students, it offers Veteran and Military Affiliated Services through its Office of the Dean of Students.

Athletics:

The University of Texas at Austin has a very large and successful athletics program called the Texas Longhorns, named for the emblematic Texas Longhorn cattle that were an important part of Texas history. UT Austin competes in Division I of the NCAA. The program has been extremely successful winning 56 national championships, 47 of which were NCAA national championships. One of its most famous teams is the Texas Longhorns football team, which has produced 17 College Football Hall of Fame members.

Return on Investment:

UT Austin can definitely be an expensive college with an annual cost that is well above the average for out-of-state students. However it is also a highly ranked school that has been repeatedly ranked as one of the best universities with several top programs. A Bloomberg magazine survey ranked UT Austin as the 5th school overall in the United States for business schools. Forbes ranks UT Austin over all at 31 with the U.S. News & World Report ranking it similarly at 32.

Notable Alumni:

- ◆ **Rex Tillerson**, former CEO of ExxonMobil and former Secretary of State for the United States.
- ◆ **Alireza Jafarzadeh**, Iranian dissident, writer and activist
- ◆ **Tom Landry**, award winning NFL coach for the Dallas Cowboys, winning the third most playoffs of any coach in NFL history.
- ◆ **Kevin Durant**, current NBA player for the Phoenix Suns, winner of two NBA championships, two Finals MVP Awards and the NBA Most Valuable Player Award.
- ◆ **Mary Lou Retton**, a retired gymnast and former U.S. Olympian

Is It Worth It?

For a student who wants a big college experience, the University of Texas at Austin can be the perfect fit. However it might also take a very large academic and financial investment in order to get admitted. Some questions that you and your class can discuss could be,

- ◆ How much academic work am I willing to invest in my college education?
- ◆ How much money should I spend on my college education?



Career Field: Sports Medicine



What is Sports Medicine?:

Sports medicine is the branch of medicine that focuses on helping athletes stay healthy and also recover from various injuries. This can range from simple preventative exercises to assisting an athlete return to the game after being on the injured list. Sports medicine practitioners – like a physical therapist, a nutritionist or a kinesiologist – can work for a professional sports team but also can work for a college or any school with a serious athletics program.

Additionally as a medical doctor you can choose to focus on athletes. Most sports physicians will focus on musculoskeletal injuries, since these make up most of the injuries that athletes suffer.

How to Work in Sports Medicine:

Unlike other fields in sports where a career may not require a bachelor's degree, working in sports medicine absolutely requires a bachelor's



at a minimum. Some careers will require further education. For instance as a physical therapist you will have to get your bachelor's in physical therapy or a related field like exercise science. Also volunteering for an internship at a college athletic program can be a huge boost to your career. Then you want to get a Doctor of Physical Therapy (DPT) degree and also obtain your license in physical therapy.

If you want to pursue a medical career as a physician, you will also have to get a medical degree after your college degree and then work a residency, which may take several more years afterwards.

Salary:

Salaries in sports medicine will vary greatly depending on the exact role you end up choosing. For instance, according to the Bureau of Labor Statistics, in 2022 the median pay for physical therapists is \$97,720 or \$46.98 an hour. By contrast, the median 2022 annual salary for exercise physiologists is \$51,350 or \$24.69 an hour.

Of all those who work in sports medicine, the highest paid are medical physicians and surgeons. The average median 2022 salary is \$229,300 a year.

Trends in Career Field:

The Bureau of Labor Statistics projects different growth rates for different roles in sports medicine. For instance they expect the job market for physicians and surgeons to grow by 3% for the next 10 years, whereas for physical therapists they expect it to grow by 15%, which is significantly higher than most other occupational fields.

A Day in the Life in Sports Medicine:

Working in sports medicine can bring a lot of rewards and challenges. Dr. John Vasudevan, MD, a physiatrist explains:

The most challenging part is not much different from the most rewarding part. It can be very challenging when many of my patients either have chronic or overuse conditions with no easy “fix.” At the same time, it is rewarding to work in a specialty that is better prepared than any other to treat that which can be improved, manage that which cannot, and even prevent recurrent or progressive injury. Physiatrists (specialists in physical medicine and rehabilitation) maximize the functional ability of patients, regardless of their activity level.

But before you pursue a career in sports medicine, Dr. Vasudevan explains that you have to prepare yourself for its possible downsides:

Are you comfortable with treating people with disability? Disability can be as stark as those with spinal cord injury, stroke, brain injury or cerebral palsy, but as subtle as those who struggle with chronic and slowly progressive osteoarthritis. Managing disability is not easy, but to do so is very powerful to those who benefit from proper treatment. All medical disciplines encounter disability, but physiatry is best prepared to handle it.





Career: Athletics Director

Becoming an Athletics Director:

Though being a coach does not require a degree from a four year institution, it will definitely help. Attending a school and gaining a degree in sports management or athletic administration has become increasingly necessary. According to *Sports Business Journal*, 80% of all college level athletics directors have at least a master's degree in a related field.

Having experience as an athlete in the field is a must. Not only will this give you a passion for the sport, but actually playing will build credibility with your team and also allow you to network with coaches and administrators as you play the game.

Salary:

According to the Bureau of Labor Statistics, the average annual salary is \$44,890 as of May 2022. This will differ dramatically from position to position. Additionally, for the purposes of measuring salaries, the BLS groups coaches with sports scouts under the same category. According to ZipRecruiter, a website that gathers data on salaries and jobs, the range for a coach is between \$36,000 and \$88,000.

What is an Athletics Director?

Coaches, or athletics directors, are the core of a sports team. They are in charge of recruiting and training athletes as well as researching both opponents and new strategies to win games. Coaches also manage the overall finances, travel, events and equipment for the team and the athletics program, ensuring that the students have

everything necessary for their team's success. At a school, like a college, a coach will also be in charge of ensuring their students' academic success.

Beyond experience as an athlete, coaches will have to excel in leadership, organization, time management, budgeting, and decision making.



Trends in Career Field:

According to the BLS, the market will grow 9% between 2022 and 2032 for coaches and sports scouts. This growth is higher than the average of most sectors. Annually there are 38,400 openings for coaches and scouts.

A Day in the Life:

Being a coach will require a lot of administrative skills. It is not all half time speeches and exciting big game plays. There can be a lot of paperwork. Jake Richards, athletic director for Ross High, explains:

I had to check out emails, I had to see who called already... I had to reconcile the gate boxes; so I count the money, match it up to the tickets sold, and fill out the form for that in order to make a bank deposit later. I would have likely checked to see if some athletic requisitions had gone through to see if we could make purchases that we needed to make for the winter season.

Additionally throughout the year, you have to make sure your team and its program is well organized in all its aspects. Ubyl athletics director Branden Sorenson, notes:

To begin a season, we're trying to make sure we have all our ducks in a row. That goes for equipment usage, making sure all our schedules are on top of everything, making sure our facilities are up to par. A month before the season, I have to make sure all of our facilities for volleyball are up to snuff. I have to make sure all our equipment is all we need.

Also, every single day can bring new challenges. As Colin Fegeley, the athletic director at Green Level High School, explains, if you like every day being different, then it is the job for you:

One of the things that I enjoy most about being an athletic director is that every day brings new and unexpected challenges. We always have a ton on our plate, but the great thing is that we are not trapped behind a desk all day. My day is filled with an incredible amount of variety. One minute, I might be out in the stadium cutting the field, the next I am on the phone with a potential corporate sponsor. Right now, I am getting ready to prepare for our Winter Sports Celebration in the auditorium tonight. There is never a dull moment!



Career: Sports Broadcaster

What is a Sports Broadcaster?

Sports broadcasters, sometimes called sports announcers or sports DJs, usually work for a professional sports team, though sometimes they will work for a college, a radio or TV station, or work freelance. They engage in play-by-play announcing, narrating the game for those listening or providing commentary on the game for those watching the game.

Being a sports broadcaster requires a passion for sports, creativity and for being able to think on your feet. Sports broadcasters also work in radio, television, and online platforms. Some will specialize on one sport while others will commentate on a number of different sports. Some famous sports broadcasters have been Vin Scully, Al Michaels, and Joe Buck.

Becoming an Sports Broadcaster:

Though being a sports broadcaster does not require a degree from a four year institution, it will definitely help. Attending a school and gaining a degree in sports journalism, mass communications, radio or sports marketing can help you build the skills, the network and the experience that will be crucial in breaking into a shrinking labor pool.

It will also help to have been an athlete. Not only will this give you a passion for the



games, but actually playing the sport also can give you insight that a spectator can't know. Athletic experience can help build rapport in interviews or commentary while examining games. It can also help build a network for potential employers.

Salary:

The Bureau of Labor Statistics groups sports broadcasters with announcers and DJs for purposes of research and salary statistics. As of May 2022, the hourly wage for sports broadcasters and adjacent positions is \$20.07 though it is \$21.34. excluding radio.

Trends in Career Field:

Unfortunately the labor pool for broadcasters, DJs, and announcers is projected to decline. According to the BLS, the overall employment will decline by 4% from 2022 to 2032. However there are over 4,000 openings projected annually for these positions.

A Day in the Life:

One of the consistent elements to being a sports broadcaster is that there are no consistencies. According to KRNK Sports reporter Alex Margulies, a day to day will be filled with different tasks; announcing the play-by-play on a game, researching, and having a weekly radio show:

Every single day in this business is very, very different...We have a partnership with the ESPN affiliate in Reno. We do a weekly show from 1-2 o'clock. One of the fun things with our job, every day is different.

This tempo will differ if you are working directly for a team and will change from sport to sport. Doug McLeod, noted sportscaster, explains:

First: breakfast, coffee, the local papers, Internet research, game notes. Then it's off to the morning skate where all sorts of major and minor information is available if you know where and whom to ask.

This is also when we'll typically have our production meeting, involving the producer, director, all talent, pre-game personnel and anyone else who may benefit or be able to contribute. In these meetings we go over our broadcast plan for the evening, kick around some ideas, share information and generally make sure everyone is on the same page.

Second: Around three hours before game time, it's off to the arena. Once there, I'll check in at the TV production truck to touch base with the producer and director. After that it's inside to do whatever pre-game interviews are required.

When I complete pre-production elements there are usually a few minutes to grab something very light to eat in the media dining room.

Finally: We're on the air. This usually happens five minutes or so prior to puck drop (tipoff, whatever) and includes an on-camera stand-up, conversation with the color commentator, weaving in video highlights and sound bites. A quick commercial break and then we're ready to start the game. This basic routine is followed by TV announcers in most sports. A lot of it applies to radio, as well. This is part of a structure that is required in order to produce a flawless broadcast, which is always the goal but rarely a reality.

Many sportscasters love the day to day spontaneity of the job. Erin Andrews of FoxSports, puts it this way:

There's really nothing else I wanted to do with my life. Sports is the greatest reality TV show there is out there. We just never know what's going to happen — and when it does, you have to be ready to go.





What is a Sports Marketing Specialist?

A sports marketing specialist is someone who works in sports marketing, a branch of marketing that uses sports to market products and also markets sports teams as products. Sports marketing specialists use marketing principles to the wider world of sports.

Sports marketing specialists often work for teams to help market their popularity or work for brands in order to use sports to market their products to sports fans. A great example of sports marketing is athlete endorsements or Super Bowl commercials.

Career:

Becoming a Sports Marketing Specialist

Becoming a Sports Marketing Specialist:

First you will need to get a bachelor's degree in sports marketing, sports management, or a related field like business administration. A master's in business administration, finance or marketing will also help. Secondly, most companies will want you to complete some kind of internship before hiring you.

A sports marketing specialist will need a variety of skills to succeed in the field. Beyond a passion and knowledge of sports, analytic thinking, initiative, and writing skills. Lauren Hindman, Director of Marketing for the Texas Stars of the American Hockey League, once said that firms look for individuals that can, "take leadership of a project or take charge of a situation if the need arises."

Salary:

According to ZipRecruiter, the average salary for sports marketing specialists range from \$23,000 to \$72,500. The average annual salary is \$49,858 with the highest percentage making between \$68,000 to \$72,500.

A Day in the Life:

Sports marketing can be an exciting career where every day does not resemble the last. Jon Drago, Tournament Director, once explained:

For me personally, one of the best parts about the sports business is that there isn't really a "typical day". Every day is different, every day is dynamic. In the sport in which I work, which is an annual, week-long, outdoor event, the work can be cyclical based on the time of the year, but no two days are ever the same. Sometimes we are working on marketing and sales, sometimes operations and volunteers, and sometimes we're reacting as conditions change in real time (think weather!). To be successful in the Sports Industry you have to find energy in the fast-paced, constantly changing environment which it creates.

Though sports marketing is an exciting field, like any job, it will require a lot of hard work. Stephen Nagrant, former Director of Strategic Development at Intersport, noted:

The day begins with some caffeine and a thorough review of the day's schedule. Typically there is a recurring daily sales call to prep the sales and marketing teams and provide updates. Prepare any presentation materials and make sure your client content is ready to go. Organizational skills are a vital asset as you plan your day and warm up for the busy day ahead of you.





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