



TOTAL PERSON PROGRAM

We develop the young people who will change the world.

LEADERSHIP DEVELOPMENT

STUDENT-ATHLETE ADVISORY BOARD

Team representatives act as the bridge between their peers, coaching staff, administration, and the NCAA. SAAB serves all student-athletes by planning social events, organizing community service, and supporting and advocating for their peers.



LEADERSHIP ACADEMY

JumpStart Jackets

All incoming students participate in our orientation program to transition into college. They learn self-awareness and leadership techniques, integrate with peers, and volunteer in the community. This program introduces the essentials for success at Tech.



LEADERSHIP TRAINING

Various programs are offered throughout the year for specific development needs. These include **Captain's Table** for team leaders, **Women and Men Lead** program for student-athletes and staff, **AD's Leadership Council** run by the Director of Athletics, and the **Leadership Series** for selected individuals based on leadership potential and ability.

PROFESSIONAL DEVELOPMENT

MARKET READY

4-Year Career Development Program

The **Market Ready** programs are tailored to each student-athlete's individual needs. Our goal is to ensure that every graduate is prepared for success in their desired career path. Programs leverage Letterwinners, alumni, GT faculty, and business professionals as resources and industry connections.

Each individual opts into a industry pipeline run by an executive board of student-athletes. Opportunities include company site visits, professional mentoring, internship placement, job shadowing, and application and certification prep, and more to build successful student-athletes who are highly sought after by corporations and employers.

- Pre-Health Degrees
- Real Estate & Building Construction
- Finance & Investment
- Business & Sales
- Pre-Law & Government
- Engineering & Computer Science
- Sports & Marketing
- Communications & Design
- Education & Policy



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PERSONAL GROWTH & WELLNESS

NUTRITION

Student-athletes have access to sports dietitian who is exclusively for athletics. The below topics are commonly addressed:

- * *Appropriate & effective weight gain and weight loss techniques*
- * *Body composition measurements through the Bod Pod and/or skin folds*
- * *Recovery nutrition practices & meal planning*
- * *In-game/competition fueling strategies*
- * *Assessing individual hydration needs*
- * *Performance & competition fueling*
- * *Nutritional responses to injury*
- * *Team talks on timely nutrition topics*
- * *Supplying team areas and weight rooms with recovery nutrition products*

Student-athletes can access the GT Sports Nutrition Center (open 7am-6pm) and Edge Dining for meals, snacks, & recovery options.

PERSONAL WELLNESS

Additional student-athlete focused training covers other major topics like drug and alcohol education, sexual assault and violence prevention, mental health advocacy, financial literacy education, and personal self-assessment training.

MENTAL HEALTH

The Total Person Program offers several mental health initiatives to help student-athletes perform better, experience less stress, and cope with mental health issues. Athletics also offers a clinical & sports psychologist who can assist with needs relating to mental health, or sport & performance assessment.

Contact Leah Thomas lthomas@athletics.gatech.edu

COMMUNITY ENGAGEMENT

JACKETS WITHOUT BORDERS

International Service Trip

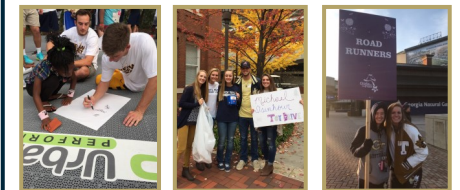
The JWOB program allows student-athletes to immerse into a new culture, while serving the needs of a local community. Trips have traveled to Costa Rica and Puerto Rico to build a sports court and offer hurricane relief.



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COMMUNITY OUTREACH

Student-athletes and teams participate in several volunteer events a year, organized by SAAB. Most projects aim to benefit and impact organizations involving local children and our GT campus, like Girls On the Run, and the Michael Isenhour Toy Drive.



The Total Person Program educates and empowers student-athletes to be champions in life, through leadership development, professional development, personal growth & wellness, and community outreach.