Why:
To develop a culture of leadership in which CU student-athletes act with personal responsibility, integrity and conviction while committed to the greater good in both principle and action.

Now:
The CU Athletics Leadership Development Program is creative, student-centered, and educationally focused, targeting all student-athletes. Through a culture of positive leadership, all student-athletes will significantly contribute to excellence in their academic work, in their athletic pursuits and in their personal lives.

Outcomes:
Through the CU Athletics Leadership Development Program, all student-athletes will:
- Take personal ownership; understanding that one cannot lead others unless they first lead their own way.
- Exhibit a commitment to the core values of integrity, team, department, the university and the community as a whole.
- Understand that leadership can be learned, experienced and improved.
- Understand and practice basic leadership principles and skills.

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PERSONAL DEVELOPMENT

STRENGTH OF THE HERD:
Physical Health

WHY: Strengthen physical health to be a competitive and strong leader.
HOW: LDP Speaker Series
- Sleep & Recovery
- Nutrition & Hydration
- Mental Toughness
- Inclusion & Diversity
- Drugs & Alcohol
OUTCOMES: Health and wellness educational topics and discussions on important topics to help bring awareness in order to maximize performance levels.

BUFFALO VISION:
Student-Athlete Counseling & Psychological Health

WHY: To provide the mental health education that will help them handle the mental toll of sports.
HOW: - Freshman Transition Program
- Motivational Training
- Team Counseling
- Individual Counseling
- Sport Psychology/Performance/Enhancement Coaching
OUTCOMES: Student-Athlete Counseling and Psychological Health guides student-athletes in self-discovery and identification of personal core values by providing opportunities to increase self-confidence, self-awareness, advance personal growth and strengthen communication and decision-making skills.

STAMPEDING INTO THE FUTURE:
Career Development

WHY: To help create the student-athlete's personal vision and roadmap for future success.
HOW: - Career Development
- Resume Preparation
- Networking Events
- Interviewing
- Internships
OUTCOMES: Developing career goals to help create direction and success for life after CU.

BUFFALO BASICS:
Skills for Life

WHY: Provide opportunities and life skills education that all student-athletes should have before they depart college for the real world.
HOW: - Personal Branding Development
- Personal Finance
- STEPS - Senior Transition & Exit Counseling
OUTCOMES: Life skills that are useful and applicable which will increase confidence and knowledge as student-athletes embark upon life in and after college.

LEADING THE HERD:
Experiential Based Leadership

WHY: To have the opportunity to use leadership skills and knowledge and apply to real world experiences.
HOW: - Student-Athlete Advisory Committee (SAAC)
- NCAA & Pac-12 Affiliated Conferences and Programs
- CU & Boulder community events
OUTCOMES: Representing self, team and CU in real-life situations.

LESSONS FOR THE HERD:
Instruction

WHY: To learn the core concepts of leadership theory and practice.
HOW: - Foundations of 21st Century Leadership-Freshman Year
- Leadership Academy presented by Jeff Janssen
- Emerging Leaders Sophomore Year
- Senior Leaders: Junior Year
- Senior Leaders: Senior Year
OUTCOMES: Gain insights, strategies and skills necessary to lead oneself and others through direct instruction.

BUFFALO COMMUNITY:
Leadership Through Service

WHY: To demonstrate and model leadership skills by giving back to the community.
HOW: - Volunteer opportunities
- Youth programs
- Community partnerships
OUTCOMES: Identify a need, create and lead the support by putting leadership skills to the test through demonstrating and modeling learned skills and knowledge.

LEADERSHIP THEORY & PRACTICE

Educating our Student-Athletes to be Exemplary Citizens, Lifelong Learners, and Champions On and Off the Fields of Competition.
For program details, visit CUBuffs.com/LDP