

Student-Athlete Resources

Step-Up Program

[Step Up Program](#) – Be a leader, make a difference

Leadership Links

[Leadership Lessons in Sports](#) – *Taking your leadership on and off the field*

General Information

[AthleteConnections.com](#)

[SportsPsychology.com](#)

[Student Athletes and Time Management](#)– *Managing your time between school and sports*

[Transitioning from High School to College](#) – *Challenge between high school and college*

[Nutrition Management](#)

[LGBT - Getting Better in College Athletics](#) – *LGBT issues within college athletics*

Hazing Prevention/Social Media

[Janet Judge Presentation – Fall 2012](#)

[Hazing Prevention](#)

Post-College Information

[Life After College](#) – *What to make of life post-athletics*

NCAA Information

[Guide for College-Bound Student-Athletes](#)

[Getting In The Game](#)

[Leadership and Development Programs and Resources](#)

[NCAA Division III Manual](#)

[NCAA Division III Self-Release Form](#)

[Eligibility](#)

[NCAA Banned Substances](#)

