

THE ATHLETIC PERFORMANCE TRAINING FACILITY



UCLA's new Speed-Strength and Conditioning Facility located in the Acosta Training Center has doubled in size to 15,000 square feet and is directed by Hall of Fame Speed-Strength and Conditioning coach E.J."Doc" Kreis, who was hired in June, 2003.

Kreis, a two-time strength and conditioning coach of the year, will oversee the athletic development of more than 700 student-athletes. He is joined by a highly accredited staff including associate head coach Kerri Barrett Husbands, first assistant coach Troy Jorgensen and assistant coaches Karl Jordan, Jon Fussell and Ryan Beckwith.

An athlete's development requires a comprehensive plan that maximizes all physical components of competition. UCLA's Acosta Speed-Strength and Conditioning Facility and the program developed

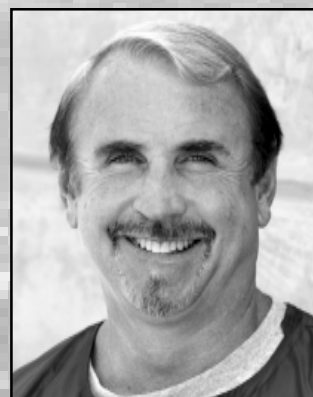
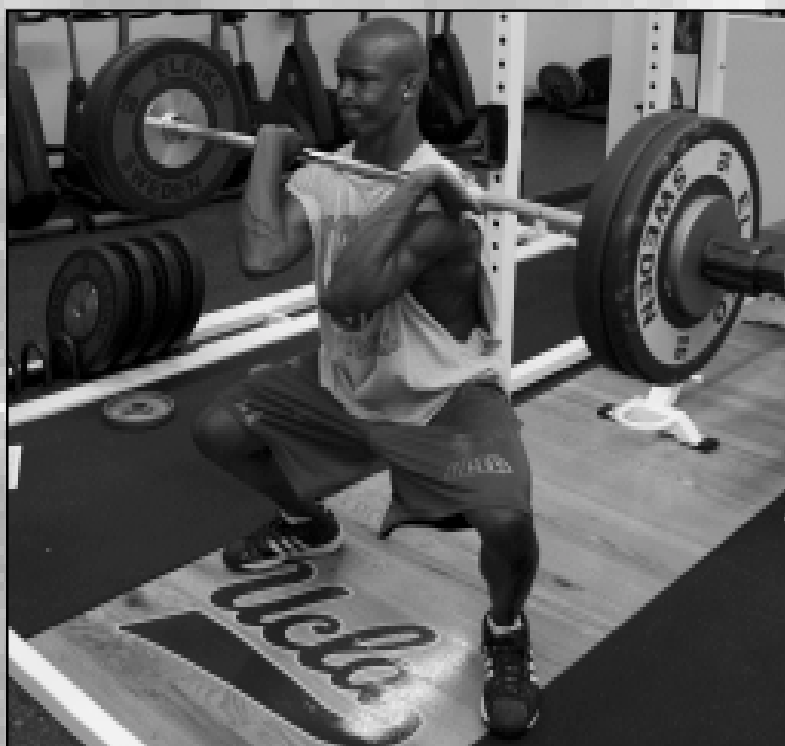
by the Speed-Strength and Conditioning staff are instrumental in equipping all UCLA athletes with the physical tools required to successfully compete in the national spotlight. Each athlete receives individual attention from the staff in developing all facets of athleticism, such as strength, force production, and power.

The Acosta Speed-Strength and Conditioning Facility is composed of 27 weightlifting platforms, a state of the art dumbbell area, thirty upper and lower body weight machines, and a variety of cardiovascular equipment. The room is highlighted by the Athletic Performance Area, a specialized space dedicated to enhancing acceleration/deceleration capabilities, foot speed, balance and coordination, vertical jump, and flexibility for all our athletes.

UCLA's Speed-Strength and Conditioning program is designed to produce and improve the four fundamentals of speed-strength: reaction strength, explosive strength, absolute strength and starting strength. The ultimate goal is to transfer the gains made as a result of hard and consistent work into the competitive environment. The transfer of the four fundamentals to the field, court, or pool allows UCLA athletes to compete successfully at the highest level of their sport.

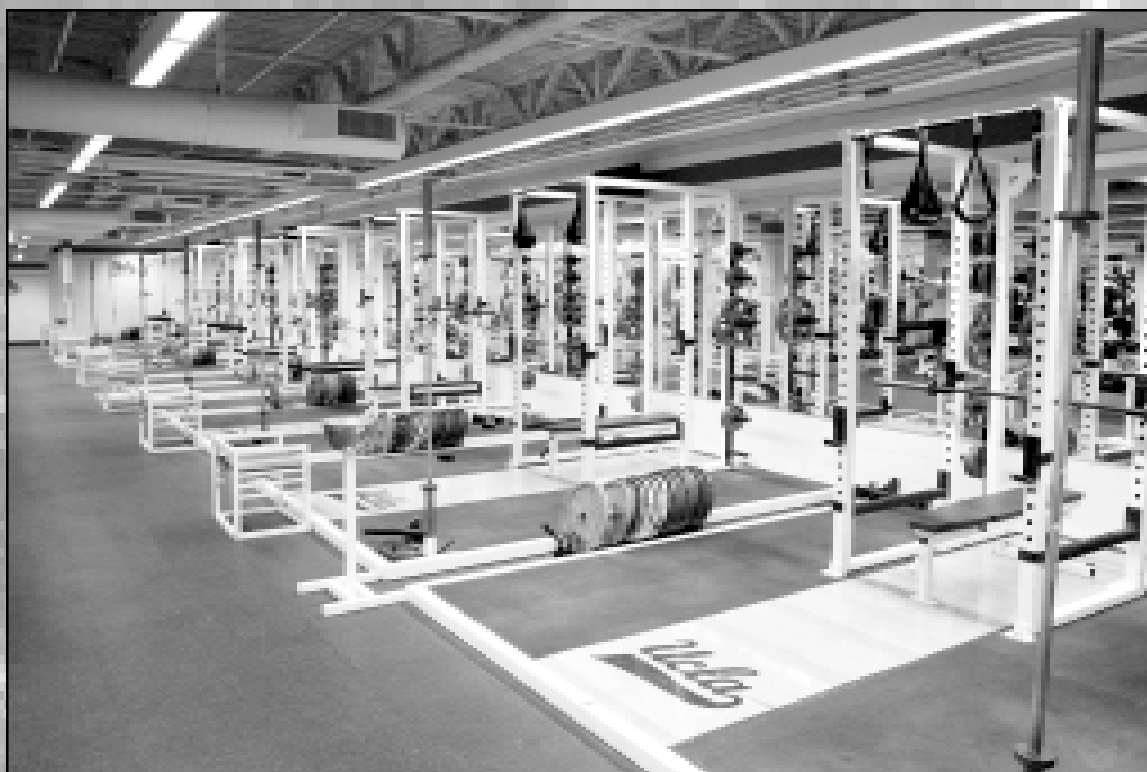
Ultimately, UCLA athletes are expected to work day in and day out to improve upon their athleticism. There are no secret training methods – just hard work, consistency, effort, and attitude. The pride and tradition behind UCLA athletics is expected to be upheld by every athlete whom enters the Acosta Speed-Strength and Conditioning Facility.

— ***THE STRENGTH OF THE UCLA BRUINS***



*2003 Hall of Fame inductee
E.J. "Doc" Kreis is UCLA's
Head Speed-Strength and
Conditioning coach*

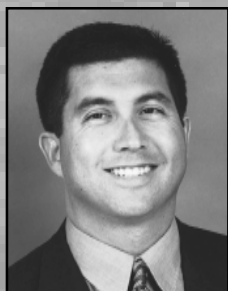
*The new weight room is
over 15,000 square feet and
has state-of-the-art
equipment.*



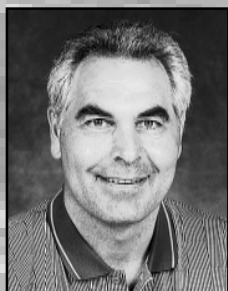
THE STUDENT-ATHLETE AT UCLA



Kim Durand
*Assistant
Athletic Director,
Academic
Services*



Mike Casillas
*Director,
Student-Athlete
Counseling;
Academic
Counselor —
Football*



Ed Kezirian
*Assistant Director,
Academic Services*

UCLA FOOTBALL ACADEMIC SUPERLATIVES

- UCLA has produced 58 NCAA Post-Graduate Scholarship winners, including 16 in football;
- UCLA has produced 93 GTE Academic All-Americans, including 17 in football;
- The Bruin football program has produced three Academic Hall of Fame members and one Rhodes Scholar;
- Twice in the last five years, UCLA's NCAA graduation rate for football has been higher than 70%, including 75% in the 2002 Graduation Rate Report and 71% in the 2000 Graduation Rate Report.

UCLA'S STUDENT-ATHLETE SERVICES

1. Counseling Programs

- A. Academic Counseling
- B. Priority in Classes
- C. Major Selection Workshops
- D. Degree Plans
- E. Career/Job Placement
- F. Workshops
- G. Media/Interview Techniques
- H. Professional Agent Information
- I. Sports Psychology
- J. Mentor Advice
- K. Graduate School Preparation

2. Academic Support

- A. Individual/Group Tutoring
- B. Review Sessions
- C. Academic Mentors
- D. Learning Strategies

3. Orientation Programs

- A. Summer Orientation
- B. BRUINS Athletic Orientation
- C. Freshman Summer Program

UCLA'S 17 FOOTBALL ACADEMIC ALL-AMERICANS

1952— Ed Flynn, G,
Donn Moomaw, LB
1953— Ira Pauly, C
1954— Sam Boghosian, G
1966— Ray Armstrong, E
1975— John Sciarra, QB
1977— John Fowler, LB
1981— Cormac Carney, WR
Tim Wrightman, TE
1982— Cormac Carney, WR

1985— Mike Hartmeier, OG
1991— Carlton Gray, CB
(2nd team)
1992— Carlton Gray, CB
1995— George Kase, NG
1997— Chris Sailer, PK
(2nd team)
Shawn Stuart, C
(2nd team)
1998— Shawn Stuart, C



Sabrina Youmans,
*Athletic Department
Learning Specialist;
True Blue/True Gold
Coordinator*

TRUE BLUE/TRUE GOLD

TRUE BLUE/TRUE GOLD

True Blue and True Gold are academic support programs for football student-athletes who benefit from more resources, guidance and structure.

True Blue's goal is to assist incoming freshmen transition to meet the rigors of being student-athletes at UCLA, while True Gold supports continuing student-athletes who may need an academic refresher.

Both programs review daily academic assignments and set objectives, offer intense reviews and tutoring as well as provide an interactive learning environment. True programs focus on individual learning styles as well as a team approach, and stress academic incentives and leadership.

An academic team of staff and mentors meet with the True student-athletes twice a week to work on time management, proactive learning approaches, and academic accountability. The sessions are objective-based, so students choose what they need to accomplish that day. True also hosts guest speakers, challenges students with brain teasers, and emphasizes goal setting. True Blue and True Gold foster independent learners and future leaders.

Members of True Blue/True Gold work one-on-one with learning specialist Sabrina Youmans.

TRUE BLUE/TRUE GOLD WEEKLY OVERVIEW

DAY 1

PLAN & CHECK-IN — MEETING ROOM

- **MOTIVATION: COACH K REVIEW (5 MIN.)**
REVIEWS JOHN WOODEN'S PYRAMID OF SUCCESS
- **SET OBJECTIVES: COMPLETE TASK LIST (10 MIN.)**
SPECIFIC AND MEASURABLE FROM SYLLABI
APPROVED BY MENTORS AND KEPT IN OBJECTIVE BINDER
- **WORKSHOP (15 MIN.)**
ACADEMIC STRATEGIES
GUEST SPEAKER
- **ACADEMIC CHOICE: INDIVIDUAL WORK (40 MIN.)**
- **CHECK-OUT (10 MIN.)**

DAY 2

CHOICE & CHECK-OUT — MEETING ROOM

- **MOTIVATION/ANNOUNCEMENTS: COACH K REVIEW (5 MIN.)**
- **ACADEMIC REFRESHER: SABRINA (10 MIN.)**
- **ACADEMIC CHOICE: INDIVIDUAL WORK (50 MIN.)**
- **CHECK-OUT: VERIFY OBJECTIVES ARE MET WITH MENTOR INITIAL (15 MIN.)**

DAY 3 FRIDAY

MAKE-UP — LEARNING CENTER

- **ACADEMIC CHOICE: WORK UNTIL OBJECTIVES ARE MET AND CHECKED OFF AND INITIALED BY MENTOR IN OBJECTIVES BINDER**
- **CHECK-OUT: VERIFY OBJECTIVES ARE MET WITH STAFF (10 MIN.)**



FOOTBALL ALUMNI ... WINNING OFF THE FIELD



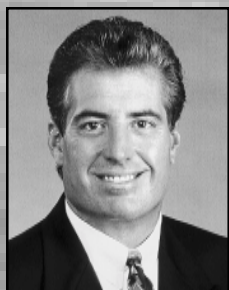
*Cormac Carney
United States District Court
Judge (Southern
California)*



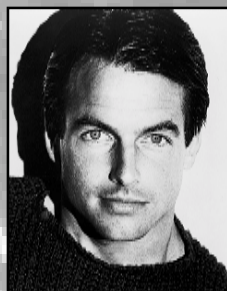
*Mel Farr, Sr.
1967 All-American
Owner of 15 Car Dealerships*



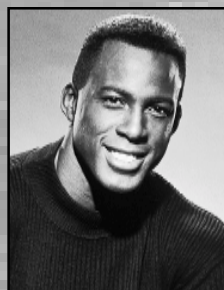
*Kenny Easley
1978-79-80 Consensus All-American
President/CEO of Oval LLC (land
development company in Virginia)*



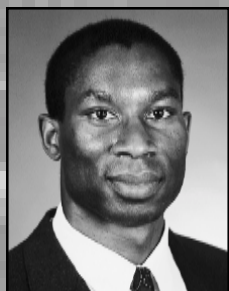
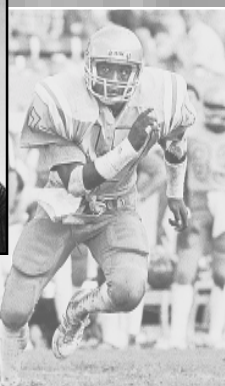
*Randy Cross
1975 All-American
TV Analyst for CBS*



*Mark Harmon
Actor*



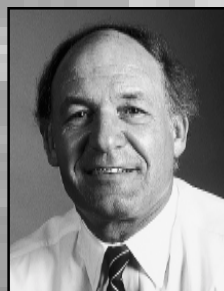
*Ron Pitts
TV Analyst for Fox*



*Dr. Bryan Wiley
Orthopaedic Surgeon*



*Troy Aikman
Three-time Super Bowl champion
Businessman, Television Analyst*



*Gary Beban
1967 Heisman Trophy Winner
Sr. Executive Managing Director, CB
Richard Ellis*



RECREATION IN SOUTHERN CALIFORNIA

Sand, sun and surf define Southern California. At right is a rollerblader making his way down the Venice Beach Boardwalk. Below, a surfer rides a wave at one of hundreds of beaches from Santa Barbara to San Diego. Below right, sailing is a popular activity throughout Southern California.



UCLA STUDENT LIFE AND ACTIVITIES



Watching UCLA's nationally-competitive teams, such as track and field (top) and basketball (middle) are exciting activities for students. Right: The Sunset Canyon Recreation Center pool offers a peaceful retreat for students.



UCLA STUDENT LIFE AND ACTIVITIES



Students can shop for anything and everything at the UCLA Store, work out in the John Wooden Recreation Center, eat at one of numerous campus restaurants, buy UCLA and adidas gear at the UCLA Store and stroll through the peaceful campus.

WESTWOOD



UCLA is located in Westwood, a suburb of Los Angeles, in one of America's most beautiful residential areas.

Activity surrounds UCLA. Westwood Village, directly south of the campus, offers a wide variety of shops, restaurants, movie theaters and entertainment centers.

To the west are the popular beaches of Malibu and Santa Monica, to the north are the picturesque Santa Monica Mountains and the luxurious community of Bel-Air. To the east are famous Beverly Hills and Hollywood.

The beautiful and compact UCLA campus offers an ideal setting for education, athletics, recreation and business contacts.



Los Angeles

The city of Los Angeles is internationally recognized as America's leader in the entertainment and communications industries as well as tourism and recreation. It also is one of the nation's leaders in high technology, finance, law and medicine.

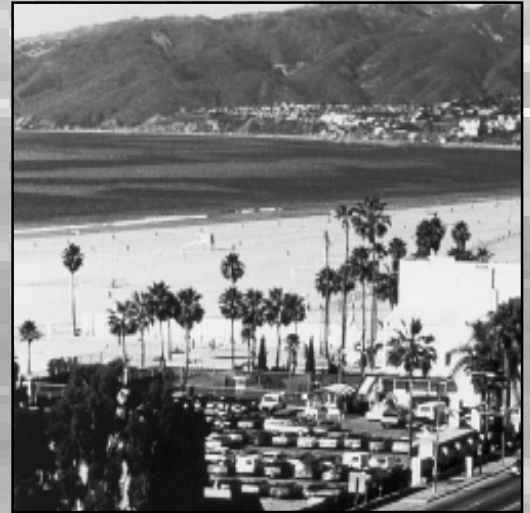
Los Angeles is one of the top high-tech centers in the U.S. with companies in computer and data processing, electronics and medical technology. In the motion picture, television, communications and advertising industries it sets the standard.

The Southern California sports market includes 10 major professional teams: baseball's Dodgers and Angels, basket-

ball's Lakers, Clippers and Sparks, hockey's Kings and Mighty Ducks, soccer's Galaxy and Chivas USA and football's Avengers. Los Angeles also has hosted many major sporting events, including the Super Bowl and World Cup '94 and '99.

Los Angeles' recreation areas are unparalleled and internationally renowned — a perfect combination of climate and opportunity. Mountains, deserts, lakes and stunning beaches are just a short drive from UCLA's campus. In addi-

tion, Southern California is the home of several world-famous tourist attractions.



Above: The Los Angeles skyline provides a view of downtown framed by snow-capped mountains. Above right: Located less than six miles from UCLA is the world-famous Santa Monica Pier and beach.

Photos courtesy of the Los Angeles Convention and Visitor's Bureau.

THE NEW ACOSTA SPORTS TRAINING CENTER



UCLA has recently completed construction of the two-story Acosta Sports Training & Conditioning Center, which is home for Sports Medicine, Athletic Training, Speed-Strength & Conditioning, Varsity Locker rooms, and the Knapp Football Center.

This state-of-the-art facility provides UCLA student-athletes and coaches all of the advantages needed to maximize athletic performance.

Here are some of the highlights of the Acosta Center:

- 15,000 square foot weight room, with the most modern equipment for use by all 22 sports in the program. The weight room opened in May of 2003.

- 8,000 square foot athletic training and rehabilitation facility with private offices. The facility includes three hydro pools, expanded rehab area, doctors suite and expanded exam areas. There is also a meeting room for up to 25 people. This area opened in June of 2003.

- Bud Knapp Football Center is on the first floor South Wing of the Acosta Center. It houses a large new players locker room (above), a new coaches locker room and an expanded equipment room. Nine new position viewing rooms, a new team meeting/viewing room (left) and a lobby with trophy display space are also part of the football area.



THE NEW ACOSTA SPORTS TRAINING CENTER



UCLA has always been at the forefront in the area of Sports Medicine and Athletic Training. The Acosta Sports Training Center expansion (left and below) provides even more advances in sports medicine that benefit Bruin student-athletes, including state-of-the-art hydro-therapy pools.



The Athletic Department's new weight room, which opened in May of 2003, measures 15,000 square feet and is full of state of the art equipment.

THE J.D. MORGAN CENTER



UCLA's J.D. Morgan Athletic Center expansion was completed in the fall of 2000. The facility has offices for Bruin coaches and staff, an interactive Hall of Fame promoting UCLA's great tradition, plus a modern student-athlete academic computer room and meeting facilities

UCLA's commitment to comprehensive academic support services and a desire to expand existing resources to best serve the Bruin student-athlete of today and tomorrow remains constant. In an effort to support this ideal, UCLA's J.D. Morgan Athletic Center underwent a major expansion that has upgraded the former facility into a high-tech building for the 21st century.

The project has increased office space for both administrative and coaching staff, improved the student academic support services and provides a "state of the art" Athletic Hall of Fame exhibiting the illustrious Bruin history and highlighting current events.

Here are some of the specifics of the J.D. Morgan Athletic Center expansion that were completed in the fall of 2000.

- Private offices for all administrators and coaches
- New Student-Athlete Academic Learning Center (over double the previous size)
- Increased computer access for athlete utilization
- 18 computers for student-athlete use for class papers and

projects, plus an expanded laptop loan program for team road trips

- Reference library for student-athletes' academic projects
- Ability to handle academic needs both during the day and evening hours
- Additional conference rooms for team and group meetings

- Satellite cable sport connections for all offices and conference rooms
- Media facilities for major press conferences and events
- Multi-purpose room for banquets, receptions and large meetings

