# THE UCLA EXPERIENCE



### **UCLA - The Complete Package**

### "UCLA has the most complete athletic program in the country" (Sports Illustrated On Campus - April '05

The Nation's No. I Combined Academic, Social & Athletic Program

Winner of more NCAA Championships than any other school; one of the nation's top public universities; centrally located to beaches and mountains.

#### **An Outstanding Head Coach**

Jim Mora is a former NFC Coach of the Year with 25 seasons of NFL coaching experience. He has served as Head Coach of the Atlanta Falcons and the Seattle Seahawks and as the defensive coordinator of the San Francisco 49ers.

#### **Talented & Experienced Coaching Staff**

An experienced staff with diverse backgrounds, many with NFL experience as coaches and players. The goal of the staff is to develop greatness in UCLA's student-athletes, both on and off the field.

#### **Academic Support**

Learning specialists, tutoring aid, counseling and general assistance that is second to none.

#### The Bruin Family

UCLA provides a prosperous outlook for the future with internships, workshop mentoring programs and access to one of the world's meccas of business, entertainment, media and networking.

#### Media Rich Southern California

USA Today, Fox Sports Net, NFL Network and ESPN have offices in LA. Seven local television stations and 13 area newspapers provide unparalleled coverage.

#### The Next Step

Over 25 Bruins populate NFL rosters on a yearly basis. At least one former Bruin has been on the roster of a Super Bowl team in 29 of the last 32 years. In 29 of the last 30 seasons, at least one Bruin has made a Pro Bowl roster.

#### Leading The Way

• Jackie Robinson, first African-American to play Major League Baseball...Troy Aikman, first quarterback to win three Super Bowls in four years...Kenny Washington, first African-American to play in the NFL...Gary Beban, Heisman Trophy Winner...Jerry Robinson & Kenny Easley are the only three-time consensus All-Americans in Pac-10 Conference history.



### The Bruin Family

The goal of the UCLA Football Program is to connect with Bruin players from all eras. Former head coach Rick Neuheisel's began the theme of "UCLA Football - Then...Now...Forever." In April of 2008, over 125 former players attended a practice at Spaulding Field, followed by a reunion dinner with players from at least six different decades. Every home football game features the "Then...Now...Forever" tent where football alumni get to reconnect with each other. UCLA also honors former players as honorary captains on game day, where they participate in the pre-game coin toss and get an opportunity to speak to the team. The Then...Now...Forever mantra



Among the Bruin alumni who have returned to campus in recent years are head coaches Terry Donahue and Dick Vermeil, Cade McNown, Manu Tuiasosopo, Kenny Easley, Jerry Robinson, Troy Aikman, James Washington, Freeman McNeil, Maurice Jones-Drew, Marcedes Lewis, Bruce Davis, Chris Horton, Roman Phifer, Mike Lodish, Derek Ayers, Danny Farmer, John Peterson, Ricky Manning, Jr., and J.J. Stokes.

Some of them, as well as other alumi, are pictured on this page.

### **Bruins In The Community**

Head coach Jim Mora stresses the importance of giving back to our campus and the community. Throughout the year, the football team participates in community outreach activities such as volunteering at an inner-city youth clinic, speaking to children at area elementary and middle schools, visiting kids at Mattel Children's Hospital, and assisting in campus programs such as Prime Time Games - Championship Saturday and 'I'm Going To College.' These opportunities give student-athletes the chance to mentor youth and serve as ambassadors for UCLA Athletics.





### Maximum Media Exposure

In The Last Five Years, UCLA Has Had 65 Of Its Last 66 Games Broadcast Live On Television On Various Channels Including ABC, NBC, ESPN, FSN, FSPT, Fox College Sports & Versus



- Current and former Bruins have been featured on 123 Sports Illustrated covers
- Thirteen local newspapers cover the Bruins at the Rose Bowl throughout the season
- Seven local television stations cover the Bruins KCBS, KNBC, KTLA, KABC, KCAL, KTTV & FSN Prime Ticket
- The Los Angeles area is home to three local sports talk radio stations

#### **Radio Broadcasts**

All of UCLA's games are on Southern California's No. I sports station, AM 570 KLAC, as well as nationally on satellite radio and internet.

#### **Award-Winning Website**

www.UCLABruins.com is one of the most recognized websites in the world

#### **Media Training**

"Staged' videos and print interview sessions are used to help prepare student-athletes for dealing wtih the media







#### FORMER UCLA ATHLETES WORKING IN ELECTRONIC MEDIA

Name
Kareem Abdul-Jabbar
Troy Aikman
Charles Arbuckle
Ato Boldon
Mitchell Butler
Kay Cockerill
Wayne Cook
Randy Cross
Tim Daggett
Terry Donahue
Maura Driscoll-Farden
Danny Farmer
Sean Farnham
Tom Feuer
Amanda Freed
Leslie Gudel
Roy Hamilton
Mark Harmon

Media Position
Actor/Sportscaster (Movies, CBS)
Sportscaster (FOX)
Sportscaster (ESPNU)
Sportscaster (NBC/Universal Sports)
Sportscaster (Fox Sports Net)
Sportscaster (Golf Channel)
Sportscaster (AM570 KLAC Radio)
Sportscaster (CBS/CBS College Sports/Siriu
Sportscaster (NBC)
Sportscaster (Radio/TV)
Host (USA/Medical Channel)
Sportscaster (Prime Ticket)
Sportscaster (ESPN)
Exec. Producer (FS West/Prime Ticket)
Sportscaster (ESPN/Fox Sports Net)
Studio Host (Comcast)
Coord. Producer (Fox Sports Net)
Actor (Movies,TV)

Name
Marques Johnson
Eric Karros
Karch Kiraly
Don MacLean
Holly McPeak
Reggie Miller
David Norrie
Ron Pitts
Tom Ramsey
Jerome Richardson
Jay Schroeder
Matt Stevens
I.I. Stokes
Dwight Stones
Rick Walker
Bill Walton
Michael Warren
lames Washington

LCINO
Sport
Basketball
Baseball
Volleyball
Basketball
Volleyball
Basketball
Football
Football
Football
Basketball
Football
Football
Football
Track
Football
Basketball
Basketball
Football

#### Actor/Sportscaster (Movies/Fox Sports Net) Sportscaster (FOX) Sportscaster (NBC Sports/Fox Sports Net/ESPN) Sportscaster (AM 570 Radio/Fox Sports Net) Sportscaster (Fox Sports Net/Universal) Sportscaster (TBS) Sportscaster (ABC/ESPN) Sportscaster (FOX/NFL) Sportscaster (Fox Sports Net) Sportscaster (Fox Sports Radio) Sportscaster (Prime Ticket) Sportscaster (AM 570 KLÁC Radio) Sportscaster (Fox Sports Net) Sportscaster (ESPN, Fox Sports Net, NBC) Sportscaster (ESPN, Fox Sports Net) Sportscaster (ABC, ESPN)

Actor (Television/Movies)

Sportscaster (Prime Ticket)

# Bruins In The NFL



### **Bruins In The NFL**



### **Super Bowl Bruins**

### Baltimore Ravens/Pittsburgh Steelers \* 1996 Super Bowl with Pittsburgh 61 In all, 61 Bruins have made 92 Super Bowl appearances **MIKE LODISH** At least one Bruin has been on a team roster 30 in 30 of the last 33 Super Bowls Defensive End Denver Broncos/Buffalo Bills In all, 21 Bruins have played in at least two \* Six Super Bowls - NFL Record Super Bowls Former Bruin Mike Lodish is the only man in NFL history to play in six Super Bowls UCLA is the only school to have six former quarterbacks on Super Bowl team rosters. UCLA's Troy Aikman was the first quarterback to win three Super Bowls in four years UCLA's Ken Norton, Jr. is the only player in NFL history to win three straight Super Bowls **BRYAN FLETCHER** Tight End Indianapolis Colts \* 2007 Super Bowl **ROMAN PHIFER** Linebacker New England Patriots \* 3 Super Bowl Wins TROY AIKMAN Quarterback Dallas Cowboys \* 3 Super Bowl Wins \* 1993 Super Bowl MPV \* 2006 Pro Football Hall Of Fame Inductee

**CARNELL LAKE** 

Secondary

### **Bruins In The NFL**

**JOHNNIE LYNN** 

now w/ Oakland Raiders

**KELLY SKIPPER** 

Oakland Raiders

Year in and year out, UCLA is well represented in the National Football League. In addition to being among the leaders in schools that produce NFL players, UCLA is also at the forefront in the area of former players and coaches in the league. Some prominent members of the NFL include former All-American defensive tackle Floyd Reese (Senior Football Advisor for New England), former defensive back George Paton (Director of Player Personnel for Minnesota), former running back Eric Ball (Director of Player Relations for Cincinnati) and former Bruin QB Scott Fitterer (Director of College Scouting for the Seattle Seahawks).

#### CURRENT NFL COACHES (PLAYED OR COACHED AT UCLA)

Chuck Bullough, defensive assistant lacob Burney, defensive line Tom Cable, offensive line-asst. head coach Brian Callahan, quality control - offense Keith Carter, quality control - offense Karl Dorrell, quarterbacks

Ryan Ficken, offensive assistant-wide receivers

Tim Hauck, defensive backs Don Johnson, defensive line Carnell Lake, defensive backs Sanjay Lal, wide receivers Johnnie Lynn, defensive backs Pat McPherson, tight ends Ken Norton, Jr., linebackers Brian Pariani, tight ends Skip Peete, running backs Matt Rhule, assistant offensive line

Kyle Shanahan, offensive coordinator Mike Sherman, offensive coordinator Brian Schneider, special teams Kelly Skipper, running backs Jason Tarver, defensive coordinator

Mike Waufle, defensive line Ted Williams, running backs

Cleveland Browns Washington Redskins Seattle Seahawks **Denver Broncos** Seattle Seahawks **Houston Texans** Minnesota Vikings **Cleveland Browns** San Diego Chargers Pittsburgh Steelers New York lets Oakland Raiders Seattle Seahawks Seattle Seahawks Houston Texans Dallas Cowboys **New York Giants** Washington Redskins Miami Dolphins Seattle Seahawks Oakland Raiders Oakland Raiders

#### **CURRENT UCLA COACHES WHO COACHED IN THE NFL**

lim Mora, head coach Noel Mazzone, offensive coordinator/qbs Lou Spanos, defensive coordinator Jeff Ulbrich, special teams coord./lbs Eric Yarber, receivers

Chargers, Saints, 49ers, Falcons, Seahawks NY Jets Steelers, Redskins

Seahawks

St. Louis Rams

Buccaneers, 49ers, Seahawks

#### **CURRENT UCLA COACHES WHO PLAYED IN THE NFL**

Steve Broussard Adrian Klemm Marques Tuiasosopo Jeff Ülbrich Eric Yarber

Falcons, Bengals, Seahawks Patriots, Packers Raiders, Jets 49ers Redskins

Philadelphia Eagles

**DON JOHNSON** San Diego Chargers

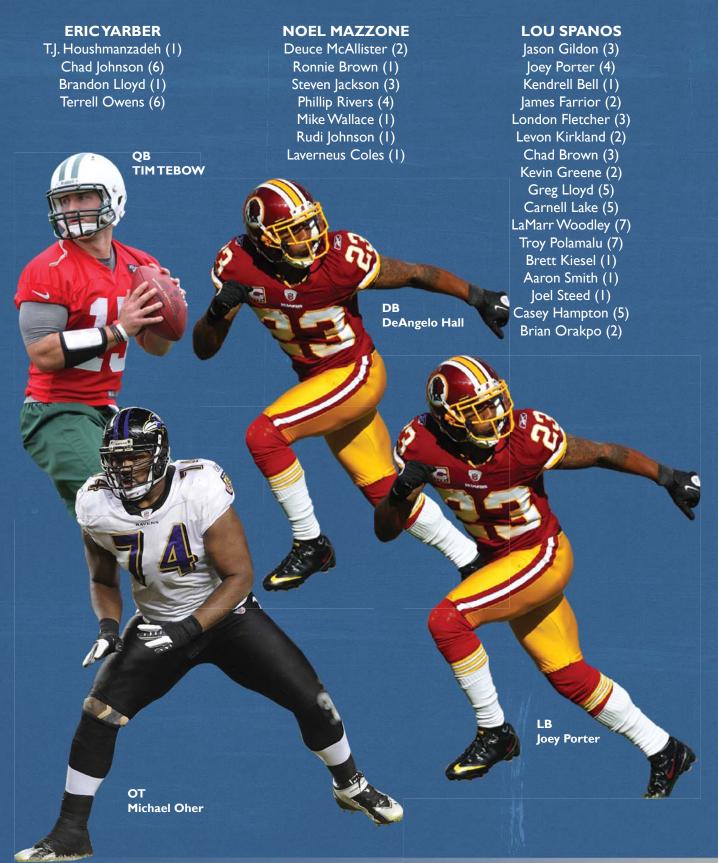
## Developing the NFL's Best

UCLA's coaching staff has worked with some of the top players in the National Football League, either in college or in the professional ranks. Included among the 50-plus current or former NFL players coached by the current Bruin staff are numerous All-Pro and Pro Bowl selections as well as an NFL MVP. Pages X and XI feature some of the NFL standouts that have been mentored by current Bruin coaches. The number in parenthesis indicates the number of Pro Bowl honors



## Developing the NFL's Best

### 74 PRO BOWLERS WITH 220 APPEARANCES



### **UCLA NFL Pro Combine**

Every March, the UCLA football staff hosts UCLA's "Pro Day" - where NFL scouts and team representatives come to see draft-eligible athletes participate in combine tests and drills. The NFL personnel are greeted by head coach Rick Neuheisel and head athletic performance coach Mike Linn. Various other UCLA staff members associated with the football program are available throughout the day to assist. Testing includes - 225-lb bench press, height, weight, wing span and hand spread measurements, vertical leap and standing long jump, 40-yard dash, pro shuttle, "L" drill and long shuttle, followed by individual workouts within each position group.



### Honored Bruins

**JONATHAN OGDEN** 

'95 Outland Trophy Winner

'95 Lombardi Award Finalist

Offensive Tackle

#### **JOHN MACKEY AWARD**

TE Marcedes Lewis - '05 winner TE Marcedes Lewis - '04 finalist TE Mike Seidman - '02 finalist

#### **RAY GUY AWARD**

P Chris Kluwe - '04 finalist

#### **NATIONAL PLAYER OF THE YEAR**

DL Dave Ball - '03 Chevrolet defensive winner

#### **NAGURSKI AWARD**

DL Dave Ball - '03 winner

#### **BUTKUS AWARD**

LB Robert Thomas - '01 finalist

#### PAC-10 PLAYER OF THE YEAR

DT Brian Price (defensive) - '09 DE Dave Ball (defensive) -'03 LB Robert Thomas (defensive) - '01 QB Cade McNown (offensive) - '98

#### **BILETNIKOFF AWARD**

WR Freddie Mitchell - '00 finalist

#### **UNITAS GOLDEN ARM AWARD**

**OB Cade McNown - '98 winner** 

#### **OUTLAND TROPHY**

OL Kris Farris - '98 winner OL Jonathan Ogden - '95 winner

#### **LOMBARDI AWARD**

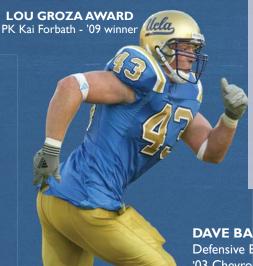
DE Dave Ball - '03 finalist OL Jonathan Ogden - '95 finalist

#### **THREE-TIME ALL-AMERICANS**

LB Jerry Robinson ('76-'78) S Kenny Easley ('76-'80) \*only consensus three-timers in Pac-10 history

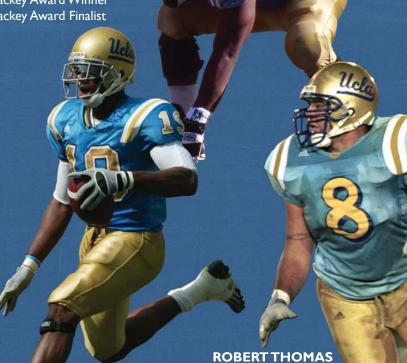
#### **HENDRICKS AWARD**

DE Justin Hickman - '06 finalist DE Dave Ball - '03 finalist



#### **MARCEDES LEWIS**

Tight End '05 Mackey Award Winner '04 Mackey Award Finalist



#### **BRUIN FIRST-TEAM ALL-AMERICANS (SINCE 1980)**

'01 Pac-10 Defensive Player of the Year

2010 - Rahim Moore, DB

2009 - Brian Price, DT; Kai Forbath, PK

2007 - Chris Horton, SS; Matthew Slater, KR

2006 - Bruce Davis, DE; Justin Hickman, DE,

Justin Medlock, PK

2004 - Spencer Havner, LB

2003 - Dave Ball, DE

2001 - Robert Thomas, LB

2000 - Freddie Mitchell, WR

1998 - Kris Farris, OT; Cade McNown, QB

1997 - Skip Hicks, TB; Chad Overhauser, OT; Chris Sailer, PK/P

1995 - Jonathan Ogden, OT; Karim Abdul-Jabbar, TB

1994 - Kevin Jordan, FL

1993 - J.J. Stokes, SE; Jamir Miller, OLB; Bjorn Merten, PK; Vaughn Parker, OT; Craig Novitsky, OG; Marvin Goodwin, SS

Linebacker

1992 - Carlton Gray, CB

1991 - Matt Darby, SS

2005 - Maurice Drew, PR; Marcedes Lewis, TE 1990 - Eric Turner, FS; Roman Phifer, OLB

1989 - Frank Cornish, OC; Kirk Maggio, P

1988 - Troy Aikman, QB; Darryl Henley, CB-PR; Carnell Lake, OLB; Charles Arbuckle, TE

1987 - Gaston Green, TB; Ken Norton, Jr., ILB

1985 - John Lee, PK

1984 - John Lee, PK

1983 - Don Rogers, FS

1981 - Tim Wrightman, TE; Luis Sharpe, OT

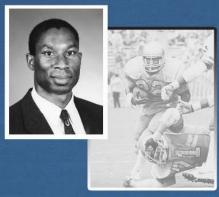
1980 - Kenny Easley, FS; Freeman McNeil, TB

#### **DAVE BALL**

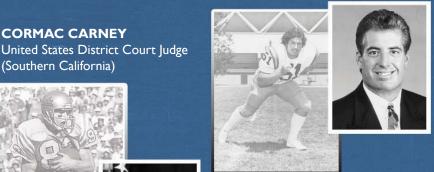
Defensive End

'03 Chevrolet National Player of the Y ear '03 Pac-10 Defensive Player of the Year

## Football Alumni...Winning Off The Field



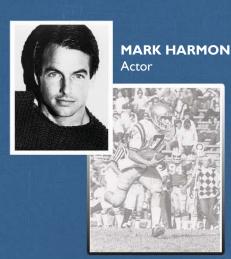
**DR. BRYAN WILEY**Orthopaedic Surgeon



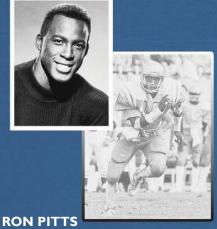
RANDY CROSS
1975 All-American, member of College FB Hall of Fame; Analyst for CBS
TV & Sirius NFL Radio



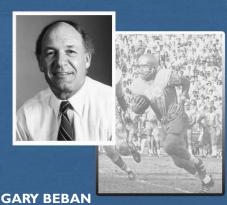
**TROY AIKMAN**3-Time Super Bowl Champion
Television Analyst & Businessman



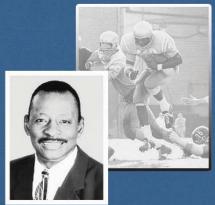
KENNY EASLEY
Consensus All-American (1978-1980)
President/CEO of Oval LLC
(a Virginia land development company)



RON PITTS
TV Analyst for FOX



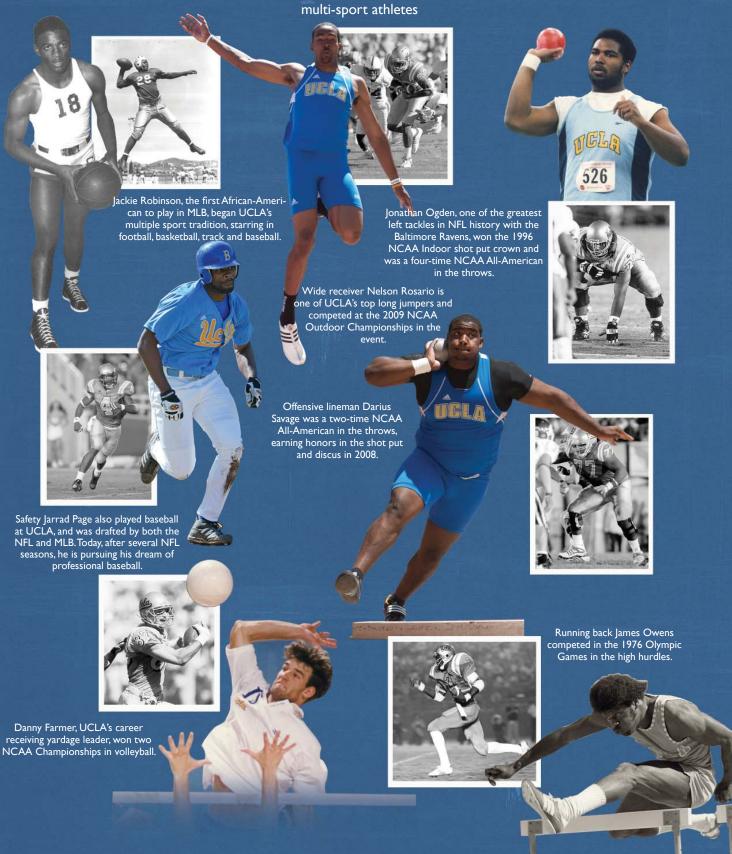
I 967 Heisman Trophy Winner
Sr. Executive Managing Director of Global
Corporate Services, CB Richard Ellis



MEL FARR, SR. 1976 All-American Owner of 15 car dealerships

# **Multi-Sport Stars**

Many Bruins have excelled in other sports aside from football while playing at UCLA. Below are a few of those multi-sport athletes



### **UCLA** in the Bowls

When it comes to winning bowl games, UCLA is one of the most successful programs in the nation. Since 1982, no Pac-12 school and only 11 programs in the nation have won more bowl games than UCLA.

The Bruins have won 12 of their last 21 bowl appearances and their eight straight wins (from 1982-1991) were one shy of the national record.

The 2011 Kraft Fight Hunger Bowl marked UCLA's 31st bowl appearance. Pictured below are the Bruins after defeating Temple, 30-21, in the 2009 Eagle Bank bowl.

On January 2, 1982, UCLA set an NCAA record for bowl victories in consecutive seasons by beating Arkansas in the Cotton Bowl. That was UCLA's seventh bowl triumph in as many seasons. The string of UCLA post-season victories included the 1983, '84 and '85 Rose Bowls, the 1985 Fiesta Bowl, the 1986 Freedom Bowl and the 1987 Aloha Bowl.

### Most Bowl Victories - Pac-12 (1982-2011)

School		w	L	т	Pct.
UCLA	POOTEKE	12	9	0	.571
USC	£	12	9	0	.571
Utah		ī	4	0	.733
Washington	W	10	10	0	.500
California	Cal	8	4	0	.667
Colorado	<b>P</b>	8	10	0	.444
Oregon	0	8	11	0	.421
Oregon St.	Beneve	6	3	0	.667
Arizona	A,	6	5		.545
Arizona St.	₩ASU	6	8	0	.429
Washington St.	AC	5	2	0	.714

### Most Bowl Victories - Nation (1982-2011)

School		w	L	T	Pct.
Florida St.	•	22	7		.750
Georgia	6	16	8	2	.653
Auburn		16	6	Ţ	.717
Alabama	<b>(4)</b>	16	8	0	.667
Penn State	0	15	9	0	.625
Miami (FL)	U	14	П	0	.560
Tennessee		14	12	0	.538
Florida		14	12	0	.538
Michigan	TOWNS TO SERVICE STATE OF THE PARTY OF THE P	14	14	0	.500
Ohio State		13	14	0	.481
Nebraska		13	15	0	.464
Boston College	4	12	7	0	.632
UCLA	Wellis	12	9	0	.571
LSU		12	9	0	.571
USC	ş.	12	9	0	.571
Iowa		12	10		.543



## **UCLA Produces The Brightest Stars**

#### KAREEM ABDUL-JABBAR

Only player to win 6 NBA MVP Awards

#### **TROY AIKMAN**

First quarterback to win 3 Super Bowls in 4 years

#### **ARTHUR ASHE**

First African-American to win Wimbledon

#### **DONALD BARKSDALE**

First African-American to win an Olympic basketball gold medal

#### **TERRY DONAHUE**

First football coach to win bowl games in 7 consecutive seasons

#### **LISA FERNANDEZ**

First softball player to be named outstanding college athlete of the year (Honda-Broderick Cup)

#### FLORENCE GRIFFITH-JOYNER

First woman to run the 100m in under 10.50 seconds

#### **JACKIE JOYNER-KERSEE**

Only woman to win back-to-back Olympic heptathlons;

Named Top Female Collegiate Athlete of the Last 25 Years

#### **KARCH KIRALY**

First three-time Olympic gold medalist in volleyball

#### **MIKE LODISH**

First player to play in 6 Super Bowls

#### **ANN MEYERS**

First four-time female basketball All-American

#### KEN NORTON, JR.

First player to win 3 straight Super Bowls

#### **JACKIE ROBINSON**

First African-American to play Major League Baseball

#### **AL SCATES**

First collegiate coach to win 18 NCAA titles in a single sport (now has 19 titles in volleyball)

#### **KENNY WASHINGTON**

First African-American to play in the modern era NFL

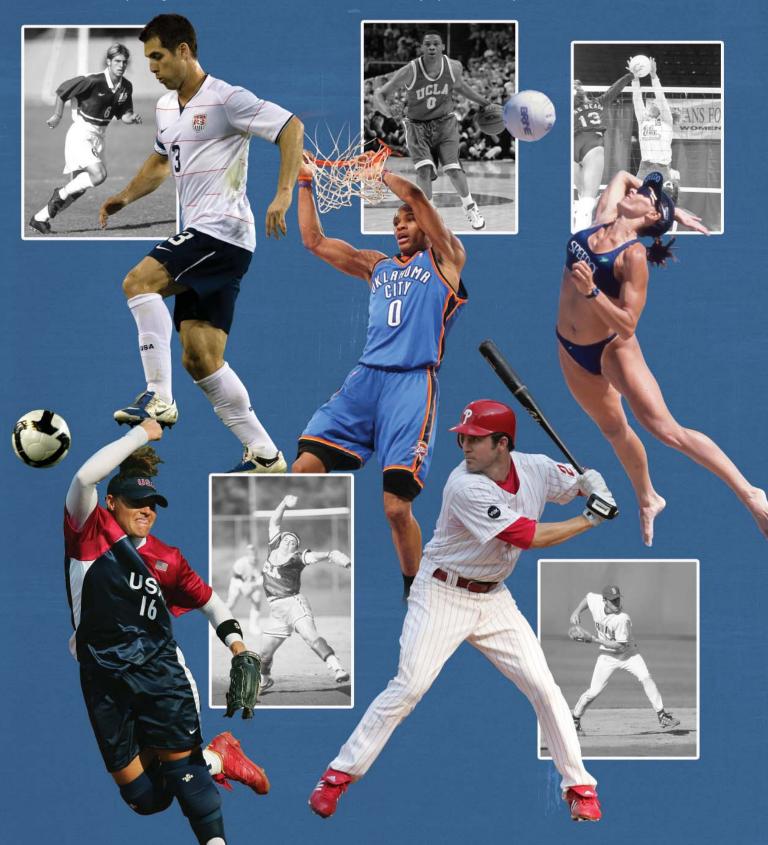
#### **JOHN WOODEN**

First man elected to the Basketball Hall of Fame as a player and coach



# **UCLA Produces The Brightest Stars**

UCLA annually produces some of the top performers in numerous sports, such as beach volleyball champion and Olympian Holly McPeak, major league baseball star Chase Utley, U.S. National soccer team star Carlos Bocanegra, star NBA point guard Russell Westbrook and three-time Olympian softball pitcher Lisa Fernandez.



### No. I With 108 NCAA Team Titles

UCLA's 108 NCAA team championship trophies, the most of any school in the nation, are on display in the Athletic Hall of Fame, located in the J.D. Morgan Center on campus. UCLA, which captured its fourth overall women's volleyball title this year, has won 22 team titles in the last 10 years.



MEN	(/1)	
Basketball (11)	Tennis (16)	
1964 1971	1950 1970	
1965 1972	1952 1971	
1967 1973	1953 1975	
1968 1975	1954 1976	
1969 1995	1956 1979	
1970	1960 1982	
	1961 1984	
Golf (2)	1965 2005	
1988 2008		
	Outdoor Track & Fie	ld
Gymnastics (2)	1956 1973	
1984 1987 `´	1966 1978	
	1971 1987	

1701 1707	1700 1770
	1971 1987
Soccer (4)	1972 1988
1985 1997	
1990 2002	Volleyball (19)
	1970 1984
Swimming (1)	1971 1987
1982	1972 1989
	1974 1993
Water Polo (8)	1975 1995
1969 1996 `	1976 1996
1971 1999	1979 1998
1972 2000	1981 2000
1995 2004	1982 2006
	1983

Golf	(3)
1991	201
2004	

Gym	nastics (6
1997	2003
2000	2004
2001	2010

Softb	all (11
1982	1992
1984	1999
1985	2003
1988	2004
1989	2010
1990	

(8)

#### Tennis (1) 2008

Indoo	r Track	&	Field (2)
2000	2001		

Outd	oor Track & Field	(3)
1982		
1983		

#### **Volleyball (4)** 1984 1991 1990 2011

#### Water Polo (7) 2001 2007 2003 2008 2005 2009 2006

#### UCLA #I with 108





Oklahoma St.



LSU #5 with 43

#4 with 50









## The J.D. Morgan Center



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 upgraded the former facility into a high-tech building for the 21st century. The project increased office space for both administrative and coaching staff, improved the student academic support services, and provided a "state of the art" Athletic Hall of Fame exhibiting the illustrious Bruin history and highlighting current events. Below are some highlights of the J.D. Morgan Center.

#### **Student-Athlete Academic Learning Center**

- \* 24 computers
- \* 4 walk-up computers for easy printing
- \* free printing
- \* Learning Center Monitor at all times
- \* Academic counselors on site

#### **Athletics Hall of Fame**

- \* Hall of Champions featuring UCLA's National Championship Trophies
- \* UCLA's Hall of Fame Inductees
- \* Interactive Sport displays
- \* UCLA's Spirit Theater
- \* Olympic Heritage
- \* John Wooden The Den

## **Academic & Student Services (AS2)**

## Mission Statement: S.U.C.C.E.S.S. "Student-athletes Understand that Character Creates Educational Self-Sufficiency"

The mission of the UCLA Academic & Student Services office (AS2) and its S.U.C.C.E.S.S. Program is to provide an interactive learning environment that emphasizes life-long learning habits, goal setting, teamwork, leadership and character. Centered on the idea of the self-sufficient, independent learner, the S.U.C.C.E.S.S. Program features academic counseling, academic and student support services, and student-athlete development programs that support and encourage student-athletes to reach their full potential academically and personally.

The AS2 team promotes a healthy balance between academics and athletics and embraces UCLA's "True Bruin" philosophy setting forth the ethical standards of integrity, excellence, accountability, respect and service. Our commitment is to assist student-athletes in their transition to the university, earning their UCLA degree, and develop their skills and confidence to be champions in life.



#### **Academic & Student Services Staff:**

Dr. Christina Rivera - Associate Athletic Director, Academic & Student Services Ashley Armstrong - Assistant Athletic Director, Student-Athlete Development Mike Casillas - Director, Student-Athlete Counseling & Peer Learning Tim Anderson - Assistant Director, Football Support Services

 $\label{likelike} \mbox{Liz Cadigan - Manager,} \mbox{Athletics Peer Learning Lab}$ 

Kevin Chen - Academic Counselor

Lisa Chow - Staff Associate

Ric Coy - Assistant Director, Student Services

Ja'Nae Davis - Learning Specialist

Rachel DeShong - Office Assistant, Athletics Peer Learning Lab Kenny Donaldson - Assistant Director, Academic Services

Andrea Fisher - Assistant Learning Specialist

Jo Guest - Program Assistant, Athletics Peer Learning Lab

Linda Lassiter - Academic Counselor Joanne Suechika - Academic Counselor Nick Thornton - Eligibility Coordinator Sabrina Youmans - Senior Learning Specialist

### UCLA's Academic & Student Services Office

#### **ACADEMIC COUNSELING**

- Program Planning & Course Selection
- Degree Progress Report Checking
- Priority Enrollment
- Major Exploration
- Graduate & Professional School Referrals
- Academic Difficulty Counseling

#### **ACADEMIC SUPPORT SERVICES**

- Academic Mentoring
- Peer Learning Sessions
- Community of Learners Program
- Directed Learning Program
- Learning Specialists
- Midterm Progress Reports
- Learning Strategies & Educational Assessments

#### STUDENT SUPPORT SERVICES

- Orientation Programs
- Academic Travel Coordinator
- Learning Center Computer Lab
- Scholar-Athlete Banquet
- Bruin Athletics Graduation Celebration
- Awards & Postgraduate Scholarships
- Student-Athlete Assistance Fund

#### STUDENT-ATHLETE DEVELOPMENT

- Personal Development (Health Education, Life Skills Workshops & Team Building)
- Wooden Academy: Teamwork, Leadership & Character
- Bruin Athletic Council (BAC)
- Student-Athlete Mentors (SAMS)
- Community Outreach
- Professional Development

(Career Exploration, Internships, Resume & Interviewing Skills)

### **Academic & Student Services (AS2)**

#### **COMMUNITY OF LEARNERS PROGRAM**

The Community of Learners Program (COL) is a year-long academic support program for freshman scholarship football student-athletes whose primary goal is to support the student-athlete's academic, athletic and social transition to college. COL student-athletes collectively participate in weekly structured study sessions, meet regularly with their assigned Academic Mentor, and utilize individual and group peer learning services. Student-athletes are introduced to a variety of relevant topics, including goal setting, time management, career exploration, leadership development and the importance of facultystudent interactions. The program promotes academic autonomy, academic engagement between peers and staff, and overall studentathlete development.

#### **DIRECTED LEARNING PROGRAM**

The Directed Learning Program (DLP) is an intensive, one-on-one strategic academic support program designed to enhance learning. The program aims to enrich the student-athlete collegiate experience through support services that help each student-athlete identify their strengths and weaknesses and develop skills to improve academic performance. DLP is facilitated by the AS2 Learning Specialists and Academic Mentors trained to work collaboratively with campus resources to create a holistic learning environment focused on autonomy, self-efficacy, accountability, health and wellness. This enhanced learning environment provides an opportunity for student-athletes to perform at their highest ability. Through directed guidance, studentathletes will learn how to set and monitor learning objectives, develop and execute learning plans, and build academic skills in time management, close reading, critical thinking, note taking and information literacy.

#### **PRODUCTION PROGRAM**

The Production Program is an academic support program designed to strengthen and support academic self-sufficiency among upperclass football student-athletes. Student-athletes attend weekly structured study sessions led by their assigned Academic Mentor who provides them with a productive learning environment to complete their course work, prepare for upcoming quizzes and exams, and support the rigorous student-athlete schedule.

#### 2011-2012 FOOTBALL GRADUATES

Thirty-three football student-athletes graduated between Fall 2011, Winter 2012, Spring 2012, Summer 2012 and are projected to graduate in Fall 2012. Majors include Economics, Sociology, History and Political

#### FOOTBALL NCAA ACADEMIC PROGRESS RATE (APR)

For the 2010-2011 academic year, the one-year NCAA Academic Progress Rate for the football team ranked second (975) in the Pac-12 Conference. The team's four-year APR rate ranked tied for second (956) in the conference.





UCLA has produced 67 NCAA **67** Postgraduate Scholarship winners, including 17 in football

UCLA has produced 110 GTE Academic All-Americans, including 27 in football

The Bruin football program has produced 3 Academic Hall of Fame members & 2 Rhodes Scholars, including 2008 selection Chris Joseph

2011 Pac-12 All-Academic Team - 1st-team: Malcolm Jones; 2nd-team: Anthony Barr, Jeff Locke; Honorable Mention: Tyler Gonzalez, Eric Kendricks, Phillip Ruhl, Aramide Olaniyan, Jared Koster, Kevin McDermott, Owamagbe Odighizuwa, Kevin Prince, Chris Ward, Sean Westgate

#### UCLA'S 27 FOOTBALL ACADEMIC ALL-AMERICANS

1952 - Ed Flynn, G; Donn Moomaw, LB

1953 - Ira Pauly, C

1954 - Sam Boghosian, G

1958 - Dick Wallen, WR (2nd)

1966 - Ray Armstrong (E)

1970 - Robert Manning, LB (2nd); Frank Jones, DB (3rd)

1973 - Steve Klosterman, OL (2nd); Mark Harmon, QB (2nd)

1975 - John Sciarra, QB

1976 - Jeff Dankworth, QB (2nd)

1977 - John Fowler, LB

1981 - Cormac Carney, WR; Tim Wrightman, TE

1982 - Cormac Carney, WR; Blake Wingle, OG (2nd)

1984 - Mike Hartmeier, OG (2nd)

1985 - Mike Hartmeier, OG

1991 - Carlton Gray, CB (2nd)

1992 - Carlton Gray, CB

1995 - George Kase, NG

1997 - Chris Sailer, PK (2nd); Shawn Stuart, C (2nd)

1998 - Shawn Stuart, C

2006 - Chris Joseph, OG

2007 - Chris Joseph, C

### First Class Facilities

The UCLA campus is home to numerous first class facilities for student-athletes of all sports.

Spaulding Field - practice home for the Bruin football team, features SPRINTURF field, along with one natural grass field Rose Gilbert Learning Center - located in the J.D. Morgan Center, has 24 computers and numerous printers for all of the academic needs of student-athletes

Acosta Center - houses locker rooms, the Athletic Performance Center and Sports Medicine Center

Easton Stadium - houses the 11-time NCAA Championship softball team

Drake Stadium & Marshall Field - home to the nationally-ranked soccer and track and field teams Jackie Robinson Stadium - home to the Bruin baseball team; recently renovated with new batting areas and playing surfaces

Pauley Pavilion - home to the Bruin basketball, gymnastics and volleyball teams is currently undergoing an exciting renovation and re-opens in fall 2012

Spieker Aquatics Center - state-of-the-art aquatics center is the home to the water polo and swimming and diving teams



## The Rose Bowl: Home of the Bruins

The Bruins play their home games at the historic Rose Bowl in Pasadena, the most picturesque college football stadium in America.

In 2007, new spacious state-of-the-art home and visiting locker rooms made their debut at the Rose Bowl. There are also new interview and photo workrooms. Prior to the 2011 season, the Rose Bowl underwent several upgrades and renovations, including new scoreboards and video screens.

ESPN's Game Day Show made its first-ever West Coast appearance at a Bruin home game in 1998. In 2008, the crew filmed live from the UCLA/Tennessee game.

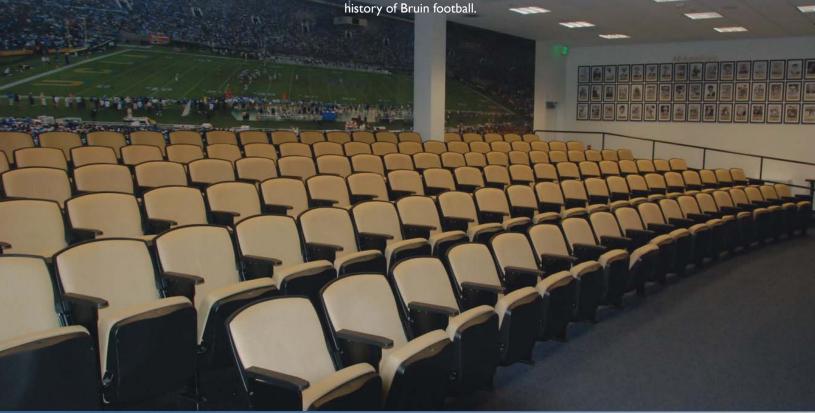




## The Acosta Sports Training Center



UCLA student-athletes have the use of the three-story Acosta Sports Training & Conditioning Center, which is the home for Sports Medicine, Athletic Training & Rehabilitation, Athletic Performance Center, Varsity Locker Rooms and The Bud Knapp Football Center. The Bud Knapp Football Center is on the first floor, South Wing of the Acosta Center. It houses the players' locker room that features wood lockers, a coaches' locker room and an expanded equipment room. Nine position meeting rooms featuring state-of-the-art digital equipment, an auditorium-style team meeting/viewing room and a lobby highlighting the tradition and



# The Acosta Sports Training Center



The Acosta Sports Training Center features an 8,000-square foot athletic training and rehabilitation facility with private offices for all of the certified athletic trainers, a nutritionist, as well as a doctors' suite. The facility includes three hydro pools, a large rehabilitation area with stationary bikes, treadmills and elliptical machine and private examination areas.



## **Strength & Conditioning**

UCLA's strength and conditioning program is under the direction of Sal Alosi and his staff. At UCLA, we are fortunate enough to have a strength and conditioning staff dedicated to the football program. We are able to focus our complete attention towards the team on a daily basis.



### Strength & Conditioning

#### **PYRAMID CONCEPTS**

At UCLA, we believe that training for football is a long term process. This process is guided by training methods following a hierarchy and the understanding that there is a sequential order to training. We have developed a systematic approach of training where each student-athlete has norms and goals they must work to pass each year they prepare under our supervision. Each component in our pyramid builds upon the previous one thus preparing our athletes for the physical demands of advancement in our training program. We believe that slow-cooking our athletes at each level of the pyramid, advancing an athlete only after goals have been achieved, is the optimal way to ensure long-term physical success and decreased risk of injury.

#### STUDENT-ATHLETE ATTITUDE

The base of the pyramid is the most critical in predicting the future success of an individual athlete. At UCLA we believe in identifying student-athletes that possess the physical and mental attributes that we feel will provide long-term success, on and off the field, at our university.

#### **TESTING & EVALUATION**

Evaluation is the first step in developing individualized strength & conditioning programs. We understand that each athlete is an individual with their own set of genetics and medical history unique to only themselves. The evaluation process gives our program direction and provides insight into the individual athlete which then allows us to develop an individual program specific to that athlete.

#### **WORK CAPACITY**

Establishing the ability to perform work for a prolonged period of time with the ability to recover effectively. Developing efficient work capacity establishes the necessary baseline of training which allows an athlete to develop qualities higher up the pyramid. Once developed, the athlete will be prepared to tolerate the more stressful training that will follow later on in the program.

#### **STRENGTH**

Strength builds a foundation for all other athletic qualities. At UCLA, we believe in improving Relative Body Strength. Relative Body Strength is an athlete's muscular strength in relation to his or her own bodyweight. Proper running mechanics require high levels of Relative Muscular Strength. An athlete who is strong for his or her own bodyweight will possess the ability to run faster, jump higher, and move quicker than their weaker counterparts. The stronger the muscles, the more forceful the contractions, the faster the athlete will run, jump, throw and the harder he will hit.

#### **EXPLOSIVE STRENGTH**

At UCLA we utilize Olympic lifts, jumps, and medicine ball throws to improve our ability to apply force rapidly. The harder we push against the ground, the faster we run, and the higher we jump. Movements that emphasize explosive strength qualities teaches the athlete to turn large amounts of muscle fibers on & off in a coordinated manner, thus increasing the speed of each contraction.

#### **ELASTIC STRENGTH**

As we develop adequate strength in each previous category, the need to react becomes a critical component in transferring general strength gained in training to the playing field. Elastic strength is utilized in all sport movements. At UCLA we utilize dynamic lifts, jumps, and throws to teach our athletes how to absorb and apply forces with rapid muscle contraction.

#### SPEED

Once an athlete has developed the prerequisite strength at all levels of the pyramid we can begin training HI intensity speed work. At UCLA, we believe that speed training at 95% effort or better must be performed in order to improve an athlete's speed. We understand that the game of football is an acceleration sport, not a top speed sport, therefore we spend a tremendous amount of time improving our athletes ability to accelerate, decelerate, and change direction efficiently.

#### TRAINING THE INJURED ATHLETE

A well structured, and individualized strength training program will strengthen muscle and connective tissue resulting in fewer injuries. Football is a collision sport and injuries are a part of the game and are impossible to prevent. An athlete's recovery time will be significantly less if he has been properly trained if an injury does occur. We have constant communication with our Sports Medicine Staff and have developed alternative strategies to train through and around any injury in order to expedite return to play.



**ELASTIC STRENGTH** 

**EXPLOSIVE STRENGTH** 

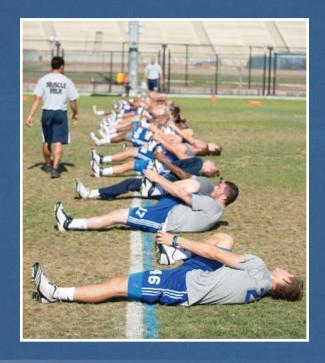
**STRENGTH** 

**WORK CAPACITY** 

**TESTING & EVALUATION** 

ATHLETE ATTITUDE





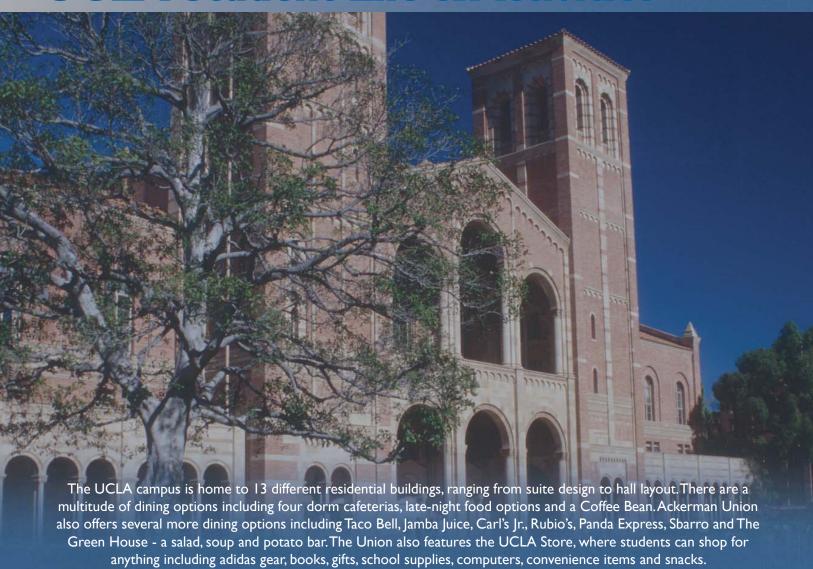
### **UCLA Student Life & Activities**

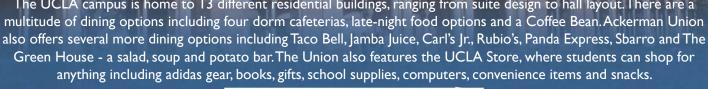


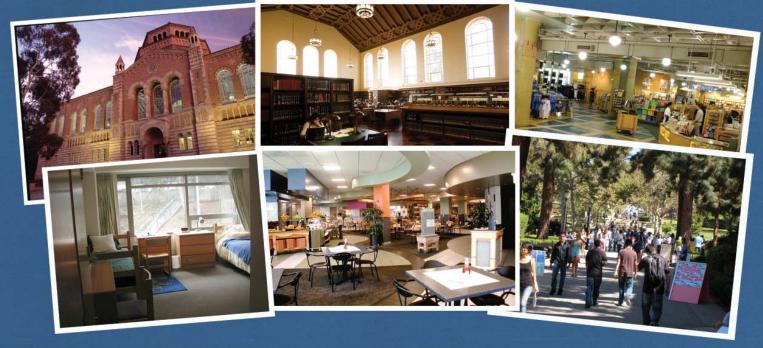
UCLA offers many on-campus locales to relax, like the Sunset Canyon Recreation Center, which houses numerous pools, volleyball and tennis courts, and picnic areas. Bruins can get their workout in at The Wooden Center, which was remodeld in the summer of 2005 and features cardio equipment with flat screen tv's and enhanced workout space. The Wooden Center also features a rock climbing wall and basketball courts.



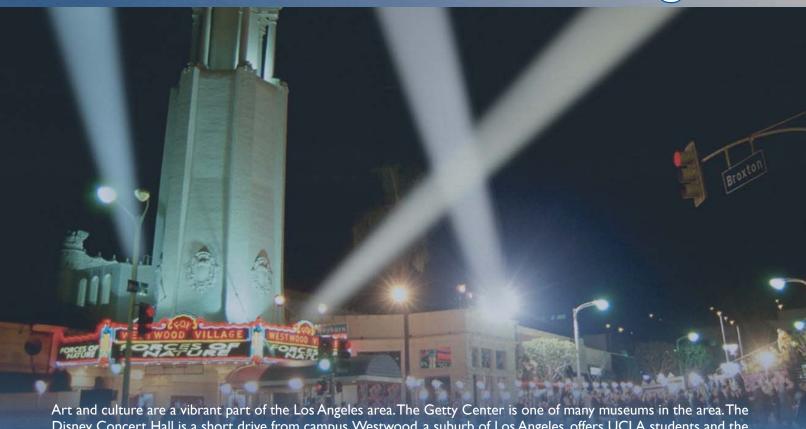
### **UCLA Student Life & Activities**







## This Is Los Angeles



Art and culture are a vibrant part of the Los Angeles area. The Getty Center is one of many museums in the area. The Disney Concert Hall is a short drive from campus. Westwood, a suburb of Los Angeles, offers UCLA students and the surrounding communities many other entertainment options. Movie premieres are a common occurrence as stars often visit the Fox Theater for opening night. It is also home to numerous coffee shops, stores and restaurants and is just minutes from campus.



## This Is 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. Los Angeles and surrounding Orange County offer numerous options for fun and entertainment. Southern California is home to two NBA, NHL, MLB and MLS teams. Los Angeles also has played host to numerous sporting events including the XGames, World Cup, Super Bowls and Olympic Games. Southern California also has three amusement parks - Knotts Berry Farm, Magic Mountain and Disneyland.

