49. **During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions?** _____

50. **I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general.** ☑ Yes ☐ No If no, please explain:

Student-Athlete Exit Interview

Date 11/27/18 Name (optional) [redacted] Sport Football

1. **Which best describes your future plans? (check appropriate box)**

   - ☐ I have been accepted to a graduate program.
   - ☐ I have applied to Graduate schools but have not been accepted yet.
   - ☐ I have secured a job.
   - ☐ I am still looking for a job.
   - ☐ I have no idea.
   - ☐ I have one more year of school left.
   - ☑ Other. Please specify: Graduate

2. **Please indicate the relative importance each of the following factors had in your decision to attend UCA.**

	Very Important	Important	Not a factor
1. Overall academic reputation of the University			
2. Specific academic program		✓	
3. The athletic program		✓	
4. The head coach or coaching staff		✓	
5. Financial aid		✓	
6. Other athletes attending UCA		✓	
7. Location of UCA			✓
8. Influence of parents			✓
9. Southland Conference			✓
10. Academic support services for student-athletes			✓
11. Other:			

3. **Would you encourage other student-athletes to attend this institution?**

   ☑ Yes ☐ No If no, please explain _____

4. **Please rate your experience at UCA. (Circle one for each category) (1-below average, 2-average, 3-good, 4-very good, 5-excellent)**

Athletics (overall)	1	2	3	4	5
Academics	1	2	3	4	5

5. **If you were being recruited today would you choose to attend UCA again?**

☑ Yes ☐ No If no, for what reasons? _____

_____

6. **How did your participation in athletics affect your Academic Performance?**

☑ It helped because I had to manage my time more effectively.
☐ It hurt because I did not have enough time to commit to academics.
☐ It did not affect my academic performance very much.
☐ Other effects. Please explain _____

7. **When did you begin to feel confident you could manage both the academic and athletic demands at UCA.**

☑ Immediately ☐ One term ☐ Sophomore ☐ Junior ☐ Senior ☐ Never

Comments:

8. **How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.**

☑ Very effective and very complete for both
☐ Effective for athletic but not for academic
☐ Effective for academic but not for athletic
☐ Not effective for either

9. **Did your coaches sincerely emphasize graduation from UCA as a top priority?**

☑ Yes, from the start, they always emphasized academics over athletics.
☐ Yes and no, in the sense they emphasized academics and athletics equally.
☐ No, from the start, they emphasized athletics over academics.
☐ No, but they emphasized an academic degree could always be earned after my athletic career was over.
☐ No, they hardly ever discussed academics

10. **How important to you is graduating from college?**

☑ Very important ☐ Somewhat ☐ Not sure ☐ Not very ☐ Not at all

11. **Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success?** ☑ Yes ☐ No

12. **Did the coaches ever steer you toward a less challenging major in order to keep you eligible?** ☐ Yes ☑ No

13. **Please rate the Coaching staff in your sport**
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)
Enthusiasm and the ability to motivate you and your teammates:

Willingness to assist with academic concerns (not necessarily related to eligibility matters)

Ability to communicate with you and your teammates

Ability to organize and prepare for practice

Fairness in evaluating players and providing useful feedback regarding athletic performance

Ethics

Technical knowledge of game

14. **Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA?** ☐ Yes ☑ No
Comments:

15. **Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA?** ☐ Yes ☑ No
Comments:

16. **Rate the services you received from the following:**
(1 represents no support and 5 represents total support)

Athletic Training	1	2	3	4	5	N/A
Academic Advising	1	2	3	4	5	N/A
Housing	1	2	3	4	5	N/A
Career Services	1	2	3	4	5	N/A
Aramark	1	2	3	4	5	N/A
Financial Aid	1	2	3	4	5	N/A
Promotion/Marketing	1	2	3	4	5	N/A
Sports Information	1	2	3	4	5	N/A
NCAA Compliance	1	2	3	4	5	N/A
Counseling Center	1	2	3	4	5	N/A

17. **If you could change one thing about your specific sports program at UCA what would it be?** N/A

18. **Who was your primary contact when you had questions about NCAA regulations?**
Head Coach

19. **How can the athletic department assist you in your career development?**
Graduation

20. **Have you sought assistance from the Career Services Staff?** ☐ Yes ☑ No

21. **Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?**

Ethical Conduct	☑ Yes	☐ No
Amateurism	☑ Yes	☐ No
Academic Standards	☑ Yes	☐ No
Eligibility Standards	☑ Yes	☐ No
Drugs	☑ Yes	☐ No
Recruitment	☑ Yes	☐ No
Complimentary Admissions	☑ Yes	☐ No
Extra Benefits	☑ Yes	☐ No
Boosters	☑ Yes	☐ No
Student-Athlete Host	☑ Yes	☐ No
Employment	☑ Yes	☐ No

22. **Did you receive a copy of the Student-Athlete handbook?** ☑ Yes ☐ No
Was it helpful? ☑ Yes ☐ No

23. **Rate your Life Skills Program (speakers, social media presentations, etc.) experience at UCA (1-5 with 5 being the highest)** 4
What are your suggestions to improve the Life Skills Program?
N/A

24. **Rate the time demands for your sport.**
☐ 5 – Excellent ☑ 4 – Good ☐ 3 – Satisfactory ☐ 2 – Poor ☐ 1 – Unsatisfactory

25. **Rate team travel arrangements for minimizing missed class time.**
☐ 5 – Excellent ☑ 4 – Good ☐ 3 – Satisfactory ☐ 2 – Poor ☐ 1 – Unsatisfactory

26. **How well did practice times accommodate class scheduling?**
☐ 5 – Excellent ☑ 4 – Good ☐ 3 – Satisfactory ☐ 2 – Poor ☐ 1 – Unsatisfactory

27. **What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel?**
☐ 5 – Excellent ☑ 4 – Good ☐ 3 – Satisfactory ☐ 2 – Poor ☐ 1 – Unsatisfactory

28. **Were you ever required to miss class due to practice?** ☐ Yes ☑ No

29. **Were you required to miss a mid-term or final exam due to practice?** ☐ Yes ☑ No

30. **Were practice times usually scheduled in a manner to allow you access to campus food services?** ☐ Yes ☑ No ☐

31. **Do you think the Athletic Administration supported and valued your sport?**
☑ Yes ☐ No

32. **If you had a need to contact an administrator was one available to you?**
☑ Yes ☐ No

33. **Was your team assigned an Athletic Trainer?** ☑ Yes ☐ No

34. **In general, how do you feel the Athletic Trainers treated your injuries.** (Rate on a scale of 1-5 with 5 being the highest). 5

35. **Rate the Sports Medicine services.** (Rate on a scale of 1-5 with 5 being the highest).
5

36. **How would you improve the Sports Medicine services?**
N/A

37. [redacted]

38. **Did you participate in training sessions with the Strength and Conditioning Coach?**
☑ Yes ☐ No

39. **Please rate your overall experience with the Strength and Conditioning Program.**
(Rate on a scale of 1-5 with 5 being the highest) 5

40. **I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)?** ☑ Yes ☐ No

41. **I felt I was able to bring issues with my sport to my SAAC representatives?**
☐ Yes ☑ No

42. **During your playing season, how many days per week do you typically have off?**
2

43. **During your playing season, how many hours per day does a typical practice last?**
2hrs

44. **During the playing season, how many hours per week is your team typically required to participate in the following:**
- **Practice:** 2hrs
- **Conditioning and/or weight lifting:** 1hr
- **Watch game film:** 1hr

45. **During your playing season, is your team required to practice more than 20 hours per week?** ☐ Yes ☑ No
If you answered yes, please give a detailed account of those hours:

46. **During your off-season, how many days per week do you typically have off?**
Weekends

47. **During your off-season, how many hours per day was a typically work out?**
1hr 30min

48. **During your off-season, how many hours per week are you required to work out?**

49. **During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions?** 5hrs

50. **I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general.** ☑ Yes ☐ No If no, please explain:

Student-Athlete Exit Interview

Date 11-19-18 Name (**optional**) [redacted] Sport Football

1. **Which best describes your future plans? (check appropriate box)**

- [ ] I have been accepted to a graduate program.
- [ ] I have applied to Graduate schools but have not been accepted yet.
- [ ] I have secured a job.
- [x] I am still looking for a job.
- [ ] I have no idea.
- [ ] I have one more year of school left.
- [ ] Other. Please specify: _____

2. **Please indicate the relative importance each of the following factors had in your decision to attend UCA.**

	Very Important	Important	Not a factor
1. Overall academic reputation of the University		✓	
2. Specific academic program		✓	
3. The athletic program	✓		
4. The head coach or coaching staff	✓		
5. Financial aid		✓	
6. Other athletes attending UCA		✓	
7. Location of UCA		✓	
8. Influence of parents		✓	
9. Southland Conference		✓	
10. Academic support services for student-athletes		✓	
11. Other:			✓

3. **Would you encourage other student-athletes to attend this institution?**

[x] Yes [ ] No If no, please explain _____

_____

4. **Please rate your experience at UCA. (Circle one for each category) (1-below average, 2-average, 3-good, 4-very good, 5-excellent)**

Athletics (overall)	1	2	3	(4)	5
Academics	1	2	3	4	5

5. **If you were being recruited today would you choose to attend UCA again?**

☑ Yes ☐ No If no, for what reasons? _____

_____

6. **How did your participation in athletics affect your Academic Performance?**

☐ It helped because I had to manage my time more effectively.
☐ It hurt because I did not have enough time to commit to academics.
☑ It did not affect my academic performance very much.
☐ Other effects. Please explain _____

7. **When did you begin to feel confident you could manage both the academic and athletic demands at UCA.**

☐ Immediately ☐ One term ☑ Sophomore ☐ Junior ☐ Senior ☐ Never

Comments:

8. **How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.**

☑ Very effective and very complete for both
☐ Effective for athletic but not for academic
☐ Effective for academic but not for athletic
☐ Not effective for either

9. **Did your coaches sincerely emphasize graduation from UCA as a top priority?**

☑ Yes, from the start, they always emphasized academics over athletics.
☐ Yes and no, in the sense they emphasized academics and athletics equally.
☐ No, from the start, they emphasized athletics over academics.
☐ No, but they emphasized an academic degree could always be earned after my athletic career was over.
☐ No, they hardly ever discussed academics

10. **How important to you is graduating from college?**

☑ Very important ☐ Somewhat ☐ Not sure ☐ Not very ☐ Not at all

11. **Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success?** ☑ Yes ☐ No

12. **Did the coaches ever steer you toward a less challenging major in order to keep you eligible?** ☐ Yes ☑ No

13. **Please rate the Coaching staff in your sport**
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)
Enthusiasm and the ability to motivate you and your teammates:

Willingness to assist with academic concerns (not necessarily related to eligibility matters)

Ability to communicate with you and your teammates

Ability to organize and prepare for practice

Fairness in evaluating players and providing useful feedback regarding athletic performance

Ethics

Technical knowledge of game

14. **Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA?** ☐ Yes ☑ No
Comments:

15. **Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA?** ☐ Yes ☑ No
Comments:

16. **Rate the services you received from the following:**
(1 represents no support and 5 represents total support)

Athletic Training	1	2	3	4	5	N/A
Academic Advising	1	2	3	4	5	N/A
Housing	1	2	3	4	5	N/A
Career Services	1	2	3	4	5	N/A
Aramark	1	2	3	4	5	N/A
Financial Aid	1	2	3	4	5	N/A
Promotion/Marketing	1	2	3	4	5	N/A
Sports Information	1	2	3	4	5	N/A
NCAA Compliance	1	2	3	4	5	N/A
Counseling Center	1	2	3	4	5	N/A

17. **If you could change one thing about your specific sports program at UCA what would it be?** More Money

18. **Who was your primary contact when you had questions about NCAA regulations?**
Brown

19. **How can the athletic department assist you in your career development?**
Coaching Jobs

20. **Have you sought assistance from the Career Services Staff?** ☐ Yes ☑ No

21. **Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?**

Ethical Conduct	☑ Yes	☐ No
Amateurism	☑ Yes	☐ No
Academic Standards	☑ Yes	☐ No
Eligibility Standards	☑ Yes	☐ No
Drugs	☑ Yes	☐ No
Recruitment	☑ Yes	☐ No
Complimentary Admissions	☑ Yes	☐ No
Extra Benefits	☑ Yes	☐ No
Boosters	☑ Yes	☐ No
Student-Athlete Host	☑ Yes	☐ No
Employment	☑ Yes	☐ No

22. **Did you receive a copy of the Student-Athlete handbook?** ☑ Yes ☐ No
Was it helpful? ☑ Yes ☐ No

23. **Rate your Life Skills Program (speakers, social media presentations, etc.) experience at UCA (1-5 with 5 being the highest)** 1
What are your suggestions to improve the Life Skills Program?
Same not boring

24. **Rate the time demands for your sport.**
☐ 5 – Excellent ☑ 4 – Good ☐ 3 – Satisfactory ☐ 2 – Poor ☐ 1 – Unsatisfactory

25. **Rate team travel arrangements for minimizing missed class time.**
☑ 5 – Excellent ☐ 4 – Good ☐ 3 – Satisfactory ☐ 2 – Poor ☐ 1 – Unsatisfactory

26. **How well did practice times accommodate class scheduling?**
☑ 5 – Excellent ☐ 4 – Good ☐ 3 – Satisfactory ☐ 2 – Poor ☐ 1 – Unsatisfactory

27. **What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel?**
☑ 5 – Excellent ☐ 4 – Good ☐ 3 – Satisfactory ☐ 2 – Poor ☐ 1 – Unsatisfactory

28. **Were you ever required to miss class due to practice?** ☐ Yes ☑ No

29. **Were you required to miss a mid-term or final exam due to practice?** ☐ Yes ☑ No

30. **Were practice times usually scheduled in a manner to allow you access to campus food services?** ☐ Yes ☑ No ☐

31. **Do you think the Athletic Administration supported and valued your sport?**
☑ Yes ☐ No

32. **If you had a need to contact an administrator was one available to you?**
☑ Yes ☐ No

33. **Was your team assigned an Athletic Trainer?** ☑ Yes ☐ No

34. **In general, how do you feel the Athletic Trainers treated your injuries.** (Rate on a scale of 1-5 with 5 being the highest). 5

35. **Rate the Sports Medicine services.** (Rate on a scale of 1-5 with 5 being the highest).
5

36. **How would you improve the Sports Medicine services?**
Open
All day

37. [redacted]

38. **Did you participate in training sessions with the Strength and Conditioning Coach?**
☑ Yes ☐ No

39. **Please rate your overall experience with the Strength and Conditioning Program.**
(Rate on a scale of 1-5 with 5 being the highest) ~~6~~ 3

40. **I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)?** ☑ Yes ☐ No

41. **I felt I was able to bring issues with my sport to my SAAC representatives?**
☑ Yes ☐ No

42. **During your playing season, how many days per week do you typically have off?**
1

43. **During your playing season, how many hours per day does a typical practice last?**
3

44. **During the playing season, how many hours per week is your team typically required to participate in the following:**
- **Practice:** 10K
- **Conditioning and/or weight lifting:** 2hr
- **Watch game film:** 10K

45. **During your playing season, is your team required to practice more than 20 hours per week?** ☐ Yes ☑ No
If you answered yes, please give a detailed account of those hours:_____

46. **During your off-season, how many days per week do you typically have off?**
1

47. **During your off-season, how many hours per day was a typically work out?**
1:30

48. **During your off-season, how many hours per week are you required to work out?**
1:30

49. **During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions?** Depends 30-40 min

50. **I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general.** ☑ Yes ☐ No If no, please explain:

Student-Athlete Exit Interview

Date 4/25 Name (optional) _____ Sport W TRACK

1. **Which best describes your future plans? (check appropriate box)**

   - [ ] I have been accepted to a graduate program.
   - [x] I have applied to Graduate schools but have not been accepted yet.
   - [ ] I have secured a job.
   - [ ] I am still looking for a job.
   - [ ] I have no idea.
   - [x] I have one more year of school left.
   - [ ] Other. Please specify: _____

2. **Please indicate the relative importance each of the following factors had in your decision to attend UCA.**

	Very Important	Important	Not a factor
1. Overall academic reputation of the University		X	
2. Specific academic program	X		
3. The athletic program		X	
4. The head coach or coaching staff			X
5. Financial aid			X
6. Other athletes attending UCA			X
7. Location of UCA			X
8. Influence of parents			X
9. Southland Conference			X
10. Academic support services for student-athletes			X
11. Other:			

3. **Would you encourage other student-athletes to attend this institution?**

   ☐ Yes ☒ No If no, please explain wasn't an enjoyable experience

4. **Please rate your experience at UCA. (Circle one for each category) (1-below average, 2-average, 3-good, 4-very good, 5-excellent)**

Athletics (overall)	(1)	2	3	4	5
Academics	1	2	(3)	4	5

5. **If you were being recruited today would you choose to attend UCA again?**

☐ Yes ☒ No If no, for what reasons? [redacted]

6. **How did your participation in athletics affect your Academic Performance?**

☐ It helped because I had to manage my time more effectively.
☐ It hurt because I did not have enough time to commit to academics.
☒ It did not affect my academic performance very much.
☐ Other effects. Please explain _____

7. **When did you begin to feel confident you could manage both the academic and athletic demands at UCA.**

☐ Immediately ☐ One term ☒ Sophomore ☐ Junior ☐ Senior ☐ Never

Comments:

8. **How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.**

☐ Very effective and very complete for both
☐ Effective for athletic but not for academic
☒ Effective for academic but not for athletic
☐ Not effective for either

9. **Did your coaches sincerely emphasize graduation from UCA as a top priority?**

☐ Yes, from the start, they always emphasized academics over athletics.
☐ Yes and no, in the sense they emphasized academics and athletics equally.
☐ No, from the start, they emphasized athletics over academics.
☐ No, but they emphasized an academic degree could always be earned after my athletic career was over.
☒ No, they hardly ever discussed academics

10. **How important to you is graduating from college?**

☒ Very important ☐ Somewhat ☐ Not sure ☐ Not very ☐ Not at all

11. **Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success?** ☒ Yes ☐ No

12. **Did the coaches ever steer you toward a less challenging major in order to keep you eligible?** ☐ Yes ☒ No

13. **Please rate the Coaching staff in your sport**
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)
Enthusiasm and the ability to motivate you and your teammates:

[redacted]

Willingness to assist with academic concerns (not necessarily related to eligibility matters)

[redacted]

Ability to communicate with you and your teammates

[redacted]

Ability to organize and prepare for practice

[redacted]

Fairness in evaluating players and providing useful feedback regarding athletic performance

[redacted]

Ethics

[redacted]

Technical knowledge of game

[redacted]

14. **Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA?** ☐ Yes ☒ No
Comments:

15. **Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA?** ☐ Yes ☒ No
Comments:

16. **Rate the services you received from the following:**
(1 represents no support and 5 represents total support)

Athletic Training	1	2	3	4	5	N/A
Academic Advising	1	2	3	4	5	N/A
Housing	1	2	3	4	5	N/A
Career Services	1	2	3	4	5	N/A
Aramark	1	2	3	4	5	N/A
Financial Aid	1	2	3	4	5	N/A
Promotion/Marketing	1	2	3	4	5	N/A
Sports Information	1	2	3	4	5	N/A
NCAA Compliance	1	2	3	4	5	N/A
Counseling Center	1	2	3	4	5	N/A

17. **If you could change one thing about your specific sports program at UCA what would it be?** [redacted]

18. **Who was your primary contact when you had questions about NCAA regulations?**

N/a

19. **How can the athletic department assist you in your career development?**

N/a

20. **Have you sought assistance from the Career Services Staff?** ☐ Yes ☒ No

21. **Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?**

Ethical Conduct	☒ Yes	☐ No
Amateurism	☐ Yes	☐ No
Academic Standards	☒ Yes	☐ No
Eligibility Standards	☒ Yes	☐ No
Drugs	☒ Yes	☐ No
Recruitment	☐ Yes	☒ No
Complimentary Admissions	☐ Yes	☒ No
Extra Benefits	☐ Yes	☒ No
Boosters	☐ Yes	☒ No
Student-Athlete Host	☐ Yes	☒ No
Employment	☒ Yes	☐ No

22. **Did you receive a copy of the Student-Athlete handbook?** ☒ Yes ☐ No
Was it helpful? ☐ Yes ☐ No

23. **Rate your Life Skills Program experience at UCA (1-5 with 5 being the highest)**

2-3

What are your suggestions to improve the CHAMPS/Life Skills Program?

more fun, less boring. make it worth going to

24. **Rate the time demands for your sport.**
☐ 5 – Excellent ☐ 4 – Good ☒ 3 – Satisfactory ☐ 2 – Poor ☐ 1 – Unsatisfactory

25. **Rate team travel arrangements for minimizing missed class time.**
☐ 5 – Excellent ☐ 4 – Good ☒ 3 – Satisfactory ☐ 2 – Poor ☐ 1 – Unsatisfactory

26. **How well did practice times accommodate class scheduling?**
☒ 5 – Excellent ☐ 4 – Good ☐ 3 – Satisfactory ☐ 2 – Poor ☐ 1 – Unsatisfactory

27. **What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel?**
☐ 5 – Excellent ☒ 4 – Good ☐ 3 – Satisfactory ☐ 2 – Poor ☐ 1 – Unsatisfactory

28. **Were you ever required to miss class due to practice?** ☐ Yes ☒ No

29. **Were you required to miss a mid-term or final exam due to practice?** ☐ Yes ☒ No

30. **Were practice times usually scheduled in a manner to allow you access to campus food services?** ☒ Yes ☐ No ☐

31. **Do you think the Athletic Administration supported and valued your sport?**
☐ Yes ☐ No

32. **If you had a need to contact an administrator was one available to you?**
☐ Yes ☐ No

33. **Was your team assigned an Athletic Trainer?** ☒ Yes ☐ No

34. **In general, how do you feel the Athletic Trainers treated your injuries.** (Rate on a scale of 1-5 with 5 being the highest). 2-3

35. **Rate the Sports Medicine services.** (Rate on a scale of 1-5 with 5 being the highest).
2

36. **How would you improve the Sports Medicine services?**
more involved trainers have trainers at practice
up-to-date modalities

37. [redacted]

38. **Did you participate in training sessions with the Strength and Conditioning Coach?**
☒ Yes ☐ No

39. **Please rate your overall experience with the Strength and Conditioning Program.** (Rate on a scale of 1-5 with 5 being the highest) 2

40. **I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)?** ☒ Yes ☐ No

41. **I felt I was able to bring issues with my sport to my SAAC representatives?**
☒ Yes ☐ No

42. **During your playing season, how many days per week do you typically have off?**
1

43. **During your playing season, how many hours per day does a typical practice last?**
2 hours

44. **During the playing season, how many hours per week is your team typically required to participate in the following:**
    - **Practice:** 2 hours
    - **Conditioning and/or weight lifting:** 1hr
    - **Watch game film:** 0

45. **During your playing season, is your team required to practice more than 20 hours per week?** ☐ Yes ☒ No
If you answered yes, please give a detailed account of those hours:_____

46. **During your off-season, how many days per week do you typically have off?**
2

47. **During your off-season, how many hours per day was a typically work out?**
2 hours

48. **During your off-season, how many hours per week are you required to work out?**
10?

49. **During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions?** 0

50. **I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general.** ☐ Yes ☒ No If no, please explain:

[redacted]

Student-Athlete Exit Interview

Date April 25th, 2019 Name (optional)_____ Sport Track / cross country

1. **Which best describes your future plans? (check appropriate box)**

   ☐ I have been accepted to a graduate program.
   ☐ I have applied to Graduate schools but have not been accepted yet.
   ☑ I have secured a job.
   ☐ I am still looking for a job.
   ☐ I have no idea.
   ☐ I have one more year of school left.
   ☐ Other. Please specify: _____

2. **Please indicate the relative importance each of the following factors had in your decision to attend UCA.**

	Very Important	Important	Not a factor
1. Overall academic reputation of the University	✓		
2. Specific academic program	✓		
3. The athletic program	✓		
4. The head coach or coaching staff	✓		
5. Financial aid			✓
6. Other athletes attending UCA		✓	
7. Location of UCA		✓	
8. Influence of parents		✓	
9. Southland Conference		✓	
10. Academic support services for student-athletes		✓	
11. Other:			

3. **Would you encourage other student-athletes to attend this institution?**

   ☐ Yes ☑ No If no, please explain The program was disorganized + provided lots of stress that was not necessary. The standard is too low for a D1 school.

4. **Please rate your experience at UCA. (Circle one for each category) (1-below average, 2-average, 3-good, 4-very good, 5-excellent)**

Athletics (overall)	1	(2)	3	4	5
Academics	1	2	3	(4)	5

5. **If you were being recruited today would you choose to attend UCA again?**

☐ Yes ☑ No If no, for what reasons? [redacted]

6. **How did your participation in athletics affect your Academic Performance?**

☐ It helped because I had to manage my time more effectively.
☐ It hurt because I did not have enough time to commit to academics.
☑ It did not affect my academic performance very much.
☐ Other effects. Please explain _____

7. **When did you begin to feel confident you could manage both the academic and athletic demands at UCA.**

☐ Immediately ☑ One term ☐ Sophomore ☐ Junior ☐ Senior ☐ Never

Comments:

8. **How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.**

☐ Very effective and very complete for both
☐ Effective for athletic but not for academic
☑ Effective for academic but not for athletic
☐ Not effective for either

9. **Did your coaches sincerely emphasize graduation from UCA as a top priority?**

☐ Yes, from the start, they always emphasized academics over athletics.
☐ Yes and no, in the sense they emphasized academics and athletics equally.
☐ No, from the start, they emphasized athletics over academics.
☑ No, but they emphasized an academic degree could always be earned after my athletic career was over.
☐ No, they hardly ever discussed academics

10. **How important to you is graduating from college?**

☑ Very important ☐ Somewhat ☐ Not sure ☐ Not very ☐ Not at all

11. **Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success?** ☑ Yes ☐ No

12. **Did the coaches ever steer you toward a less challenging major in order to keep you eligible?** ☐ Yes ☑ No

13. **Please rate the Coaching staff in your sport**
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)
Enthusiasm and the ability to motivate you and your teammates:

[redacted]

[redacted]

Willingness to assist with academic concerns (not necessarily related to eligibility matters)

[redacted]

Ability to communicate with you and your teammates

[redacted]

Ability to organize and prepare for practice

[redacted]

Fairness in evaluating players and providing useful feedback regarding athletic performance

[redacted]

Ethics

[redacted]

[redacted]

14. **Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA?** ☐ Yes ☑ No
Comments:

15. **Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA?** ☐ Yes ☑ No
Comments:

16. **Rate the services you received from the following:**
(1 represents no support and 5 represents total support)

Athletic Training	1	2	3	4	5	N/A
Academic Advising	1	2	3	4	5	N/A
Housing	1	2	3	4	5	N/A
Career Services	1	2	3	4	5	N/A
Aramark	1	2	3	4	5	N/A
Financial Aid	1	2	3	4	5	N/A
Promotion/Marketing	1	2	3	4	5	N/A
Sports Information	1	2	3	4	5	N/A
NCAA Compliance	1	2	3	4	5	N/A
Counseling Center	1	2	3	4	5	N/A

17. **If you could change one thing about your specific sports program at UCA what would it be?**
The standard needs to be higher, [redacted]

18. **Who was your primary contact when you had questions about NCAA regulations?**
Andrew Faulkner

[redacted]

[redacted]

[redacted]

[redacted]

[redacted]

19. **How can the athletic department assist you in your career development?**
Helped me in looking for jobs in my field/developing a plan

20. **Have you sought assistance from the Career Services Staff?** ☐ Yes ☑ No

21. **Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?**

Ethical Conduct	☑ Yes	☐ No
Amateurism	☐ Yes	☐ No
Academic Standards	☑ Yes	☐ No
Eligibility Standards	☑ Yes	☐ No
Drugs	☑ Yes	☐ No
Recruitment	☐ Yes	☑ No
Complimentary Admissions	☐ Yes	☑ No
Extra Benefits	☐ Yes	☑ No
Boosters	☐ Yes	☑ No
Student-Athlete Host	☐ Yes	☑ No
Employment	☑ Yes	☐ No

22. **Did you receive a copy of the Student-Athlete handbook?** ☑ Yes ☐ No
Was it helpful? ☑ Yes ☐ No

23. **Rate your Life Skills Program experience at UCA (1-5 with 5 being the highest)**
3
What are your suggestions to improve the CHAMPS/Life Skills Program?
More information

24. **Rate the time demands for your sport.**
☐ 5 – Excellent ☐ 4 – Good ☐ 3 – Satisfactory ☒ 2 – Poor ☐ 1 – Unsatisfactory

25. **Rate team travel arrangements for minimizing missed class time.**
☐ 5 – Excellent ☐ 4 – Good ☒ 3 – Satisfactory ☐ 2 – Poor ☐ 1 – Unsatisfactory

26. **How well did practice times accommodate class scheduling?**
☐ 5 – Excellent ☒ 4 – Good ☐ 3 – Satisfactory ☐ 2 – Poor ☐ 1 – Unsatisfactory

27. **What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel?**
☐ 5 – Excellent ☒ 4 – Good ☐ 3 – Satisfactory ☐ 2 – Poor ☐ 1 – Unsatisfactory

28. **Were you ever required to miss class due to practice?** ☐ Yes ☒ No

29. **Were you required to miss a mid-term or final exam due to practice?** ☐ Yes ☒ No

30. **Were practice times usually scheduled in a manner to allow you access to campus food services?** ☒ Yes ☐ No ☐

31. **Do you think the Athletic Administration supported and valued your sport?**
☐ Yes ☒ No

32. **If you had a need to contact an administrator was one available to you?**
☒ Yes ☐ No

33. **Was your team assigned an Athletic Trainer?** ☑ Yes ☐ No

34. **In general, how do you feel the Athletic Trainers treated your injuries.** (Rate on a scale of 1-5 with 5 being the highest). 2

35. **Rate the Sports Medicine services.** (Rate on a scale of 1-5 with 5 being the highest). 2

36. **How would you improve the Sports Medicine services?**
The athletic trainers act like its a burden when we ask for help ([redacted] does not want to do anything)

37. [redacted]

38. **Did you participate in training sessions with the Strength and Conditioning Coach?**
☑ Yes ☐ No

39. **Please rate your overall experience with the Strength and Conditioning Program.** (Rate on a scale of 1-5 with 5 being the highest) 5

40. **I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)?** ☑ Yes ☐ No

41. **I felt I was able to bring issues with my sport to my SAAC representatives?**
☐ Yes ☑ No

42. **During your playing season, how many days per week do you typically have off?** 1

43. **During your playing season, how many hours per day does a typical practice last?** 3

44. **During the playing season, how many hours per week is your team typically required to participate in the following:**
- **Practice:** 21ish
- **Conditioning and/or weight lifting:** 2 hours
- **Watch game film:** None

45. **During your playing season, is your team required to practice more than 20 hours per week?** ☑ Yes ☐ No
If you answered yes, please give a detailed account of those hours: Our practices ranged from 2 hours 30 to over 3 hours doing extra things like drills

46. **During your off-season, how many days per week do you typically have off?** 1

47. **During your off-season, how many hours per day was a typically work out?**
1-2 hour run or workout

48. **During your off-season, how many hours per week are you required to work out?**
Not required but implied 1-2 hours

49. **During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions?** 0 hours

50. **I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general.** ☑ Yes ☐ No If no, please explain:

Student-Athlete Exit Interview

Date 4/25 Name (option _____ Sport Women T+F

1. **Which best describes your future plans? (check appropriate box)**

   ☐ I have been accepted to a graduate program.
   ☐ I have applied to Graduate schools but have not been accepted yet.
   ☒ I have secured a job.
   ☐ I am still looking for a job.
   ☐ I have no idea.
   ☐ I have one more year of school left.
   ☐ Other. Please specify: _____

2. **Please indicate the relative importance each of the following factors had in your decision to attend UCA.**

	Very Important	Important	Not a factor
1. Overall academic reputation of the University	✓		
2. Specific academic program	✓		
3. The athletic program	✓		
4. The head coach or coaching staff	✓		
5. Financial aid	✓		
6. Other athletes attending UCA	✓		
7. Location of UCA	✓		
8. Influence of parents			✓
9. Southland Conference			✓
10. Academic support services for student-athletes			✓
11. Other:			✓

3. **Would you encourage other student-athletes to attend this institution?**

   ☑ Yes ☐ No If no, please explain Beautiful university w/ a lot of opportunities to succeed.

4. **Please rate your experience at UCA. (Circle one for each category) (1-below average, 2-average, 3-good, 4-very good, 5-excellent)**

Athletics (overall)	1	2	(3)	4	5
Academics	1	2	3	(4)	5

5. **If you were being recruited today would you choose to attend UCA again?**

☒ Yes ☐ No If no, for what reasons? _____

_____

6. **How did your participation in athletics affect your Academic Performance?**

☒ It helped because I had to manage my time more effectively.
☐ It hurt because I did not have enough time to commit to academics.
☐ It did not affect my academic performance very much.
☐ Other effects. Please explain _____

7. **When did you begin to feel confident you could manage both the academic and athletic demands at UCA.**

☒ Immediately ☐ One term ☐ Sophomore ☐ Junior ☐ [illegible] ☐ Never

Comments: once realized how to handle college, it became easy & routine

8. **How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.**

☒ Very effective and very complete for both
☐ Effective for athletic but not for academic
☐ Effective for academic but not for athletic
☐ Not effective for either

9. **Did your coaches sincerely emphasize graduation from UCA as a top priority?**

☐ Yes, from the start, they always emphasized academics over athletics.
☒ Yes and no, in the sense they emphasized academics and athletics equally.
☐ No, from the start, they emphasized athletics over academics.
☐ No, but they emphasized an academic degree could always be earned after my athletic career was over.
☐ No, they hardly ever discussed academics

10. **How important to you is graduating from college?**

☒ Very important ☐ Somewhat ☐ Not sure ☐ Not very ☐ Not at all

11. **Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success?** ☒ Yes ☐ No

12. **Did the coaches ever steer you toward a less challenging major in order to keep you eligible?** ☐ Yes ☒ No

[redacted]

13. **Please rate the Coaching staff in your sport**
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)
Enthusiasm and the ability to motivate you and your teammates:

[redacted]

Willingness to assist with academic concerns (not necessarily related to eligibility matters)

[redacted]

Ability to communicate with you and your teammates

[redacted]

Ability to organize and prepare for practice

[redacted]

Fairness in evaluating players and providing useful feedback regarding athletic performance

[redacted]

Ethics

[redacted]

Technical knowledge of game

[redacted]

14. **Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA?** ☐ Yes ☑ No
Comments:

15. **Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA?** ☐ Yes ☑ No
Comments:

16. **Rate the services you received from the following:**
(1 represents no support and 5 represents total support)

Athletic Training	1	2	3	4	5	N/A
Academic Advising	1	2	3	4	5	N/A
Housing	1	2	3	4	5	N/A
Career Services	1	2	3	4	5	N/A
Aramark	1	2	3	4	5	N/A
Financial Aid	1	2	3	4	5	N/A
Promotion/Marketing	1	2	3	4	5	N/A
Sports Information	1	2	3	4	5	N/A
NCAA Compliance	1	2	3	4	5	N/A
Counseling Center	1	2	3	4	5	N/A

17. **If you could change one thing about your specific sports program at UCA what would it be?**

Organization. They need someone solely in charge of planning & coordinating.

18. **Who was your primary contact when you had questions about NCAA regulations?**

N/a

[redacted]

19. **How can the athletic department assist you in your career development?**

I liked the idea of job fairs.

20. **Have you sought assistance from the Career Services Staff?** ☑ Yes ☐ No

21. **Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?**

Ethical Conduct	☑ Yes	☐ No
Amateurism	☑ Yes	☐ No
Academic Standards	☑ Yes	☐ No
Eligibility Standards	☑ Yes	☐ No
Drugs	☑ Yes	☐ No
Recruitment	☑ Yes	☐ No
Complimentary Admissions	☑ Yes	☐ No
Extra Benefits	☑ Yes	☐ No
Boosters	☑ Yes	☐ No
Student-Athlete Host	☑ Yes	☐ No
Employment	☑ Yes	☐ No

22. **Did you receive a copy of the Student-Athlete handbook?** ☑ Yes ☐ No
Was it helpful? ☑ Yes ☐ No

23. **Rate your Life Skills Program experience at UCA (1-5 with 5 being the highest)**
5

What are your suggestions to improve the CHAMPS/Life Skills Program?

24. **Rate the time demands for your sport.**
☑ 5 – Excellent ☐ 4 – Good ☐ 3 – Satisfactory ☐ 2 – Poor ☐ 1 – Unsatisfactory

25. **Rate team travel arrangements for minimizing missed class time.**
☑ 5 – Excellent ☐ 4 – Good ☐ 3 – Satisfactory ☐ 2 – Poor ☐ 1 – Unsatisfactory

26. **How well did practice times accommodate class scheduling?**
☑ 5 – Excellent ☐ 4 – Good ☐ 3 – Satisfactory ☐ 2 – Poor ☐ 1 – Unsatisfactory

27. **What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel?**
☐ 5 – Excellent ☑ 4 – Good ☐ 3 – Satisfactory ☐ 2 – Poor ☐ 1 – Unsatisfactory

28. **Were you ever required to miss class due to practice?** ☑ Yes ☐ No

29. **Were you required to miss a mid-term or final exam due to practice?** ☑ Yes ☐ No

30. **Were practice times usually scheduled in a manner to allow you access to campus food services?** ☐ Yes ☐ No ☑

31. **Do you think the Athletic Administration supported and valued your sport?**
☐ Yes ☑ No

32. **If you had a need to contact an administrator was one available to you?**
☑ Yes ☐ No

33. **Was your team assigned an Athletic Trainer?** ☑ Yes ☐ No

34. **In general, how do you feel the Athletic Trainers treated your injuries.** (Rate on a scale of 1-5 with 5 being the highest). 3

35. **Rate the Sports Medicine services.** (Rate on a scale of 1-5 with 5 being the highest).
3

36. **How would you improve the Sports Medicine services?**
Our trainer would actually roll her eyes & groan when asked to roll out, massage, etc. It made you feel like a nuisance

37. [redacted]

38. **Did you participate in training sessions with the Strength and Conditioning Coach?**
☑ Yes ☐ No

39. **Please rate your overall experience with the Strength and Conditioning Program.** (Rate on a scale of 1-5 with 5 being the highest) 5

40. **I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)?** ☑ Yes ☐ No

41. **I felt I was able to bring issues with my sport to my SAAC representatives?**
☑ Yes ☐ No

42. **During your playing season, how many days per week do you typically have off?**
2

43. **During your playing season, how many hours per day does a typical practice last?**
2 + weights

44. **During the playing season, how many hours per week is your team typically required to participate in the following:**
- **Practice:** Depends on the event group.
- **Conditioning and/or weight lifting:** 2 hours
- **Watch game film:** 0 hrs

45. **During your playing season, is your team required to practice more than 20 hours per week?** ☐ Yes ☑ No
If you answered yes, please give a detailed account of those hours:_____

46. **During your off-season, how many days per week do you typically have off?**
2 some years (15-16)
1 some years (17-18)

47. **During your off-season, how many hours per day was a typically work out?**
2 hours

48. **During your off-season, how many hours per week are you required to work out?**
10-12 hours

49. **During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions?** 2

50. **I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general.** ☑ Yes ☐ No If no, please explain:

Student-Athlete Exit Interview

Date 24/4/19 Name (optional) [redacted] Sport GOLF

1. **Which best describes your future plans? (check appropriate box)**

[redacted]

2. **Please indicate the relative importance each of the following factors had in your decision to attend UCA.**

	Very Important	Important	Not a factor
1. Overall academic reputation of the University		✓	
2. Specific academic program			✓
3. The athletic program	✓		
4. The head coach or coaching staff			✓
5. Financial aid	✓		
6. Other athletes attending UCA			X
7. Location of UCA			X
8. Influence of parents	✓		
9. Southland Conference			X
10. Academic support services for student-athletes	✓		
11. Other:			

3. **Would you encourage other student-athletes to attend this institution?**

☐ Yes ☑ No If no, please explain IF PLAYING GOLF, I WOULD NOT RECOMMEND

4. **Please rate your experience at UCA. (Circle one for each category) (1-below average, 2-average, 3-good, 4-very good, 5-excellent)**

Athletics (overall)	(1)	2	3	4	5
Academics	1	2	3	4	(5)

5. **If you were being recruited today would you choose to attend UCA again?**

☐ Yes ☑ No If no, for what reasons? Golf program

6. **How did your participation in athletics affect your Academic Performance?**

☐ It helped because I had to manage my time more effectively.
☑ It hurt because I did not have enough time to commit to academics.
☐ It did not affect my academic performance very much.
☐ Other effects. Please explain _____

7. **When did you begin to feel confident you could manage both the academic and athletic demands at UCA.**

☐ Immediately ☐ One term ☐ Sophomore ☑ Junior ☐ Senior ☐ Never

Comments:

8. **How effective and complete of an orientation program did you receive, involving both athletics and academics, when you first arrived at UCA.**

☑ Very effective and very complete for both
☐ Effective for athletic but not for academic
☐ Effective for academic but not for athletic
☐ Not effective for either

9. **Did your coaches sincerely emphasize graduation from UCA as a top priority?**

☐ Yes, from the start, they always emphasized academics over athletics.
☑ Yes and no, in the sense they emphasized academics and athletics equally.
☐ No, from the start, they emphasized athletics over academics.
☐ No, but they emphasized an academic degree could always be earned after my athletic career was over.
☐ No, they hardly ever discussed academics

10. **How important to you is graduating from college?**

☑ Very important ☐ Somewhat ☐ Not sure ☐ Not very ☐ Not at all

11. **Has your College Academic Advisor provided timely/knowledgeable guidance which promoted your academic success?** ☑ Yes ☐ No

12. **Did the coaches ever steer you toward a less challenging major in order to keep you eligible?** ☐ Yes ☑ No

13. **Please rate the Coaching staff in your sport**
(1-below average, 2-average, 3-good, 4-very good, 5-excellent)
Enthusiasm and the ability to motivate you and your teammates:

[redacted]

Willingness to assist with academic concerns (not necessarily related to eligibility matters)

[redacted]

Ability to communicate with you and your teammates

[redacted]

Ability to organize and prepare for practice

[redacted]

Fairness in evaluating players and providing useful feedback regarding athletic performance

[redacted]

Ethics

[redacted]

Technical knowledge of game

[redacted]

14. **Have you personally experienced sexual harassment or have observed sexual harassment of other student-athletes at UCA?** ☐ Yes ☑ No
Comments:

15. **Have you personally experienced gender-based discrimination or have observed gender-based discrimination of other student-athletes at UCA?** ☐ Yes ☑ No
Comments:

16. **Rate the services you received from the following:**
(1 represents no support and 5 represents total support)

Athletic Training	1	2	3	4	5	N/A
Academic Advising	1	2	3	4	5	N/A
Housing	1	2	3	4	5	N/A
Career Services	1	2	3	4	5	N/A
Aramark	1	2	3	4	5	N/A
Financial Aid	1	2	3	4	5	N/A
Promotion/Marketing	1	2	3	4	5	N/A
Sports Information	1	2	3	4	5	N/A
NCAA Compliance	1	2	3	4	5	N/A
Counseling Center	1	2	3	4	5	N/A

17. **If you could change one thing about your specific sports program at UCA what would it be?**

[redacted]

18. **Who was your primary contact when you had questions about NCAA regulations?**

NATALIE SHOCK, DARREN WILSON

[redacted]

[redacted]

19. **How can the athletic department assist you in your career development?**

KNOW THAT I WOULD BE INTERESTED IN BEING PART OF A GOLF TEAM PROGRAM IN THE FUTURE HERE

20. **Have you sought assistance from the Career Services Staff?** ☐ Yes ☑ No

21. **Were you informed of NCAA, Conference, and Institutional Regulations in the following areas?**

Ethical Conduct	☑ Yes	☐ No
Amateurism	☑ Yes	☐ No
Academic Standards	☑ Yes	☐ No
Eligibility Standards	☑ Yes	☐ No
Drugs	☑ Yes	☐ No
Recruitment	☑ Yes	☐ No
Complimentary Admissions	☑ Yes	☐ No
Extra Benefits	☑ Yes	☐ No
Boosters	☑ Yes	☐ No
Student-Athlete Host	☑ Yes	☐ No
Employment	☑ Yes	☐ No

22. **Did you receive a copy of the Student-Athlete handbook?** ☑ Yes ☐ No
Was it helpful? ☑ Yes ☐ No

23. **Rate your Life Skills Program experience at UCA (1-5 with 5 being the highest)**

3

What are your suggestions to improve the CHAMPS/Life Skills Program?

CONTINUE DOING THEM

24. **Rate the time demands for your sport.**
☐ 5 – Excellent ☐ 4 – Good ☑ 3 – Satisfactory ☐ 2 – Poor ☐ 1 – Unsatisfactory

25. **Rate team travel arrangements for minimizing missed class time.**
☐ 5 – Excellent ☐ 4 – Good ☐ 3 – Satisfactory ☐ 2 – Poor ☑ 1 – Unsatisfactory

26. **How well did practice times accommodate class scheduling?**
☐ 5 – Excellent ☐ 4 – Good ☑ 3 – Satisfactory ☐ 2 – Poor ☐ 1 – Unsatisfactory

27. **What type of cooperation did you receive from faculty in making up tests and assignments missed due to team travel?**
☐ 5 – Excellent ☐ 4 – Good ☑ 3 – Satisfactory ☐ 2 – Poor ☐ 1 – Unsatisfactory

28. **Were you ever required to miss class due to practice?** ☑ Yes ☐ No

29. **Were you required to miss a mid-term or final exam due to practice?** ☐ Yes ☑ No

30. **Were practice times usually scheduled in a manner to allow you access to campus food services?** ☐ Yes ☑ No ☐

31. **Do you think the Athletic Administration supported and valued your sport?**
☑ Yes ☐ No

32. **If you had a need to contact an administrator was one available to you?**
☑ Yes ☐ No

33. **Was your team assigned an Athletic Trainer?** ☑ Yes ☐ No

34. **In general, how do you feel the Athletic Trainers treated your injuries.** (Rate on a scale of 1-5 with 5 being the highest). 5

35. **Rate the Sports Medicine services.** (Rate on a scale of 1-5 with 5 being the highest). 5

36. **How would you improve the Sports Medicine services?**

KEEP IT AS IS

37. [redacted]

38. **Did you participate in training sessions with the Strength and Conditioning Coach?** ☑ Yes ☐ No

39. **Please rate your overall experience with the Strength and Conditioning Program.** (Rate on a scale of 1-5 with 5 being the highest) 5

40. **I am aware of who my sports representatives are on the Student Athlete Advisory Committee (SAAC)?** ☑ Yes ☐ No

41. **I felt I was able to bring issues with my sport to my SAAC representatives?** ☑ Yes ☐ No

42. **During your playing season, how many days per week do you typically have off?** 1-2

43. **During your playing season, how many hours per day does a typical practice last?** 2-6 HRS

44. **During the playing season, how many hours per week is your team typically required to participate in the following:**
    - **Practice:** 15-18
    - **Conditioning and/or weight lifting:** 3
    - **Watch game film:** 0

45. **During your playing season, is your team required to practice more than 20 hours per week?** ☐ Yes ☑ No
    If you answered yes, please give a detailed account of those hours:_____

46. **During your off-season, how many days per week do you typically have off?** 2-3

47. **During your off-season, how many hours per day was a typically work out?**
0

48. **During your off-season, how many hours per week are you required to work out?**
3

49. **During your off-season, how many hours per week are you required to attend individual skill-related instruction sessions?** 0

50. **I feel this exit interview process is beneficial to me as a student-athlete and to the Athletic program in general.** ☑ Yes ☐ No If no, please explain: