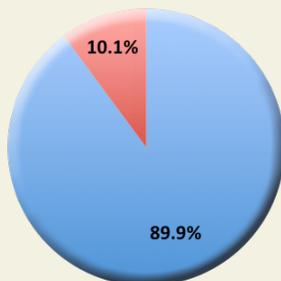
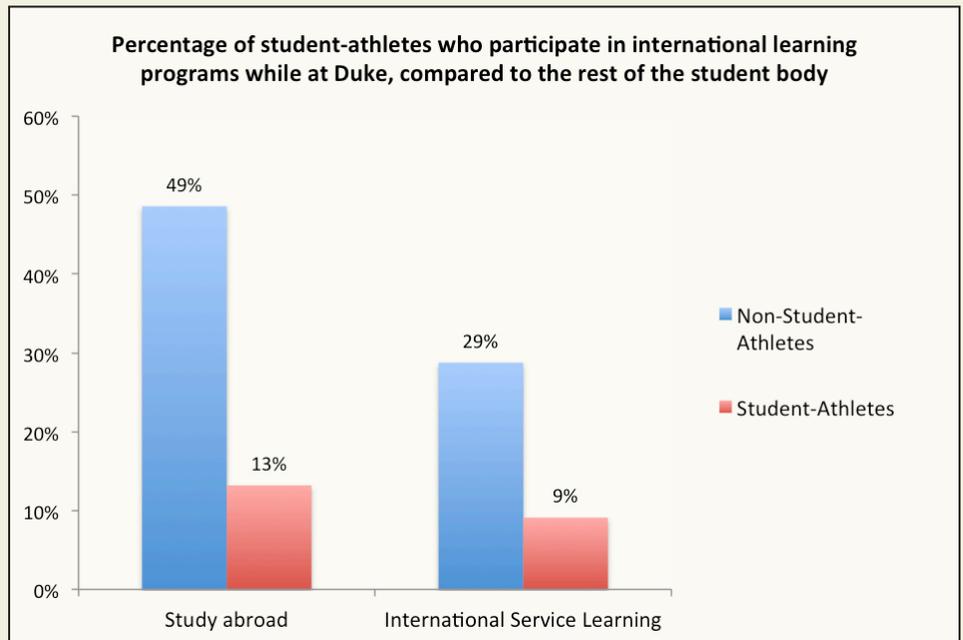


Coach for College

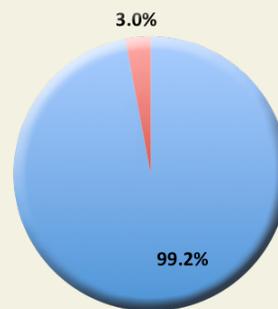
A Global Initiative to Promote Higher Education Through Sports

KEY PROBLEMS FACING STUDENT-ATHLETES

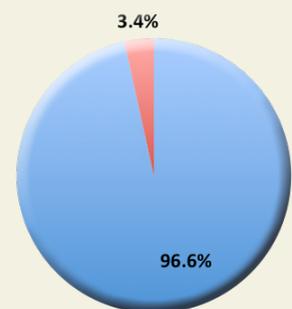
The increasing pressure on college athletes to perform at the highest levels has led to college experiences that are dominated by the practice and play of sports. The singular nature of the college athletic experience usually prevents extensive public service and travel abroad and risks leaving student-athletes without the skills they need to be effective citizens and employees in today's increasingly globalized world. There is also a great need to help student-athletes transition to a fulfilling career and avoid the sense of identity loss that often comes when highly competitive athletes give up their athletic careers at the end of college.



Duke University Student Body



Study Abroad



International Service Learning



SUMMARY OF PROGRAM BENEFITS TO STUDENT-ATHLETES

Coach for College (CFC) was started by Duke student-athlete Parker Goyer in 2008 to address these problems. CFC gives student-athletes a new start to the rest of their lives: they learn to build bridges with former opponents or stereotyped groups, they become aware of the challenges the poor face to obtain even the basic necessities of life, they become more grateful for the opportunities and resources that have fueled success in their own lives. Above all, they see that the skills and lessons they have learned from sports have left them with many ways to make a difference in the world, a realization that propels them to increased community service and dedicated careers as public servants whose work contributes to the betterment of their own and other societies.

STUDENT-ATHLETE PARTICIPANTS AT A GLANCE

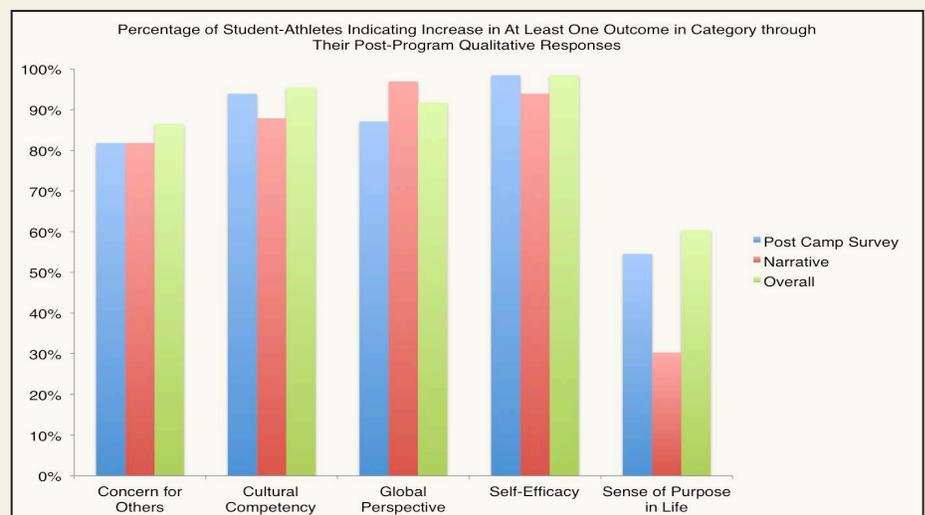
Thus far, Coach for College has served student-athletes from the 43 universities, representing all years in college (freshman – senior) and 26 different varsity sports. 512 student-athletes from 8 conferences have participated in 69 three-week camps over eleven summer programs held in rural Vietnam from 2008 to 2018. We are currently seeking to offer the opportunity to participants from other universities and conferences.

Baseball	2	Gymnastics	6	Softball	16
Basketball	15	Ice Hockey	4	Squash	2
Cheerleading	2	Lacrosse	27	Swimming	62
Cross Country	31	Nordic Skiing	2	Tennis	25
Diving	21	Rowing	71	Track & Field	95
Fencing	25	Rugby	3	Volleyball	28
Field Hockey	22	Sailing	6	Water Polo	2
Football	17	Sand Volleyball	3	Wrestling	9
Golf	5	Soccer	45		



KEY RESULTS

The five major outcome categories we have for American student-athlete participants are Increased Concern for Others, Increased Cultural Competency, Development of a Global Perspective, Increased Self-Efficacy, and Increased Sense of Purpose in Life.



Below are examples of changes observed in student-athlete participants.

STRONGER RELATIONSHIPS WITH MEMBERS OF OUTGROUPS

Because the Americans were thrown so far out of our comfort zones, we developed a deep bond that has not left, even though our program ended over two years ago. In the 28 months since the program has ended, I have seen each of the American members of my group. I have been to Virginia Tech for a soccer game, Duke for a field hockey game and UNC for tennis matches and fencing meets. One year after the program, six of us got together for a reunion weekend in Chicago to visit our American Director, who was attending grad school there at the time.

Alex Kenley, UNC Diving

UNIVERSITY	PARTICIPANTS	UNIVERSITY	PARTICIPANTS	UNIVERSITY	PARTICIPANTS
Duke	72	Clemson	3	Harvard	45
UNC	67	Notre Dame	1	Princeton	37
Boston College	31	Indiana	12	Dartmouth	3
UVA	30	Ohio State	12	Brown	1
Virginia Tech	26	Northwestern	11	Columbia	1
Miami	19	Iowa	9	Cornell	1
Pittsburgh	15	Minnesota	7	South Carolina	9
Louisville	15	Wisconsin	5	Missouri	8
Florida State	12	Maryland	5	Florida	1
Wake Forest	6	Stanford	15	Mt. Holyoke	6
NC State	4	Southern Cal	2	Rhode Island	5
Syracuse	4	Utah	1	UNC G	2
Georgia Tech	3	Cal	1	Will & Mary	1



GRATITUDE, DECREASED MATERIALISM, AND GREATER SENSE OF LIFE PRIORITIES

Sometimes I find myself becoming caught up in this comfortable lifestyle and stressing or worrying about small problems that seem “insurmountable” at the time. It’s situations like these where I catch myself and remember my experience in Vietnam. Many of the [kids] didn’t even own a pair of shoes and most lived in small huts with only two rooms. Simple things we take for granted such as clean water, refrigeration and air conditioning were nowhere to be found, and yet, these kids smile as if they’ve won the lottery. What’s their secret? Less is more. I find in our society today, the focus is solely on what you don’t have but need or what you must have to be happy. Call it consumerism or effective advertising, but our society’s mindset is that we can never have enough. Well, in Vietnam, these kids have nothing (by our standards) yet they’re supremely happy. They have found what it means to be truly happy and that is a lesson I will never forget. This trip, in a nutshell, changed my frame of mind from thinking about what I DIDN’T have in my life to truly appreciating what I DID have. I’m truly blessed in so many ways and the Coach for College experience taught me how to appreciate those blessings and gave me the drive to use what I do have to benefit others.

Katie Keel, UNC Swimming

INCREASED CONCERN FOR OTHERS

Before I visited Vietnam for the first time as part of the Coach for College program I hadn’t participated in many service-related activities. During the subsequent school year [after participating in Coach for College], I started planning a trip for after graduation. I also learned about the American Director position for CFC. Although I wanted to start my job soon after graduating/traveling, I felt that I needed to be involved in CFC once again. I enjoyed traveling a lot the previous summer and seeing my friends. However, I realized I also wanted to help the children again if at all possible. This is a very interesting change in behavior for me. Two years before this, I would not have even considered the thought of volunteering multiple times in Vietnam to help kids. I think I would have literally laughed if someone had told me that I was going to happily visit Vietnam several times, live in a research center with limited facilities, and wake up early every day to teach kids.

David Eitel, Duke Fencing



INCREASED SELF-EFFICACY TOWARDS SERVICE

Athletically, I felt like I really taught the kids the rules of volleyball in such a way that they can now play it so much better. I also felt incredibly proud when I could take a child from practically missing the ball every try to finally getting a serve over the net. Personally, I remember the day we were talking with the kids about setting goals and my entire class said they wanted to be ___ (whatever their dream was) and then finished the sentence with “but my family can’t afford it” and we sat and talked for a while to let that be less of a hurdle. But one girl said she wanted to be a doctor and started crying...when I went to sit with her she told me she wanted to be a doctor because her mother was sick and she wanted to help. It broke my heart but then we got

to talk[ing] about our families and how we were all going to be alright no matter what happened. As a cancer survivor myself, I really felt like I was in the right moment to guide her through wanting to talk about a very serious sickness.

Madison Vain, Wake Forest Volleyball



REFINEMENT OF CAREER PLANS

I know I can't be any help to CFC in my present location and work but I can say a big part of where I am now is because of CFC. [As part of Peace Corps] I live in a small village of 500 people close to Sierra Leone and work at a government high school. Living and working in the rural area presents enormous challenges. Honestly, where we were in Vietnam is significantly more developed than most of Liberia. My experience in Vietnam served as a stepping stone to the challenges that I face here working in rural Liberia. CFC showed me I could have a positive impact on people in different cultures and cross boundaries I never knew were there. Even though the experience of CFC is only a short four weeks I believe it will live with everyone who participates in it for the rest of their lives; coaches, students, and directors.

Andy Brake, UNC Swimming



Our eventual goal is to expand the program to universities across the nation and to sites in several developing countries throughout the world.