



# THE BARTON PLAYBOOK

IMPROVING THE COLLEGE  
EXPERIENCE FOR  
STUDENT ATHLETES

FALL 2018

**Purpose:** To assist with the integration of student-athletes to the college experience at Barton Community College, promote their well-being through healthy living strategies in and out of the classroom, and develop leadership skills that can be shared beyond their team.

Modelled after the NCAA's myPlaybook, The Barton Playbook is a seven-week curriculum that will focus on three teams in its inaugural year: Men's Soccer, Women's Volleyball, and Men's Basketball. The teams will meet one evening a week for an hour and a half, learning through a combination of mini-lectures, activities, guest speakers, and group discussions.

**Program Goals:** The Barton Playbook will strive to meet the needs of individual participants with the following goals in mind:

- To develop engagement in the student athlete's individual academic progress and success
- To increase awareness of campus policies and procedures, thus reducing disciplinary infractions
- To increase access to and use of campus resources
- To improve individual and team GPAs
- To increase involvement in campus community and activities

**Data Collection:** In order to evaluate program success and suggest future improvements, the following data collection is planned:

- Pre and Post program surveys evaluating participant knowledge of policies and resources
- Collection of resource usage from various campus entities, based on student ID #s used at sign-in.
- Grade reports and retention rates for participants
- Maxient Student Code of Conduct violations report for participants
- Academic Integrity violations report for participants
- Anecdotal reports from participants regarding participation, engagement, and well-being

**Schedule for Fall 2018:** Based on availability of speakers, the following schedule is proposed for topics and team meetings.

<u>Date</u>	<u>Topic of Discussion</u>	<u>Guest Speakers/Presenters</u>
August 21	Introduction, Getting to know you and Barton Community College	Stephanie Joiner, Athletic Mentor
August 28	College Culture and Policies	Stephanie Joiner, Athletic Mentor
September 4	Leadership Skills	Michael Vick Lieutenant Colonel, US Army
September 11	Drugs and Alcohol & Banned Substances	Kathy Brock, Student Health Services; Ken Henderson, Athletic Trainer
September 18	Sexual Health & Title IX	Kathy Brock, Student Health Services & Cheryl Brown, Title IX Coordinator
September 25	Mental Health & Mindfulness	TBA
October 2	Sleep, Wellness, and Nutrition	Emily Cowles, Dietary Manager Program, & Kylie Martin BCC adjunct faculty and KSU Sports Dietician

**Tentative Daily Meeting Schedule:**

7:00 – 7:10 pm: Meet and Mingle  
 7:10 – 7:25 pm: Open forum – Q&A  
 7:25 – 8:20 pm: Topic Presentation (includes time for activity and/or group discussions)  
 8:20 – 8:30 pm: Final questions and plans for the next week

**Contact Information:** For questions or assistance in locating any college resource

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