



OAKLAND UNIVERSITY **GOLDEN GRIZZLIES**

CHAMPIONS CLUB



GOLDEN GRIZZLIES CHAMPIONS CLUB

Oakland University Athletics is proud of its commitment to the student-athlete experience and the winning culture created when a student-athlete's academic, athletic and personal success are top priorities. This commitment to student-athletes does not start or end at the playing field, court, track or pool. It begins with a dynamic recruitment process and lasts throughout the student-athlete's entire educational and athletic career.

This holistic, student-athlete-focused approach leads to academic, athletic and personal success that impacts student-athletes not only while they attend Oakland University, but also in the decades that follow. It is more imperative than ever that we meet the needs of student-athletes so they can thrive in the classroom and in competition.

Student-athletes need nutrition resources and support services. They need quality equipment and modern facilities to train and compete. They need scholarship support and educational opportunities that help them develop, both inside and outside of the classroom. A student-athlete-centered approach leads to winning at competitions and in the classroom. It creates champions.

I invite you to be a champion for our student-athletes.

Please consider a gift to the Champions Club Fund. As a member of the Golden Grizzlies Champions Club, you will make a direct and lasting difference in the lives of our student-athletes and Oakland University Athletics.


Steven C. Waterfield
Director of Athletics

SUCCESSFUL RECRUITING

As a Division I program, Oakland University Athletics competes with universities throughout Michigan and across the nation to recruit the most talented prospective student-athletes.

To stand apart as the University of Choice for student-athletes, Oakland University Athletics must offer an unparalleled experience that includes the highest level of excellence in scholarship, programs, facilities and support services.

Members of the Golden Grizzlies Champions Club directly impact the ability of Oakland University Athletics to recruit exceptional student-athletes and prepare them to become champions in the classroom, in the community and in competition.

Every dollar contributed to this fund is an investment in the winning future of Oakland University Athletics and our student-athletes.

STUDENT SUPPORT

The Golden Grizzlies Champions Club's very important mission is to support more than 300 student-athletes who proudly represent Oakland University in academic, athletic and community endeavors.

Members generously invest in the success of our student-athletes by funding key programs and resources specifically designed to improve performance, health and well-being.

Nutrition

Proper nutrition is at the heart of our student-athletes' ability to train effectively and excel in the classroom. Developing an ideal plan for nutrition includes identifying the quantity, quality and proper timing of food and fluids needed to support regular training and peak performance. A robust nutrition program will ensure all student-athletes have regular access to the food choices and support required for optimal performance and overall well-being.

Training

Student-athletes who train properly are prepared to win and compete for championships. Year-round access to training opportunities, modern facilities and equipment are critical components of effective training programs and will prepare student-athletes to improve and hone their skills.

Facilities

State of the art, clean, welcoming spaces where student-athletes can train, study and support each other are key to recruiting talented prospects to Oakland University and providing student-athletes resources for success. It is a priority to ensure student-athletes have access to improved training facilities – the latest and most advanced equipment, weight rooms and expanded locker rooms that provide space for each student-athlete and team to come together, form lifelong friendships and strategize for competitions.

Experiential Learning

A student-athlete's development takes place inside and outside of the classroom. The Learn.Serve.Lead student-athlete development program takes students through a four-year program that includes career readiness, networking and professional development initiatives that focus on mental health and well-being along with diversity and inclusion.

Summer Scholarships

Many student-athletes are looking for a year-round academic experience and rely on the support of scholarships to help fund tuition needs during the summer. The ability to attend classes all year is, in fact, an important factor for many student-athletes when choosing a university, and a key component of an athletics department's recruitment program. The ability to offer summer scholarships will ensure that student-athletes who want to continue their studies during the summer have the opportunity and resources to do so.

All gifts made to the Champions Club Fund support these critical needs and more, ensuring the holistic development and lifelong success of our student-athletes.



FUELING CHAMPIONS

THE IMPORTANCE OF NUTRITION

“For me, becoming a champion is not just about winning. It’s choosing a lifestyle that helps me achieve my best in all aspects of life.”

— Rudy Aguilar
English major
Men’s Swimming and Diving

Optimal performance for student-athletes begins well before they enter the playing field, court, track or pool. It begins with proper nutrition.

Nobody understands the value of student-athlete nutrition better than Carrie Aprik who has served as Oakland University’s sports dietician since 2011.

Since joining Oakland University Athletics, Aprik has worked with the sports medicine team to incorporate group and individual nutrition education, body composition testing, hydration testing and collaboration with the exercise physiology department into the overall well-being and care of student-athletes.

She was instrumental in the creation of a student-athlete fueling station which opened in the summer of 2019. This station was created to address a major problem faced by many student-athletes — a lack of key nutrients and vitamins immediately before and after practice, training and competitions.

Student-athletes expend energy at a higher rate than the average person. Often, they go straight from training to class, and from class to training. Ensuring these students have regular access to nutritious food and drinks is key to performance and learning.

“Operating in a calorie or nutritional deficit will limit performance and prevent our students from reaching optimal performance, in sports and in the classroom,” says Aprik. “Students need proper nutrition to perform at their best in both environments.”

The fueling station is an important resource that was used by more than 90 percent of student-athletes across all sports during its first year. Expanding this resource to include refrigerated and allergy-friendly food options will better meet the needs of all student athletes.

Rudy Aguilar, an undergraduate English major and member of the men’s swimming and diving team, has been directly impacted by the nutrition programming he has received through Oakland University Athletics.

“Carrie helped me understand the importance of nutrition,” says Aguilar. “We worked together to create a customized plan that works best for me. The fueling station and other nutritional support is helping me be a better athlete and have more focus and energy in class.”

While Aprik and her colleagues in sports medicine help student-athletes achieve better nutrition during their time at Oakland University, the impact of this work will benefit student-athletes for the rest of their lives.

“It begins with education,” says Aprik. “Many of our student-athletes come to us with little or no health education. We take them grocery shopping and teach them how to cook nutritious meals. We make sure they have the knowledge and tools needed to get the most out of their athletic career, prevent injuries and live healthier lives after college.”

Aguilar is grateful for the foundation of healthy habits he is building as an OU student-athlete. “While my focus right now is on performance, I know that I will use these tools to maintain a healthy lifestyle long after graduation.”



Learn how you can partner with Oakland University Athletics to support student-athletes

Ben Fielder

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