

# 2008-09 LHU CHAMPS Challenge FINAL STANDINGS

1. Women's Cross Country/  
Track & Field .....5075
2. Men's Cross Country/  
Track & Field .....4500
3. Women's Basketball.....3405
4. Women's Soccer .....3331
5. Softball .....3015
6. Lacrosse .....2400
7. Field Hockey .....2350
8. Men's Soccer .....2000
9. Wrestling .....1650
10. Baseball .....1475
11. Swimming .....1450
12. Volleyball .....1375
13. Football.....1350
14. Men's Basketball.....850



**WOMEN'S CROSS COUNTRY/  
TRACK & FIELD**  
*2008-09 CHAMPS Challenge Champion*

### Past Champions

- 2008-09 ....Women's Cross Country/Track & Field
- 2007-08 .....Women's Basketball
- 2006-07 .....Softball
- 2005-06 .....Men's Cross Country/Track & Field
- 2004-05 .....Track & Field

**Lock Haven University**  
DEPT. OF ATHLETICS

# CHAMPS Challenge



**Challenging Athletes  
Minds for  
Personal Success**



# HOW To Earn Points

## INDIVIDUALS

### Personal Development - 50 points

Can include attending or presenting lectures/presentations on a variety of topics related to personal development including, but not limited to: nutrition, self-esteem, stress management, alcohol choices, media relations and fiscal responsibility. Check the Eagle Eye for upcoming events.

### Professional Development - 50 points

Check with the LHU Career Services website - <http://www.lhup.edu/career> - for any upcoming events, including workshops on resume building, career conferences or attending career fairs.

### Community Service Commitment - 50 points

This includes mentoring or peer education in anything that reaches out to others in the University, local or global community. Visit the MountainServe office (103 Raub Hall) or call ext. 2498 to explore available service opportunities.

## TEAMS

*\*\*Your team will be awarded points based on the percentage of student-athletes participating in each program/event. Teams with 30 or more student-athletes who meet at least a 60% participation rate will be awarded the total points amount. Teams with 29 or fewer student-athletes who meet a 70% participation rate will be awarded the total possible points.*

*CHAMPS/Life Skills mandatory presentations/speakers do NOT count towards your team's score.\*\**

### Academic Commitment / Team GPA

*(following spring semester)*

- First-place team (300 pts)
- Second-place team (200 pts)
- Third-place team (150 pts)
- Any remaining team over 3.00 GPA (100 pts)

### SAAC Involvement

- Team representative in attendance (100 pts)
- Miss because of contest but gave early notification (50 pts)
- No attendance/no notification (0 pts)

[www.lhup.edu/deptofathletics/champslifeskills.htm](http://www.lhup.edu/deptofathletics/champslifeskills.htm)

## TEAMS *(continued)*

### Personal Development - 100 points possible

Can include attending or presenting lectures/presentations on a variety of topics related to personal development including, but not limited to: nutrition, self-esteem, stress management, alcohol choices, media relations and fiscal responsibility. Check the Eagle Eye for upcoming events.

### Professional Development - 100 points possible

Check with the LHU Career Services website - <http://www.lhup.edu/career> - for any upcoming events, including workshops on resume building, career conferences or attending career fairs.

### Community Service Commitment - 200 points possible

This includes anything that reaches out to others in the University, local or global community. Visit the MountainServe office (103 Raub Hall) or call ext. 2498 to explore available service opportunities.

### Athletes Supporting Athletes - 100 points possible

Show support and pride in all of the athletics' teams at LHU by attending a competition as a team, or come up with a different way to show your support of another Haven team.

### Team Athletic Achievement

- National Championship (300 pts)
- Regional Championship (200 pts)
- Conference Championship (150 pts)
- Regular Season Divisional/Conference Title (75 pts)
- Individual Conference Champion (50 pts)

### The 'Extra Mile' - 50-100 points

This is something done on an individual or team basis that is above and beyond other categories of CHAMPS/Life Skills. It may consist of any activity you have done that you do not believe falls into another category. *\*final amount of points will be awarded by CHAMPS/Life Skills director.*



## WHY To Earn Points



## CHAMPS/Life Skills Commitment Statements

### Commitment to Academic Excellence

To support the academic progress of the student-athlete toward intellectual development and graduation.

### Commitment to Athletic Excellence

To build philosophical foundations for the development of athletic programs that are broad-based, equitable and dedicated to the well-being of the student-athlete.

### Commitment to Personal Development

To support the development of a well-balanced lifestyle for student-athletes, encouraging emotional well-being, personal growth and decision-making skills.

### Commitment to Career Development

To encourage the student-athlete to develop and pursue career and life goals.

### Commitment to Service

To engage the student-athlete in service to his or her campus and surrounding communities.



## Other Rewards...



**Spring Semester Pizza Party:** Midway through the academic year, at the start of the spring semester, the team with the most points will be rewarded with a pizza party.

**Scholarship Boost:** At the close of the spring semester, the first-place finisher in the CHAMPS Challenge will earn that team's scholarship account an additional \$2,000.00!.



**TO GET CREDIT for activities, you must fill out appropriate forms within three weeks of the activity. Forms are available online at:**  
[www.lhup.edu/deptofathletics/champslifeskills.htm](http://www.lhup.edu/deptofathletics/champslifeskills.htm)