



WINS OR LOSSES: A TEAM EFFORT

THAT EFFORT BEGINS IN THE WEIGHT ROOM

STUDENT-ATHLETE

PERFORMANCE CENTER

CASE FOR SUPPORT

Living as a team is part of the philosophy of Shepherd University athletics. The ability to train together as a team is a core of that philosophy. A team that can't train together is missing that essential bonding experience of success, failure, and milestones achieved when athletes train as one unit with one goal in mind.

Shepherd University student-athletes currently train in a facility that was built to house teams with much smaller roster sizes than today, and it can no longer effectively meet the needs of our 346 student-athletes. Therefore, it is essential that we provide a modern and enhanced facility to train the next generation of Ram varsity athletes.

OUR NEEDS

The proposed 10,000-square-foot Student-Athlete Performance Center will be located on West Campus near the soccer field. The facility will include an indoor track for speed conditioning,

three designated areas for plyometric work, and machine and free weights. The new space will allow us to double the number of racks to 12, while consuming one-third the area. Total cost for the project is \$1.4 million, and a variety of naming and recognition opportunities are available for alumni and friends to prepare Shepherd University Athletics for our next great era.

OPPORTUNITIES TO LEAVE YOUR LEGACY

Facility Name	Please consult with Vice President for Athletics Chauncey Winbush for more information.
Athlete Strength and Performance Area	\$100,000
Speed and Agility Area	\$75,000
Speed and Agility Lanes	\$25,000
Office	\$25,000
Locker Area	\$25,000
Weight Racks (12 Opportunities)	\$25,000
Champions Wall	\$10,000-20,000



Architect's conceptual design for the Student-Athlete Performance Center to be built on West Campus.



DISCOVERING THE POTENTIAL

Our current weight room was built more than 25 years ago, and it was originally a locker room. In the current weight room, which has only 3,683 square feet of training space, teams must train in shifts. Many teams use multiple lifting groups to accommodate squad size, which reduces available time for other teams. The new facility will provide a positive and safe training environment, allowing coaches and athletes to work together to develop the athletes' full physical and mental potential. We can improve athletic performance, decrease the likelihood of injuries, and increase mental and physical toughness.



Current weight room, an original locker room.

TRANSFORMING TRAINING EXPERIENCES

Across the Mountain East Conference, Shepherd's facilities are among the best—with the exception of where our student-athletes train. Shepherd University is committed to maintaining and enhancing our standing as one of the finest intercollegiate athletics programs in NCAA DII athletics and should have a training facility to match that reputation. Upon completion, the Student-Athlete Performance Center will send a powerful message—to student-athletes, to prospective student-athletes and their families, to coaches, to the surrounding community, and to alumni—about the commitment of Shepherd University athletics to transforming the overall student-athlete experience.



OUR ACHIEVEMENTS

TRADITION OF SUCCESS

As one of the university's key assets, Shepherd University's athletic program offers 12 varsity sports and membership in the NCAA Division II Mountain East Conference, and our student-athletes, coaches, and teams are often considered among the elite in the East.

Shepherd's history of on-field success is matched by few of our competitors. From the 1955 undefeated football team to the Shepherd Rams baseball program, which won 20 consecutive games in 2014, student-athlete success is a hallmark of our programs. Ram Nation is also proud of alumni such as James L. Taylor '59, our first African-American football player, and Cheryl Roberts '80, a 2015 Athletic Hall of Fame inductee and a pioneer as the first woman to be hired as a full-time assistant for a men's collegiate basketball team.

/2010-17

10 CONFERENCE CHAMPIONSHIP TEAMS

4 COACH OF THE YEAR AWARDS

12 ACADEMIC ALL-AMERICAN DISTINCTIONS

/2016-17

- FOOTBALL FINISHED THE REGULAR SEASON UNDEFEATED FOR THE 5TH TIME IN SCHOOL HISTORY, WINING BACK-TO-BACK NCAA SUPER REGION CHAMPIONSHIPS.
- SOFTBALL, BASEBALL, MEN'S GOLF, AND FOOTBALL HAVE APPEARED IN THE NCAA DII PLAYOFFS.
- ALL 12 TEAMS WERE REPRESENTED BY ALL MOUNTAIN EAST CONFERENCE SELECTIONS.
- ONE-HUNDRED AND TEN STUDENT-ATHLETES ACHIEVED DEAN'S LIST HONORS FOR FALL SEMESTER 2016.
- BASEBALL WON ITS FIRST NCAA TOURNAMENT GAME SINCE 2004.
- SOFTBALL FINISHED THE SEASON RANKED 25TH NATIONALLY.
- BASEBALL AND FOOTBALL TEAMS WON MEC CONFERENCE TITLES.
- OVERALL STUDENT-ATHLETES GPA WAS 3.16.



WAYS TO GIVE

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