

RITA HILLENBRAND STADIUM

Arizona set a softball attendance record in Rita Hillenbrand Stadium last season with a single-game crowd of 3,227 on hand for the Pac-10 title-clinching victory over UCLA May 9. The year before, UA drew a record 49,140 fans for a record average of 1,775.

That fan support underscores the attraction of UA softball and its home field. Five of the top 30 crowds in UA history showed up last year.

Obviously, one reason is the Cats' typical home success – victories. UA has played to a 335-22 record at home. That's 94 victories in every 100 games. In 2002, UCLA snapped a remarkable 70-game home field winning streak.

The other reason is the Cats' ball park itself.

Rita Hillenbrand Memorial Stadium is one of many Arizona athletic facilities supported by the Hillenbrand family. The late William G. Hillenbrand and his wife, Doby (Delores D.), financed the \$1 million stadium and landscaping in memory of their late sister-in-law, Rita. The family later contributed more funds to provide the wrought iron fencing surrounding the park.

The family has provided tremendous support for a number of UA

Arizona In Hillenbrand Stadium

Seasons:	11
Overall:	335-22
Pac-10:	133-14
NCAAs:	31-1
Last Home Win:	10-5, Texas A&M-NCAA, May 18, 2003
Last Home Loss:	7-1 to Washington, May 10, 2003
Last Home Pac-10 Loss:	7-1 to Washington, May 10, 2003
Top Home Winning Streaks:	70 games, May 5, 2000 – April 6, 2002 45 games, 5-3-96 to 3-6-98 29 (1995-96) 28 (1993-94) 26 (1994-95)

athletic programs through gifts to develop and support the UA's aquatic center, the baseball stadium and Arizona's football program. Another focal point in daily Wildcat athletics is the John W. Hillenbrand Meeting Center, named in memory of Bill's late father. That facility gives the athletics department a main auditorium, a half-dozen classrooms and meeting rooms, and office space for the athletics department's Commitment to Athletes' Total Success (CATS) program.

One thing for certain - the Arizona softball team finds its home field a productive venue. The Cats have recorded a 241-17 record in Rita Hillenbrand Memorial Stadium since its inaugural season in 1993.

The NCAA has found the facility to be a quality site for post-season play as well, with The University of Arizona playing host to NCAA Regionals in nine of the stadium's 11 years of existence.

Aside from the .938 home winning percentage, Arizona and visiting teams alike enjoy the facility for for an all-important reason: Hillenbrand Stadium easily boasts one of the best playing surfaces in collegiate softball.

And Arizona fans enjoy Arizona softball no matter which opponent shows up -- 11 different teams have been witness to the 30 largest crowds in Hillenbrand Stadium. It is a facility the Wildcats find likeable -- in 1997 for the first time, UA was undefeated at home with a 30-0 record. In 1998 the Cats took a home winning streak to an NCAA-record 45 games.

Hillenbrand Stadium and its success in helping bring Division I collegiate softball into increased national focuses made it a national model in the early 1990s for dynamic softball programs. As on-campus college softball facilities go, it had elite status for several years until it engendered considerable copying and today major universities around the country are putting their teams in facilities with style and substance.

But Hillenbrand maintains one special feature which makes it second to none — the infield, outfield and foul territories provide one of the best playing surfaces in the country. Tucson's climate and round-the-year maintenance keep the facility in game-ready condition more than 300 days per year.

The University of Arizona softball program moved into the facility for the 1993 season and went out and proved it was equal to the trappings by winning two consecutive NCAA championships and leading the nation in attendance in 1994 and 1995. UA added another back-to-back NCAA title splurge in 1996 and 1997, and a sixth title in 2001. The outfield fence is festooned with those and other championship banners. UA also has won six Pac-10 titles since moving into Hillenbrand Stadium.

Yearly Attendance:

1993	8,808, 12 dates, 734 average
1994	21,057, 16 dates, 1,316 average**
1995	25,261, 17 dates, 1,486 average**
1996	20,748, 15 dates, 1,383 average
1997	22,294, 14 dates, 1,592 average
1998	28,651, 20 dates, 1,433 average
1999	28,189, 21 dates, 1,342 average
2000	34,581, 26 dates, 1,330 average
2001	46,499, 28 dates, 1,661 average
2002	49,140, 28 dates, 1,775 average
2003	35,711, 23 dates, 1,553 average

The Wildcats put together an 11-game winning streak the first year in the park before dropping a game to Northern Illinois. Since then, Arizona has had home winning streaks of 45, 28, 26, and 29 games.

Several games against top competition have been broadcast regionally or nationally by ESPN or Fox Sports Net and all games attract a solid contingent of fans, area television and print reporters.

Hillenbrand Stadium offers clean line-of-sight views for all spectators, an excellent stabilizer-red infield surface, an oversized backstop, a pressbox, a 28-foot electronic scoreboard, recessed masonry dugouts, double-warmup bullpens, wheelchair access and seating areas, permanent six-foot outfield fence, permanent restroom, concession and ticketing facilities under the grandstand, and a memorial entryway. All permanent seats in the park are chair- or plank-back and outfield bleachers seating put fans on all sides of the field.

During its inaugural season in 1993, Arizona surpassed the initial seating capacity and averaged 734 fans per game in 12 home dates. In 1994, the Wildcats led the nation in attendance with 1,316 fans per game. In 1995 UA led the nation with an average of 1,486. A record 2,890 watched the Cats play UCLA in March 1996 and that matchup also has drawn the Cats' other three top crowds. Arizona's annual attendance is quite close to the stadium's permanent seating capacity, listed at 2,500.

30 Top Crowds in Hillenbrand

1.	3,227	(5-9-03, UCLA)
2.	3,161	(4-7-2002, UCLA)
3.	3,004	(5-11-2001, UCLA)
4.	2,987	(4-30-2002, Arizona State)
5.	2,890	(3-29-96, UCLA)
6.	2,811	(4-19-03, Arizona State)
7.	2,773	(4-5-2002, Washington)
8.	2,751	(3-4-2001, Oklahoma)
9.	2,739	(5-4-2002, Stanford)
10.	2,746	(5-7-99, UCLA)
11.	2,737	(3-17-95, UCLA)
12.	2,686	(4-18-97, UCLA)
13.	2,623	(4-13-2001, Arizona State)
14.	2,606	(4-6-2002, UCLA)
15.	2,577	(5-5-2002, Stanford)
16.	2,471	(5-5-03, California)
17.	2,458	(4-22-2001, California)
18.	2,431	(5-20-2001, Saint Peter's-NCAA)
19.	2,379	(4-20-2001, Stanford)
20.	2,329	(4-5-00, Washington)
21.	2,316	(5-19-95, Ohio-NCAA)
22.	2,312	(5-18-2001, Texas Tech-NCAA)
23.	2,306	(4-14-2001, Arizona State)
24.	2,287	(4-18-03, Arizona State)
25.	2,286	(5-19-2001, Cal State Fullerton-NCAA)
26.	2,275	(4-29-95, Washington)
27.	2,261	(5-3-2002, California)
28.	2,245	(5-2-97, Oregon)
29.	2,238	(4-10-98, Arizona State)
30.	2,237	(twice: 4-11-03, Stanford; 3-31-96, Washington)

Stadium Debut - 1,272 crowd, Feb. 13, 1993, vs. Texas-San Antonio

THE UNIVERSITY OF ARIZONA

Born on 40 acres of land donated by a saloon-keeper and two gamblers, and funded by a \$25,000 consolation prize in Tucson's competition for the Territorial capital, the University of Arizona rose from the dusty floor of the desert in true Wild West fashion. Nobody wanted it, and fewer believed it would last. Fortunately, they were wrong, and the bet laid down by E.B. Gifford, Ben C. Parker and W.S. "Billy" Read on Nov. 27, 1886, has paid off into one of the finest research institutions in the world.

When the first 32 students hitched their cow ponies to posts near the only building on campus in 1891, they began a tradition that has now entered its third century. The hitching posts may be gone, but "Old Main" remains as witness to the University's growth into a 355-acre Research I institution with 185 buildings, more than 35,000 students, and a faculty and staff of 12,000. The UA is the largest employer in Pima County and the fourth-largest in Arizona with a payroll of half a billion dollars.

It's hard to believe that in the early days there were more students in the preparatory department finishing the equivalent of high school than there were University students. The number of University graduates never reached more than 10 per year until a decade of rapid expansion beginning in 1910, which saw the Territory become a state and the small outpost in the Sonoran Desert grow into a true educational institution.

Today, the University of Arizona is one of the top 20 research universities in the nation and has played a part in groundbreaking projects ranging from the exploration of Mars to the development of new cancer treatments. UA's observational, theoretical and space astronomy programs are ranked No. 1 in the country by the National Science Foundation (NSF) and recent U.S. News and World Report rankings placed 17 of the school's graduate programs among the top 20 in the nation. In addition, the Nobel Prize, three Pulitzer Prizes and a National Medal of Science have been bestowed upon Arizona educators.

Not to be forgotten, the University's undergraduate programs continue to flourish. The NSF considers Arizona to be one of the 10 universities that best integrates teaching and research for undergraduates. The NASA-funded space grant program pays undergraduates to work in laboratories alongside faculty, and the Undergraduate Biology Research Program includes 43 departments, involves 200 faculty sponsors and funds more than 100 undergraduate researchers each summer.

UA's top-notch programs develop top-name graduates who have continued on to success in their respective fields. The UA boasts a laundry list of graduates who have significantly impacted society. From the late U.S. Congressman Morris K. Udall to Joan Ganz Cooney, founder of the Children's Television Workshop, to Emmy Award winning actor/comedian Garry Shandling, UA graduates have made their mark on the world. Other notable ex-Wildcats include Native American artist Fritz Scholder, the late astronaut Richard Scobee, Arizona Supreme Court Justice Stanley G. Feldman and August Busch III, the CEO of Anheuser-Busch, Inc.

The UA also plays host to the world, with students representing all 50 states and 130 countries. Nearly a quarter of the student body consists of under-represented racial and ethnic groups, and the campus is located in one of the most diverse locations in the country, with the influence of Native American and Mexican cultures evident throughout the Tucson community.

The University of Arizona enters its third century of service with a continued commitment to providing support to its undergraduate population. Recently completed and current construction projects are testaments to the fact that the UA is putting its money where its mouth is. The Integrated Learning Center, located underneath the grass Mall in the middle of campus, provides a home base for freshmen, with classrooms and offices for easier access to faculty and staff. In addition, the

new Student Union, scheduled for completion this year, will contain the ambience of the Southwest with shaded terraces and open-air walkways, while providing services such as the bookstore and restaurants that serve the UA community. A new SALT (Strategic Alternative Learning Techniques) Center is under construction to enhance aid to students with learning disabilities, and the Eddie Lynch Athletics Pavilion, which includes a strength training center, medical services center, and the Jim Click Hall of Champions - a museum to showcase Arizona Athletics Heritage and Tradition.

This commitment to excellence ensures that the University of Arizona will continue to grow from its auspicious beginnings as a single-building outpost in the desert into a world-renowned center for knowledge and research well into the next century.



UA ATHLETICS ADMINISTRATION



Jim Livengood - Director of Athletics

The University of Arizona athletics department continues to thrive in capable hands as the program pursues success in its 106th year in 2003-04.

Jim Livengood became UA's eighth athletics director in January 1994. Behind Livengood's strong leadership, remarkable developments have occurred throughout the program in the past nine years, both from a competitive and administrative standpoint. The successful "Campaign Arizona for the Student-Athlete" made possible ICA's considerable facility improvements, highlighted by the fall 2002 dedication of the Eddie Lynch Athletics Pavilion with its strength and conditioning and medical services centers. The 2002-03 school year also marked the addition of individual women's team locker rooms, a new academics complex and student-athlete computer lab. During Livengood's tenure, UA has maintained its top-10 competitive record with overall national rankings by the Sears Directors' Cup of sixth in 1993-94; fourth in 1994-95; seventh in 1995-96; sixth in 1996-97; sixth in 1997-98; ninth in 1998-99; eighth in 1999-2000; fifth in 2000-2001; ninth in 2001-2002; and 16th in 2002-03.

He is active on the national and regional level. Livengood chaired the NCAA Division I Men's Basketball Committee during the 2002-03 season after serving on the committee since 1999. He is a member of the NCAA Fellows (Pilot) Program to mentor new athletic directors, and he served on the NCAA Peer Review team from 1994-99. This year, Livengood chairs the Pac-10 Athletic Directors Revenue Sharing Committee, and he serves as a member of the Pac-10 Bowl Committee, Pac-10 Men's Basketball Tournament Subcommittee, and as Pac-10 AD's Liaison to Men's Basketball Coaches. In 2002-03, he was Pac-10 Vice-President, a member of the Rose Bowl Management Committee in addition to serving on the Pac-10 Revenue Sharing Subcommittee, the Men's Basketball Tournament Subcommittee, and the Pac-10 AD's Liaison to Men's Basketball Coaches.

Livengood is among national leaders in gender equity issues, continuing these efforts through his service to the Pac-10 Gender Equity Committee (1997-98) as well as his continued diligent work to keep the Arizona Athletics program in a leadership role in gender issues.

On the national scene, Livengood is a member of the Executive Committee of the National Association of Collegiate Directors of Athletics (NACDA) after serving as NACDA President in 1998-99, and he continues to serve as a member of NACDA's Finance-Management Committee and its Strategic and Long Range Planning Committee. He was president of the Division I-A Athletics Directors Association in 1998 and remains actively involved with that association's Executive Committee. Livengood was recognized in the spring of 1999 as the NACDA Division I-A Athletic Director of the Year.

Born in Quincy, Wash., Livengood earned honorable mention all-state honors in basketball at Quincy High School. He attended Washington State, Everett (Wash.) Community College and Brigham Young University, earning a bachelor's degree in physical education from BYU in 1968. He completed his fifth-year education requirement for teaching certification at Central Washington in 1972.

Washington State hired Livengood as its Cage Camp director in 1980-81 and promoted him to assistant athletics director in charge of Cage Camp and high school relations in 1981-82. He was associate athletics director responsible for development and public relations in 1982-85. Livengood became director of athletics at Southern Illinois University in 1985-87, where he oversaw a 20-sport Saluki program in the Missouri Valley Conference and the Gateway Conference. He served as President of the Gateway Conference in 1986-87. Washington State rehired him as athletics director on September 1, 1987.

Livengood and his wife, Linda, have two grown children. Both graduated from the University of Arizona. Michelle graduated from the College of Law in May 2000, and Jeremy graduated in December 1999.



Kathleen "Rocky" LaRose - Senior Associate Athletics Director

Kathleen "Rocky" LaRose begins her 25th year at the University of Arizona, her 10th year as Senior Associate Director of Athletics and her 15th year as the Senior Woman Administrator. Currently, she oversees the operations of all 19 sports at the UA, being the first woman in her capacity to have day-to-day operational responsibilities over Division I-A football and men's basketball programs.

As the Senior Associate Athletics Director, LaRose also oversees the compliance unit, heritage and the Hall of Champions, public relations and special events, media relations and C.A.T.S. student-athlete services. She also chairs the department's Equity and Title IX committees; and she directs the NCAA certification process.

LaRose joined the Arizona staff in 1979 as the UA softball coach and worked from 1980 until 1989 in various capacities including coordinator of athletic special events and special projects, and as assistant athletics director for fund development. LaRose is a past Vice President of the Pac-10 Conference and is a current member of the Pac-10 Council, which governs and regulates all Pac-10 policies. On the national level, she was a member of the NCAA Management Council (the legislative body of the NCAA) as the Pac-10 representative for four years and was appointed Management Council liaison to the NCAA Student-Athlete Advisory Board. She also has chaired various Pac-10 committees.

In 1990, LaRose developed the Commitment for Athletes' Total Success (C.A.T.S.), an educational approach used by student-athlete services to better the student-athlete academically, athletically, and personally.

Raised in Phoenix, Ariz., LaRose received both her Bachelor of Science and Master's degrees from The University of Arizona. While in attendance, she competed on the UA softball team as a starting infielder and clean-up hitter, leading the Cats to their first-ever conference championship title in 1979. She competed in the 1979 World Cup Softball championship as a member of the USA National Championship team. She also was a member of the Arete Society (UA's Athletics Honorary) and was the 1978 UA Homecoming Queen. She is married to Michael Proctor, the University's Director of Corporate Relations.

C.A.T.S. PROGRAM

Introduction

The University of Arizona Department of Intercollegiate Athletics is committed to the academic, physical and personal development of each and every Wildcat student-athlete. To assist in that endeavor, the Department of Intercollegiate Athletics (ICA) has developed a philosophical approach called C.A.T.S. (Commitment to an Athlete's Total Success). C.A.T.S. consists of four programs: Academics, Life Skills, Strength and Conditioning and Medical Services. These programs provide a philosophical framework for ICA and staff to use in the task of assisting in the personal, physical and emotional growth and in the educational development of the student-athlete.

C.A.T.S. Academics

Mission

The C.A.T.S. Academic Office strives for excellence in regard to the academic, athletic, and personal performance of its student-athletes. Toward these goals, C.A.T.S. Academics commits itself to exemplary leadership and necessary services to support, manage, and lead its student-athletes.

We realize the unique commitments and pressures placed on the student-athletes. These very differences provide opportunities upon which the office may build a strong academic, athletic, and personal foundation for its student-athletes within and beyond the University.

Academic Advising

The academic advisor designated by each College has primary advising responsibilities for student-athletes who are currently enrolled in that College's curriculum. The C.A.T.S. Academics Office also offers supplemental counseling to all student-athletes regarding course selection for degree requirements and NCAA requirements for continued eligibility.

The academic advisory staff are responsible for monitoring the student-athlete's progress towards a degree and preserving academic integrity in the advising process. Counseling student-athletes in course selections is one of the most important functions. Our approach is one that encourages the cooperating efforts of several individuals.

A staff member first works with the student-athlete to formulate a tentative course plan for the targeted term. This plan is based on the student's academic background, career objectives, and areas of interest. Then the student meets with a faculty advisor or college advising center staff member to review the plan.

The Athletic Department counselors and campus advisors work together in order to insure progress toward a degree as well as meet eligibility requirements.

Tutorial Program

Tutorial services are available to all student-athletes upon request. These sessions may be conducted in-groups or individually. Graduate students and outstanding undergraduate students are recruited from all departments and are selected on the basis of faculty recommendation and knowledge of subject area.

Although special arrangements are sometimes made, tutoring is usually conducted at the C.A.T.S. Academics Center, McKale Room 126. This policy encourages student-athletes to attend and, thus, contributes to the positive atmosphere of the program.

F.A.S.T. Program

(Freshman Academic Scholastic Training)

The primary focus of the student-athlete should be academic success. It is especially important that the freshman student-athlete understands this very early in their college career.

With this in mind, the F.A.S.T. Program is designed to enhance the academic skills of the freshmen student-athlete to increase their chances of success in the classroom. Attendance in the F.A.S.T. Program is recommended for all teams and required by some. The F.A.S.T. program structure includes a daily 45 minute meeting when student-athletes schedule their time and review their notes.

Topics emphasized during the F.A.S.T. Program include: time management and organizational skills, note taking and test taking strategies, paper structure, content and writing, and final exam preparation. Additional academic skills training is offered throughout the year.

The program is unique because the information presented is focused on developing the student-athlete as a "whole" person. The ultimate goal is to develop the student-athlete academically, athletically, and socially.

S.T.A.R.T. F.A.S.T. Program

(Student-Athlete Resource Training Freshmen Athletic Scholastic Training)

The START FAST Program, required by all freshman student-athletes consists of six (6) hours of directed study time per week in the first semester of enrollment. Each study session focuses on completing academic objectives and is designed to supplement other academic programs.

Computer Lab

The C.A.T.S. computer lab encompasses twenty-three (23) stand alone computers featuring Microsoft office and Windows word-processing programs, and several spreadsheet programs.

Each computer has full Internet access, the UA library Sabio system, and E-Mail. Student-athletes can access the Discover Career Exploration program from each computer. The Computer facility is open and supervised seventy (70) hours per week and the lab is maintained by a full-time employee. One laser printer and a scanner complement the lab.

C.A.T.S. LIFE SKILLS

In C.A.T.S. Personal Development, the main focus is on personal development, leadership, career development and community service. More than 50 members of the faculty and various campus departments are actively involved in a network supporting C.A.T.S.

Enrichment and Orientation Programs

Student-athletes explore campus life through an orientation program that consists of a three-day introductory session covering University and Athletics Department programs and policies. It is conducted at the beginning of the fall semester.

Substance Abuse Education & Testing

The Athletics department is committed to being drug-free. Educational programs consisting of a mandatory workshop, follow-up meetings, seminars, and a Substance Abuse Testing Program help in understanding -- and avoiding -- any type of substance abuse.

C.A.T.S. Network for Student-Athletes

The purpose of the C.A.T.S. Network is to provide free, confidential and professional assistance to those student-athletes who wish to obtain information or advice in the areas of health, personal growth and well-being and/or explore specific personal concerns.

Personal Assistance Program

This program identifies student-athletes who are considered "at-risk," through an enrichment program which includes special assessment tests. Once recognized, the student-athlete is given assistance through individual sessions with Athletics Department staff members and/or through various campus assistance programs.

Minority Outreach Program

In affiliation with various programs on campus, the minority mentoring program places minority student-athletes in touch with faculty and staff who are there to address the personal or academic concerns of student-athletes.

Peak Performance Program

Peak Performance is designed to help student-athletes learn and use mental skills such as goal setting, visualization, positive self talk, stress management, communication and team building to enhance their effectiveness as a student-athlete and a person.

Peer Athletic Leaders (P.A.L.)

P.A.L. is made up of upper-class student-athletes from each team who are dedicated to helping other student-athletes with any questions or difficulties. Every incoming student is paired with a Peer Athletic Leader to help them ease their transition into the University.

Career Development Program

The Career Development Program is designed to offer a variety of services to help student-athletes develop and implement career plans, develop resumes, set goals, and help facilitate use of the campus Career and Placement Service.

L.I.F.E. Program

(Links to Internships and Future Employment)

Student-athletes are placed in internships or have the opportunity to interview for full-time or part-time jobs according to their majors and career interests.

Faculty Fellow Program

The Faculty Fellow allows for a personal relationship between a student and a faculty member to develop and it provides an opportunity to share intellectual, social and cultural experiences.

Seminar Series

The Seminar Series provides interesting and knowledgeable professionals to speak to student-athletes on a variety of health-related and student success issues. Voluntary and mandatory seminars are regularly scheduled for individual student-athletes, specific teams, or all student-athletes.

Student-Athlete Advisory Board (SAAB)

SAAB represents the voice of the student-athlete. Members of the board discuss their ideas and concerns with members of the Athletics Department administration. Student-athlete representatives from each of the UA's 19 sports are selected. The Director of Athletics and the Senior Associate Athletics Director (Senior Woman Administrator) hold non-voting membership on the board. The board meets monthly.

Community Outreach Program

Community service, which includes the Smith Project Speakers' Bureau, continues to be one of the most successful segments of the overall personal development program. During an average year, more than 200 student-athletes volunteer in excess of 400 hours to community service and speak to more than 40,000 children in the Tucson area.

Smith Project Speakers' Bureau

The student-athletes who speak for the Smith Project focus on teaching children how to make healthy life choices and the importance of education. They speak to children about their life experiences, impart an inspirational and positive message, and aim to make a difference in the lives of young people.

C.A.T.S. MEDICAL SERVICES

C.A.T.S. Medical Services addresses the medical needs of the student-athlete and is able to provide valuable assistance for the student-athlete. The Medical Services area focuses on preventative measures in order to allow the student-athlete to enjoy the rewards of his or her sport to the fullest extent. Rehabilitation and physical therapy services assist the student-athlete in recovery and preparation for continued success in a specific sport.

C.A.T.S. Medical Services Staff

The athletic medicine team is comprised of a team physician (family practice specialist), three team orthopedic surgeons, 12 certified athletics trainers and two physical therapists. In addition, the entire staff works with a team of approximately 30 specialists in the Tucson community to provide comprehensive medical care for athletically related injuries and illnesses.

The Kasser Family Sports Medicine Center

The sports medicine center consists of 5,300 usable square feet in space. It includes the Alex and Elisabeth Kasser Aqua Rehab Facility which features an underwater treadmill and other hydro-therapy equipment. The facility has stations for taping and treatment, examination rooms and offices for UA physicians, staff offices and reception area, and an X-ray examination room.

Injury Prevention

The athletic medicine staff is committed to working with strength and conditioning coaches, team coaches and student-athletes in implementing ways to prevent injuries. Although the risk of injury cannot be completely eliminated, proper strength and conditioning, adequate hydration, taping and bracing, and education are all methods employed by the staff to minimize the risk of injury or illness.

Injury Evaluation and Treatment

If a student-athlete is injured during an athletic event, he or she must notify the athletic trainer of his or her sport as soon as possible. The certified athletic trainer will assess the injury and proceed to treat the injury or recommend further consultation from a team physician.

Injury Rehabilitation

The athletic training staff and physical therapist are trained in up-to-date methods of rehabilitating athletic injuries. The staff utilizes equipment located in the rehabilitation area of the training room such as balance boards, Swiss balls, lifecycles and a treadmills. Later stages of rehabilitation may be conducted in the weight room with help from the strength and conditioning staff.



C.A.T.S. STRENGTH TRAINING

C.A.T.S. Strength and Conditioning offers the student-athlete diverse programming designed to maximize the physical capabilities of each individual student-athlete. Each student-athlete receives direction appropriate to his or her specific sport and is able to benefit physically and mentally from strength and conditioning efforts.



Bill Estes Jr. Family Strength and Conditioning Center

The new \$13.5 million dollar Bill Estes Jr. Family Strength and Conditioning Center at The University of Arizona is a functional facility with thousands of dollars of strength, plyometric (indoor sandpit), indoor running turf and aerobic equipment. An individualized program is developed for each student-athlete depending on his or her sport, position and specific physical needs. In today's athletic arena, it takes more than just talent to succeed. Physical training that includes speed development, flexibility work, strength training, injury prevention exercises and nutritional counseling will give a University of Arizona student-athlete the greatest chance to be successful in their competitive endeavor. The University of Arizona is committed to helping every student-athlete reach his or her potential.

Free Weight Equipment

Free weight training provides a student-athlete with functional power and strength development to enhance their performance. World-class and state-of-the-art equipment is available to help maximize athletic performance safely and effectively.

Plyometric and Flexibility Equipment

Transitioning strength development into reactive power and foot speed is vital for every student-athlete. Specific equipment such as an indoor sandpit, running turf, jumping machines, plyo boxes, medicine balls and the knowledge of when and how to use them from the strength staff will allow a student-athlete to reach the highest level of competition.

Machines and Dumbbells

Injury prevention and rehabilitation is another aspect that affects a student-athlete's success. A line of top quality selectorized machines and dumbbells, coupled with a staff knowledgeable in functional rehabilitation, will ensure that balanced development, joint isolation and stability can be achieved with the utmost in safety and comfort.

Cardiovascular Equipment

In addition to having some of the best weather in the country for conditioning outside on a year-round basis, the strength and conditioning center has top of the line heart rate monitored equipment for individual student-athletes to use.

