

# Athlete Guidance and Support(AGS) CAREnival

Proposal Submitted: Sydney Holmes, MPH,  
*Health Education and Promotion*



## A.G.S. is...

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- A group of Student-Athletes dedicated to connecting fellow Students-Athletes to health and wellness resources, providing peer support and implementing educational programs and events.
- A.G.S is a partnership between Intercollegiate Athletics and Health Education and Promotion.

## A.G.S holds one event each quarter

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Purpose: to create a new culture around mental well-being in athletics

- One-event per quarter
  - Stress Relieving
  - 70-120 student-athletes attend



## Proposed Event- The CAREnival

- Date: *May 2025*
- Location: *Russell Field*
- Expected Attendance: *70-120 student-athletes*
- Event Purpose: *Connection, stress reduction and improving awareness of mental health resources*
- Event Evaluation: *Qualtrics survey will be distributed to gauge our goals and outcomes*



## Budget in Order of Importance

- Publicity and Marketing: *\$300*
- Food/Drinks: *\$1,070*
- Art Supplies/Activity Supplies: *\$300*
- Field Reservations: *\$255*
- Performers/Guest Speakers: *\$300*

*Previous funding for this event was through a 3 year long grant which has since expired.*

# Past Success





**"It was enlightening to discover that there are others facing the same struggles that I am encountering as an athlete."**



## Contact Info

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Thank you!

