

WHERE TO

A resource dedicated to student-athletes and their Life after Notre Dame.



FALL 2024

STUDENT-ATHLETE SERVICES LAUNCHES 4 FOR FOREVER PROGRAM



SOUTH BEND, IN – The University of Notre Dame Athletic Department’s Office of Student-Athlete Services (formerly referred to as the GLD Center), whose mission is to holistically support the student-athlete experience by providing unique opportunities to help them grow personally, lead effectively, and prepare for life after graduation, has announced the 4 For Forever Program.

ATHLETICS

4 For Forever will focus on four pillars: Career and Connection, Community and Belonging, Life Skills, and Life After Notre Dame.

- **CAREER AND CONNECTION:** Showcases the power of the Notre Dame network through mentorship programs, legacy weekends, and résumé/job search workshops.
- **COMMUNITY AND BELONGING:** Actively builds a safe and inclusive environment through community service opportunities, the Student-Athlete Advisory Council (SAAC), and connection through various other affinity groups at the University and throughout the local community.
- **LIFE SKILLS:** Empowers and prepares student-athletes to thrive during their time at Notre Dame and beyond graduation by focusing on financial literacy and well-being development, participation in the Rosenthal Leadership Academy, and NIL education.
- **LIFE AFTER NOTRE DAME (LAND):** A continuation of services for student-athletes to fulfill the 4 for Forever promise. LAND provides career transition coaching, innovation/entrepreneurship training, mental wellness and safety net navigation, physical health care and rehabilitation services, and emergency assistance. These services are also available for all former student-managers and student-trainers.

“The change to our name will allow us to better define what our office is here for – providing services to student-athletes,” said Senior Associate Athletics Director Jen Vining-Smith. “In the ever-changing landscape of college athletics, it was important for us to narrow our scope and focus on four main pillars that will help bring to life the 4 for Forever promise. The 4 for Forever program will provide each student-athlete a minimum of baseline skills in each area of focus and the opportunity to explore each area further if they are motivated to do so.”

Notre Dame Athletics is officially partnering with LAND as part of the 4 for Forever program. LAND is an organization focused on supporting former student-athletes in their lives after Notre Dame; its mission is to provide and coordinate resources and services necessary to empower former student-athletes to successfully transition to their post-athletic career. Like Notre Dame, LAND recognizes the unique challenges of post-athletic transitions and wants to help as many student-athletes as possible through this difficult change.

“Our collaboration with LAND will greatly benefit the 4 for Forever promise we make to our student-athletes at Notre Dame,” said University Vice President and James E. Rohr Director of Athletics Pete Bevacqua. “Supporting our student-athletes not just during their time on campus, but through their entire lives is fundamental to being part of the Notre Dame family.”

LAND was founded by former Notre Dame football student-athlete Jack Shields and also features former Irish football players Pat Eilers as a founding board member and Dr. Tom Carter III as CEO and President. These founders are former student-athletes themselves. They bring years of experience in healthcare and player engagement, as well as connections to vast networks of experts and services.

“Before the Irish take the field, it’s tradition to hit the ‘Play like a champion today’ sign,” Shields said. “LAND is about extending that for life – play like a champion today – and be equipped to live like a champion tomorrow. That’s because Notre Dame doesn’t just produce great athletes. It produces great leaders in companies, families, and communities.”

Information provided by [FightingIrish.com](https://fightingirish.com)