

Statement of Support:

Lorita Granger has been a certified athletic trainer at UCLA for over 35 years. During her tenure as a Bruin, she has devoted a countless amount of time to her passion, helping high risk and special needs student-athletes. She has created and administered many programs that cater to collegiate student-athletes who might be suffering from psychological disorders, disordered eating, behavioral problems, substance abuse issues, or performance-related issues. The committees and activities she has been a part of or helped with are too many to name but I want to highlight a few.

- She has worked with top medical professionals to co-write NCAA policies on disordered eating in college athletics.
- She was a member of the committee which created the NATA position statement on disorder eating. This is still the standard for athletic trainers.
- She presented at the NATA convention on “A Team Approach to Management of the High Risk Athlete”.
- She is a member of the UCLA Campus Wide Eating Disorder Coalition.
- She created and heads a special committee in the UCLA Athletic Department, the Athlete Care Committee, comprised of team physicians, psychologists, dietitians, and certified athletic trainers that meet monthly to discuss strategies to best treat high risk athletes.

Exceptional Performance:

At UCLA, Lorita Granger created the Student-Athlete Mentor Program (SAMS), a group of student-athletes who meet weekly to learn different strategies and techniques to successfully mentor fellow teammates with problems that may arise. This group provides each team with a representative(s) that is trained and able to serve as a role model and resource to his or her teammates and other student-athletes. SAMS deal with a variety of issues, including but not limited to: alcohol and drug abuse, nutrition and eating disorders, basic counseling and referral skills, safety, stress, sexual harassment and misconduct. The members of SAMS are committed to displaying a positive image to fellow athletes by providing help and support through education, awareness, and the promotion of healthy lifestyles. Within months of the introduction of the SAMS program by Lorita to the student-athletes and immediately following the implementation of the QPR Gatekeeper for Suicide Prevention Program that taught the student-athlete mentors how to deal with teammates who are displaying suicidal tendencies, a UCLA student-athlete mentor successfully administered the training to a teammate that was suicidal and was part of a life-saving intervention. I firmly believe the end result of this alarming story could have ended tragically if Lorita Granger did not take the time to launch and administer this incredibly important program.

The nomination for Lorita Granger comes from my belief that through of all of her time and effort with medical professionals, coaches, heading or participating on committees, policy-making, and personal interactions with high-risk student-athletes, she has had a profound impact on those student-athletes who have competed at UCLA. While there is a documented successful outcome that was a result of Lorita’s SAMS program, the continual positive impact she has had on UCLA student-athletes is immeasurable.