

Keydet for Life Program

Jamaal Walton '07





What is the Keydet for Life Program?

The Keydet For Life Program (KFL) is a comprehensive and transformational program designed to educate, prepare, and empower VMI cadet-athletes for success while at the Institute and beyond. Providing cadet-athletes with the knowledge, skills, resources and confidence necessary to successfully transition from VMI to their professional careers. The Keydet For Life Program will partner with the Center for Leadership and Ethics, the Office of Career services and other departments on post to help cadet-athletes reach their goals. The Keydet For Life Program has three main pillars:

- Pillar 1: Character & Personal Development
- Pillar 2: Community Service & Citizen Soldier Development
- Pillar 3: Career & Professional Development



KFL – Character & Personal Development (Pillar 1)

Designed to build personal skills that help transform our cadet-athletes into the best version of themselves. We empower and teach cadet-athletes how to unlock the tools needed to help them reach their full potential as individuals while also equipping them with resources to become exceptional leaders in life.

- Initiatives:
 - Leadership Development
 - Health & Wellness
 - Financial Literacy



KFL – Community Service & Citizen-Soldier Development (Pillar 2)

Designed to teach our cadet-athletes to have a “citizen soldier” mindset by providing meaningful service and engagement in their communities.

- Initiatives:
 - School System Engagement
 - Non-profit Engagement
 - Donation Drives
 - Community Clean-ups



KFL – Career & Professional Development (Pillar 3)

- Designed to enhance the career and professional development of our cadet-athletes by engaging in hands-on experience through workshops, networking, mentorship and experiential learning aimed to prepare our cadet-athletes to meet their postgraduate career goals.
 - Initiative:
 - Lunch and Learns
 - Job Readiness Preparation
 - Alumni Career Networking Event
 - Name, Image and Likeness



Keydet for Life: 2025-2026 Programming Draft Proposal

- National Read Across America Week (NRAAW) – NRAAW is nationwide effort to celebrate reading and reinforce the importance of reading with a focus on young children (March 2nd – 6th 2025)
- Female Uplift Success Enrichment Program (F.U.S.E) – F.U.S.E is designed to elevate, celebrate and train our female cadet-athletes to be the best versions of themselves on post and in life after graduation. Keydet F.U.S.E is a brand-new initiative with the focus to champion women's athletics.
- Keynote Speaker – At least once an academic year, KFL will host a keynote speaker for cadet-athletes to learn more about a specific topic.
- Bridgebuilder Mentor Program (Pilot Program) – A 1–2-year leadership program for a select football cadet-athletes. The cadet-athletes will participate in programming during the duration of their freshmen and sophomore year. A cohort size ranges from 10-15 cadet-athletes.