

2018 MHSAA WOMEN IN SPORTS LEADERSHIP CONFERENCE

Sunday, February 4 and Monday, February 5, 2018

Updated 01/29/18

LEAD: Embrace the Challenge



Speaker Profiles

BARNETT, KAREN: Karen is a certified personal trainer as well as a group instructor for Pound and Zumba. She recently became licensed to teach yoga. She has a BS in the Management of Health Services and enjoys teaching Zumba as a cardio fitness class.

BAUMGARTNER, HOLLY: Ms. Baumgartner has worked in compliance for the last 14 years at Michigan State University. She earned a Bachelor of Science and Master of Arts at Central Michigan University. She has been instrumental in navigating NCAA academic certification for students and is the Assistant Director of Athletics at Michigan State University.

BEECKMAN, THERESA: Ms. Beeckman coached volleyball for over twenty years, spanning from middle school to Division I, before leaving to open a consulting company – Tree Roots. Theresa works with many sports teams and businesses to help all involved to have the most rewarding experience possible. Her BA is in Psychology from Saginaw Valley State University and she is a Certified Master Trainer for Growing Leaders, Inc.

BERRY, AMY: Amy has been dancing practically her entire life and has a passion for all forms of music and dance, and offers classes that are not typical workouts since the focus is on being in tune with the music and letting it move you. She is a Wetland Ecologist for the State of Michigan and is First Aid, CPR and AED certified.

BRANDEL-WILHELM, TIA: Coach Tia Brandel-Wilhelm and the Ferris State University women's volleyball program are deeply intertwined as the Bulldog head coach just completed her 22nd year at Ferris. The Ferris volleyball coaching staff works with over 1200 volleyball players and coaches in their summer camps each year. Coach Brandel-Wilhelm competed in both volleyball and track at Alma College and was an all-conference first-team scholar athlete.

BROPHY, COLLEEN: Colleen played ice hockey at the University of Michigan School of Kinesiology while working as an intern strength and conditioning instructor. She started a sports specific Strength and Conditioning Company (Leenfitness LLC) and is also a Fitness Specialist at M-Healthy as well as the Strength and Conditioning coach at Ann Arbor Greenhills. She has a BS in Movement Science from U. of M. and a Masters of Exercise Science from EMU.

DISANTI, JUSTIN: Justin is faculty member with MSU's Institute for the Study of Youth Sports. He has worked extensively with the MHSAA over the past few years including facilitating Captain's Clinics and as a member of the Multisport Task Force. Justin's research focuses on the intersection of talent development and positive youth development. He has a BA in Psychology from Penn State University and a MS in Kinesiology & Health from Miami University.

EADDY-RICHARDSON, DENISE: Dr. Eaddy-Richardson earned both her Bachelor of Science and Master's degrees from EMU. After teaching and counseling early in her career, she left education to attend Law School from which she earned her Juris Doctorate degree. She practiced law for 14 years and left her position as managing attorney to return to her first love – education. She is currently a Guidance Counselor at Ann Arbor Huron.

EDGAR, TIFFANY: Tiffany is an experienced lecturer and coach with a demonstrated history of teaching college sport management courses along with coaching youth sports and college softball. She has also held positions as an Athletic Academic Advisor and Senior Women's Administrator. She has a Bachelor of Education from the University of Toledo and a Master of Science in Sport Management at the United States Sports Academy. She was a catcher for The University of Toledo softball team and has coached at Lincoln Memorial University.

ERICKSON, KARL: Dr. Erickson is a Sport Psychology researcher at MSU, specializing in coach-athlete interactions and relationships. He was a Postdoctoral Research Fellow at Tufts University while specializing in positive youth development and has experience coaching basketball and rugby at all levels. He also does sport psychology consulting with teams and athletes from youth to professional levels.

FAUSTIN, KENDRA: A Michigan native, who competed collegiately in the GLIAC at Lake Superior State and later served as an assistant coach within the league at Hillsdale, returned to her home state and is coaching the Ferris State University women's basketball program, after serving eight years as the head coach at Niagara. Coach Faustin continues to rank among Lake Superior State's all-time leaders in women's basketball. She has a Masters in Sport Administration.

FLANDERS, SHANNON: Shannon is a lifelong student-athlete who cheered competitively for two years at Michigan State University. At MSU, she did an internship in personal training which led her to that career pathway. She holds a BS from Michigan State University with a minor in coaching and works at VIP Fitness.

GAVITT, MARY KAY: Ms. Gavitt has been a Water Safety Instructor for over 40 years. She is currently employed by the Mason Public Schools as the Community Education/Aquatic Director. She is a former high school nurse and also judges Competitive Cheer. Mary Kay is a graduate of MSU and has certification as a Lifeguard, Instructor Training, Water Safety Instructor, CPR and AED.

GEORGE, CATHY: Before arriving at Michigan State, Coach George had already established herself as one of the more well-respected coaches in the sport of volleyball. With a dozen years of tenure at MSU, Cathy has helped Michigan State to its longest stretch of sustained success. George's players include 66 Academic All-Big Ten selections and 16 Big Ten Distinguished Scholars over 12 seasons. A graduate of Illinois State and four-year letter-winner in the volleyball program, George was a team captain and outside attacker. She was a three-time All-MVC selection with a masters from CMU.

GERHARTER, MELISSA: A part-time lecturer at Eastern Michigan University and personal trainer for 15 years, Melissa has a BS in Dietetics from Ohio State University and a MS in Human Nutrition from Eastern Michigan University. She is also a member of the Academy of Nutrition and Dietetics. She has been a CrossFit coach for the last 10 years and is a certified Health Coach.

GLASS, ALISHA: Alisha was a member of the US Women's National Volleyball team, bronze medalist of the 2016 Olympic Games and a gold medalist of the 2014 World Championship. She played setter for Penn State and was a three-time All-American, first team All-Big Ten, and three-time First Team AVCA All-Mideast Region. She played high school volleyball for Leland High School where mother Laurie Glass was her coach. Alisha was a four-time first team all-state, all-region dream team and all-conference player who was named Miss Volleyball for the state of Michigan.

GLASS, LAURIE: Laurie has been a varsity volleyball coach for many years at both Leland and Traverse City Central. She is a Crisis Prevention Institute Master Trainer at Traverse Bay Intermediate School District and holds a Bachelor's degree in Special Education from Western Michigan University. Ms. Glass indicates that the relationships that have been developed with the athletes over the years and the life lessons they have been able to learn will always be her favorite things about coaching. She was the NFHS National Coach of the Year in 2015 and a finalist for the MHSCAA National Coach of the Year.

GOULD, DANIEL: Dr. Gould is the Director of the Institute for the Study of Youth Sports and a Professor in the Department of Kinesiology at MSU. He is a sought after speaker, coaching educator and consultant in the area of sport psychology, and has been published widely on topics such as mental preparation, coaching psychology, motivation, children in sport, stress and stress management. He has been invited to speak in over 30 countries around the world. Daniel received his BS in sport science and coaching from State University of New York at Brockport and his doctorate from the University of Illinois.

HUTCHINS, CAROL: Head Coach Carol Hutchins recently completed her 34th season at the helm of the University of Michigan softball program. The winningest coach in NCAA softball history, Hutchins has guided the Wolverines to an NCAA title and 19 Big Ten Conference titles and solidified Michigan among the top softball programs in the country. A native of Lansing and an undergrad at MSU, Hutchins also holds a master's degree from Indiana.

KINNEY, CRYSTAL: Crystal has been involved in personal training for the last four years and also has certification as a Physical Therapy Technician. She enjoys kickboxing as a workout as it is a great cardio class and combines fitness with self-defense.

KOCHANEK, JILL: Jill is a teacher, coach, researcher and former college soccer player. She has a MS in kinesiology from the University of Minnesota. She was a student-athlete at Amherst College and took a position as a high school teacher and soccer coach at an all-girls boarding school. These experiences informed and inspired her decision to go to graduate school to systematically study the science and art of coaching. She is most passionate about unpacking psychological concepts and applying them to guiding young people to empower themselves on and off the field.

LEBLANC, SARA: Sara received her BS from Eastern Michigan University and began coaching middle school cross country and track to better navigate her interests as a future educator. She currently coaches varsity cross country and varsity track & field at Ann Arbor Greenhills. She indicates that she is grateful that she gets to share her passion of movement with those she teaches each day and hopes that they continue to practice what they have learned.

LEWIS WATTS, MICHELE: Ms. Lewis Watts has more than 20 years of experience in sports and events management ranging from amateur to professional. Building on her past and current experiences, her research interests center on the lack of sports participation by African American girls. Michele holds a Bachelor of Science in Marketing from North Carolina A & T State University and a Masters in Sports Administration from Ohio University. She is a former collegiate athlete and member of the 5 time champion Detroit Demolition women's tackle football team.

MALETE, LEPS: Leps is an Associate Professor of Sport and Exercise Psychology at MSU, with an interest in youth sport and youth psychosocial development. Prior to this position, he worked at the University of Botswana where he served in many capacities, including as the Director of International Programs. He played varsity and club volleyball on the national team and coached Botswana national junior and senior volleyball teams.

MARLAN, JILL: Ms. Marlan is a Board Certified Licensed Physical Therapist and a Certified Orthopedic Manual Physical Therapist who graduated from Wayne State University with a Masters in Physical Therapy and completed the MSU Osteopathic Manual Manipulation Education Program and Oakland's Orthopedic Manual Physical Therapy Program. She has worked with a wide variety of clientele including professional hockey, lacrosse, football and basketball players, as well as collegiate and high school athletes from all sports.

MATTHEWS, ALYSHA: Alysha has a BA in sport psychology and has completed her Masters in psychosocial aspects of sport and physical activity. She has played various sports recreationally and her love of teaching/coaching has been prominent in her life since high school.

MATTSON, AUTUMN: Autumn is currently traveling doing a variety of speaking engagements and is the K-5 principal at Creative Technologies Academy. She was a four-year college basketball player at Lake Superior State where she also received her BA. She has served as the OK Bronze and OK Blue Conference President, and was named the 2014 MIAAA Regional Athletic Director of the Year and the 2014 West Michigan Officials Association Athletic Director of the Year. Autumn's MA is at Aquinas and she currently is the assistant Women's Basketball Coach at Ferris State University.

MELLANO, KATHLEEN: Kathleen is a graduate assistant in the Department of Kinesiology at Michigan State University and also attended Miami University in the sport leadership program and Texas Christian University as a psychology major. She has been consulting with Michigan State University since 2015 and has been working with athletes and teams at the collegiate level since 2013. Her experience as a college soccer player has assisted in her work as a sport psychology consultant.

MIGNANO, MICHAEL: Michael is a member of the Institute for the Study of Youth Sports and previous was the Head Men's and Women's Golf Coach at Ferris State University. He has a Master of Business Administration from Ferris State and a Master of Science at Michigan State University.

MOHNEY, GRETCHEN: Gretchen joins the Wayne State University Masters in Training program development team after serving as the Clinical Education Coordinator for the undergraduate athletic training program at Western Michigan University. During her academic appointment with WMU, she concurrently served as the WMU synchronized skating team athletic trainer and strength conditioning coach, traveling with them to domestic and international competitions. She possesses a passion for living an active lifestyle and her greatest joy is to assist others in attaining their goals.

NALEPA, JENNIFER: Jennifer graduated with a BS from Saint Louis University and a MS from Michigan State University. She is affiliated with the MSU Institute for the Study of Youth Sports and is the boys and girls tennis coach at Williamston High School and a tennis instructor at the Michigan Athletic Club. She consults with youth athletes in improving their mental toughness.

PEDERSEN, BROOKE: Dr. Pedersen grew up playing a variety of sports with her top sport being gymnastics, soccer and cheer. She was fortunate throughout high school and college to avoid major injury but tore her ACL and lateral meniscus as an adult. She enjoys working with a variety of patients, from athletes to weekend warriors. Brooke graduated from Central Michigan University and prior to that she received her BS in Kinesiology from Michigan State University.

POST, CAITLYN: Caitlyn is a lifelong athlete and participated in cross country and hockey. She earned a Division 1 scholarship to Lindenwood University (Missouri) and where she received her BS in Exercise Science with minors in strength and conditioning and nutrition. She works at VIP Fitness and loves helping people get healthy.

RAY, KRISTIN: Kristin is the director and founder of Females in Athletic Business. She has a BA in Communications from Michigan State University and is currently the Operations Assistant for MSU Men's Basketball. FAB assists in targeting studies for a future in sports business as well as learning how to best harness a passion for sports. Kristin also worked for six years as a sales manager.

RUGGIERO, LIZA: Liza received her BA from Tufts University in Clinical Psychology and Child Development. While at Tufts, she played Varsity Field Hockey and was voted MVP of the NCAA National Championship team. Her MA is in Professional Psychology at William James College. She is also a registered yoga teacher and currently works at Ann Arbor Greenhills as a college counselor, mindfulness program director and field hockey coach.

SCHMIDT, BECKY: Becky has made her mark on Hope College volleyball as a student-athlete and as a head coach. She was an All-American volleyball player as a student, and as a coach in 2014 she led the Flying Dutch to a national championship. Ms. Schmidt has fourteen years of teaching sport Psychology/Wellness/Exercise Science at Hope College and seventeen years as a Head Volleyball Coach. She holds a BA in Physical Education from Hope College and a MS in Sport Studies from Miami University.

SHINGLES, MICHAEL: Dr. Michael Shingles received his undergraduate degree from the University of Michigan and his medical degree from Michigan State University, College of Osteopathic Medicine. He serves as the Team Physician at the Michigan State University Department of Intercollegiate Athletics and is the Director of Sports Medicine at Sparrow Hospital.

STEIL, RACHAEL: Rachael graduated from Aquinas College with a BA in English. She is currently coaching at Grandville High School and has published articles about running and eating disorders as well as being a speaker and advocate. Steil is a recipient of the Spirit and Outstanding Runner award for the Aquinas College cross country team and her greatest achievement was not breaking a physical barrier, but a mental one.

SZCZYGIEL, LAUREN: Lauren received her BS in Kinesiology and Human Biology from MSU and is a doctoral student at the Institute for the Study of Youth Sports with research interests which include underrepresented minorities and at-risk populations' experiences in sport and exercise. She has also worked as a youth sport psychology consultant for both individual and team sports. She has proudly represented her country (The Bahamas) as a personal coach and mental skills trainer at the 2015 Track and Field World Championships in Beijing.

THIEL, MARY: Mary has been a physical therapist for the last 19 years in rehabilitation and sports medicine. She played soccer in high school and in college, and currently coaches soccer. She started in the field with a neurological focus and eventually gravitated towards manual therapy and sports orthopedics. She serves as the clinical manager and physical therapist at the MSU Rehabilitation Center. Her Masters of Physical Therapy degree is from Oakland University.

TUCKER, SAMI: Ms. Tucker studies at Michigan State University and her emphasis is promoting positive youth development such as life skills learned through sport. She teaches several courses at MSU and has led sessions on leadership at the MHSAA's high school captains' clinics.

UYL, MARCY: A physical educator, coach and personal trainer are all a part of Marcy's background. She is presently a personal trainer/group exercise instructor and works with off-season athletes to improve their speed, strength and overall conditioning. She has coached basketball at the high school level for the last 21 years.

WALKER, LAUREN: Lauren has worked as a research assistant with the MHSAA and her current research interests revolve around knowledge extended within coaching networks and leadership development in high school athletes. She also has done research in promoting coaching best practices through coaches education. She has an undergraduate degree from Pepperdine University and a BS in Sports Medicine. Her MS is from California Polytechnic State University in Kinesiology. She has coaching experience in swimming, track and field and cross country.

WRIGHT, EMILY: Pursing a doctoral degree in Psychosocial Aspects of Sport and Physical Activity, Emily's research concentration is on how parents of youth sport athletes influence their children's sport participation pathways (specialization vs diversification). Emily's degrees are from Pennsylvania State University and Miami University.

ZIEHMER, MEGHAN: Meghan works at the Greater Lansing Sports Authority and has a wealth of experience managing athletic events. As a dedicated liaison, Meghan is committed to critical event logistics to the very last detail in creating a successful sports event. She is a graduate of Michigan State University and spearheads all event sponsorships, partnerships and donation opportunities so that all Greater Lansing Sports Authority events are tied to the community.