

2018 MHSAA WOMEN IN SPORTS LEADERSHIP CONFERENCE

Sunday, February 4 and Monday, February 5, 2018

Updated 01/28/18

LEAD: Embrace the Challenge



Conference Workshops

*specific to coaches/administrators

A BETTER YOU IS A BETTER TEAM – GROW YOURSELF AS A LEADER (*Ms. Theresa Beeckman*) Learn about the many images that help form leadership habits and attitudes. You will receive information revolving around Habitudes – which are instrumental in growing yourself as a leader.

ACL INJURY PREVENTION (*Dr. Michael Shingles*) Learn more about ACL injury prevention as well as be a part of a mock “ACL Camp” in this session. Discussion will include the differences between male and female athletes and how females must strength train differently to become better athletes and prevent knee injury. This is an interactive workshop with participants involved in strengthening exercises.

AQUA ZUMBA (*Ms. Mary Kay Gavitt*) Everyone loves Zumba, how about giving it a try in the water? The Latin inspired dance so many are talking about can be done in the water with high or low intensity, less stress on your joints, but with the same aerobic workout. Learn how to change your workouts by simply adding water and music! Coaches and athletes will love this. Bring your swimsuit (preferable one piece or a sport-gear two piece) and have a fun workout!

***ATHLETE EMPOWERMENT AND COACH CONTROL** (*Dr. Karl Erickson, Mr. Justin DiSanti & Ms. Lauren Walker*) This session will discuss the power dynamics present in the relationship between coaches and athletes. It will primarily focus on providing coaches with an understanding of “democratic” coaching behaviors and ways to empower their athletes to develop character and leadership skills that will help the team thrive.

BECOMING A TEAM CULTURE CREATOR: PLAYER-DRIVEN PRACTICES FOR BUILDING INCLUSIVE, COHESIVE TEAMS (*Ms. Jill Kochanek, Ms. Alysha Matthews & Ms. Sami Tucker*) This presentation will guide student-athletes through a series of team building activities. Engaging exercises are designed to encourage athletes to concretely define team cohesion/culture, and identify what values they hold as most important to their team climate. Players will leave with strategies and practices to assist them in being culture creators on their own teams, while promoting optimal performance and development at the individual and team level.

BOOTCAMP (*Ms. Shannon Flanders & Ms. Caitlyn Post*) An exhilarating combination of cardio, resistance/body weight training, core training, aerobic movements and strength training is what Boot Camp is all about. The program varies in intensity depending on each individual’s abilities. Many exercises can be modified to increase difficulty and also decrease difficulty so Boot Camp is fun and fulfilling for everyone. Attendees should wear appropriate clothing and footwear for a workout and bring a water bottle.

***BUILDING A PROGRAM THAT PEOPLE WILL FOLLOW** (*Mr. Michael Mignano & Ms. Emily Wright*) Learn more about team culture and how coaches can work together with their team to create unified values, attitudes and beliefs among teammates which will lead to future success both on and off the playing field. This includes the emphasis of WHY team culture is important when building a program, as well as HOW you can work to improve or enhance team culture in a competitive sport context.

CARDIO KICKBOXING (*Ms. Crystal Kinney*) This workshop includes a warm-up, cardio kickboxing, and cool-down followed by stretching, core work and body sculpting. Attendees should wear appropriate clothing and footwear for the workout and bring a water bottle.

***COACHING FEMALES: SENDING THE RIGHT MESSAGE (Ms. Laurie Glass)** Coaches need to effectively articulate their ideas, thoughts and perspective to the athletes that they are coaching, while allowing for idea-sharing, collaboration and problem-solving. How can you as a coach work on improving and enhancing team culture? How can you assist female athletes with understanding the importance of their role?

***COACHING INFLUENCES IN SPORT (Ms. Michele Lewis Watts)** Sports is often seen as a place where the racial mix of the team doesn't (shouldn't) matter as everyone is working toward the same goal. America's racial history is complicated and sports can both reflect the tone of the country and serve as an example for complex discussions. In this session, coaches and others will learn how race impacts athletes and ultimately sport.

***COACHING THE GENERATION "Z" ATHLETE (Dr. Daniel Gould & Ms. Jennifer Nalepa)** Today's high school students make up the Generation Z cohort. These students, born after 1996, are considered the first generation of youth who have grown up totally digital. Along with this, coaches have indicated that today's student-athletes can be difficult to effectively communicate with and motivate. Dr. Gould and ISYS staff will identify what is known about the characteristics of Gen Z student-athletes and discuss coaching strategies for effectively working with them.

CORE AND MORE (Ms. Marcy Uyl) Participants should wear comfortable clothes and be prepared to participate while developing their core body strength using Pilate's techniques and exercises. Additional exercises that will stimulate the core while working various muscle groups will also be utilized.

DEALING WITH HIGH MAINTENANCE TEAMMATES (Dr. Daniel Gould & Ms. Kathleen Mellano) Student-athlete team leaders have reported that one of their most difficult challenges is providing feedback to their peers. This presentation is designed to help the student leader understand how to deal with tough situations like dealing with high maintenance teammates who are uncooperative, break rules or often cause conflict with others. Individuals will learn how to defuse potentially volatile situations.

HOW TO BE A FEMALE LEADER IN SPORTS BUSINESS (Ms. Kristin Ray & Meghan Ziehmer) In this session, you will learn the thing that most women leaders in sports have in common and how they are intentional with their decisions and career path choices. This session includes an interactive activity where a gameplan will be created for sports-minded girls.

IMPORTANCE OF LEADERSHIP (Ms. Carol Hutchins) Good leaders recognize that they do not have all of the answers and are constantly sharpening their leadership skills. Effective leadership is important because it creates confidence and encourages a positive environment. This general session (as a part of the WISL Banquet) will evaluate your leadership opportunities.

INJURY PREVENTION IN THE FEMALE ATHLETE (Ms. Mary Thiel & Dr. Brooke Pedersen) As young women participate in record numbers in sports and demand top performance, how are we leading our teams to prevent injuries and still uphold a high level of performance and competition? This session will provide you with guidance in the prevention of injuries while maintaining performance.

LEAD: EMBRACE THE CHALLENGE (Ms. Alisha Glass) Do you understand your role as a leader? This first general session will focus on finding a balance between being what the team needs and finding your authentic self, creating individual and team goals, as well as developing team culture. It includes work on self-awareness and helping to navigate relationships with teammates and coaches.

LEAD: EMBRACE THE CHALLENGE – YES WE CAN (Ms. Cathy George) Young women who participate in sports can become leaders throughout life. This uplifting session (as a part of the WISL breakfast) will challenge participants to "find the leader in you" and focus on setting high standards and challenging yourself in whatever you say and do.

LEADER OF INFLUENCE (Ms. Autumn Mattson) Part of being a dynamic leader is the ability to "bring your voice" to the table! When you are able to effectively articulate your ideas, thoughts and perspectives to others, you are exercising your voice. When you are able to listen to the voices of others, you are allowing space for collaboration, idea-sharing and problem solving. In this session, come ready to talk, listen, learn and grow!

MENTAL SKILLS AND EMOTIONAL CONTROL (Ms. Sara LeBlanc & Ms. Liza Ruggiero) Have you ever felt like your emotions are taking control of your game? Have you ever been derailed by anxiety or self-doubt before an athletic event? Have you ever noticed a teammate struggling to balance pre-game jitters? In this session, an overview of some of the emotion regulation challenges that are experienced by many athletes will be provided. Relevant information will include information on the rising rates of anxiety in youth and reasons why emotional control is an essential attribute.

***NCAA ELIGIBILITY (Ms. Holly Baumgartner)** In this session, NCAA initial eligibility requirements, including changes, will be discussed. Attendees will learn about the Eligibility Center, Division I and II initial eligibility requirements and will be provided with some helpful suggestions for prospective student-athletes planning to participate in intercollegiate athletics.

OPTIMAL SPORTS PERFORMANCE: ACHIEVING BALANCE AS THE STUDENT-ATHLETE (Ms. Gretchen Mohnney) Attendees will receive evidence based recommendations on nutrition, hydration and recovery for optimal student-athlete performance in the secondary school setting. The effects of sport specialization and stress will be explored concurrently with mental health wellness resources and strategies.

***OPTIMAL SPORTS PERFORMANCE: SUPPORTING STUDENT-ATHLETE BALANCE (Ms. Gretchen Mohnney)** Attendees will receive information and recommendations on nutrition, hydration and recovery for optimal student-athlete performance in the secondary school setting in an effort in supporting the student athlete. Coaches will receive information on the effects of sport specialization and stress which will be explored concurrently with mental health wellness.

OVERUSE INJURIES – DON'T LET THEM RUIN YOUR SEASON (Ms. Jill Marlan) Overuse injuries are one of the hottest topics in youth sports today! In the upcoming years, you will see this topic rivaling concussion topics. Overuse injuries are becoming such an epidemic that it is the topic at most orthopedic, physical therapy and ATC conventions nationally. It is important to be informed and recognize these injuries for proper prevention to occur!

***RETENTION OF FEMALE ATHLETES IN SPORT (Dr. Leps Malet & Ms. Lauren Szczygiel)** Using developmental and cultural perspectives, this session will explore female athlete's career paths and transitions. The session will also provide an overview of challenges and opportunities for female participation in sports and strategies for retention and supporting female athletes to live a long and successful career in sport while also adjusting effectively to a post-sport career.

RUNNING IN SILENCE: WHY I KEPT SILENT ABOUT MY EATING DISORDER AND WHY COACHES/ATHLETES SHOULDN'T (Ms. Rachael Steil) As an All-American runner, Rachael describes her battle with anorexia, binge eating and bulimia. She speaks about having to find her self-respect beyond her identity as a successful runner on a perfect diet. It provides vital insights for those who don't suffer from this disease and an honest and harrowing personal story for those who do.

SEXTING/SEXUAL HARASSMENT (Dr. Denise Eaddy-Richardson) Sexting is a crime in which a large number of adolescents participate. Most are unaware of the legal ramifications. This presentation will include the definition of sexting, the laws involved, and the harsh realities when it comes to inappropriate electronic communication. You will also receive information about the defining, identifying, reporting and corrective actions regarding sexual harassment.

SIMPLE STEPS TO IMPROVING YOUR LIFE BY APPLYING THE LAW OF ATTRACTION & STRENGTH TRAINING (Ms. Colleen Brophy) In this presentation, you will hear about the importance of applying the Law of Attraction and Strength training to your everyday life in order to achieve becoming the best person, leader, athlete, student, etc. These principles and your actions will determine your ability to obtain all the goals that you can set for yourself.

***SPORT LEADERSHIP (Ms. Tiffany Edgar)** Participating in sports can help female athletes develop life skills that they can use in the future. This workshop will help to identify some of the key skills that future employers are looking for and how coaches can foster developing these skills in practices, games, and team experiences. Come ready to discuss and assess your own strategies, learn from others, and help set female athletes toward a path of leadership learned through sports.

SPORTS NUTRITION – FUELING YOUR PERFORMANCE (Ms. Melissa Gerharter) You can't out-work a bad diet! Learn the best strategies on how to feed your body to maximize your performance. This session will focus on the importance of fueling your body with the right foods to help enhance your performance.

THE X'S AND O'S OF FILLING YOUR TEAM WITH GREAT TEAMMATES (Ms. Tia Brandel-Wilhelm) In this session, you will dive into concrete behaviors that will help you be a fantastic teammate. There will be discussion and practice of real strategies to help you influence all of your teammates in a positive and productive way. The examples and lessons learned will help you as an individual, as well as a team member. Embrace the challenge of being a better you, a better teammate and a better leader!

VALUING YOURSELF AS A FEMALE ATHLETE (Ms. Laurie Glass) It is important for young women to combat the stereotypical role of a female athlete being secondary to her male counterparts. The hope is to get female athletes to see the subtle ways that they devalue their importance. In addition, this session will help the athlete recognize ways others may also devalue their role in athletics.

WHAT IT TAKES TO BE SUCCESSFUL (Ms. Kendra Faustin) What does it take to be a collegiate student-athlete? What are the correlations between those factors and success in other areas of one's life? Additional discussion will include the challenges faced by girls and women including self-confidence and self-reflection.

WHAT WINNERS THINK, WHAT CHAMPIONS DO (Ms. Becky Schmidt) What is it about the thought process of winners that makes them unique? How do champions parlay those thoughts into meaningful actions? While our thoughts can inspire and motivate us to great achievements, they can also cripple us with fear and evaluate adversity negatively. In this session we will examine both of the above questions and help leaders understand how to think and act constructively without becoming threatened by fear and failure.

ZUMBA (Ms. Amy Berry & Ms. Karen Barnett) Zumba Fitness fuses international rhythms, dance, and fitness in an interval format that is just plain fun. Contagious rhythms of salsa, merengue, reggaeton, hiphop and more will have you moving and "working out" without even knowing it. You don't need to be a dancer, you just need to let loose, move and smile! Wear comfortable clothing and footwear for the workout and bring a water bottle.