

# WISL

WOMEN IN SPORTS  
▶▶▶ LEADERSHIP  
2024 CONFERENCE



**Crowne Plaza**  
Lansing

**FEBRUARY**  
4 & 5, 2024

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# Conference Schedule

Sunday, February 4, 2024

8 a.m. – 4:30 p.m. Conference Registration in Lobby

\*=Specific to coaches/administrators

Room	Topic		Speaker(s)
<b>10 a.m. – 11 a.m. 1st Round of Workshops</b>			
A	Grit and Goal Setting For Teams & Self		Lauren Thompson
B	Supporting Each Other in Developing a Positive Body Image		Chelsi Ricketts
C	Words Have Power		Jacci Storey
D	Unveiling Your Authentic Self: Exploring Team Dynamics and Diverse Traits		Nikki Norris & Stacy Smith
E	Next Level Leadership – Valuing Diversity		Dr. Ramona Cox
F	Get'cha Head in the Game: A Crash Course in Mental Performance		Lauren Secaras & Corinne Zimmerman
Aurora	*Teaching Life Skills Through Sport: From Research to Practice		Dr. Jennifer Roth & Shannon Loso
Reo	*Creating Your Coaching Network		Meg Seng, Sara LeBlanc & Katie Sims
Cord	*Careers in Sports Leadership		Panel of Women in Sports Leadership
<b>11 a.m. – 11:15 a.m. Break</b>			
<b>11:15 a.m. – 12:15 p.m. 2nd Round of Workshops</b>			
A	Grit and Goal Setting For Teams & Self		Lauren Thompson
B	Supporting Each Other in Developing a Positive Body Image		Chelsi Ricketts
C	Words Have Power		Jacci Storey
D	Unveiling Your Authentic Self: Exploring Team Dynamics and Diverse Traits		Nikki Norris & Stacy Smith
E	Next Level Leadership – Valuing Diversity		Dr. Ramona Cox
F	Get'cha Head in the Game: A Crash Course in Mental Performance		Lauren Secaras & Corinne Zimmerman
Aurora	*Teaching Life Skills Through Sport: From Research to Practice		Dr. Jennifer Roth & Shannon Loso
Reo	*Creating Your Coaching Network		Meg Seng, Sara LeBlanc & Katie Sims
Cord	*Careers in Sports Leadership		Panel of Women in Sports Leadership
<b>12:15 p.m. – 1:15 p.m. Lunch (Royale Lobby)</b>			
<b>1:15 p.m. – 2 p.m. 1st General Session Learning from Each Other (Ballroom) Cathy George</b>			
<b>2:15 p.m. – 3:15 p.m. 3rd Round of Workshops</b>			
A	Play Big		Celia Kiogima
B	How to Achieve True and Lasting Success		Alicia Smith
C	Valuing Yourself as a Female Athlete		Laurie Glass
D	What Winners Think, What Champions Do		Becky Schmidt
E	Fueling for Sport		Kate Davis
F	Fear is Our Friend		Paige Thornton
Aurora	*Leading and Empowering Others		Theresa Beeckman
Reo	*Closing the Gap: The Courage to Be Great		Tia Brandel-Wilhelm
Cord	*Leadership: Lifting Each Other Up		Marcy Uyl, Melissa Ritz-Johnson, Leigh Ann Roehm & Carley Robertson
<b>3:15 p.m. – 3:30 p.m. Break</b>			
<b>3:30 p.m. – 4:30 p.m. 4th Round of Workshops</b>			
A	Play Big		Celia Kiogima
B	How to Achieve True and Lasting Success		Alicia Smith
C	Valuing Yourself as a Female Athlete		Laurie Glass
D	Words Matter		Becky Schmidt
E	Fueling for Sport		Kate Davis
F	Fear is Our Friend		Paige Thornton
Aurora	*Leading and Empowering Others		Theresa Beeckman
Reo	*Closing the Gap: The Courage to Be Great		Tia Brandel-Wilhelm
Cord	*Leadership: Lifting Each Other Up		Marcy Uyl, Melissa Ritz-Johnson, Leigh Ann Roehm & Carley Robertson
<b>4:30 p.m. – 6 p.m. Break/Hotel Check-In/Banquet Prep</b>			
<b>6 p.m. – 7:30 p.m. 2nd General Session - Banquet WISL Winner Recognition (Ballroom) Mary Cicerone &amp; Eve Claar</b>			
<b>8 p.m. – 9 p.m. 5th Round of Workshops</b>			
Pool	Water Aerobics		Mary Kay Gavitt
Aurora	Dance Fitness		Paula McAllister
Cord	Reframing Your Vision Through Yoga		Maggie Olds
Atrium	Self-Defense		Angela Ford
Reo	Yoga		Corinne Zimmerman
E & F	Zumba		Danielle Germaine
<b>9:15 p.m. – 10:15 p.m. 6th Round of Workshops</b>			
Pool	Water Aerobics		Mary Kay Gavitt
Aurora	Dance Fitness		Paula McAllister
Cord	Reframing Your Vision Through Yoga		Maggie Olds
Atrium	Self-Defense		Angela Ford
Reo	Yoga		Corinne Zimmerman
E & F	Zumba		Danielle Germaine



**Mary Cicerone**



**Eve Claar**



# Monday, February 5, 2024

7:30 a.m. – 11 a.m. Conference Registration in Lobby

8 a.m. – 9:30 a.m.	<b>3rd General Session - Breakfast</b> Sharing the Vision	<b>(Ballroom)</b> Leah Johnson
9:30 a.m. – 10 a.m.	<b>Break/Check Out</b>	
10 a.m. – 11 a.m.	<b>7th Round of Workshops</b>	
A	Empowering Her: Injury Prevention Strategies for Female Athletes	Dr. Jill Moschelli
B	Empowering Lessons - Staying Connected	Casey Akenberger, Brittney Kimball & Meredith Norris
C	Dare to Be	Kayla Douglas & Sara Driesenga
D	It Starts with Me: The Power of Leading Yourself	Theresa Bееckman
E	Using Athletics to Launch Your Career	Dr. Michele Lewis Watts
F	Championship Team Culture	Dr. Amber Warners
Aurora	*Sending the Right Message When Coaching Females	Laurie Glass
Reo	*Devising a Comprehensive Policy for Safety in Youth Sports	Dr. Karin Pfeiffer
Cord	*Great Coaching: A Commitment to Continuous Improvement	Jean LaClair, Stefanie Miller, Alicia Smith & Debbie Williams-Hoak Facilitator: Andi Osters
11 a.m. – 11:15 a.m.	<b>Break</b>	
11:15 a.m. – 12:15 p.m.	<b>8th Round of Workshops</b>	
A	Empowering Her: Injury Prevention Strategies for Female Athletes	Dr. Jill Moschelli
B	Empowering Lessons - Staying Connected	Casey Akenberger, Brittney Kimball & Meredith Norris
C	Dare to Be	Kayla Douglas & Sara Driesenga
D	It Starts with Me: The Power of Leading Yourself	Theresa Bееckman
E	Using Athletics to Launch Your Career	Dr. Michele Lewis Watts
F	Championship Team Culture	Dr. Amber Warners
Aurora	*Sending the Right Message When Coaching Females	Laurie Glass
Reo	*Devising a Comprehensive Policy for Safety in Youth Sports	Dr. Karin Pfeiffer
Cord	*Great Coaching: A Commitment to Continuous Improvement	Jean LaClair, Stefanie Miller, Alicia Smith & Debbie Williams-Hoak Facilitator: Andi Osters

## Speaker Profiles



**BEECKMAN**

**AKENBERGER, CASEY:** Casey begins her fifth year as a full-time strength coach at MSU. She was promoted to director of athletic performance and will continue to work directly with volleyball, softball, and men's golf. Akenberger began her career at Michigan State as a professional intern before being elevated to an Assistant coach. She has direct responsibility for the athletic performance internship program that has been implemented. She has previously worked with women's soccer and women's swimming and diving programs. The Bowling Green native earned a Master's in Sports Administration from Eastern Illinois and a Bachelor of Science in Kinesiology at Jacksonville State University. A four-year NCAA Division 1 softball pitcher, Casey was part of three Ohio Valley Conference championships and two NCAA regional appearances.

**BEECKMAN, THERESA:** Theresa (Tree) considers herself, first and foremost, a student of coaching, team culture, leadership, and generational understanding. She possesses three decades of coaching and leadership experience at various levels and has built a championship pedigree with success at numerous stops, including Ferris State, Central Michigan, and Western Michigan Universities. Since leaving the collegiate volleyball coaching ranks, she has traveled the country working with teams and coaches to improve their performance through culture and leadership development. She works in partnership with the nonprofits True North Sports and Growing Leaders Inc. and her own entity, Tree Roots Culture Consulting, LLC. Her BA is in Psychology from Saginaw Valley State University, where she was an All-Conference catcher for the Cardinal Softball team.

**BRANDEL-WILHELM, TIA:** A native of Whitehall, Brandel-Wilhelm competed in both volleyball and track at Alma and was an all-conference first-team scholar-athlete. She earned a master's in business administration from WVWC after receiving her undergraduate degree in business administration and psychology from Alma College. Before joining Ferris State University, she served as head coach for three seasons at West Virginia Wesleyan College. She also assisted with West Virginia Wesleyan's track and softball teams. Through her hard work and dedication, Brandel-Wilhelm continues to earn her place among the nation's most respected collegiate coaches.

**COX, RAMONA:** Dr. Cox is the Director of Champions Network Training Programs for Doc Wayne Services and is responsible for overseeing various trainings that teach fundamental and trauma-informed mental health skills that leverage sport and community-based therapies. She is also the varsity volleyball coach at Detroit Cass Tech High School and has a BA in sport management from U of M, a master's in sports administration from Wayne State University, and a Ph.D. in sports psychology from MSU. Ramona played NCAA Division 1 volleyball throughout her time at the University of Michigan and played 11 years of semi-professional football for the Detroit Demolition and Detroit Dark Angels. Dr. Cox was also a member of the State of Michigan Women in Sports Task Force.

**DAVIS, KATE:** Kate Davis has been the owner of RDKSports Nutrition for over 12 years and works with athletes across the United States. Coach Kate has previously consulted with NCAA Division I, II, and III Olympic, Paralympic, and NBA G-League athletes, as well as NBA and NFL athletes while interning. Since 2018, she has been the Editor-in-Chief of the online Sports Nutrition Care Manual as well as the lead dietitian for USA Goalball. Coach Kate has worked with MSU athletes, GVSU athletics, and several high schools in the Lansing area. She has a Bachelor of Science in Dietetics, Master of Science in Nutrition with an emphasis in Exercise Physiology and is a Licensed Dietitian.

**DOUGLAS, KAYLA:** Kayla swam at the University of Michigan, where she earned her undergraduate degree in communication and psychology and a master's in social work. She is currently an adjunct social work counselor in the College of Engineering at U of M, head coach for girls swimming and diving at Franklin High School, and assistant coach for men's and women's swimming and diving at Albion College. As a social worker, coach and former collegiate athlete, Kayla understands the true power and value of social work in athletic settings. She works with youth through "Dare To Be," a company that creates and delivers evidence-based and customized programs.



**COX**



**DAVIS**



**GEORGE**

**DRIESENGA, SARA:** Currently an assistant softball coach at Central Michigan University, Sara earned both her MSW and undergraduate degree from the University of Michigan while playing softball. She continued her softball career playing in the national professional fastpitch league and her passion for working with youth has been cultivated through the development of several strength-based curriculums for youth sport programs. She continues to serve youth on their athletic journey through "Dare to Be," a company she co-founded with Kayla Douglas.

**GAVITT, MARY KAY:** Mary Kay Gavitt has been a Water Safety Instructor for over 40 years. Mary Kay is a former high school nurse and judges Girls Competitive Cheer. Mary Kay has certification as a Lifeguard and Water Safety Instructor as well as CPR and AED. She is a graduate of Michigan State University.

**GEORGE, CATHY:** Cathy George is the Grand Rapids Rise's Pro Volleyball first head coach and among the most highly qualified, accomplished, and respected volleyball coaches in the state. Her storied coaching career spans 35 years and she helped Michigan State to its longest stretch of sustained success. A graduate of Illinois State and a four-year letter-winner in the volleyball program, George was a team captain and three-time All-MVC selection. As the head coach and vice president of volleyball operations, she indicates that this new professional women's volleyball team allows our best athletes to stay here and compete in a professional program.

**GERMAINE, DANIELLE:** Danielle is a Zumba instructor at Kick It Out! Dance Studio and a licensed professional counselor. She indicates that the best advice that she has ever received is that you can do anything you set your mind to!

**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 with 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 thing about coaching. She has been a NFHS National Coach of the Year and a finalist for the MHSAA National Coach of the Year. In 2023, Laurie received the MHSAA Women in Sports Leadership Award.

**HURD, SHARONDA:** A former Central Michigan University women's basketball standout, Sharonada spent several seasons as the assistant basketball coach at Olivet College, where she also served as the Comets' senior women's administrator who played a key role in all aspects of the program. Later, she became Ferris State's top assistant basketball coach and continued to be heavily involved in every facet of that program. She is currently the Director of Athletics at Lansing Everett High School, where she partners with student-athletes, parents, and coaches.

**JOHNSON, LEAH:** Coach Johnson just completed her second season at the helm of the Michigan State volleyball program. Before becoming a Spartan, Coach Johnson directed the Illinois State program, guiding the Redbirds to a 104-53 record and five postseason appearances, including four straight NCAA Tournaments. Johnson was a standout student-athlete at Missouri State, serving as team captain and helping guide the Bears to four straight seasons with 20 or more wins. She holds two degrees from Missouri State, earning a bachelor's degree and a master's degree.

**KIMBALL, BRITTNEY:** A 2017 graduate of Michigan State with a bachelor's degree in media and information, Brittney joined the MSU volleyball program after four years at the Big Ten Network where she worked as an on-campus digital content producer creating social media content centered around Michigan State's 21 varsity sports. Brittney's role as brand ambassador is the first of its kind for the MSU volleyball program, increasing the team's already strong brand at the national level.

**KIOGIMA, CELIA:** Celia studied at Grand Valley State University with a major in Non-Profit Administration. This is her 12th year at Davenport University, where she started as a volunteer assistant coach and became the Head Cheer Coach in 2015. She has led the Davenport team to several National Championships. Celia serves as the Director at Champion Cheerleading. She started as a competitive gymnast but shifted her focus and passion to cheer when she began teaching summer camps in Michigan. What Coach KioGima loves most about coaching is the relationships made with athletes.

**LACLAIR, JEAN:** Jean was a high school and collegiate athlete and then became a coach and athletic administrator. She coached varsity volleyball for 30 years, 5 state championships, and 1 runner-up. She has a BA in education from SVSU, a master's in sports administration from CMU, and a CMAA certification from the NIAAA. She is also a registered official.



GLASS

**LEBLANC, SARA:** Sara is the 9th grade Dean, teacher, and varsity cross country coach at Ann Arbor Greenhills. Her departments include athletics, Upper School, and wellness. She is an Eastern Michigan University graduate and began coaching middle school cross country and track to better navigate her interests as a future educator. 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.



JOHNSON

**LEWIS WATTS, MICHELE:** Dr. Michele Lewis Watts started her career as an intern with the Detroit Pistons and then went to work on major sporting events, including Super Bowl XL and Final Four 2009. After starting to coach volleyball in Detroit, she intentionally shifted her career to address gender-based issues for women and girls, leading her to earn her doctoral degree with research on African American girls. She has a 20+ year career in sports and events and is a former collegiate athlete and member of the 5-time champion Detroit Demolition women's tackle football team. She is co-founder of Woods and Watts Effect and a passionate advocate for girls in sports.

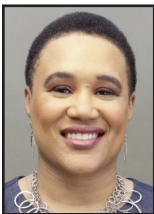


KIYGIMA

**LOSO, SHANNON:** Shannon is the Director of Recreation and Community Education in the Huron Valley Schools. She has a demonstrated history of working in the education management industry and is skilled in nonprofit organizations, volunteer management, public speaking, fundraising and recreation planning. She has a BA degree in Logistics, Materials and Supply Chain Management from Michigan State University and has initiated and implemented a reorganization with the pools and fitness organization.

**MCALLISTER, PAULA:** Paula works in the schools and also has coached Girls Competitive Cheer. As a coach, she was committed to teaching the importance of confidence, leadership, dedication, and the benefits of physical fitness. Her enthusiasm for the sport of Girls Competitive Cheer has also brought her to officiating. She enjoys sharing her passion for fitness and passing on the confidence and results received from aerobic and strength fitness. Paula is a graduate of Wayne State University and a certified aerobic and strength fitness instructor.

**MILLER, STEFANIE:** Stefanie is the varsity girls competitive cheer coach at Paw Paw High School and a math teacher at the high school. She has a bachelor's degree in secondary education and math and has been recognized as the Division II Regional and State Coach of the Year! Her athletes indicate that she provides many essential skills that extend beyond the aspect of sports. Coach Miller has provided them with the ability to talk and interact with others in a productive way.



LEWIS WATTS

**MOSCHELLI, JILL:** Dr. Jill Moschelli is the MSU Athletics Team Physician and an Associate Professor of Orthopedics in the Colleges of Human and Osteopathic Medicine. She serves as the program director for the MSU Sports Medicine Fellowship and is the clinical director for the MSU Health Care Sports Medicine clinic. Dr. Moschelli sees patients with overuse injuries, concussions, and female athlete-related issues. After earning her medical degree at the St. Matthews University Medical School in Grand Cayman, Moschelli completed her family medicine residency at Wayne State University School of Medicine in Rochester, Michigan. She was also the team physician for Binghamton University and Program Director for the Sports Medicine Fellowship.

**NORRIS, MEREDITH:** Meredith is a student-athlete and the Tutorial and Academic Coordinator for Women's Volleyball, Men's Cross Country, and Women's Cross Country. Prior to her current role, she served as the Graduate and Learning Assistant with Student-Athlete Support Services. Meredith earned both her undergraduate and graduate degrees in Kinesiology from MSU, with her master's specialization in Sports Administration. As an undergraduate, she was an active member of the MSU Women's Volleyball team, earning four varsity letters and helping lead the Spartans to an Elite Eight appearance. She was elected team captain as a senior, earning Academic All-Big Ten honors three times.

**NORRIS, NIKKI:** Nikki Norris taught science for eighteen years, as well as coached basketball and volleyball. She was the athletic director at Corunna High School from 2010 to 18 and is currently the director of athletics at East Lansing High School. Her bachelor's is from Alma College, and her master's is from Michigan State University. She is a Certified Athletic Administrator and a member of MIAAA and NIAAA.



MOSCHELLI

**OLDS, MAGGIE:** Upon graduation from MSU, Maggie went into sports marketing with the Lansing Lugnuts. She found yoga in 2012 and became an instructor in 2013 and has now opened Yoga Connect. Vision, mission, and values have become a huge focus in their studio, and the theme of "Share the Vision" fits with exactly how they have embraced their community and share how they do their "yoga practice" with how they live their lives. Maggie has a bachelor's degree in marketing from MSU and yoga certification from East Lansing Hot Yoga and Citizen Yoga in Royal Oak.

**OSTERS, ANDI:** Osters has been at the MHSAA since 2005 and was hired after graduating from MSU. As an Assistant Director, Andi is responsible for the administration of four sports: golf, softball, swimming and diving, and volleyball. Additionally, she assists with brand and marketing initiatives and oversees interstate sanctioning and out-of-state competition regulations. She has served on the NFHS Volleyball Rules Committee and currently serves as the Chair of the NFHS Softball Rules Committee.



RICKETTS

**PFEIFFER, KARIN:** Dr. Karin Pfeiffer is a recognized leader in the field of Kinesiology and Exercise Physiology. Her impactful research has focused on physical activity in youth and adolescents, both in measuring and increasing the rate of physical activity. Pfeiffer is a member of the board of the National Youth Sports Health and Safety Institute and Chair of the Sport Sector of the National Physical Activity Plan. She holds a bachelor's degree from the University of Michigan and her master's and Ph.D. are from Michigan State University, specializing in Exercise Physiology. Dr. Pfeiffer is the current MSU Director of the Institute for the Study of Youth Sports.

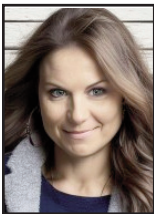
**RICKETTS, CHELSI:** Chelsi is a doctoral student in Kinesiology at MSU with an area of concentration in Sport and Exercise Psychology. Her work focuses primarily on body image in sport and physical activity contexts, specifically as it relates to promoting body-healthy sport and physical activity environments for all involved. She holds a B.Sc. in Psychology as well as a M.Sc. in Clinical Psychology with a minor in Gender and Development Studies from the University of the West Indies, Mona, Jamaica. She is a member of the North American Society for the Psychology of Sport and Physical Activity.



STOREY

**RITZ-JOHNSON, MELISSA:** Melissa is a varsity volleyball coach and working mom. She retired as a UPS employee after 31 years and feels that her biggest challenge is balancing being a mom and a coach. She says the best advice she ever received was to "enjoy the journey." She has degrees at GVSU and Aquinas College.

**ROBERTSON, CARLEY:** Carley coaches varsity volleyball at DeWitt and also coaches club volleyball. She indicates that the barriers to team success are more mental/emotional/social than physical. She has a bachelor's degree in Human Capital and Society and is a certified human resources specialist.



THOMPSON

**ROEHM, LEIGH ANN:** Leigh Ann played college basketball at Bowling Green State University and Northern Michigan University. Immediately out of college, she began coaching basketball at DeWitt. She moved to Saline when she got a teaching position at Saline Middle School and has taught middle school science for the last 21 years. She is currently the head varsity coach at Saline High School and has also coached for the Michigan Mystics the last 5 years. While at Saline, she was named Dream Team State Coach of the Year and BCAM Division 1 Coach of the Year.

**ROTH, JENNIFER:** Dr. Jennifer Roth earned her Ph.D. from Michigan State University in Psychosocial Aspects of Sport and Physical Activity. She is currently an Assistant Professor in the Department of Kinesiology at MSU and teaches courses and advises students in the Coaching, Leadership and Administration graduate program. She has a B.S. in Psychology from Saint Louis University, M.S. in Kinesiology from MSU and a Ph.D. in Kinesiology from MSU.

**SCHMIDT, BECKY:** As the Associate Professor of Kinesiology instruction and the Head Volleyball Coach, Becky's experience at Hope began when she was a year old and her parents moved to Holland so her father could attend seminary. After she graduated from Hope, she completed a master's degree in sports studies from Miami University. She taught and coached in Southern California prior to having the opportunity to give back to the school that had such a profound impact on her. Ms. Schmidt's academic interests are focused on the field of sport psychology, specifically on group processes and sociopsychological influences on performance.

**SECARAS, LAUREN:** Lauren is a fourth-year doctoral student at Michigan State and has studied sport psychology for almost six years while teaching, researching, and working with athletes and coaches on their mental performance. She is working toward the Certified Mental Performance Coach credential offered by the Association for Applied Sport Psychology and is planning to pursue a career that will allow her to continue teaching and working with athletes. Her ultimate goal is to facilitate a positive sport experience for all. She has a B.A. in Psychology and Communication from Denison University and a M.S. in Kinesiology from MSU.

**SENG, MEG:** Meg has extensive coaching experience, beginning in 1985 when she took over the Ann Arbor Huron volleyball program. She is a former Indiana State volleyball and softball standout who also has served as Ann Arbor Huron's softball coach. She completed her teacher certification at Eastern Michigan University. She co-founded and is the Executive Director of the nonprofit Academy of Sports Leadership, which provides education and training for women who are interested in becoming coaches. She is currently an MHSAA AD Connect Mentor, EMU lecturer in Sport Management, MHSAA Coaches Advancement Program instructor, and MIAAA board of Directors.

**SIMS, KATIE:** Katie graduated from Ohio Northern University with a degree in exercise physiology. She initially played college basketball for the first two years and then made a deliberate shift to the sport of triathlon. Over the years, she has completed over 20 races. She is driven by a passion for sports performance, particularly in the realm of adolescent development, with a focus on female athletes. Since 2021, she has served as a health and wellness teacher at Ann Arbor Greenhills. In addition to her teaching role, she is in her second year of being on the coaching staff for the cross-country program and girl's high school basketball teams.

**SMITH, ALICIA:** As a decorated high school softball coach, co-founder of Mental Sweet Spot, and co-host of the Win More Games, Have More Fun Podcast, Coach Smith uses her degree and 26 years of coaching experience to help teams develop mental toughness and supportive culture through presentations, workshops, and consulting. Alicia's extensive experience implementing the mental game with her high school teams has led them to two state championships and four semi-final appearances. She helps in building a strong team culture, developing mental toughness and empowering young women to be leaders. She has a B.S. in Engineering Design and Graphics Technology and an M.A. in Coaching Sport Performance.

**SMITH, STACY:** Stacy's journey into the world of cheer began in 1989, a time when girls competitive cheer had yet to be recognized as a sport in Michigan. As the landscape evolved, so did Stacy's role. In 1994, she was at the forefront of change as girls' competitive cheer was introduced as an official MHSAA-sanctioned winter sport. The Plainwell 2000 team clinched the Class B State Championship with Stacy in charge. Beyond coaching, Stacy immersed herself in the world of girls competitive cheer as an official, and her commitment and expertise led her to be elected to the Michigan Cheer Judges Association board, where she assumed the presidency. In her role as an Academic Coach at Launch U Early Middle College, she employs tools to pinpoint strengths in guiding leadership roles and fostering effective collaboration within the team.

**STOREY, JACCI:** Jacci began coaching in 2022 and has a degree in secondary education from Central Michigan University and a master's from Grand Valley State University. She is a certified personal trainer and also holds a master's degree in sport psychology from Adam's State University. She is currently teaching at Aquinas College in the kinesiology department and has helped hundreds of athletes all over the United States develop their mental strength to excel in their athletics, allowing them to build confidence, break records, and win championships.

**THOMPSON, LAUREN:** Lauren is a teacher, administrator, and college lecturer, and after 15 years in public education, she has now transitioned to her role as Senior Education Advisor at Gallup, where she consults with universities and large school districts to build strength-based campuses and schools. She holds a BA in biology from Wittenberg University, an MS in education leadership from Purdue University, a MAPP from the University of Pennsylvania, and an EdD-ABD from Loyola University of Chicago.

**THORNTON, PAIGE:** Paige is entering her ninth season as Livonia Churchill's athletic trainer. She wears many hats. Even before Thornton graduated from Colon High School, she always had a lot on her plate. She attended Michigan State University, where she was a four-year member of its competitive cheer team and studied under the Spartans' Hall of Fame athletic trainer Sally Nogle, who has four decades of experience helping athletes. She is still an assistant with the Spartans and works in the Livonia Churchill athletic office. From an organizational standpoint, she is extremely well-organized and willing to do anything for anybody, anytime.

**UYL, MARCY:** Marcy has been a high school teacher, varsity basketball coach and personal trainer, and wellness coach. She graduated from Cornerstone University, where she was an All-American in Basketball. Her degree in educational leadership is from Grand Valley University. She states the best advice that she has ever received is to surround yourself with people who lift you up, challenge you, and make you believe you can accomplish more than you think you can.

**WARNERS, AMBER:** Dr. Amber Warners has completed her 22nd year as head coach of the Calvin volleyball program. In addition to her duties as Calvin's women's volleyball coach, she is the associate athletics director at Calvin and a professor of kinesiology. She has taught high school and coached high school volleyball and softball and has taught and coached softball and volleyball at Calvin University for many years. She currently teaches and coaches volleyball at Calvin. Under Warners, the Knights have won three national championships. She indicates that she has learned more from the losses than the wins than anything else. She is a four-time AVCA Division III National Coach of the Year and earned her master's degree from Michigan State University in sports psychology and also her Ph.D. from MSU.

**WILLIAMS-HOAK, DEBBIE:** Debbie is a lifelong athlete who has competed in multiple sports at a high level and also became an LPGA professional golfer. She coached track and field at the University of Michigan and currently coaches boys and girls golf at Saline. She has served in numerous positions, including President for the Michigan Interscholastic Golf Coaches board, and is currently the Executive Director. Her degree is from the University of Michigan.

**ZIMMERMAN, CORINNE:** Corinne played competitive sports in high school and knew that she wanted to continue to stay around the field by studying sport psychology. She worked as a coach and curriculum developer at the YMCA and once she finishes her studies, she hopes to be a professor of sport psychology at a school where she can research, teach and continue to work with athletes on the mental skills that make them so great. During her studies, Corinne has had the opportunity to work with high-level performers, including musicians, collegiate athletes and semi-professional soccer teams. Her work focuses primarily on helping people become the best versions of themselves.