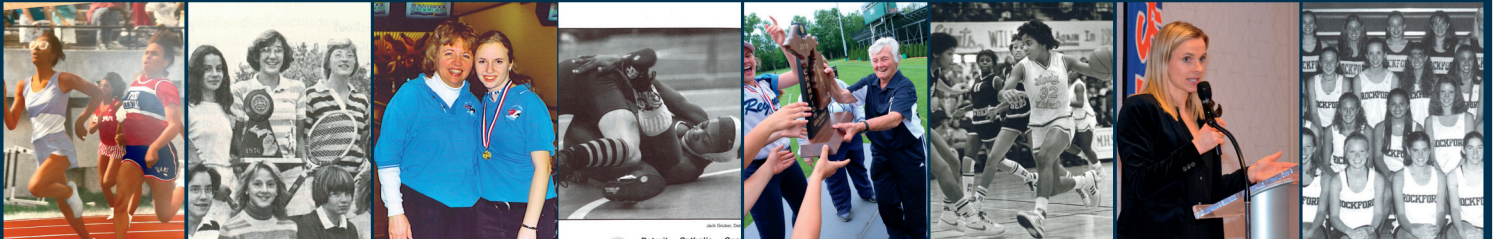


# WISL

WOMEN IN SPORTS  
LEADERSHIP  
2022 CONFERENCE



# POWER of PAST FORCE the FUTURE

OCTOBER 9 & 10  
CROWNE PLAZA  
LANSING



TITLE IX at 50



# Conference Schedule

Sunday, October 9, 2022

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	Ms. Lauren Thompson
B	Promoting Females in Sports Leadership	Ms. Colette Hemker, Ms. Ashley Mantha, Ms. Meg Seng
C	Next Level Leadership for All – Valuing Diversity	Dr. Ramona Cox
D	Discover Your True Self & The Personality Traits of Your Teammates	Ms. Nikki Norris & Ms. Stacy Smith
E	Fueling for Sport	Ms. Sandy Sellers
F	“You Can’t Sit With Us!”: Navigating Communication and Conflict in Sport	Ms. Lauren Secaras
Aurora	*Leading Gen Z Female Student-Athletes Today	Ms. Theresa Beeckman
Reo	*Promoting a Healthy Body Image	Ms. Hannah Miller & Ms. Chelsi Ricketts
Cord	*Tough Love Coaching: Where is the Line?	Ms. Alysha Matthews & Ms. Sarah Saxton
<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	Ms. Lauren Thompson
B	Promoting Females in Sports Leadership	Ms. Colette Hemker, Ms. Ashley Mantha, Ms. Meg Seng
C	Next Level Leadership for All – Valuing Diversity	Dr. Ramona Cox
D	Discover Your True Self & The Personality Traits of Your Teammates	Ms. Nikki Norris & Ms. Stacy Smith
E	Fueling for Sport	Ms. Sandy Sellers
F	“You Can’t Sit With Us!”: Navigating Communication and Conflict in Sport	Ms. Lauren Secaras
Aurora	*Leading Gen Z Female Student-Athletes Today	Ms. Theresa Beeckman
Reo	*Promoting a Healthy Body Image	Ms. Hannah Miller & Ms. Chelsi Ricketts
Cord	*Tough Love Coaching: Where is the Line?	Ms. Alysha Matthews & Ms. Sarah Saxton
<b>12:15 p.m. – 1:15 p.m. Lunch (Royale Lobby)</b>		
<b>1:15 p.m. – 2 p.m. 1st General Session (Ballroom) Dr. Ashley Baker</b>		
<b>2:15 p.m. – 3:15 p.m. 3rd Round of Workshops</b>		
A	Developing a Healthy Body Image in Sport	Ms. Hannah Miller & Ms. Chelsi Ricketts
B	Play Big	Ms. Celia Kiogima
C	Staying Connected and Giving Back to Sport	Ms. Delonda Little & Ms. Teresa Stuck
D	Win Deep – The Art of Connecting and Leading Your Teammates	Ms. Theresa Beeckman
E	Learning from Each Other Through Athletics: The Power of Relationships	Dr. Ashley Baker
F	Overcoming Fears in Athletics	Ms. Penny Allen-Cook
Aurora	*Coaching Female Athletes: Sending the Right Message	Ms. Laurie Glass
Reo	*Coaching Generation Z	Dr. Dan Gould & Dr. Mike Mignano
Cord	*Increasing Self-Awareness Through Reflective Practice in Coaching	Ms. Kylee Ault-Baker & Ms. Lauren Secaras
<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	Developing a Healthy Body Image in Sport	Ms. Hannah Miller & Ms. Chelsi Ricketts
B	Play Big	Ms. Celia Kiogima
C	Staying Connected and Giving Back to Sport	Ms. Delonda Little & Ms. Teresa Stuck
D	Win Deep – The Art of Connecting and Leading Your Teammates	Ms. Theresa Beeckman
E	Learning from Each Other Through Athletics: The Power of Relationships	Dr. Ashley Baker
F	Overcoming Fears in Athletics	Ms. Penny Allen-Cook
Aurora	*Coaching Female Athletes: Sending the Right Message	Ms. Laurie Glass
Reo	*Coaching Generation Z	Dr. Dan Gould & Dr. Mike Mignano
Cord	*Increasing Self-Awareness Through Reflective Practice in Coaching	Ms. Kylee Ault-Baker & Ms. Lauren Secaras
<b>4:30 p.m. – 5:45 p.m. Break/Hotel Check-In/Banquet Prep</b>		
<b>6 p.m. – 7:30 p.m. 2nd General Session - Banquet (Ballroom) Ms. Sharonda McDonald Kelley Ms. Lori Hyman</b>		
<b>8 p.m. – 9 p.m. 5th Round of Workshops</b>		
Pool	Aqua Zumba	Ms. Mary Kay Gavitt
Aurora	Yoga	Ms. Alysha Matthews
Atrium	Self-Defense & Personal Safety	Ms. Tanya Panizzo
Cord	TikTok Dance	Ms. Kylee Ault-Baker
Reo	Dance Fitness	Ms. Paula McAllister
E & F	Zumba	Ms. Lauren Secaras
<b>9:15 p.m. – 10:15 p.m. 6th Round of Workshops</b>		
Pool	Aqua Zumba	Ms. Mary Kay Gavitt
Aurora	Yoga	Ms. Alysha Matthews
Atrium	Self-Defense & Personal Safety	Ms. Tanya Panizzo
Cord	TikTok Dance	Ms. Kylee Ault-Baker
Reo	Dance Fitness	Ms. Paula McAllister
E & F	Zumba	Ms. Lauren Secaras



Lori Hyman

# Monday, October 10, 2022

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

8 a.m. – 9:30 a.m.

3rd General Session - Breakfast  
Women in Sport: Opportunity-Action-Empowerment

(Ballroom)  
Ms. Kim Barnes Arico

9:30 a.m. – 10 a.m.

Break/Check Out

10 a.m. – 11 a.m.

7th Round of Workshops

A Injury Prevention for the Female Athlete  
B Empowering Lessons-Staying Connected  
  
C How to Take Your Skills from the Court into Life  
D Dare to Be  
E Social-Emotional Skill Building  
F Valuing Yourself as a Female Athlete  
Aurora \*Maximizing Physical Activity During Practice Time  
Reo \*Creating Change for Michigan and Girls in Sports  
Cord \*Producing Future Female Coaches

Dr. Brooke Cummings & Ms. Mary Thiel  
Ms. Casey Akenberger, Ms. Brittney Kimball,  
Ms. Meredith Norris  
Ms. Kylee Ault-Baker  
Ms. Kayla Douglas & Ms. Sara Driesenga  
Ms. Nicole Carter & Novi Students  
Ms. Laurie Glass  
Dr. Karin Allor Pfeiffer  
Dr. Michele Lewis Watts  
Dr. Andy Driska & Mr. Jordan Rademacher

11 a.m. – 11:15 a.m.

Break/Check Out

11:15 a.m. – 12:15 p.m.

8th Round of Workshops

A Injury Prevention for the Female Athlete  
B Empowering Lessons-Staying Connected  
  
C How to Take Your Skills from the Court into Life  
D Dare to Be  
E Social-Emotional Skill Building  
F Valuing Yourself as a Female Athlete  
Aurora \*Maximizing Physical Activity During Practice Time  
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Dr. Brooke Cummings & Ms. Mary Thiel  
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Ms. Kylee Ault-Baker  
Ms. Kayla Douglas & Ms. Sara Driesenga  
Ms. Nicole Carter & Novi Students  
Ms. Laurie Glass  
Dr. Karin Allor Pfeiffer  
Dr. Michele Lewis Watts  
Dr. Andy Driska & Mr. Jordan Rademacher



AKENBERGER, CASEY

## Speaker Profiles

**AKENBERGER, CASEY:** Casey is in her fourth year as a full-time assistant director of athletic performance at Michigan State and works primarily with volleyball, softball and men's golf. She previously worked with the 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's of Science in Kinesiology at Jacksonville State. A four-year NCAA Division I softball pitcher at Jacksonville State, Akenberger was part of three Ohio Valley Conference championships and two NCAA regional appearances.



ALLEN-COOK, PENNY

**ALLEN-COOK, PENNY:** Penny Allen-Cook is the past Commissioner of the Michigan Intercollegiate Athletic Association and has worked for more than 30 years as a coach and administrator at the youth, high school and collegiate levels. She has championed women's advancement in sports by teaching courses in the Coaches Advancement Program, committee involvement with the NCAA, facilitating women's leadership programs and mentoring female athletic administrators. She is a member of the American Volleyball Coaches Association, We Coach, and Women Leaders in College Sports and assists institutions with compliance expertise.



ALLOR PFEIFFER, KARIN

**ALLOR PFEIFFER, KARIN:** Dr. Karin Allor 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 in increasing the rate of physical activity. Pfeiffer is a member of the leadership 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 Director of the Institute for the Study of Youth Sports at MSU.



AULT-BAKER, KYLEE

**AULT-BAKER, KYLEE:** As an undergraduate student studying Sport Industry at The Ohio State University, Kylee pursued a career focused on understanding and improving the life of high school athletes. She attended the University of Tennessee for a master's degree in Sport Psychology and researched how leadership and life skills are learned from sport. She is in her final year of her PhD program at MSU with an emphasis in Psychosocial Aspects of Sport. Kylee is a former competitive gymnast, tennis player, track athlete and cheerleader and has also spent the past five years teaching strength-based group fitness classes for a variety of populations.



BAKER, ASHLEY

**BAKER, ASHLEY:** Dr. Baker has a diverse and impressive background within the athletics and university communities and comes from Xavier University of Louisiana where she served as Assistant Vice President for Student Affairs and Chief Inclusion Officer/Deputy Title IX Coordinator for the University. As the Chief Diversity, Equity and Inclusion (DEI) Officer at MSU, she will develop and facilitate the implementation of programs specifically focused on staff and student-athlete diversity, inclusion and community outreach. Originally from Pontiac, Michigan, Ashley holds a BA in Business and a master's of Education in Sport Administration from Bowling Green University. Her Ph.D. in Sport Management is from the University of Georgia. Dr. Baker is committed to empowering young girls and women to pursue careers in sports.

**BARNES ARICO, KIM:** Coach Barnes Arico is a scholar-athlete recipient who graduated from Montclair State with a bachelor's degree in physical education and health. She is the winningest basketball coach in the University of Michigan's program history and the only coach to ever eclipse two hundred victories. She led Michigan to the 2022 NCAA Elite Eight – the first appearance in program history and led Michigan to its highest ranking ever – No. 4 during the 2021-22 season. She is on the cusp of reaching five hundred career wins, entering the 2022-23 season. Barnes Arico is a two-time Big Ten Coach of the Year and was a semifinalist for the 2022 Werner Ladder Coach of the Year honor. She has coached 20 players to earn postseason conference honors and has also built quite a coaching tree as five of her former assistant coaches are now head coaches.

**BEECKMAN, THERESA:** Theresa (Tree) is a former college athlete and Division I volleyball coach who now travels the country conducting team workshops and coach development programming. She possesses nearly three decades of experience as a coach and culture consultant for both the athletic and business industries. Recently Tree authored the "Managing Your Culture" workbook which presents an original model for high performing team culture. The Bridgeport, Michigan native has traveled the country to work with multiple teams focused primarily on team performance through generational understanding, leadership development and team culture. Her BA is in Psychology from Saginaw Valley State University where she was an All-Conference catcher for the Cardinal Softball team.

**CARTER, NICOLE:** Ms. Carter is a strong proponent of educational athletics and taught Civics/Economics and AP US Government and Politics for years prior to transitioning into administration as principal of Novi High School. She earned a bachelor's degree from Michigan State University in Secondary Education, majoring in Political Science with a minor in English. She earned a master's degree from MSU in Curriculum and Instruction and holds an Education Specialist degree from Oakland University.

**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 Sport Management degree from U of M, a master's in Sports Administration from Wayne State University and a Ph.D. in Sport 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 is also a member of the State of Michigan Women in Sports Task Force.

**CUMMINGS, BROOKE:** Dr. Cummings grew up playing a variety of sports with her top sports 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 with a Doctor of Physical Therapy from Central Michigan University and prior to that she received her BS in Kinesiology from Michigan State University. She has been in outpatient orthopedics since the start of her career and is a Certified Kinesiotape Practitioner.

**DOUGLAS, KAYLA:** Kayla swam at the University of Michigan where she earned her undergraduate degree in communication and psychology and 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.





**BECKMAN**

**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. Sara continued her softball career playing in the national professional fastpitch league. 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.

**DRISKA, ANDY:** Dr. Andy Driska has experiences of being a high school and age-group swim coach, high school teacher, and collegiate swim coach. He earned his Ph.D. at Michigan State University and presently serves as the Director of the Sport Coaching, Leadership and Administration Graduate Program at MSU. He is the Accreditation Chair for the US Center for Coaching Excellence and a faculty member at MSU and has additional degrees from Ithaca College and Minnesota State University Mankato.



**CARTER**

**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 Aquatics/Pool Manager. She 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.

**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 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 thing about coaching. She has been a NFHS National Coach of the Year as well as a finalist for the MHSAAA National Coach of the Year.



**COX**

**GOULD, DANIEL:** Dr. Gould is the former Director of the Institute for the Study of Youth Sports and Professor in Kinesiology at MSU. He is a sought-after speaker, coaching educator and consultant in 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 thirty countries around the world and has consulted with coaches and athletes ranging from novices to Olympic champions. Dr. Gould received his BS in sport science from SUNY-Brockport and his doctorate from the University of Illinois.

**HEMKER, COLETTE:** A community-centric, team builder and leader, Colette is the Assistant Director of Leadership Development and Community Engagement at the University of Michigan Athletic Department. She helps students gain personal awareness, stronger emotional intelligence and the ability to develop strong relationships to enhance teamwork success, individual confidence and cultural awareness. Hemker's BA is from the University of Michigan.



**GLASS**

**KIMBALL, BRITTNEY:** Brittney is a graduate of Michigan State with a bachelor's degree in Media and Information. She joins the 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 varsity sports. Kimball's creative efforts have been shifted solely to 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 10th 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.



**KIOGIMA**

**LEWIS WATTS, MICHELE:** Dr. Lewis Watts most recently served as Executive Director for the Women in Sports Task Force, managing the final year of the Task Force and co-authoring the final report of recommendations. She has more than 25 years of experience in sports, event and project management; working at the Detroit Pistons, Super Bowl XL and the 2009 Final Four. 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.

**LITTLE, DELONDA:** Delonda received a 4-year basketball scholarship to Wayne State University and was inducted into the Wayne State Basketball Hall of Fame in 2005! After graduating with a criminal justice degree, Delonda works for the Michigan Department of Corrections as a Parole Supervisor. She began officiating basketball in 2003 and has worked several state finals, semi-finals and quarterfinals. In 2015, she became the first female official to work in a Detroit PSL boys basketball championship game at Calihan Hall. Delonda is president and founder of the Motor-City Area Officials Association and also officiates women's collegiate basketball.



**LEWIS WATTS**

**MANTHA, ASHLEY:** Ashley received her first degree from James Madison University in Sports Management and later got her master's degree in Educational Management Leadership from Memorial University in Newfoundland and Labrador. While working in the Ann Arbor Public Schools, Ms. Mantha also coached boys and girls for several seasons. She is currently the Director of Athletics at Saline High School and indicates that the biggest strength at Saline is the community of coaches and support staff.

**MATTHEWS, ALYSHA:** Alysha has completed her master's degree at Michigan State University, where she is currently completing her doctoral degree. Upon graduation, she will return home to Canada where she will look to find a position researching best practices with national sport governing bodies. Alysha played multiple sports in high school and has coaching experiences with various sports and across age groups. As a member of the Institute for the Study of Youth Sports, Alysha conducts research and applies evidence-based practices.



**MCDONALD KELLEY**

**MCDONALD KELLEY, SHARONDA:** As the new softball coach at MSU, McDonald Kelley has experienced success as a coach, a student-athlete and a teacher of the game. McDonald Kelley was a four-time All-Big 12 selection as a player at Texas A&M, capping off her intercollegiate career with Texas A&M's first trip in softball to the Women's College World Series. Following her career at Texas A&M, McDonald Kelley played professionally for seven years, spending time with the Philadelphia Force, the Akron Racers and the USSA Pride. She earned her bachelor's of Arts in Kinesiology from Texas A&M.



**SELLERS**

**MIGNANO, MICHAEL:** Michael has been affiliated with the Institute for the Study of Youth Sport at Michigan State University. Along with 10 years of collegiate coaching experience, he has coached at the high school, community, and recreational levels. His research includes positive youth development through sport, coach burnout, youth sport evaluation, coaching Generation Z athletes and optimal parental involvement in youth sports. He holds a Doctor of Philosophy from MSU and is an Assistant Professor at Olivet College Health and Human Performance.

**MILLER, HANNAH:** Hannah engages in the Sport, Exercise and Performance Psychology PhD program at West Virginia University. She conducts research on the relationships between body image and disordered eating, as well as eating disorders and interpersonal relationships in aesthetic sport athletes. She plans to work with athletes as a Licensed Professional Counselor and Certified Mental Performance Consultant. She has a B.S. in Psychology and a M.S. in Kinesiology from Michigan State University.

**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 on the MSU Women's Volleyball team, she earned four letters and helped 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:** Ms. Norris taught science for eighteen years, as well as coached basketball and volleyball. She was the Athletic Director at Corunna High School from 2010-18 and currently is the Director of Athletics at East Lansing High School. Her bachelor's is from Alma College with a master's from Michigan State University. She is a Certified Athletic Administrator and a member of MIAAA and NIAAA.

**PANIZZO, TANYA:** Tanya is a long-time martial artist practicing Taekwondo and Jujitsu. Tanya has 10 years experience as a Chemist and Engineer for the Automotive Industry and turned her hobby of martial arts into her full-time business. She is the owner of a thriving martial arts gym and owner of Fighting Spirit Safety, a company committee to providing kids, teens, adults and communities with violence prevention strategies and self-defense. She is a Master Instructor of Taekwondo credentialed through Korea and emphasizes strong communication skills while providing training drills with strategies.

**RADEMACHER, JORDAN:** Jordan is a tennis coach, youth hockey coach and a graduate student in the coaching education and professionalization of Coaching at Michigan State University. He has a B.S. in Sport Leadership with an emphasis in Sport Management from Grand Valley State University; working toward his M.S. in sport coaching, leadership and administration from MSU.

**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.

**SAXTON, SARAH:** Sarah is a Mental Performance Consultant for recreational and collegiate athletes and teams at Michigan State University. She is also a graduate teaching assistant as well as develops curriculum for USA Gymnastics. She is a former gymnast and gymnastics coach and has a B.S. in Kinesiology and Psychology from MSU, as well as a M.S. in Kinesiology with a concentration in the psychosocial aspects of sport and physical well-being. She is currently at West Virginia University and working in Sport, Exercise and Performance Psychology.

**SECARAS, LAUREN:** Lauren is a third-year doctoral student at Michigan State and enjoys researching conflict and coaching in sport. She has experience as a mental skills coach for softball, tennis and rowing teams from 10U to the college level. Lauren is planning to pursue a career where she can teach and work with athletes and coaches to promote a positive sport experience. She has a B.A. in Psychology and Communication from Denison University and a M.S. in Kinesiology from MSU. Lauren also teaches Zumba Dance Fitness.

**SELLERS, SANDY:** Sandy has completed four marathons, too many half-marathons to count, and this year completed her first triathlon. She holds a B.S. in Dietetics from MSU, a graduate certificate in Dietetics and Wellness from Bradley University and is currently the Nutrition Outreach and Sports Nutrition Manager at the United Dairy Industry of Michigan. She brings experience working with school-based programming in nutrition and wellness and enjoys collaborating with athletes of all levels on sports nutrition and the benefits of chocolate milk.

**SENG, MEG:** Meg is a former WISL recipient and works as an Athletic Administrator at Ann Arbor Greenhills. She has extensive coaching experience, beginning in 1985 when she took over the Ann Arbor Huron volleyball program. Meg 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 and began teaching at Ann Arbor Greenhills. Seng co-founded the nonprofit Academy of Sports Leadership, which provides education and training for women who are interested in becoming coaches. She serves on a variety of MHSAA committees and is an instructor for the MHSAA Coaches Advancement Program.

**SMITH, STACY:** Stacy began coaching in 1989 and in 1994, when MHSAA girls competitive cheer was developed, she became the girls competitive cheer coach at Plainwell as well as a registered girls competitive cheer official. She was selected to serve on the Michigan Cheer Judges Association Board and currently holds the position of President-Elect. Stacy also has had numerous other coaching positions in high schools and at Ferris State University. She is a graduate of WMU with majors in Marketing and Advertising and is Co-Owner of Residue of Leadership which involves consulting in individual and team leadership capacity building. She is currently an academic coach for Launch U Early Middle College.

**STUCK, TERESA:** Teresa is a four-year high school varsity athlete who participated in basketball, volleyball, softball and soccer. She played basketball professionally in Europe after a collegiate career and played two seasons of women's professional football with one of them for the National Champion Detroit Demolition. She has worked as a college and high school coach, teacher and athletic director and officiates basketball full time. She has worked as a referee for the NBA's G League and NCAA basketball for several conferences, including the Big10, SEC, and ACC. She has a bachelor's from Hillsdale College and a master's from Niagara University.

**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 master's of Physical Therapy degree is from Oakland University.

**THOMPSON, LAUREN:** Lauren Snider Thompson uses her master's in Applied Positive Psychology from the University of Pennsylvania to help increase resilience and well-being of self, team, and organizations as an administrator in a public school and as the founder of Ascent Leadership. She enjoys coaching high school varsity girls basketball and as a guest lecturer at Wittenberg University. Her life passions are centered on the reform of education programs to include teacher well-being and resilience training for all educators, imbed positive psychology into athletic coaching practices and to help empower female athletes to reach their full potential.