



WOMEN IN SPORTS
 LEADERSHIP
2022 CONFERENCE

POWER OF THE PAST – FORCE OF THE FUTURE WORKSHOPS

*Specific to coaches/administrators

Updated 09/28/22

AQUA ZUMBA (Ms. Mary Kay Gavitt) Come make a splash in this fun, high energy Aqua Zumba class that provides a low-impact, aerobic workout to get your body moving and heart pumping. This water workout is suitable for participants of all ages and fitness levels. Bring a swimsuit (preferably a one-piece or sport-gear two piece) and join in on the fun!

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

***COACHING GENERATION Z (Dr. Dan Gould & Dr. Mike Mignano)** This workshop presentation will discuss the characteristics of Generation Z student-athletes and what coaching strategies can be used to effectively coach them. Current research findings will be presented, and participating coaches will discuss their perceptions of Gen Z student-athlete characteristics and coaching strategies they found to be effective.

***CREATING CHANGE FOR MICHIGAN AND GIRLS IN SPORTS (Dr. Michele Lewis Watts)** Learn about “She’s Got Next: Creating Change for Michigan’s Girls and Women in Sports. Increasing opportunities for girls and women in sports has far-reaching implications for society in general and advancing women leaders. The Task Force’s report of recommendations encapsulates legislation, policies, investments and programs for the state, the sports industry, the private sector and the general public. Coaches, administrators and parents play a critical role in helping implement the recommendations.

DANCE FITNESS (Ms. Paula McAllister) Regular exercise gives you more health benefits than you realize. As an athlete the importance of physical conditioning and a regular fitness routine are important. Physical fitness provides a body with not only physical strength, but mental strength as well. The combination of physical and mental strength gives you the power to be a “force of the future.” Attendees should wear appropriate clothing and footwear for an aerobic and strength workout.

DARE TO BE (Ms. Kayla Douglas & Ms. Sara Driesenga) Receive the tools to confidently embrace the inevitable realities in life: adversity, transition and growth. This session includes interactive workshops designed to address the complex challenges experienced in sports today and empower athletes.

DEVELOPING A HEALTHY BODY IMAGE IN SPORT (Ms. Hannah Miller & Ms. Chelsi Ricketts) This session will assist athletes in identifying the signs of an unhealthy body image in sport and recognize the roles of coaches, peers and social media in influencing healthy and/or unhealthy body image. Athletes will be provided with practical strategies for developing a healthy body image in sport.

DISCOVER YOUR TRUE SELF & THE PERSONALITY TRAITS OF YOUR TEAMMATES (Ms. Nikki Norris & Ms. Stacy Smith) Your personality influences your relationships with family, friends, teammates and coaches. Teams consist of a variety of personalities that must work cohesively together. In this session, you will identify your own personality traits as well as learn about the traits of others. This understanding of differing personalities will help you to reach your own full potential, as well as allow your team to work together.

EMPOWERING LESSONS – STAYING CONNECTED (*Ms. Casey Akenberger, Ms. Brittney Kimball & Ms. Meredith Norris*) Hear from the experiences of women from several fields in athletics in how they stay connected with sport and athletics. Find how they find their place at the table, feel confident in who they are and realize how they further contribute to sport and the team.

FUELING FOR SPORT (*Ms. Sandy Sellers*) How does the fuel that you put in your body impact your performance? Learn how hydration, timing and composition of what you eat can positively (or negatively) impact your performance on and off the court. This session will focus on the importance of fueling your body with the right foods to help enhance your performance.

GRIT AND GOAL SETTING (*Ms. Lauren Thompson*) In this session, discussion will include the difference between grit and resilience and how to cultivate both as a team and as an individual. WOOP (Wish, Outcome, Obstacle, and Plan) goals using mental contrasting for your team and self as a means to improve grit will also be generated.

HOW TO TAKE YOUR SKILLS FROM THE COURT INTO LIFE (*Ms. Kylee Ault-Baker*) This presentation will focus on helping you identify what life skills you have learned and practiced through sports and create a plan for how they will help you now and later in life! Oftentimes, sports can be a great place to learn and grow as a person in ways you may not even realize. This workshop will give you time to think about what you have learned and how to use it to your advantage in the future.

***INCREASING SELF-AWARENESS THROUGH REFLECTIVE PRACTICE IN COACHING** (*Ms. Kylee Ault-Baker & Ms. Lauren Secaras*) As coaches, it is important to be aware of how your actions and words can affect your athletes. This workshop will discuss strategies for engaging in reflective exercises to help increase self-awareness as a coach. Coaches will walk away having practiced specific self-reflection techniques and understand how to use self-reflection with their athletes.

INJURY PREVENTION FOR THE FEMALE ATHLETE (*Dr. Brooke Cummings & Ms. Mary Thiel*) 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.

***LEADING GEN Z FEMALE STUDENT ATHLETES TODAY** (*Ms. Theresa Beeckman*) In this session, Tree will cover the topic of building psychological safety among all teams and why it is the key to high performance, especially among teams of young women. 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?

LEARNING FROM EACH OTHER THROUGH ATHLETICS: THE POWER OF RELATIONSHIPS (*Dr. Ashley Baker*) This presentation will discuss the importance of relationship building, networking, and collaboration through athletics for future success. Participants will leave with tangible action steps for how to build these critical relationships.

***MAXIMIZING PHYSICAL ACTIVITY DURING PRACTICE TIME** (*Dr. Karin Allor Pfeiffer*) Although it seems obvious that sports practices are a great place for youth to obtain physical activity, the actual amount of physical activity attained can vary, depending on several factors. This session will focus on techniques to maximize activity levels during sports practices.

NEXT LEVEL LEADERSHIP FOR ALL – VALUING DIVERSITY (*Dr. Ramona Cox*) We know that successful teams can overcome adversity, work together and have strong leadership. Athletes move on to leadership roles in many different contexts after their athletic careers. For athletes to take their leadership skills to the next level, they must embrace the diversity among their teammates and opponents. This session will focus on encouraging athletes to understand their identities which include how they represent themselves through their values, characteristics and beliefs. Reflecting on who we are and embracing the diversity among us not only broadens our perspectives but also makes for successful teams!

OPPORTUNITY-ACTION-EMPOWERMENT: THE POWER OF LIFT (Ms. Sharonda McDonald Kelley) Strong women lift each other up and help others radiate confidence from the inside out, while chasing dreams without worrying what others think. Lifting other women up and live a life filled with a purposeful meaning. Join Ms. McDonald Kelley at the banquet on Sunday evening for this powerful message of lifting each other.

OVERCOMING FEARS IN ATHLETICS (Ms. Penny Allen-Cook) What are the factors that cause girls to drop out of sport. In this session, fear, our fears and the correlation between confidence and bravery will be discussed while introducing brave exercises and how to increase confidence through confronting fears with bravery tools. Do not let fear of failure be a source of stress or anxiety that sabotages your or your team's performance. When you think too much about avoiding mistakes, you focus on what not to do and perform more tentatively or controlled.

PLAY BIG (Ms. Celia Kiogima) Oftentimes we see student athletes shy away from the big moments in sports. The fear of failure trumps the trust and knowledge in their craft. In this session, we will dive deeper into the WHY, the purpose-driven athlete, and the mental strength of our sports and lives. "Playing Big" goes farther beyond any point, skill or drive.

***PRODUCING FUTURE FEMALE COACHES (Dr. Andy Driska & Mr. Jordan Rademacher)** This presentation will highlight the importance of identifying and developing youth female athletes as potential future coaches, as well as mentoring and supporting current female coaches. It will broaden a current coach's perspective on the need for more female representation in coaching and sport leadership professions. Challenges and strategies for developing more female coaches for the short and long term will be shared and discussed with the audience, including the need for early exposure to coaching, recruitment and mentoring.

***PROMOTING A HEALTHY BODY IMAGE (Ms. Hannah Miller & Ms. Chelsi Ricketts)** This session will assist coaches with identifying the signs of an unhealthy body image in sport and recognizing their role in fostering a healthy body image in sport. Coaches will be provided with practical strategies for promoting a healthy body image.

PROMOTING FEMALES IN SPORTS LEADERSHIP (Ms. Colette Hemker, Ms. Ashley Mantha & Ms. Meg Seng) This session will take a look at the presenters' career pathways before focusing on the current skills and experiences necessary for a successful career in sport. Whether your interests lie with the youth, high school, college or professional level, this session will equip you with a clear understanding of the requisite skills necessary to launch a career in sport. Aim high! You are the force of the future!

SELF-DEFENSE & PERSONAL SAFETY (Ms. Tanya Panizzo) Regardless of strength, size or previous training, anyone can learn several effective self-defense techniques. Participants will receive an overview of the importance of situational awareness and the ability to assess an environment. Wrist release techniques that may be utilized in self-defense situations will also be demonstrated. Self-defense includes empowering women to realize their potential. Attendees should wear appropriate clothing and footwear for a workout (loose clothing and gym shoes) and avoid wearing watches and bracelets that could be damaged.

SOCIAL-EMOTIONAL SKILL BUILDING (Ms. Nicole Carter & Novi Students) Novi High School's Student Mental Health Committee will share information about stress and mental illness and how the school has gone about approaching ways to alleviate student and staff stress. Information will include the impact of U Matter Week, which is a week dedicated to breaking the mental health stigma and educating students and staff about different stress management techniques. Additional information will include Mindfulness Mondays, an after-school program which consists of Meditation and Yoga. This session will also include tips for the self-care of staff and students and evidence-based ways in which to achieve greater calm and enhanced focus.

STAYING CONNECTED AND GIVING BACK TO SPORT (Ms. Delonda Little & Ms. Teresa Stuck) This session includes a discussion on how sports have been an impactful part of lives and paved the way for careers and everyday interactions. Additionally, conversation will include how officiating has been a network with the opportunity to give back to sport.

TIKTOK DANCE (Ms. Kylee Ault-Baker) Want to learn some popular TikTok dances without having to learn it through your phone? This class is for you! In this session TikTok dances will be broken down so they are easy to learn, and you are ready to perform by yourself or with your friends! If you are already a TikTok dance expert, feel free to join to learn variations of the dances and add fun twists!

TITLE IX AT 50 – JUST BEING YOU IS THE REVOLUTION (Dr. Ashley Baker) The 50th anniversary of title IX legislation is an opportunity to not only celebrate those who have paved a way for us to exist in educational spaces, but to challenge us to consider our role in what the future looks like for women and girls in sport. Let us celebrate and honor the spirit of those thirty-seven words and the individuals who were courageous enough to challenge systems, institutions and leaders.

***TOUGH LOVE COACHING: WHERE IS THE LINE? (Ms. Alysha Matthews & Ms. Sarah Saxton)** In this presentation, “tough love coaching” will be defined and further strategies that are effective, ineffective and harmful for athletes will be presented in an effort to determine when tough love coaching crosses the line. Factors that may influence the use of the strategies will be discussed and a case study will be analyzed.

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.

WIN DEEP – THE ART OF CONNECTING AND LEADING YOUR TEAMMATES (Ms. Theresa Beeckman) Connection among teammates has never been more needed and never been harder to build. This session will discuss the important path to building deeper team connection in order to win at a deeper level. Participants are in store for an engaging and inspiring workshop atmosphere designed to give them a voice while gaining new perspective on deeper team connections.

WOMEN IN SPORT: OPPORTUNITY-ACTION-EMPOWERMENT (Ms. Kim Barnes Arico) Sport has the power to change lives, mobilize the global community and speak to youth. The ability to drive gender equality by teaching women and girls the values of teamwork, self-reliance, resilience and confidence is essential as sport influences health, education and leadership development. Sport also contributes to self-esteem, builds social connections and is a powerful means of empowering women and girls. Hear this powerful message at the breakfast gathering.

YOGA (Ms. Alysha Matthews) Help reduce your stress and find your inner balance with this yoga class experience. Dress to participate and focus on breathing, stretching and balances that promote relaxation, body health and mental clarity. Find ways to sooth stress and transform any negative thoughts into a positive outlook on life.

“YOU CAN’T SIT WITH US!”: NAVIGATING COMMUNICATION AND CONFLICT IN SPORT (Ms. Lauren Secaras) Conflict is a challenging aspect of peer relationships and is often made worse by poor communication. This workshop will address conflict management and effective communication strategies to help build healthy relationships and social skills. After this workshop, attendees will be able to recognize moments in which conflict may escalate and be prepared to manage the situation.

ZUMBA (Ms. Lauren Secaras) Zumba is a fun, cardio-based workout that is inspired by Latin dance and music. Contagious rhythms of salsa, merengue, reggaeton, hiphop and more will have you moving and “working out” without even knowing it! This activity session will go through a warm-up, workout and cool down to upbeat popular songs and Latin music. You do not 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.