

# The Courage to Lead

## Conference Workshops

Sunday, February 2 & Monday, February 3, 2020

**\*specific to coaches/administrators**

**AIM HIGH (Dr. Christine Nefcy)** Ignore statistics and move past external factors in order to create the life you want! Learn from Dr. Nefcy how to be the “best you” while developing skills, tools, knowledge and wisdom. Receive information on the effects of stress and recovery while exploring mental health wellness resources and strategies.

**AQUA AEROBICS (Ms. Mary Kay Gavitt & Ms. Meredith Wekesser)** Come make a splash in this fun, high energy aqua aerobics 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!

**\*ATHLETE EMPOWERMENT: BUILDING UP THE ATHLETE VOICE (Ms. Kylee Ault & Dr. Karl Erickson)** This workshop will focus on learning to empower athletes to take ownership of their sport experience and have a say in their own development as people. Attendees will discuss what empowerment is, why empowerment matters for the athletes and the adults in sport and how to implement strategies for supporting athletes to meaningfully contribute to their own development. All who attend will leave with practical applications to apply to their own teams and sport organizations aiming at increasing athlete voice and engagement in an appropriate manner.

**CHAMPIONSHIP TEAM CULTURE (Dr. Amber Warners)** This presentation includes the components that make up a championship culture. It will be filled with visuals, stories and ideas of how one can develop a culture within their team that will help a team thrive, become the best it can be and create a positive, fun experience for its members. Coach Warners will share the things that she instills in her volleyball program that has helped her teams win 3 national championships over the past 10 years.

**CHANGING THE MENTALITY OF ALL INVOLVED IN THE PROGRAM (Ms. Sue Guevara)** It takes a village to assist in building the right culture of a program and that may mean changing the mentality of all involved in the program. In this session, Ms. Guevara will be providing information as to how she turned fans into friends and ways to achieve a great game atmosphere because of the community and fans. Learn how her transformational leadership provided energy and passion for those around her.

**CLOSING THE GAP – THE COURAGE TO BE GREAT (Ms. Tia Brandel-Wilhelm)** There is a gap between who we are every day and who we want to be. It takes courage to rise up and be great! Greatness isn’t easy, but it’s so much fun! Let’s work on some real skills to be great at whatever we are called to do. Your courage will grow when you have experience and confidence in your skills. Let’s ROCK THIS and be the people, athletes, teammates and leaders we are called to be!

**\*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?

**CONNECT. SET STANDARDS. GROW DAILY. SERVE OTHERS (Ms. Theresa “Tree” Beeckman)** Learn about the many images that help form leadership habits and attitudes. This session will utilize Habitudes which are images that form Leadership Habits and Attitudes. Participants are in store for an engaging and inspiring workshop atmosphere designed to give them a voice while gaining new perspective on growing themselves as leaders to be a positive force for their team’s culture.

**DANCE AEROBICS (Ms. Lauren Secaras)** Dance Aerobics fuses rhythms dance, and fitness in an interval format that is just plain fun. Contagious rhythms 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.

**DANCE FITNESS (Ms. Paula McAllister)** Regular exercise gives you more health benefits than you realize. As an athlete, the importance of physical condition 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 provides you with the “Courage to Lead”. Join this aerobic dance fitness class! Attendees should wear appropriate clothing and footwear for a workout.

**DISCOVER YOUR TRUE SELF AND IMPROVE RELATIONSHIPS WITH 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 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 cohesively together.

**EMPOWERHER\*: A WORKSHOP FOR FEMALE STUDENT-ATHLETES (Ms. Jill Kochanek & Ms. Meredith Wekesser)** Sport participation can help girls and women build self-esteem, challenge gender stereotypes, develop leadership skills, and promote a healthy and active lifestyle. In this session, participants will reflect on and dialogue about their unique and shared experiences as female student-athletes and critically examine gender issues in sport. Student-athletes will be encouraged to embrace their authentic identities and learn how to challenge disempowering gender stereotypes in/through sport.

**\*EMPOWERHER\*: COACHING TO CREATE EMPOWERING SPORT EXPERIENCES FOR FEMALE STUDENT-ATHLETES (Ms. Jill Kochanek & Ms. Meredith Wekesser)** In recent years, there has been increased attention given toward gender differences in sport coaching and an explosion of resources on “how to coach girls”. In this workshop, coaches will draw on their practical knowledge and experiences working with female student-athletes. Participants will engage in critical reflection and group activities to consider the effectiveness of their approach and assumptions of difference that underline their coaching practices. Coaches will share and learn strategies on how to engage female student-athletes and tackle gender stereotypes and norms that operate in/through sport.

**\*ENGAGING SPORT PARENTS (Dr. Jennifer Nalepa-Roth & Ms. Emily Wright)** This presentation will focus on how coaches can engage with sport parents in a positive way. Strategies for engaging with parents such as two-way communication, relationship building, managing expectations and conflict resolution will be covered. This presentation will focus on helping coaches move beyond “dealing with Parents” to “engaging parents” by building healthy, positive relationships.

**\*FACILITATING SOCIAL & EMOTIONAL SKILL BUILDING WITH ATHLETES (Dr. Dan Gould, Ms. Alysha Matthews, Ms. Lauren Secaras)** Great coaches have strong social-emotional skills that allow them to optimally communicate, instruct and motivate their athletes. Emotional intelligence (EI) is one of those skills. It is the ability to understand and control one’s own emotions and to correctly read and respond to emotions appropriately in others. In this presentation, skills that are associated with EI will be highlighted, emphasizing how to understand and control your own emotions. Discussion includes recognizing the emotional make-up of your athletes and providing coaching strategies to meet their needs.

**FUELING YOUR PERFORMANCE: WINNING NUTRITION STRATEGIES TO MAKE THE MOST OF YOUR TRAINING (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.

**HEALTHY MIND/HEALTHY BODY/HEALTHY OUTLOOK (Ms. Cathy George)** Ms. George will reflect on and provide perspective of the changing times and changing stressors that are a part of life today and how it may affect you as a person. Discover ways to grow your mindset and thrive while doing it. This general session (as a part of the WISL Banquet) will inspire you to seek a growth mindset and understanding that learning is never complete.

**HOW TO SET MEANINGFUL GOALS FOR OURSELVES AND THE TEAM (Ms. Lauren Snider Thompson)** In this session, discussion will include how to create meaningful goals for both teams and individuals. These goals are based on our strengths as teams and women, and based on the science of positive psychology.

**HOW TO STAY CONNECTED TO YOUR SPORT (Ms. Amanda Chapman, Ms. Delonda Little, Ms. Nicole Randolph & Mr. Brent Rice)** If you are looking for a unique way to contribute to the local community, you should consider becoming an official. For individuals who played sports in high school, officiating is a great way to stay close to the sport after their playing days have ended. Officiating helps people stay in shape, expands their social and professional network and offers part-time work that is flexible, yet pays! Meet four officials who will provide you with an interactive session in sports officiating!

**INDOOR RECESS (Ms. Kylee Ault)** This activity session will get your body moving while doing a group exercise class inspired by classic games. Be prepared to sweat and compete through modified challenges that might remind you of recess as a school kid! The goal for the high energy session is to move, laugh and play!

**INJURY PREVENTION IN THE FEMALE ATHLETE (Dr. Brooke Pedersen & 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.

**\*MICHIGAN TASK FORCE ON WOMEN IN SPORTS (Multiple Presenters)** Learn more about the Task Force on Women in Sports, created by Governor Whitmer in June 2019, and contribute your thoughts and ideas about how to level the playing field for girls and women in sports.

**MINDFUL LIVING FOR MINDFUL LEADERSHIP (Ms. Kristen Brogan)** Stress, anxiety, depression, poor health and work/life imbalances are rampant in today's world. How can you produce results and inspire those around you when the world just keeps speeding up? In this session, you will be shown how to be a mindful leader who stays focused amongst constant distractions, while maintaining a high level of energy in the present moment. Groundbreaking insights for expanding human capacity and discovering the power of feeling your best will be shared. It's not about showing up anymore, it's about showing up with purpose in the here and now!

**MISSION OF THE MICHIGAN TASK FORCE ON WOMEN IN SPORTS (Secretary of State Jocelyn Benson)** Learn more about the Task Force created by Governor Whitmer during this breakfast session. Secretary of State Jocelyn Benson will provide you with updates as to how the task force has begun exploring policies, investments, programs and priorities that will expand opportunities for girls and women as athletes, coaches, athletic directors and sports executives.

**NEXT LEVEL LEADERSHIP FOR ALL – VALUING DIVERSITY (Dr. Ramona Cox)** We know that successful teams are able to overcome adversity, work together and have strong leadership. Athletes move on to leadership roles in many different contexts after their athletic careers. In order 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!

**\*NUTRITION FOR HEALTH AND ATHLETIC PERFORMANCE (Ms. Emily Werner)** How are healthy nutrition habits practically applied for optimal athletic performance? In this presentation, topics covered will include hydration, energy intake, macronutrients (carbohydrates, protein, dietary fats), performance plates, meal timing and supplements. Time will be left at the end for questions and discussion!

**\*PROGRAM BENEFITS FROM MULTI-SPORT PARTICIPATION (Mr. Cody Inglis & Ms. Meg Seng)** In this presentation, a set of strategies and action plans will be provided that can be used by coaches and athletic administrators. The session will aim to highlight the benefits of multiple sport participation and also provide practical examples that can be adopted by coaches and school administrators who are looking to promote balance in their programs and balance in the lives of their student-athletes.

**SELF-DEFENSE (Ms. Cynthia Rogers)** 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 MEDIA: ADVANTAGES AND PITFALLS: (Ms. Julia Hatcher, Ms. Bella Legarza & Ms. Meredith Norris)** Social media has grown tremendously in the last few years. Just like anything which can be used for both good and bad, social media has also provided many negative and positive ways for use. In this session, the "do's and don'ts" of social media as it applies to student-athletes of both the high school and collegiate levels will be explained. Examples will be provided for appropriate and inappropriate submissions on different social media platforms as a female leader in athletics. Additionally, a Q & A will be included to allow young female athletes to learn more about life as a student-athlete participating at the collegiate level.

**\*SOCIAL MEDIA: YOUR USE, YOUR ATHLETES' USE: (Ms. Andi Osters)** This session will focus on ways high school coaches can best communicate, interact and engage with student-athletes using today's various social media platforms and mobile tech. Attendees should come prepared to share your favorite mobile apps for productivity, time management and team messaging.

**SOCIAL-EMOTIONAL SKILL BUILDING (Ms. Nicole Carter)** 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.

**THE COURAGE TO LEAD (Lindsay Tarpley)** Young women who participate in sports can become leaders throughout life. This uplifting session (as a part of the first general session) will challenge participants to "find the leader in you" and focus on setting high standards and challenging yourself in whatever you say and do.

**\*USING SPORT AS A SOCIAL AND GLOBAL CONNECTOR AND EDUCATIONAL TOOL (Ms. Jeanne Hess)** Drawing on a career of over 45 years playing and coaching volleyball as well as being a professor at Kalamazoo College, Jeanne will share the benefits and lessons of her career in addition to the rich experiences of team travel to countries throughout the world.

**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 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.

**WOMEN IN SPORTS BROADCASTING (Ms. Jeanna Trotman)** Sports broadcasting has been an ever-changing field and females are getting more respect and opportunity than ever before. Learn from a former high school athlete who participated in MHSAA sports, who now is one of the few females now covering MHSAA sports! Ms. Trotman will share invaluable lessons on the field and court that have prepared her not only for her career but, for life as well.

**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.