

## The Courage to Lead

## Conference Agenda

Sunday, February 2 & Monday, February 3, 2020

**Updated 1/20/20** 

Ms. Tia Brandel Wilhelm

Ms. Nikki Norris & Ms. Stacy Smith

Ms. Jill Kochanek & Ms. Meredith Wekesser

Ms. Melissa Gerharter

Dr. Ramona Cox

Ms. Andi Osters

Dr. Jenny Nalepa-Roth & Ms. Emily Wright

## Sunday, February 2, 2020 8:00 a.m. – 4:30 p.m. Conference Registration in Lobby

1st Round of Workshops

Fueling Your Performance; Winning Nutrition Strategies to Make the Most of your Training

Discover Your True Self & Improve Relationships with Your Teammates

EmpowerHer: A Workshop for Female Student-Athletes

Next Level Leadership for All – Valuing Diversity

Asterisk (\*) sessions are specific to coaches/administrators

Closing the Gap – The Courage to be Great

Aurora \*Social Media: Your Use, Your Athletes' Use

**Break** 

\*Engaging Sport Parents

10:00 a.m. - 11:00 a.m.

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3:15p.m. - 3:30 p.m.

	_	Wext Level Leadership for 7th V	arang biversity	Dr. Namona cox
F Aim High		Aim High		Dr. Christine Nefcy
	Aurora *Coaching Females: Sending the Right Message		e Right Message	Ms. Laurie Glass
	Reo	Reo *Athlete Empowerment: Building Up the Athlete Voice		Ms. Kylee Ault & Dr. Karl Erickson
	Cord	rd *Facilitating Social & Emotional Skill Building with Athletes		Dr. Dan Gould, Ms. Alysha Matthews &
				Ms. Lauren Secaras
	11:00 a.	m. – 11:15 a.m.	Break	
	11:15 a.	m. – 12:15 p.m.	2nd Round of Workshops	
	Α	Closing the Gap – The Courage t	o be Great	Ms. Tia Brandel Wilhelm
	В	Fueling Your Performance; Winnir	ng Nutrition Strategies to Make the Most of your Training	Ms. Melissa Gerharter
	С	Discover Your True Self & Impro	ve Relationships with Your Teammates	Ms. Nikki Norris & Ms. Stacy Smith
D EmpowerHer: A Workshop for Fem E Next Level Leadership for All – Valu		EmpowerHer: A Workshop for F	emale Student-Athletes	Ms. Jill Kochanek & Ms. Meredith Wekesser Dr. Ramona Cox
		Next Level Leadership for All – V	ng Diversity	
F Aim High		Aim High		Dr. Christine Nefcy
Aurora *Coaching Females: Sending the R Reo *Athlete Empowerment: Building		*Coaching Females: Sending the	e Right Message	Ms. Laurie Glass Ms. Kylee Ault & Dr. Karl Erickson Dr. Dan Gould, Ms. Alysha Matthews &
		*Athlete Empowerment: Buildir	ng Up the Athlete Voice	
	Cord *Facilitating Social & Emotional Skill		Building with Athletes	
				Ms. Lauren Secaras
	12:15 p.	.m. – 1:15 p.m.	Royale Lobby	Lunch On Own
	1:15 p.n	n. – 2 p.m. (Ballroom)	1 <sup>st</sup> General Session	
			The Courage to Lead	Ms. Lindsay Tarpley
2:15 p.r		n. – 3:15 p.m.	3 <sup>rd</sup> Round of Workshops	
A How to Set Meaningful Goals for C		How to Set Meaningful Goals for	Ourselves & the Team	Ms. Lauren Snider Thompson
B Valuing Yourself as a Female Athle C Social Media – Advantages & Pitfa D What Winners Think, What Champ		Valuing Yourself as a Female Ath	lete	Ms. Laurie Glass
		Social Media – Advantages & Pit	falls	Ms. Julia Hatcher, Ms. Bella Legarza & Ms. Meredith Norris
		What Winners Think, What Char	npions Do	Ms. Becky Schmidt
	E How to Stay Connected with Your S			Ms. Amanda Chapman, Ms. Delonda Little,
		•	•	Ms. Nicole Randolph & Mr. Brent Rice
	F	Mindful Living for Mindful Leade	rship	Ms. Kristen Brogan
				-

\*EmpowerHer\*: Coaching to Create Empowering Sport Experiences for Female Student-Athletes Ms. Jill Kochanek & Ms. Meredith Wekesser

3:30 p.m. - 4:30 p.m. 4th Round of Workshops How to Set Meaningful Goals for Ourselves & the Team Ms. Lauren Snider Thompson В Valuing Yourself as a Female Athlete Ms. Laurie Glass C Social Media - Advantages & Pitfalls Ms. Julia Hatcher, Ms. Bella Legarza & Ms. Meredith Norris D What Winners Think, What Champions Do Ms. Becky Schmidt Ε How to Stay Connected with Your Sport Ms. Amanda Chapman, Ms. Delonda Little, Ms. Nicole Randolph & Mr. Brent Rice Mindful Living for Mindful Leadership Ms. Kristen Brogan \*Social Media: Your Use, Your Athletes' Use Aurora Ms. Andi Osters Reo: \*EmpowerHer\*: Coaching to Create Empowering Sport Experiences for Female Student-Athletes Ms. Jill Kochanek & Ms. Meredith Wekesser Cord: \*Engaging Sport Parents Dr. Jenny Nalepa-Roth & Ms. Emily Wright 4:30 p.m. - 5:45 p.m. **Break/Hotel Check-In/Banquet Prep** 6:00 p.m. - 7:30 p.m. (Ballroom) Banquet - 2nd General Session Healthy Mind-Healthy Body-Healthy Outlook Ms. Cathy George **WISL Winner Recognition** 5<sup>th</sup> Round of Workshops 8:00 p.m. - 9:00 p.m. Pool **Aqua Aerobics** Ms. Mary Kay Gavitt & Ms. Meredith Wekesser Aurora Ms. Alysha Matthews Yoga **Indoor Recess** Atrium Ms. Kylee Ault Ms. Cynthia Rogers Cord Self Defense Reo **Dance Fitness** Ms. Paula McAllister **Dance Aerobics** Ms. Lauren Secaras D, E & F 6<sup>th</sup> Round of Workshops 9:15 p.m. - 10:15 p.m. **Aqua Aerobics** Pool Ms. Mary Kay Gavitt & Ms. Meredith Wekesser Aurora Yoga Ms. Alysha Matthews Ms. Kylee Ault **Indoor Recess** Atrium Self Defense Ms. Cynthia Rogers Cord **Dance Fitness** Ms. Paula McAllister Reo D, E & F **Dance Aerobics** Ms. Lauren Secaras Monday, February 3, 2020 7:30 a.m. – 11:00 a.m. Conference Registration in Lobby 8:00 a.m. - 9:30 a.m. (Ballroom) Breakfast - 3<sup>rd</sup> General Session Michigan Secretary of State Jocelyn Benson Mission of the Michigan Task Force on Women in Sports 9:30 a.m. - 10:00 a.m. **Break & Check Out** 10:00 a.m. - 11:00 a.m. 7<sup>th</sup> Round of Workshops Α Injury Prevention in the Female Athlete Dr. Brooke Pedersen and Ms. Mary Thiel В Women in Sports Broadcasting Ms. Jeanna Trotman C Connect. Set Standards. Grow Daily. Serve Others Ms. Theresa Beeckman D Changing the Mentality of Everyone Involved in Your Program Ms. Sue Guevara Ε Social-Emotional Skill Building Ms. Nicole Carter & Novi Students F Championship Team Culture Dr. Amber Warners Aurora \*Program Benefits from Multi-Sport Participation Mr. Cody Inglis and Ms. Meg Seng \*Using Sport as a Social and Global Connector and Educational Tool Cord Ms. Jeanne Hess \*Michigan Task Force on Women in Sports Informational Sessions Reo Michigan Task Force Members 11:00 a.m. - 11:15 a.m. **Break & Check Out** 8<sup>th</sup> Round of Workshops 11:15 a.m. - 12:15 p.m. Α Injury Prevention in the Female Athlete Dr. Brooke Pedersen and Ms. Mary Thiel В Women in Sports Broadcasting Ms. Jeanna Trotman

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Ms. Sue Guevara

Ms. Jeanne Hess

Ms. Emily Werner

Dr. Amber Warners

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Connect. Set Standards. Grow Daily. Serve Others

\*Program Benefits from Multi-Sport Participation

\*Nutrition for Health and Athletic Performance

Social-Emotional Skill Building

Championship Team Culture

Changing the Mentality of Everyone Involved in Your Program

\*Using Sport as a Social and Global Connector and Educational Tool