

LEADERS SHOW UP!



2012 MHSAA WOMEN IN SPORTS LEADERSHIP CONFERENCE WORKSHOPS

Sunday, February 5 and Monday, February 6, 2012

AQUATIC EXERCISE: (*Ms. Mary Kay Gavitt*) This invigorating, yet gentle approach to exercise is perfect for all ages or abilities. If you are new to exercise or recovering from injuries, this rhythmical workout will motivate you to move and start you on a path of water fitness for life! Bring a swim suit (preferable one piece or a sport-gear two piece) to this session. It is a fun and energizing workout!

BEING A MOTIVATING TEAM CAPTAIN: (*Mr. Jedediah Blanton & Ms. Kelly Mooridian*) This session includes how team captains can effectively motivate their teammates as well as understanding the role of captaincy. Best practice tools will include recording personal beliefs, appreciating individual differences and individual role understanding.

BENEFITS OF BEING A MULTI-SPORT ATHLETE: (*Ms. Jacquie Joseph*) This session explains the many benefits that are gained by playing several sports. When you participate in multiple sports, you absorb different types of skills and disciplines from each sport and the cross-training benefits are many. When you are playing multiple sports, you will experience the many beneficial results.

BOOT CAMP: (*Mr. Justin McKinstry*) This workshop is a higher intensity boot camp style class, including speed, agility and quickness elements as well as basic fitness movements. Attendees should wear appropriate clothing and footwear for a workout and bring a water bottle.

BUILDING CHAMPIONSHIP TEAMS THROUGH TRUST: (*Dr. Larry Lauer & Mr. Robert Smith*) Championship seasons are founded on player and coach trust. Players must trust their teammates will do what is necessary to succeed; follow the game plan and be in the right position; and make good decisions outside of sport. In this presentation the foundations of building trust will be discussed using specific examples.

CAREERS IN ATHLETICS PANEL: (*Ms. Margaret Gatliff, Ms. Kathy Moody Breece, Ms. Susan Smiley, Ms. Arnetta Thompson, and Ms. Patti Tibaldi*) Ask questions and seek answers from women who have various careers in athletics. This panel of individuals includes: athletic administrators, media personnel, high school and college coaches, and high school and college officials.

COACHING TODAY'S MILLENNIAL ATHLETE: (*Dr. Marty Ewing*) This session includes an interesting overview of the millennial generation and the challenges to coaches in working with this generation. You will receive effective strategies for working with youth and the "helicopter" parent.

#COMMUNICATION: 21ST CENTURY COMMUNICATION SKILLS FOR ATHLETES, COACHES AND FANS: (*Ms. Bridget Maher*) This presentation will focus on communication with specific attention on a leader's communication, coach's communication and how to navigate 21st century communication. This will be an interactive session and will involve the development of collaborative communication.

CORE CRAZY: *(Ms. Marcy Uyl)* Participants should wear comfortable clothes and be prepared to participate while developing their core body strength using Pilates techniques and exercises. Additional exercises that will stimulate the core while working various muscle groups will also be utilized.

CREATING A TEAM ATMOSPHERE: *(Ms. Tia Brandel-Wilhelm)* This presentation will share three ideas to utilize when creating a positive team environment: proximity, purpose and planned communication. You will receive effective strategies to create a constructive team environment by making your actions intentional.

CULTURAL AWARENESS: UNPACKING THE GYM BAG: *(Ms. Lorin Cartwright and Dr. Renee Revis Shingles)* The purpose of this workshop is to help the participants “unpack their own gym bag” by experiencing cultural awareness through self-exploration activities and discussion. Students will discover and learn about their perceptions and when to take action when someone interferes or discriminates with someone else.

DEALING WITH TEAMMATES: *(Ms. Katie Griffes, Ms. Dana Voelker, Ms. Missy Wright)* This interactive workshop will introduce student-athletes and coaches to the complexities of team dynamics and the importance of relationship building to achieve team success. Attendees will have the opportunity to work through challenges with teammates and devise strategies for overcoming them.

DOS AND DON'TS OF NEW (AND OLD) MEDIA IN SCHOOL SPORTS: *(Mr. Geoff Kimmerly and Ms. Andi Osters)* MHSAA staff will facilitate discussion among attendees on the topics of social media in school sports and also best practices for interaction with mainstream media (newspaper, TV, radio, etc.). Topics will include social networking sites, cell phone behaviors, proper etiquette for coach and student-athlete interaction online and recommended actions for difficult situations, as well as tips on promotion of your team/school.

FUNCTIONAL MOVEMENT SCREEN – ASSESSING FITNESS: *(Ms. Laura Ramus)* The Functional Movement Screen is a testing tool used by high school, NCAA and professional sports (NFL, NHL, NBA) to assess the flexibility and strength of the athlete to determine their fitness on the court and field as well as an assist in detecting future injury sites that may be prevented. This is an interactive presentation in which participants will be able to assess their movement and give themselves a score.

GENDER AND COMPETITION: *(Ms. Kathy DeBoer)* A fascinating look at how men and women approach competition – both on and off the court as well as an examination of the non-physical differences between the sexes. This session will review how these variables relate to gender differences in both competitive play and competitive work environments. In addition, suggestions will be provided on how men and women can communicate, understand, and ultimately overcome their differences.

HOW TO BE A GREAT TEAMMATE IN SPORT AND LIFE: *(Ms. Paula Maloley)* Young women who participate in sport can become leaders throughout life. This session assists in ways to implement the athletic experience into the successful lifelong experience.

INCREASING SPEED AND AGILITY: *(Ms. Gretchen Mohney)* Are you interested in increasing your speed and agility? Learn the many ways that you can increase your speed depending on many attributes such as your level of fitness, training experience, body composition, etc. Speed is not determined by just how strong your muscles are, but also by how quickly they react and contract.

IN'S AND OUT'S OF COLLEGE RECRUITING: *(Ms. Marsha Pankratz)* The art of recruiting and getting recruited has become more and more competitive each year. In this workshop, you will learn the key and subtleties to positioning yourself with college coaches. In many sports, scholarships can be split to assist more players on the team. In recruiting, priorities to be considered include scholarship need, competitive level of the program, academic difficulty, role on the team, location, etc.

KEYS TO DEVELOPING LEADERSHIP IN YOUR STUDENT-ATHLETES: *(Dr. Dan Gould)* This session is designed to help you as an administrator or coach to examine your role and to provide strategies that can be used to develop leadership in your student-athletes. Leadership will be explored which will assist in determining how you want to define leadership in your program. Implications in guiding your efforts to develop leadership in the young women with whom you work will be the result.

LEADERS SHOW UP! (*Ms. Kathy DeBoer*) This general session will focus on leadership, goals and achievement as well as teamwork and team-building. This presentation includes the impact of gender on competitive behavior, motivation and 21st century leadership as well as knowing what it means to be a leader. The session also includes history of Title IX participation in its 40th year.

LEADERSHIP BY EXAMPLE: (*Ms. Suzy Merchant*) What does leadership by example mean? This is an uplifting general session (a part of the breakfast) which will challenge participants to “find the leader in you” and be “leaders by example”. The focus will be setting high standards and working to challenge yourself in whatever you say and do.

LEADING BY DOING: (*Ms. Kathy McGee*) This is an uplifting general session which provides a challenge to the participants and reviews the necessity of preparation and determination as being instrumental in leadership. Be all that you can be by setting high standards and working to challenge yourself! This is a general session (as part of the banquet).

NUTRITION: (*Ms. Gretchen Mohny*) Sports nutrition is a tool that female athletes can use to optimize both their health and performance. This presentation will provide recommendations about the “when, what, and how much” of eating as well as discuss important issues that may impact female athletes and teams.

ROLE OF THE CORE AND THE HIP IN PREVENTION OF KNEE INJURIES IN FEMALE ATHLETES: (*Dr. Barb Hoogenboom*) This workshop will include information on the role of the core (trunk and hips) as well as the hip/thigh musculature in relation to knee injuries common in females. Current best strategies to effectively assist athletes, coaches and other health professionals will be a part of this presentation.

TEAM BUILDING ACTIVITIES: (*Ms. Maureen Isaac*) This workshop will give participants the opportunity to experience first-hand several team-building activities. These activities will focus on initiatives that will help demonstrate the importance of effective teamwork in sport.

TRUE COLORS OF SPORT – UNDERSTANDING SPORT PERSONALITIES: (*Ms. Katie Molina*) True Colors is a model of personality identification that is easy to understand, remember and apply. Attendees will actively investigate their own personality of sport as well as identify how to compete/coach/collaborate with individuals with individuals with varying personality profiles.

UNDERSTANDING CRITICAL NCAA RULES FOR PROSPECTIVE STUDENT-ATHLETES: (*Ms. Elizabeth Heinrich*) NCAA recruiting and eligibility rules that impact prospective student-athletes who hope to compete in sports at the collegiate level will be reviewed in this session. Freshman eligibility and financial aid requirements will also be discussed.

YOGA: (*Ms. Tracy Wescott*) Help to reduce your stress and find your inner balance with this yoga class experience. Be dressed to participate and focus on breathing, stretching and balances that promote relaxation, body health and mental clarity.

ZUMBA: (*Ms. Kristen Monroe*) Dress for participation for this fitness program that combines Latin music and easy-to-follow dance moves. Zumba routines incorporate interval training, alternating fast and slow rhythms and resistance training.

