

WISL WOMEN IN SPORTS LEADERSHIP 2024 CONFERENCE

SHARE THE VISION WORKSHOPS

*Specific to coaches/administrators

FINAL

***CAREERS IN SPORTS LEADERSHIP (Panel)** Females have been instrumental in helping to shape the nature of athletics on and off the field, courts, and competitive arenas. Discover from this panel, how you can build leadership skills, mentorship avenues, and diverse careers through sports while celebrating women's empowerment and inspiring the next generation of female athletes and leaders.

CHAMPIONSHIP TEAM CULTURE (Dr. Amber Warners) This presentation includes the components of a championship culture. It will be filled with visuals, stories, and ideas of how one can develop a culture helps the team thrive, become the best it can be, and create a positive, fun experience for its members. Information will be shared about what is instilled within a program to help it thrive!

***CLOSING THE GAP: THE COURAGE TO BE GREAT (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 coaches and leaders we are called to be!

***CREATING YOUR COACHING NETWORK (Meg Seng, Sara LeBlanc & Katie Sims)** This presentation will highlight the importance of identifying and developing 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.

DANCE FITNESS (Paula McAllister) Sweat is sweet when it comes with a beat. Dance Fitness is high-energy cardio sculpting followed by strength training to popular music you know and love. Physical fitness activities provide a body with both physical and mental strength. The combination of physical and mental strength empowers you to "Share the vision" of total body health with others around you. Attendees should wear appropriate clothing and footwear for cardio and a sculpting workout.

DARE TO BE (Kayla Douglas & 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.

***DEVISING A COMPREHENSIVE POLICY FOR SAFETY IN YOUTH SPORTS (Dr. Karin Pfeiffer)** In this presentation, attendees will learn about an initiative that is geared toward a safety policy for all youth sports in the state. Discussion will include how such a plan could be beneficial and elements that should be included within the plan.

EMPOWERING HER: INJURY PREVENTION STRATEGIES FOR FEMALE ATHLETES (Dr. Jill Moschelli) This presentation aims to empower female athletes with valuable insights and practical strategies to prevent injuries, enhance performance, and optimize overall well-being. Focusing on the unique biomechanical and physiological considerations of female athletes, the session will cover essential topics related to injury prevention.

EMPOWERING LESSONS – STAYING CONNECTED (*Casey Akenberger, Brittney Kimball & Meredith Norris*) Hear from the experiences of women from several fields in athletics and 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.

FEAR IS OUR FRIEND (*Paige Thornton*) The physiological changes that happen in our body when we experience fear and how we can use our body's natural fight or flight response to be our best selves in times of high stress are important focuses of this session. Emergency situations that have been experienced firsthand will be described, and lessons on how we can apply the principles of fear management to our inner monologue, or our intrapersonal conflicts will be reviewed to help make us better and braver individuals.

FUELING FOR SPORT (*Kate Davis*) How does the fuel 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.

GET'CHA HEAD IN THE GAME: A CRASH COURSE IN MENTAL PERFORMANCE (*Lauren Secaras & Corinne Zimmerman*) More attention is being placed on the mental aspects of sport performance, and sport psychology is a growing field. With all the information that is out there, the exact skills and techniques that help improve our sport mentality can be unclear. This session will provide a quick overview of how athletes can leverage their mindset to enhance their athletic performance. Those attending will leave with a "mental skills toolkit".

***GREAT COACHING: A COMMITMENT TO CONTINUOUS IMPROVEMENT** (*Jean LaClair, Stefanie Miller, Alicia Smith & Debbie Williams-Hoak – Facilitator: Andi Osters*) This panel will focus on the best practices in coaching, including pre-season preparation, practice preparation, parent meetings and structuring your practice time and duties to provide the best sports experiences.

GRIT AND GOAL SETTING FOR TEAMS & SELF (*Lauren Thompson*) Players and coaches will learn cutting-edge new goal-setting techniques to improve their overall performance and resilience in this session. Coaches and teams will also have time to develop personal and team goals using this new goal-setting technique.

HOW TO ACHIEVE TRUE AND LASTING SUCCESS (*Alicia Smith*) Most young leaders struggle with the weight of expectations and pressure put on them by others and themselves! When you learn what true success is and own your process, you will be able to make the best choices to perform your very best – and truly enjoy the journey! Join Alicia Smith in the journey of being the best you can be!

IT STARTS WITH ME: THE POWER OF LEADING YOURSELF (*Theresa Beeckman*) Connection among teammates has never been more needed or harder to build. Tree talks about a deeper team connection and that it all starts with leading yourself. Participants are in store for an engaging and inspiring workshop atmosphere designed to give them a voice while gaining new perspectives on deeper team connections and the responsibilities in leadership.

***LEADERSHIP: LIFTING EACH OTHER UP** (*Marcy Uyl, Melissa Ritz-Johnson, Leigh Ann Roehm & Carley Robertson*) Learn about great coaching practices and what to include with conditioning during the pre-season, post-season, and summer. Also included are networking and scheduling considerations while encouraging multi-sport participation.

***LEADING AND EMPOWERING OTHERS (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 perspectives 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 (Cathy George) The power of sisterhood is important. We can all help each other by leveraging the unique skills and capabilities we each bring to the community. Whatever the path, we must bring sisterhood into work and school and create a place where every woman has a seat, and every woman will be supported.

NEXT LEVEL LEADERSHIP – VALUING DIVERSITY (Dr. Ramona Cox) 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, and 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 includes how they represent themselves through their values, characteristics, and beliefs.

PLAY BIG (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.

REFRAMING YOUR VISION THROUGH YOGA (Maggie Olds) This class is focused on determining what is important and how to use that to frame your action. The physical portions of the yoga practice will be a balance of movement and transitions through more “flow” style yoga first; then melting into a restorative, thoughtful “stretch” bit toward the end of the session. Gentle and simple breathing techniques benefitting the nervous system will also be offered. Dress to participate.

SELF-DEFENSE (Angela Ford) 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.

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

SHARING THE VISION (Leah Johnson) Sports can 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 sports influence health, education, and leadership development.

SUPPORTING EACH OTHER IN DEVELOPING A POSITIVE BODY IMAGE (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.

***TEACHING LIFE SKILLS THROUGH SPORT: FROM RESEARCH TO PRACTICE (Dr. Jennifer Roth & Shannon Loso)** This presentation will focus on both the research on positive youth development and its application for coaches. The content that will be covered includes defining and prioritizing life skills, program components critical for positive youth development, essential coaching skills, and the transfer of life skills from sport to other domains of life.

UNVEILING YOUR AUTHENTIC SELF: EXPLORING TEAM DYNAMICS AND DIVERSE TRAITS (Nikki Norris & Stacy Smith) Your individuality plays a significant role in shaping how you connect with your family, friends, teammates, and coaches. A team is a blend of diverse personalities that must harmonize for success. Throughout this session, you will uncover your unique personality traits and gain insights into the characteristics of others. This awareness of diverse personalities is key to unlocking your personal potential and fostering seamless collaboration with your teams.

USING ATHLETICS TO LAUNCH YOUR CAREER (Dr. Michele Lewis Watts) Employers love hiring athletes, but athletes often don't know how to connect their athletic experiences to their career goals. Participants will learn to discuss skills that employers value and how to do an elevator pitch for when they meet people that can help them connect with their dream job!

VALUING YOURSELF AS A FEMALE ATHLETE (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.

WATER AEROBICS (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!

WHAT WINNERS THINK, WHAT CHAMPIONS DO (Becky Schmidt) Those who succeed think and act a little differently than the average person. In this session, you will learn a few ways that by transforming your thinking, you will start to act like a champion.

WORDS HAVE POWER (Jacci Storey) Whether you think you can or you can't, you're right (Henry Ford). This quote is true when it comes to our subconscious mind. Words Have Power is about understanding why athletes feel nervous and where fear comes from when athletes are about to compete. It includes how to create power statements to overcome negative emotions in order to compete at your best!

WORDS MATTER (Becky Schmidt) Language is the way that we understand the world around us. Using certain words over others to frame your reality can have a positive impact on your health, motivation, and relationships. In this session, you will learn a few ways to utilize words that matter!

YOGA (Corinne Zimmerman) 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 soothe stress and transform any negative thoughts into a positive outlook on life.

ZUMBA (Danielle Germaine) Zumba is a fun, cardio-based workout that is inspired by Latin dance and music. Contagious rhythms of salsa, merengue, reggaeton, hip-hop, 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 need to let loose, move, and smile! Wear comfortable clothing and footwear for the workout and bring a water bottle.