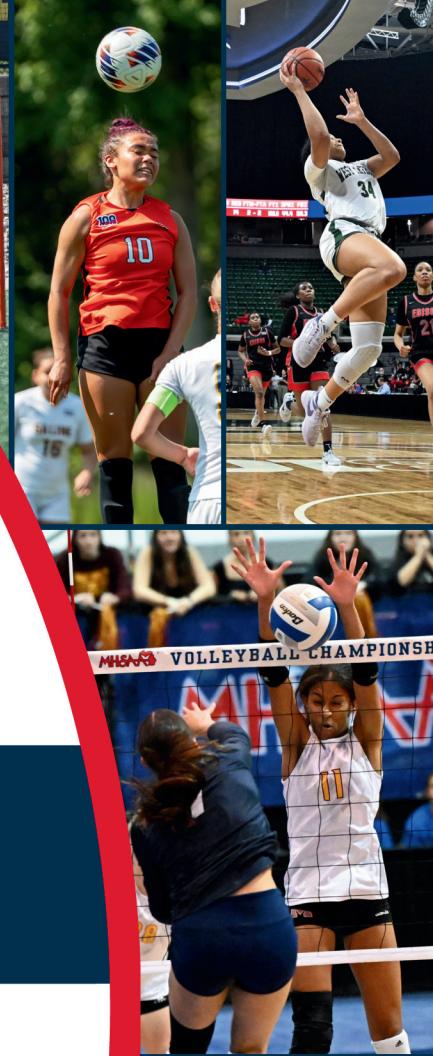




WOMEN IN SPORTS  
▶▶▶ LEADERSHIP  
2026 CONFERENCE

FEBRUARY 1 & 2, 2026  
CROWNE PLAZA LANSING

EMPOWER.  
ELEVATE.  
LEAD.



# CONFERENCE SCHEDULE

Sunday, February 1, 2026

8 a.m. – 4:30 p.m. Conference Registration in Lobby

\*=Specific to coaches/administrators

Room	Topic		Speaker(s)
10 a.m. – 11 a.m.		<b>1st Round of Workshops</b>	
A	Lead Yourself First: The Real Secret to Long-Term Success	Alicia Smith	
B	If I Only Had a Thigh Gap: Overcoming Eating Disorders/Defining Your Own Standards	Kelly Salter	
C	Words Have Power	Jacci Storey	
D	Unveiling Your Authentic Self	Nikki Norris & Stacy Smith	
E	Grit and Goal Setting for Teams & Self	Lauren Thompson	
F	Bet on it! A Crash Course in Mental Training	Dr. Lauren Secaras & Corinne Zimmerman	
Aurora	*Empower Her Mental Toughness	Elizabeth Banks	
Reo	*Transformational and Empowering Leadership	Dr. Allison Boone	
Cord	*What Winners Think, What Champions Do!	Becky Schmidt	
11 a.m. – 11:15 a.m.		<b>Break</b>	
11:15 a.m. – 12:15 p.m.		<b>2nd Round of Workshops</b>	
A	Lead Yourself First: The Real Secret to Long-Term Success	Alicia Smith	
B	If I Only Had a Thigh Gap: Overcoming Eating Disorders/Defining Your Own Standards	Kelly Salter	
C	Words Have Power	Jacci Storey	
D	Unveiling Your Authentic Self	Nikki Norris & Stacy Smith	
E	Grit and Goal Setting for Teams & Self	Lauren Thompson	
F	Bet on it! A Crash Course in Mental Training	Dr. Lauren Secaras & Corinne Zimmerman	
Aurora	*Empower Her Mental Toughness	Elizabeth Banks	
Reo	*Transformational and Empowering Leadership	Dr. Allison Boone	
Cord	*What Winners Think, What Champions Do!	Becky Schmidt	
12:15 p.m. – 1:15 p.m.		<b>Lunch</b>	(Atrium)
1:15 p.m. – 2 p.m.		<b>1st General Session</b> The Power Within: Empower. Elevate. Lead.	(Ballroom) Kristen Kelsay
2:15 p.m. – 3:15 p.m.		<b>3rd Round of Workshops</b>	
A	Fuel to Win: Nutrition Habits to Build Resiliency	Jessica Reynolds	
B	Lean Forward: Building Strong Teams Through Leadership & Identity	Dr. Ramona Cox	
C	Valuing Yourself as a Female Athlete	Laurie Glass	
D	The Power to Show Up – Be Your Best When Your Best is Needed	Tia Brandel-Wilhelm	
E	Think Big!	Celia Kiogima	
F	Beyond the Lines: Leadership, Integrity, and Influence	Nicole Randolph & Delonda Little	
Aurora	*Leading and Empowering Others	Theresa Beeckman	
Reo	*Shaping the Future by Lifting as You Lead	Marcy Uyl, Terra King, Jean LaClair	
Cord	*Women in Sport Leadership Careers	Leigh Ann Roehm & Carley Robertson	
Joanne Gerstner, Penny Allen-Cook,			
LaRhonda Burley, Jashell Mitchell-Cross & Kelly Salter			
3:15 p.m. – 3:30 p.m.		<b>Break</b>	
3:30 p.m. – 4:30 p.m.		<b>4th Round of Workshops</b>	
A	Fuel to Win: Nutrition Habits to Build Resiliency	Jessica Reynolds	
B	Lean Forward: Building Strong Teams Through Leadership & Identity	Dr. Ramona Cox	
C	Valuing Yourself as a Female Athlete	Laurie Glass	
D	The Power to Show Up – Be Your Best When Your Best is Needed	Tia Brandel-Wilhelm	
E	Think Big!	Celia Kiogima	
F	Beyond the Lines: Leadership, Integrity, and Influence	Nicole Randolph & Delonda Little	
Aurora	*Leading and Empowering Others	Theresa Beeckman	
Reo	*Shaping the Future by Lifting as You Lead	Marcy Uyl, Terra King, Jean LaClair	
Cord	*Women in Sport Leadership Careers	Leigh Ann Roehm & Carley Robertson	
Joanne Gerstner, Penny Allen-Cook,			
LaRhonda Burley, Jashell Mitchell-Cross & Kelly Salter			
4:30 p.m. – 6 p.m.		<b>Break/Hotel Check-In/Banquet Prep</b>	
6 p.m. – 7:30 p.m.		<b>2nd General Session - Banquet</b> Growing into Greatness WISL Award Recognition	(Ballroom) Arielle Wilson Anika McEvans
8 p.m. – 9 p.m.		<b>5th Round of Workshops</b>	
Pool	Water Aerobics	Mary Kay Gavitt	
Aurora	Main Character Energy (Stretch)	Laurie Graves	
Reo	Yoga	Madison Chambers	
Cord	Pilates	Lydia Ely	
Atrium	Flow & Restore Yoga	Ashley Miller	
E & F	Dance Fitness	Paula McAllister	
9:15 p.m. – 10:15 p.m.		<b>6th Round of Workshops</b>	
Pool	Water Aerobics	Mary Kay Gavitt	
Aurora	Main Character Energy (Stretch)	Laurie Graves	
Reo	Yoga	Madison Chambers	
Cord	Pilates	Lydia Ely	
Atrium	Flow & Restore Yoga	Ashley Miller	
E & F	Dance Fitness	Paula McAllister	



**Anika McEvans**

# Monday, February 2, 2026

7:30 a.m. – 11 a.m. Conference Registration in Lobby

8 a.m. – 9:30 a.m.

3rd General Session - Breakfast  
We Rise by Lifting Others

(Ballroom)  
Robyn Fralick

9:30 a.m. – 10 a.m.

Break/Check Out

10 a.m. – 11 a.m.

7th Round of Workshops

A	Empowering Her: Injury Prevention Strategies for Female Athletes
B	Using Athletics to Launch Your Career
C	Trust-Fueled Leadership: From a Young Coach who Definitely Doesn't Have all the Answers
D	It Starts with Me: The Power of Leading Yourself
E	Cutting Through the Noise: How to Fuel Female Athletes
F	Dare to Be
Aurora	*Sending the Right Message When Coaching Females
Reo	*Mind, Body, Identity: Supporting Athlete Wellness
Cord	*Mindset, Leadership, and Teamwork

Dr. Jill Moschelli
Dr. Michele Lewis Watts
Charley Andrews
Theresa Beeckman
Sandy Selby
Kayla Douglas & Sara Driesenga
Laurie Glass
Abigail Eiler
Jessica Trefry

11 a.m. – 11:15 a.m.

Break

11:15 a.m. – 12:15 p.m.

8th Round of Workshops

A	Empowering Her: Injury Prevention Strategies for Female Athletes
B	Using Athletics to Launch Your Career
C	Trust-Fueled Leadership: From a Young Coach who Definitely Doesn't Have all the Answers
D	It Starts with Me: The Power of Leading Yourself
E	Cutting Through the Noise: How to Fuel Female Athletes
F	Dare to Be
Aurora	*Sending the Right Message When Coaching Females
Reo	*Mind, Body, Identity: Supporting Athlete Wellness
Cord	*Mindset, Leadership, and Teamwork

Dr. Jill Moschelli
Dr. Michele Lewis Watts
Charley Andrews
Theresa Beeckman
Sandy Selby
Kayla Douglas & Sara Driesenga
Laurie Glass
Abigail Eiler
Jessica Trefry

## SPEAKER PROFILES



ANDREWS

**ALLEN-COOK, PENNY:** Penny is the Commissioner of the Big Thumb Conference and the former Commissioner of the Michigan Intercollegiate Athletic Association and Great Lakes Conference. She has coached volleyball, track and field, and cross country at various levels (high school and college) for over 30 years. She is a graduate of Michigan State University and has extensive experience in athletics.

**ANDREWS, CHARLEY:** Charley has been involved in sports her entire life, competing first in track at MSU before transferring to Western Michigan to play volleyball, where she realized the value of being part of a team. Her coaching career began at Hope College, followed by a move to Davenport as an assistant, where she was promoted to head coach in 2024. The best advice she ever received is to stay curious, not defensive. When you stay curious, you grow faster, lead better, and stay grounded even when things get messy. Andrews has an undergraduate degree from Western Michigan University and a Master of Management from Davenport University.

**BANKS, ELIZABETH:** Elizabeth is an educator, administrator, and coach who founded Joy Teen mentoring. She works with all middle school and high school students but specializes in working with athletes and coaches. Banks began her career in Highland Park Public Schools, where she taught and coached basketball. She continued her work in the Lamphere Public Schools, teaching science, coaching, and serving as Athletic Director. She has received this advice: "Be the leader you needed when you were younger." Liz holds a Bachelor of Arts in Education from the University of Michigan and a Master of Education from Saginaw Valley State University.

**BEECKMAN, THERESA:** Theresa (Tree) considers herself, first and foremost, a student of coaching, team culture, leadership, and generational understanding. She possesses three decades of coaching and leadership experience at various levels and has built a championship pedigree with success at numerous stops. Since leaving the collegiate volleyball coaching ranks, she has traveled the country working with teams and coaches to improve their performance through culture and leadership development. She works in partnership with the nonprofits True North Sports and Growing Leaders, Inc., as well as her own entity, Tree Roots Culture Consulting, LLC. Her BA is in Psychology from SVSU, where she was an All-Conference catcher.

**BOONE, ALLISON:** Dr. Allison Boone fell in love with leadership and team culture while playing collegiate volleyball. She worked for two years in Washington, D.C., and returned to Michigan to pursue further education, earning a master's degree in Higher Education Student Affairs. She has spent six years at the University of Michigan Athletic Department as a Learning Specialist and Program Manager, supporting student-athletes across more than a dozen sports. Her research focuses on the development of women's leadership identity and how high-impact learning experiences foster confidence and authentic leadership in women. Her B.A. is in Communication Studies from Spring Arbor University, her M.A. is in Higher Education, and her Ph.D. is in Educational Leadership from Eastern Michigan University. She currently runs her own leadership consulting LLC focused on building strong team cultures.

**BRANDEL-WILHELM, TIA:** Tia competed in both volleyball and track at Alma and was an all-conference first-team scholar-athlete. She earned a master's in business administration from WVWC after receiving her undergraduate degree in business administration and psychology from Alma College. Before joining Ferris State University, she served as head coach for three seasons at West Virginia Wesleyan College, and she also assisted with West Virginia Wesleyan's track and softball team. She spent 10 years as the Senior Woman Administrator at Ferris State. Through her hard work and dedication, Brandel-Wilhelm continues to earn her place among the nation's most respected collegiate coaches.

**BURLEY, LaRHONDA:** LaRhonda is the Senior Associate AD for Strategic Initiatives and Brand Innovation at Michigan State University. As a brand marketing specialist with over 15 years of experience, she brings a professional sports background, including experience with the NFL, NFLPA, WNBA, and NBA. Most recently, Burley served as Vice President of Business Operations for the Motor City Cruise, where she managed the brand's launch and established the business



BANKS



BEECKMAN



COX

processes for the Detroit Pistons' NBA G League affiliate. She is also a capstone advisor in the Sports Management Graduate Program at Georgetown University, where she received a master's degree. She earned a bachelor's degree from the University of Maryland.

**CHAMBERS, MADISON:** Madison is a PhD student at Michigan State University studying the psychosocial aspects of sport and physical activity and exercise in youth, which can impact body image. She is a Registered Yoga Teacher with the Yoga Alliance and an Olympic weightlifting coach. She holds a BA in Psychology from the University of Notre Dame and is progressing toward her PhD at Michigan State University.

**COX, RAMONA:** As a proud graduate of Detroit's Renaissance High School and a holder of multiple college degrees with a concentration in sports psychology, Dr. Cox has a long history of being up to the task in a classroom. She is the varsity volleyball coach at Detroit Cass Tech High School and has a BA in sport management from U of M, a master's in sports administration from Wayne State University, and a Ph.D. in sports psychology from MSU. She played Division 1 volleyball at the University of Michigan and played 11 years of semi-pro football for the Detroit Demolition and Detroit Dark Angels. She is founder and director of Fair Play Volleyball Club.

**DOUGLAS, KAYLA:** Kayla swam at the University of Michigan, where she earned her undergraduate degree in communication and psychology and a master's in social work. Kayla oversees mental health promotion initiatives, outreach and peer programs, provides embedded clinical support, and serves as a field instructor. She is currently an adjunct social work counselor in the College of Engineering at U of M, and head coach for girls swimming and diving at Franklin High School. As a social worker, coach, and collegiate athlete, Kayla understands the true power and value of social work in athletic settings. She is co-founder of "Dare to Be," a company that delivers evidence-based, customized programs and coaching to support athlete development from youth through post-athletic transition.

**DRIESENGA, SARA:** Currently an associate softball coach at Central Michigan University, Sara earned both her MSW and undergraduate degree from the University of Michigan while playing softball. She continued her softball career, playing in the National Professional Fastpitch League. Sara utilizes a strength-based and solution-focused approach across her roles as a social worker, business owner, and coach. She intentionally integrates sport as both a developmental and relational intervention, combining technical softball coaching with the cultivation of emotional intelligence, self-awareness, leadership, and mentorship. She continues to serve youth on her athletic journey through "Dare to Be," a company she co-founded with Kayla Douglas.

**EILER, ABIGAIL:** As a former elite athlete, Abigail has dedicated her personal and professional commitment to helping athletes and coaches feel supported, confident, and empowered by tapping into their strengths and helping them achieve their goals on and off the field of play. Her career has focused on the intersection of sport, mental health, and performance, and she also served as the first chair of the Big Ten's Mental Health & Wellness Cabinet. She has also recently worked with the Detroit Lions and Tigers. Eiler has a BA and MSW from the University of Michigan, as well as a Woman in Leadership Certificate from Harvard.

**ELY, LYDIA:** Lydia grew up as a competitive swimmer and during her swimming years, developed a passion for weightlifting. She began her college journey at Saginaw Valley State University before transferring to Grand Canyon University, where she earned a BA in Marketing and Advertising. She has a passion for living an active lifestyle, trying new things, and exploring new places.

**FRALICK, ROBYN:** As the Head Women's Basketball coach at Michigan State University, Robyn is the sixth coach in Spartan women's basketball history. She came to MSU after directing the women's basketball programs at Ashland and Bowling Green State University. A native of Okemos, Michigan, she had a storied career at Okemos High School, where she played basketball, soccer, and softball. She later played basketball for Davidson College, graduating with a degree in psychology, and earned her master's degree from Western Michigan University. She is recognized for her strong values and positive coaching approach, and in 2017, was inducted into the Okemos High School Hall of Fame.

**GAVITT, MARY KAY:** Mary Kay has been a Water Safety Instructor for over 40 years. She is a former high school nurse and serves as a judge for Girls' Competitive Cheer. Mary Kay holds certifications as a Lifeguard and Water Safety Instructor, as well as in CPR and AED. She is a graduate of Michigan State University.

**DRIESNGA****EILER****FRALICK****KELSY****LEWIS WATTS****MOSCHELLI****RANDOLPH****WILSON**

**GERSTNER, JOANNE:** Joanne is an award-winning multi-platform sports journalist, author, researcher, and thought leader. She is the coordinator of the Sports Journalism program in the School of Journalism, teaching classes while directing the Education Abroad program. Gerstner's career has taken her to the world's biggest sporting events, including the Olympics, women's and men's soccer World Cups, French and US Open tennis championships, the Ryder Cup, and numerous Stanley Cup, NBA, and NCAA playoffs/championships. She is a graduate of Oakland University (BA) and the Medill School of Journalism at Northwestern University (MSJ).

**GLASS, LAURIE:** Laurie was the varsity volleyball coach for many years at both Leland High School and Traverse City Central High School. She earned a bachelor's degree in special education with an endorsement in Emotional Impairment from Western Michigan University and is also a certified instructor for the Crisis Prevention Institute. Laurie indicates that the relationships she has developed with the athletes over the years will always be her favorite aspect of coaching. She has been named an NFHS National Coach of the Year and a finalist for the MHSAA National Coach of the Year award. In 2023, Laurie received the MHSAA WISL Award.

**GRAVES, LAURIE:** Laurie has been passionate about fitness ever since she took her first aerobics class. She is an IT project manager by day, and she has also taught Zumba and Jazzercise. She holds a Bachelor of Psychology from MSU, a Master's in Education from the University of Michigan, and is also ISC2 Cybersecurity certified.

**KELSAY, KRISTEN:** Former Michigan State volleyball standout Kristen Kelsay is the eighth head volleyball coach in MSU program history. As a player, her work ethic, volleyball IQ, and team-first attitude helped her excel on the court, and those same qualities are equally impactful as she mentors her student-athletes. A two-time team captain while at MSU, Kelsay ranks fourth in program history in sets played and seventh in career assists. She was awarded Michigan State Athletics' Chester Brewer Leadership Award and the Dr. James Feurig Achievement and Service Award. Kelsay graduated from Michigan State University with a bachelor's degree in psychology and obtained a master's degree in Sports Administration from Northwestern University.

**KING, TERRA:** Terra is the head volleyball coach at Battle Creek Harper Creek, where she is committed to empowering young women through leadership, confidence, and positive team culture. She believes in the power of sport to develop strong leaders and meaningful life skills, and her work reflects the influence women have in shaping the future of athletics.

**KIOGIMA, CELIA:** Celia studied at Grand Valley State University, majoring in Non-Profit Administration. She is the former Head Cheer Coach at Davenport University and currently the President and owner of Champion Cheerleading. She led the Davenport team to several National Championships. Celia started as a competitive gymnast but shifted her focus and passion to cheer when she began teaching summer camps in Michigan. What Coach Kiogima loves most about coaching is the relationships made with athletes.

**LACLAIR, JEAN:** Jean is a passionate champion for women in sports and a respected 30-year athletic administrator whose leadership has opened doors and inspired lasting change. A proud 2015 WISL Award recipient, Jean is recognized for her unwavering commitment to empowering women, fostering inclusive communities, and mentoring the next generation of leaders. Through her vision, dedication, and decades of service, she continues to elevate voices, create opportunity, and shape a stronger future for women in sports leadership.

**LEWIS WATTS, MICHELE:** Dr. Michele Lewis Watts started her career as an intern with the Detroit Pistons and then went on to work on major sporting events, including Super Bowl XL and Final Four 2009. After starting to coach volleyball in Detroit, she intentionally shifted her career to address gender-based issues affecting women and girls, which led her to earn her doctoral degree with research focused on African American girls. She has a 20+ year career in sports and events and is a former collegiate athlete and member of the 5-time champion Detroit Demolition women's tackle football team. She is the co-founder of Woods and Watts Effect and a passionate advocate for girls in sports.

**LITTLE, DELONDA:** Delonda is a four-year women's basketball letterwinner and a member of the Wayne State Hall of Fame. She graduated from Wayne State with a Bachelor of Science degree in criminal justice and currently works for the Michigan Department of Corrections as a Probation officer. A referee and assigner for over 20 years in the Detroit area, she is a female boys and girls basketball official who mentors both male and female referees. She officiates at both the high school and collegiate levels.

**MCALLISTER, PAULA:** Paula has served in the school setting for many years and has experience coaching girls competitive cheer. Her passion for Girls Competitive Cheer ultimately led her to officiating. She has officiated at the District, Regional, and state final levels and was honored with the title of "Official of the Year" for her excellence and dedication to the sport. As a coach, Paula was dedicated to cultivating confidence, leadership, discipline, and a passion for physical fitness in her athletes. Paula is a graduate of Wayne State University and a certified instructor in aerobic and strength fitness.

**MILLER, ASHLEY:** Ashley has pursued her enthusiasm for holistic wellness through her work as a registered yoga teacher, where she focuses on promoting physical strength, mental balance, and overall well-being. In addition to her work in yoga, she serves as a volleyball coach and certified personal trainer, blending her knowledge of movement, performance, and motivation to support athletes at all levels. Ashley holds a Bachelor of Science in Psychology, which enhances her ability to understand human behavior, mental resilience, and the connection between mind and body.

**MITCHELL-CROSS, JASHELL:** Jashell is a former student-athlete in girls basketball, softball, and track. She began her professional career at the University of Arizona as Director of Women's Basketball Operations and later at NC Central University as Director of Football Operations. She is the founder of the Invisible Giants Legacy and Leadership Foundation, an organization that provides resources to the Flint community in the areas of education, recreation, and sports. Her undergraduate degree is from Bethune-Cookman University, and her master's degree is in Liberal Studies and Sports Leadership from the University of Memphis.

**MOSCHELLI, JILL:** Dr. Jill Moschelli is the MSU Athletics Team Physician and an Associate Professor of Orthopedics in the Colleges of Human and Osteopathic Medicine. She serves as the program director for the MSU Sports Medicine Fellowship and is the clinical director for the MSU Health Care Sports Medicine clinic. Dr. Moschelli sees patients with overuse injuries, concussions, and female athlete-related issues. She completed her Sports Medicine Fellowship at Dartmouth, after which she joined Binghamton University as Team Physician and Sports Medicine Fellowship Director. After earning her medical degree at the St. Matthews University Medical School in Grand Cayman, Moschelli completed her family medicine residency at Wayne State University School of Medicine in Rochester, Michigan.

**NORRIS, NIKKI:** Nikki taught science for 18 years, in addition to coaching basketball and volleyball. She was the athletic director at Corunna High School from 2010 to 2018 and is currently the director of athletics at East Lansing High School. Her bachelor's is from Alma College, and her master's is from Michigan State University. She is a Certified Athletic Administrator and a member of MIAA and NIAAA.

**RANDOLPH, NICOLE:** Nicole is an official who has progressed from officiating in high school to NCAA Division 1 in the Big Ten. She was one of three who were first to be hired into the Missouri Valley Conference, MAC, and Big Ten. In 2016, she worked the MHSAA football finals at Ford Field, and in 2024, she was the first female to work a College Football playoff game. She has a Bachelor of Science from Oakland University and is a Big Ten Football Official, MHSAA football and basketball official.

**REYNOLDS, JESSICA:** Jessica became interested in sports science and human performance when she was sidelined more than she wanted to be due to injury as a collegiate runner. In 2020, she graduated from Albion College with a Bachelor of Science degree in Kinesiology, and in 2024, she received a Master of Science degree in Sports Science from Wayne State. Since graduating, she has been working as the strength and conditioning coach at Ann Arbor Pioneer HS.

**ROBERTSON, CARLEY:** Carley coaches varsity volleyball at DeWitt and also coaches club volleyball. She indicates that the barriers to team success are more mental/emotional/social than physical. She has a bachelor's degree in Human Capital and Society and is a certified human resources specialist.

**ROEHM, LEIGH ANN:** Leigh Ann played college basketball at Bowling Green State University and Northern Michigan University. Immediately out of college, she began coaching basketball in DeWitt. She moved to Saline when she got a teaching position at Saline Middle School and has taught middle school science for the last 21 years. She is currently the head varsity coach at Saline High School and has also coached for the Michigan Mystics for the last 6 years. While at Saline, she was named Dream Team State Coach of the Year and BCAM Division 1 Coach of the Year.

**SALTER, KELLY:** Kelly graduated from Grand Valley State University in 1996 with a Health Science degree with an emphasis in Athletic Training and finished a collegiate swimming career. After passing her certification, she began working as an athletic trainer in a clinical setting and, over the next 25 years, worked in collegiate athletics. She serves as the Co-Chair of the Michigan Athletic Trainers Society Secondary School Committee.

**SCHMIDT, BECKY:** As the Associate Professor of Kinesiology instruction and the Head Volleyball Coach, Becky's experience at Hope began when she was a year old and her parents moved to Holland, so her father could attend seminary. After graduating from Hope, she completed a master's degree in sports studies at Miami University. She taught and coached in Southern California prior to having the opportunity to give back to the school that had a profound impact on her. Her academic interests are focused on sport psychology. She has been coaching NCAA D3 volleyball for 25 years.

**SECARAS, LAUREN:** Dr. Secaras is in her second year as an Assistant Professor at Denison University. Her expertise is in sport psychology, specifically group dynamics and conflict management. She is a graduate of Michigan State University, having studied sport psychology for nearly eight years while teaching, researching, and working with athletes and coaches on their mental performance. She is a Certified Mental Performance Coach and continues to teach and work with athletes. Her ultimate goal is to facilitate a positive sport experience for all. She has a B.A. in Psychology and Communication from Denison University and a M.S. in Kinesiology from MSU.

**SELBY, SANDY:** Sandy is a registered dietitian and board-certified specialist in sports dietetics. She is the Health and Wellness Senior Manager at the United Dairy Industry of Michigan and is passionate about helping athletes fuel for performance. As a lifelong runner and the mom of two young and active girls, she understands the importance of nutrition tailored specifically for busy athletes. Sandy is proud to work on behalf of Michigan's Dairy farmers in promoting the role of dairy as a part of a balanced diet for all, including athletes.

**SMITH, ALICIA:** As a decorated high school softball coach, co-founder of Mental Sweet Spot, and co-host of the Win More Games, Have More Fun Podcast, Coach Smith uses her master's degree in Coaching Sport Performance and 28 years of coaching experience to help softball teams develop mental toughness and a supportive culture, as well as empowering young women to be leaders. Alicia's extensive experience implementing the mental game with her high school teams has led them to two state championships and four semifinal appearances. She has a B.S. in Engineering Design and Graphics Technology and an M.A. in Coaching Sport Performance and was inducted into the Michigan High School Softball Coaches Association Hall of Fame in 2023.

**SMITH, STACY:** Stacy's journey into the world of cheer began in 1989, when girls competitive cheer had yet to be recognized as a sport in Michigan. In 1994, she was at the forefront of change as girls' competitive cheer was introduced as an official MHSAA-sanctioned winter sport. Beyond coaching, Stacy immersed herself in the world of girls competitive cheer as an official, and her commitment and expertise led her to be elected to the Michigan Cheer Judges Association board, where she assumed the presidency. In her role as an Academic Coach at Launch U Early Middle College, she utilizes tools to identify strengths and guide leadership roles, fostering effective collaboration within the team.

**STOREY, JACCI:** Jacci began coaching in 2002 and holds a degree in secondary education from Central Michigan University and a master's degree from Grand Valley State University. Her passion for helping athletes reach their full potential inspired her to pursue a master's degree in Sport Psychology from Adams State University. She founded Elite Performance Sport Psychology, where she works with athletes and teams around the world, teaching the power of mental strength, focus, reducing anxiety, and confidence.

**THOMPSON, LAUREN:** Lauren is a teacher, administrator, and college lecturer. After 15 years in public education, she has transitioned to her role as Senior Education Advisor at Gallup, where she consults with universities and large school districts to build strength-based campuses and schools. She holds a BA in biology from Wittenberg University, an MS in Education Leadership from Purdue University, and a MAPP from the University of Pennsylvania. She is currently pursuing an EdD-ABD from Loyola University of Chicago.

**TREFRY, JESSICA:** Jessica has been involved in educational athletics for the last twenty-eight years. She is the founder and president of 517 Youth Cheer and owner of Beacon Empowerment. Additionally, she is a certified trainer through the Jon Gordon Company, specializing in Mindset, Leadership, and Teamwork. Her bachelor's degree is in marketing from MSU, and she holds a master's degree in educational leadership from Eastern Michigan University.

**YUL, MARCY:** Marcy has been a high school teacher, varsity basketball coach, personal trainer, and wellness coach. She graduated from Cornerstone University, where she was an All-American in Basketball. Her degree in educational leadership is from Grand Valley University. She states that the best advice she has ever received is to surround yourself with people who lift you up, challenge you, and make you believe you can accomplish more than you think you can.

**WILSON, ARIELLE:** Arielle is the sixth head volleyball coach at Central Michigan University. She has seen success both as a coach and player throughout her volleyball career. A nine-year NCAA Division 1 coaching veteran, former USA National Team member, three-time AVCA All-American, and four-time national champion as a player at Penn State, and six-year professional volleyball player, Wilson also spent time coaching at Georgia Tech, Michigan State, and DePaul. Arielle earned a bachelor's degree in kinesiology with a focus on fitness studies from Pennsylvania State University. As stated by several of her former players, "Being coached by Ari will always have a long-lasting impact on me not only as a player, but as a person."

**ZIMMERMAN, CORINNE:** Corinne played competitive sports in high school and knew she wanted to stay involved in the field by studying sport psychology. She worked as a coach and curriculum developer at the YMCA, and once she finishes her studies, she hopes to become a professor of sport psychology at a school where she can conduct research, teach, and continue to work with athletes on mental skills. During her studies, Corinne has had the opportunity to work with high-level performers, including musicians, collegiate athletes, and semi-pro soccer players. Her work focuses primarily on helping people become the best versions of themselves.