



EMPOWER. ELEVATE. LEAD.

Workshops

Sunday, February 1 and Monday, February 2, 2026

***Specific to coaches/administrators**

BET ON IT! A CRASH COURSE IN MENTAL TRAINING (Dr. Lauren Secaras & Corinne Zimmerman)

This is a crash course in mental performance where Dr. Secaras and Corinne will present four new skills for female athletes to add to their mental skills toolkit (e.g., self-awareness, emotional regulation, focus/attention cues, and stress management). This interactive session will help girls think more intentionally about their mental game, understand what helps them perform better, and provide them with strategies they can use.

BEYOND THE LINES: LEADERSHIP, INTEGRITY, AND INFLUENCE (Nicole Randolph & Delonda Little)

This is an engaging session on how officials serve as guardians of sports safety, integrity, and fairness for all participants, and the influence they have on sports enthusiasts and former athletes to stay involved in sports. These top-ranked officials will speak to how leadership, integrity, and influence must be practiced.

CUTTING THROUGH THE NOISE: HOW TO FUEL FEMALE ATHLETES (Sandy Selby)

Nutrition can be confusing for everyone, especially for athletes. Female athletes may need to take a slightly different approach than their male counterparts. But where do you look for advice? Influencers? MyPlate? Performance Plates? The New Pyramid? What about supplements? In this session, we will cut through some of the noise and learn evidence-based strategies to fuel female student athletes.

DANCE FITNESS (Paula McAllister)

Get ready to sweat, smile, and move to the beat! This high-energy Dance Fitness session mixes heart-pumping cardio with powerful strength training – all to the hottest songs you love. But it's more than a workout – it's non-stop fun that will empower you, elevate your confidence, and help you lead with energy, both on the dance floor and beyond. Feel the buzz of the room, connect with friends, and discover how moving your body can boost confidence, resilience, and total-body strength. Come in comfortable workout clothes and supportive shoes.

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.

***EMPOWER HER MENTAL TOUGHNESS (Elizabeth Banks)**

This is an engaging and practical session designed for coaches and athletic leaders who want to strengthen the mental resilience of the young women they serve. Drawing on current research, real coaching experiences, and 30 years in education, this workshop explores what mental toughness truly looks like for female athletes today. Participants will examine how stress impacts performance, how self-perception influences an athlete's confidence, and what adults can do to intentionally create environments that foster emotional regulation, grit, and competitive composure.

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 female athletes.

FLOW & RESTORE YOGA CLASS (Ashley Miller)

This class focuses on building strength, flexibility, and mindfulness in a welcoming and supportive environment. Emphasis will be on alignment and breathing to meet the needs of each participant, helping them leave feeling grounded, elevated, and empowered. Dress to participate and bring a mat if you have one! Towels are provided.

FUEL TO WIN: NUTRITION HABITS TO BUILD RESILIENCY (Jessica Reynolds)

This presentation will focus on the importance of nutrition for athletic performance and its role in reducing the risk of injury. The focus will be on what athletes should eat and when they should fuel themselves, as well as the science behind why these strategies are effective. Developing these healthy habits can set athletes up for a lifetime of success.

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.

GROWING INTO GREATNESS (Arielle Wilson)

Arielle will share her journey from athlete to coach while exploring the lessons learned in empowerment, failure, and discovering her own leadership identity. Through her story, participants will be inspired to embrace challenges, lift others along the way, and lead with confidence, resilience, and purpose in sports leadership.

IF I ONLY HAD A THIGH GAP: OVERCOMING EATING DISORDERS/DEFINING YOUR OWN STANDARDS (Kelly Salter)

For over 20 years, Kelly secretly battled bulimia all while chasing a standard she thought would bring her confidence and contentment. Through the years, she learned that secrecy does not bring healing, only shame. She will share her story of overcoming bulimia and define standards that work.

IT STARTS WITH ME: THE POWER OF LEADING YOURSELF (Theresa Beeckman)

Connection among teammates has never been more crucial or more challenging to establish. Tree discusses a deeper team connection, noting 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 of leadership.

LEAD YOURSELF FIRST: THE REAL SECRET TO LONG-TERM SUCCESS (Alicia Smith)

This session centers on the idea that self-leadership is the foundation for all other wins. It provides information as to how athletes can learn to motivate themselves, handle failure, and build confidence in who they are becoming.

***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.

LEAN FORWARD: BUILDING STRONG TEAMS THROUGH LEADERSHIP & IDENTITY (Dr. Ramona Cox)

Strong leadership starts with knowing who you are and respecting who others are. In this interactive session, student-athletes will explore how identity, values, and individual differences shape team culture and performance. Participants will reflect on their own leadership style, learn how great leaders build trust and connection, and gain practical tools they can use with teammates, coaches, and peers.

MAIN CHARACTER ENERGY - STRETCH (Laurie Graves)

This is a full-body stretch class set to popular hit music, incorporating dynamic and static stretching to target all muscle groups and help your muscles stay lean and healthy, while also protecting against injury. This session will focus on deep muscle stretching, flexibility, and recovery while encouraging confidence and self-care. Dress to participate.

***MIND, BODY, IDENTITY: SUPPORTING ATHLETE WELLNESS (Abigail Eiler)**

This presentation outlines how athletic departments can implement assessments, individual coaching, team workshops, small-group development, and game-day mental preparation to improve confidence, focus, resilience, and overall well-being. Emphasis is placed on practical, developmentally appropriate strategies that support athletes on and off the field.

***MINDSET, LEADERSHIP, AND TEAMWORK (Jessica Trefry)**

Create a culture of empowerment while teaching your athletes how to embrace leadership. Be the person who elevates others to reach their potential. Explore best practices in coaching with an emphasis on continuous growth and development, while creating positive, meaningful, and sport experiences for student-athletes.

PILATES (Lydia Ely)

This session is designed to build core strength, improve flexibility, enhance posture, and increase overall body awareness. Participants will engage in purposeful movements designed to support balance, stability, and functional strength for both athletic performance and everyday wellness. Dress to participate and bring a mat if you have one.

***SENDING THE RIGHT MESSAGE WHEN COACHING FEMALES (Laurie Glass)**

Coaches must effectively articulate their ideas, thoughts, and perspectives to the athletes they coach, while allowing for idea sharing, collaboration, and problem-solving. How can you, as a coach, improve and enhance team culture? How can you help female athletes understand the importance of their role?

***SHAPING THE FUTURE BY LIFTING AS YOU LEAD (Panel - Marcy Uyl, Terra King, Jean LaClair, Leigh Ann Roehm & Carley Robertson)**

What does it look like when women confidently own their seat, use their voice, and bring others with them as they rise? Leading with purpose and lifting other women along the way can create a lasting impact with coaches. This collective approach strengthens relationships, builds trust, and cultivates leadership that is sustainable and impactful.

THE POWER TO SHOW UP – BE YOUR BEST WHEN YOUR BEST IS NEEDED (Tia Brandel-Wilhelm)

Who do you want to be as a person, athlete, and leader? The focus of this session will be on the actions and feedback to help you show up as your best self. This session will be a mix of inspiration and hands-on learning, offering a significant opportunity to elevate and empower yourself as the person and leader you know you are meant to be.

THE POWER WITHIN: EMPOWER. ELEVATE. LEAD. (Kristen Kelsay)

This general session will focus on discovering and strengthening the inner confidence, purpose, and resilience that drive effective leadership. Explore ways to empower yourself and others, elevate those around you, and lead with authenticity and intention in athletics and beyond.

THINK 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 delve deeper into the 'why' of the purpose-driven athlete and explore the mental strength required in our sports and lives. "Playing Big" goes beyond any point, skill, or drive.

***TRANSFORMATIONAL AND EMPOWERING LEADERSHIP (Dr. Allison Boone)**

Coaching today presents real challenges – shifting athlete expectations, rising pressures, and a sports culture that often prioritizes outcomes over development. But in a landscape where the best athletes are constantly adapting, as coaches, we must ask ourselves: Are we evolving our leadership with the same intention? In this session, you will learn practical tools like inclusive decision-making, reflective questions, playback communication, and athlete-centered culture building.

TRUST-FUELED LEADERSHIP: FROM A YOUNG COACH WHO DEFINITELY DOESN'T HAVE ALL THE ANSWERS (Charley Andrews)

The one thing that has held leadership together while navigating the challenges of being a young Gen Z coach is the value of trust. This includes trusting your voice, your values, and your ability to lead while still growing. Charley will describe how her mentors shaped her and the pressure to look like "she knew what she was doing," and the honest, messy moments that actually made her a better leader.

UNVEILING YOUR AUTHENTIC SELF (Nikki Norris & Stacy Smith)

Your individuality plays a significant role in shaping your connections with family, friends, teammates, and coaches. A team is a blend of diverse personalities that must work together harmoniously 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 (Michele Lewis Watts)

Employers often love hiring athletes, but athletes themselves frequently struggle to effectively connect their athletic experiences to their career goals. Participants will learn to discuss skills that employers value and how to deliver an elevator pitch when meeting people, which can help them connect with their dream job.

VALUING YOURSELF AS A FEMALE ATHLETE (Laurie Glass)

It is essential for young women to challenge the stereotypical perception of female athletes as secondary to their male counterparts. The hope is to help female athletes recognize the subtle ways they devalue their own importance. Additionally, this session will help the athlete recognize ways in which others may also devalue their role in athletics.

WATER AEROBICS (Mary Kay Gavitt)

Come make a splash in this fun, high-energy Water 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!

WE RISE BY LIFTING OTHERS (Robyn Fralick)

This session focuses on cultivating confidence, embracing personal growth, and leading with authenticity in today's dynamic environment. Through reflection, shared experiences, and practical strategies, participants will explore how to empower themselves and others, elevate those around them, and lead with intention, courage, and impact.

***WHAT WINNERS THINK, WHAT CHAMPIONS DO! (Becky Schmidt)**

Those who succeed think and act in a slightly different way from the average person. In this session, you will learn a few ways to transform your thinking so that you will start to act like a champion. The knowledge, skills, habits, and mindsets that facilitate athletic success will be discussed.

***WOMEN IN SPORT LEADERSHIP CAREERS (Panel - Joanne Gerstner, Penny Allen-Cook, LaRhonda Burley, Jashell Mitchell-Cross & Kelly Salter)**

This session examines the various pathways, challenges, and opportunities available to women pursuing leadership roles in athletics, highlighting the skills, experiences, and strategies that foster career growth, resilience, and long-term success. Participants will gain insight into navigating leadership journeys, building strong professional networks, and creating inclusive environments that empower the next generation of women leaders in the sports industry.

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 originates when they are about to compete. It includes how to create powerful statements to overcome negative emotions and compete at your best. You will learn how to recognize negative self-talk, reframe your thoughts, and train your "inner voice" to work for you, not against you.

YOGA (Madison Chambers)

Help reduce your stress and find your inner balance with this yoga class experience. Dress to participate and focus on breathing, stretching, and balance that promote relaxation, body health, and mental clarity. Discover ways to alleviate stress and transform negative thoughts into a more positive outlook on life. Get your body moving and center your mind. Bring a mat if you have one!