

Hillers

Athletic Committee Meeting - 5:30 p.m. – Wednesday, September 16, 2015
Trinity High School

AGENDA

- Fall Sports Update – Friday, Sept 11th was first home football game, Honor America Night. Football boosters did a fantastic job in promoting and organizing the event, we received a great deal of positive feedback from the community and attendees. The US Army came as part of their Friday Night Lights tour, presented 2 of our students, Chole Mowery and William McVay, with recognition plaques for Student Leadership and Values, presented Mr. Keruskin with a Special Football for the district and presented a special ceremonial coin for the coin toss with Dr. Lucas. The Army is also making a \$500 donation to the Athletic Department. All other fall sports teams are off to good starts, participation numbers at the high school level are sufficient for each team to run full schedules. This week alone, Girls Soccer, Girls Volleyball and Boys Soccer all have had big home wins. The first sports assembly of the year was held on Friday, Sept 4th. All fall sports teams were recognized and we had great student participation during the event. Feedback from the staff and students was very positive. Next home football game is Fri Sept 25th which will be Youth Night, recognizing all of our youth and middle school football players and cheerleaders. Girls Volleyball will be hosting a Superhero's for Cancer Night on Oct 6th as a fundraiser and benefit night to support a local cause.
- Mascot Development- Discussion on establishing a mascot character for the Hiller. We will look to have a contest during the spring with our students and staff to develop a character to represent the Hiller, holding the traditions and history of the school. We will put together a historical summary of the Hiller to give an idea to entrants. Once entries are submitted, a committee will review and decide on proceeding further.
- Uniform Color Policy – Discussion of AR 123-5 for the purposes of clear guidelines for all. Team Uniforms, Travel gear and coaching apparel are Royal Blue and White. A 3rd color can be used as an accent, border, outline but cannot be the dominant color. Current teams who have warmups that do not comply with the guidelines are permitted to wear this year, but unable to purchase any new ones. Those teams will not wear those warmups on the bench during competition. Teams are permitted to wear different color shirts for their pre-game warm-ups for theme and team bonding activities, as long as all players are in the same shirt, the shirts are "Trinity" shirts and they are removed before the competition starts. We will gather input from our coaching staff and administration to determine one accent color to be used moving forward, instead of variations for different teams.
- Officials Pay System- Payment system for Sports officials has been changed to an online system provided through Arbiter/RefPay. We have been able to eliminate handing checks to officials on day of game, voiding checks and the additional cost of mailing and printing checks. RefPay is linked to each officials account online and will track all financial reports needed.
- Student Athlete Leadership Training – Beginning later this fall, we will become involved in a Student-Athlete Leadership Training program that will meet each season. The program will involve other districts in our area, bringing students together for training. Our district would have approx. 6 students in 11th/12th grade who play multiple sports in the program, chosen by all administrators. The Training is conducted by Dr. Aimee Kimball, former Director of Mental Training at UPMC Sports Medicine.

- NCAA Recruiting Info Night – Oct 1st, 6:30pm in Auditorium for all parents and students in grades 8-12. Presentation will be from Mr. Rich and Darnell Dinkins of Dynamite Sports on what requirements are needed to become eligible for the NCAA and how to market yourself, along with recruiting realities.
- Any additional items
- -Cross Country Road Running – Cross Country teams have asked to be able to incorporate road work into their training schedule to prepare for championships. With safety being an issue, it was determined that the team could do some training on the road off campus, in a controlled environment (i.e. Washington Park, Washington Wild Things Area Trail) but would stay off of main travel roads
- -clarify who needs to have clearances to help with teams (concession workers ?/ scorekeepers ?/ people that assist with events but have no contact with the kids ?) Workers who do not have direct contact with students and supervision would not need clearances. Students are not permitted to be in concession stands.



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STUDENT-ATHLETE LEADERSHIP TRAINING

3 Session Student Athlete Leadership Academy

- Meet three times per school year
 - On a week day, approximately 930 AM-1230 PM (or as convenient for schools involved)
- 30 student-athletes maximum
- Attendees nominated by athletic directors
 - Suggest multi-sport athletes, both juniors and seniors
- Attendees must commit to attending all three sessions, regardless of sport participation
- All sessions will be interactive and utilize activities, case studies, and open discussion
- Potential projects: creating a school athletic leadership council, multi-school community service, presenting at WPIAL Sportsmanship Summit
- *Session 1: Fall Season*
 - Identify your leadership strengths and weaknesses
 - Set goals for your school and team and identify a plan to gain goal commitment
- *Session 2: Winter Season (possibility to have a concurrent session for coaches)*
 - Motivating yourself and your teammates
 - Coach/Athlete communication
 - Conflict resolution within a team
- *Session 3: Spring Season*
 - Identify what high school athletes need from their captains/leaders
 - Identify the true responsibilities of leaders
 - Creating a culture of success throughout all sports
 - Each attendee will bring a future leader from their school to the third session to begin the leadership transition

One-Day Student Athlete Leadership Academy

- One daily session, 10 am - 2 pm (times are flexible)
- Two workshop presenters
 - Potential for a keynote speaker to address attendees
- 60 student-athletes maximum
 - Attendees will be split into two groups
 - Groups will switch workshop leaders for the afternoon sessions
- Attendees nominated by athletic directors
 - Must be high-academic achievers with evidence of leadership potential
 - Recommend juniors or seniors (if conducted in the fall)
- *Topics may include:*
 - Conflict resolution
 - Team building
 - Developing a leadership plan
 - Motivating others
 - Gaining commitment
 - Life skills development



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ABOUT THE KPEX TEAM

AIMEE C. KIMBALL, PHD, AASP-CC

CEO and Founder, KPEX Consulting

Dr. Aimee C. Kimball has been working as a Mental Training and Peak Performance Consultant in the Pittsburgh area for over a decade. During this time, over 400 individuals and 100 different schools and organizations have benefited from mental training. Dr. Kimball works with professional, collegiate, and high school athletes in a variety of sports. She has assisted the Pittsburgh Steelers in analyzing potential draft picks and has been the Pittsburgh Penguins' Mental Training Consultant since 2007. She is also the mental training consultant for Duquesne University and Sewickley Academy. For 10 years, Dr. Kimball coordinated the annual Student Athlete Leadership Academy and helped over 1500 high school athletes learn skills to be better leaders in sport, school and life.

Before founding KPEX Consulting, Aimee spent 9 years as the Director of Mental Training at UPMC Center for Sports Medicine. She received a PhD from the University of Tennessee where she specialized in sport psychology, a Masters in Sports Behavior and Performance from Miami University (Ohio) and an undergraduate psychology degree from the Pennsylvania State University. She worked in the athletic departments at both Tennessee and Miami where she assisted with life skills development of student-athletes. She is an Association of Applied Sport Psychology Certified Consultant (CC-AASP), and is a member of the American Psychological Association, the United States Olympic Committee's Sport Psychology Registry, and the USA Swimming Sports Medicine Network.

Dr. Kimball has been a resource for numerous media outlets including: Men's Health Magazine, Runner's World, various local and national newspapers, ESPN, NPR, and news broadcasts across the country.

SAMANTHA J. MONDA, PHD, AASP-CC

Associate Mental Training and Peak Performance Specialist, KPEX Consulting

Dr. Samantha Monda specializes in student-athlete development, leadership, and peak performance training and works with individuals ranging from the developmental level to collegiate athletes. Dr. Monda is a National Certified Counselor (NCC), member of the Association for Applied Sport Psychology, and Assistant Professor of Psychology at Robert Morris University. Dr. Monda has published several articles relating to sport and exercise psychology, presented at international conferences, and is highly involved in outreach in the greater Pittsburgh community.

Dr. Monda attended West Virginia University where she earned a Doctorate and Master's Degree in Sport and Exercise Psychology and a second Master's degree in Counseling. She received her Bachelor's degree in Psychology from Carnegie Mellon University where she was an Academic All-American and national qualifier on their women's swim team. Prior to her career in sport psychology, Dr. Monda was a swim coach for over 10 years.

ANGIE FIFER, PHD, AASP-CC

Associate Mental Training and Peak Performance Specialist, KPEX Consulting

Dr. Angela Fifer is the newest member of KPEX and came to us from the Center for Enhanced Performance at the United States Military Academy at West Point. Dr. Fifer has provided performance excellence training to numerous Division I teams and individuals. At West Point, Angie also taught courses on Student Success and on the Psychology of Elite Performance.

Dr. Fifer earned her undergraduate degree in Kinesiology and Psychology from Penn State University, her Master's Degree in Sport and Exercise Psychology from California State University at Fullerton, and her Ph.D. in Sport and Exercise Psychology from Michigan State University. Dr. Fifer has worked with coaches, teams, and individuals on both mental conditioning and leadership development at Michigan State and then as a post-doctoral intern at the University of Georgia. Angie not only helps others as they strive for performance excellence, but she has proven her own mental toughness as an avid distance runner and two-time Ironman finisher.

Are sports in college a future possibility? NCAA Recruiting

Info Night

**IMPORTANT PRESENTATION FOR PARENTS
AND STUDENTS in all sports, grades 8-12**

Thursday, Oct 1st – 6:30pm

High School Auditorium

NCAA info from Mr. Rich, Director of Athletics and Activities
Recruiting info from former NCAA/Univ. of Pittsburgh
Scholarship Athlete, former NFL & NCAA Position Coach, &
Super Bowl Champion Darnell Dinkins

“Do I have the GRADES?”

“Do I have the right CLASSES?”

“How do I get NOTICED?”

“What is the ELIGIBILITY CENTER?”

“How do I get RECRUITED?”

“How do I get a SCHOLARSHIP?”

“WHERE do I start?”

“HELP!”

Thursday, 10/1@ 6:30pm

