

2020

**WisL**



women in  
sports  
leadership

michigan high school athletic association

**CONFERENCE**

**“THE COURAGE  
TO LEAD”**

**FEBRUARY 2-3  
CROWN PLAZA  
LANSING WEST**

**MHSAA**  <sup>®</sup>



# Conference Schedule

Sunday, February 2, 2020

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

\*=Specific to coaches/administrators

Room	Topic	Speaker(s)
<b>10 a.m. – 11 a.m. 1st Round of Workshops</b>		
A	Closing the Gap – The Courage to be Great	Ms. Tia Brandel-Wilhelm
B	Fueling Your Performance; Winning Nutrition Strategies to Make the Most of your Training	Ms. Melissa Gerharter
C	Discover Your True Self & Improve Relationships with Your Teammates	Ms. Nikki Norris & Ms. Stacy Smith
D	EmpowerHer: A Workshop for Female Student-Athletes	Ms. Jill Kochanek & Ms. Meredith Wekesser
E	Next Level Leadership for All – Valuing Diversity	Dr. Ramona Cox
F	Aim High	Dr. Christine Nefcy
Aurora	*Coaching Females: Sending the Right Message	Ms. Laurie Glass
Reo	*Athlete Empowerment: Building Up the Athlete Voice	Ms. Kylee Ault & Dr. Karl Erickson
Cord	*Facilitating Social & Emotional Skill Building with Athletes	Dr. Dan Gould, Ms. Alysha Matthews & Ms. Lauren Secaras
<b>11 a.m. – 11:15 a.m. Break</b>		
<b>11:15 a.m. – 12:15 p.m. 2nd Round of Workshops</b>		
A	Closing the Gap – The Courage to be Great	Ms. Tia Brandel-Wilhelm
B	Fueling Your Performance; Winning Nutrition Strategies to Make the Most of your Training	Ms. Melissa Gerharter
C	Discover Your True Self & Improve Relationships with Your Teammates	Ms. Nikki Norris & Ms. Stacy Smith
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Aurora	*Coaching Females: Sending the Right Message	Ms. Laurie Glass
Reo	*Athlete Empowerment: Building Up the Athlete Voice	Ms. Kylee Ault & Dr. Karl Erickson
Cord	*Facilitating Social & Emotional Skill Building with Athletes	Dr. Dan Gould, Ms. Alysha Matthews & Ms. Lauren Secaras
<b>12:15 p.m. – 1:15 p.m. Lunch (Royale Lobby)</b>		
<b>1:15 p.m. – 2 p.m. 1st General Session (Ballroom)</b>		
The Courage to Lead		Ms. Lindsay Tarpley
<b>2:15 p.m. – 3:15 p.m. 3rd Round of Workshops</b>		
A	How to Set Meaningful Goals for Ourselves & the Team	Ms. Lauren Snider Thompson
B	Valuing Yourself as a Female Athlete	Ms. Laurie Glass
C	Social Media – Advantages & Pitfalls	Ms. Julia Hatcher, Ms. Bella Legarza & Ms. Meredith Norris
D	What Winners Think, What Champions Do	Ms. Becky Schmidt
E	How to Stay Connected with Your Sport	Ms. Amanda Chapman, Ms. Delonda Little, Ms. Nicole Randolph & Mr. Brent Rice
F	Mindful Living for Mindful Leadership	Ms. Kristen Brogan
Aurora	*Social Media: Your Use, Your Athletes' Use	Ms. Andi Osters
Reo	*EmpowerHer*: Coaching to Create Empowering Sport Experiences for Female Student-Athletes	Ms. Jill Kochanek & Ms. Meredith Wekesser
Cord	*Engaging Sport Parents	Dr. Jennifer Nalepa-Roth & Ms. Emily Wright
<b>3:15 p.m. – 3:30 p.m. Break</b>		
<b>3:30 p.m. – 4:30 p.m. 4th Round of Workshops</b>		
A	How to Set Meaningful Goals for Ourselves & the Team	Ms. Lauren Snider Thompson
B	Valuing Yourself as a Female Athlete	Ms. Laurie Glass
C	Social Media – Advantages & Pitfalls	Ms. Julia Hatcher, Ms. Bella Legarza & Ms. Meredith Norris
D	What Winners Think, What Champions Do	Ms. Becky Schmidt
E	How to Stay Connected with Your Sport	Ms. Amanda Chapman, Ms. Delonda Little, Ms. Nicole Randolph & Mr. Brent Rice
F	Mindful Living for Mindful Leadership	Ms. Kristen Brogan
Aurora	*Social Media: Your Use, Your Athletes' Use	Ms. Andi Osters
Reo	*EmpowerHer*: Coaching to Create Empowering Sport Experiences for Female Student-Athletes	Ms. Jill Kochanek & Ms. Meredith Wekesser
Cord	*Engaging Sport Parents	Dr. Jennifer Nalepa-Roth & Ms. Emily Wright
<b>4:30 p.m. – 5:45 p.m. Break/Hotel Check-In/Banquet Prep</b>		
<b>6 p.m. – 7:30 p.m. 2nd General Session - Banquet (Ballroom)</b>		
Healthy Mind-Healthy Body-Healthy Outlook WISL Winner Recognition		Ms. Cathy George Ms. Nikki Norris
<b>8 p.m. – 9 p.m. 5th Round of Workshops</b>		
Pool	Aqua Aerobics	Ms. Mary Kay Gavitt & Ms. Meredith Wekesser
Aurora	Yoga	Ms. Alysha Matthews
Atrium	Indoor Recess	Ms. Kylee Ault
Cord	Self Defense	Ms. Cynthia Rogers
Reo	Dance Fitness	Ms. Paula McAllister
D, E & F	Dance Aerobics	Ms. Lauren Secaras



**NIKKI NORRIS**

**9:15 p.m. – 10:15 p.m.**  
 Pool Aqua Aerobics  
 Aurora Yoga  
 Atrium Indoor Recess  
 Cord Self Defense  
 Reo Dance Fitness  
 D, E & F Dance Aerobics

**6th Round of Workshops**

Ms. Mary Kay Gavitt & Ms. Meredith Wekesser  
 Ms. Alysha Matthews  
 Ms. Kylee Ault  
 Ms. Cynthia Rogers  
 Ms. Paula McAllister  
 Ms. Lauren Secaras

**Monday, February 3, 2020**

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

**8 a.m. – 9:30 a.m.**

**3rd General Session - Breakfast**

**(Ballroom)**

Mission of the Michigan Task Force on Women in Sports

Michigan Secretary of State Jocelyn Benson

**9:30 a.m. – 10 a.m.**

**Break/Check Out**

**10 a.m. – 11 a.m.**

**7th Round of Workshops**

A Injury Prevention in the Female Athlete  
 B Women in Sports Broadcasting  
 C Connect. Set Standards. Grow Daily. Serve Others  
 D Changing the Mentality of Everyone Involved in Your Program  
 E Social-Emotional Skill Building  
 F Championship Team Culture  
 Aurora \*Program Benefits from Multi-Sport Participation  
 Cord \*Using Sport as a Social and Global Connector and Educational Tool  
 Reo \*Michigan Task Force on Women in Sports Informational Sessions

Dr. Brooke Pedersen & Ms. Mary Thiel  
 Ms. Jeanna Trotman  
 Ms. Theresa Beeckman  
 Ms. Sue Guevara  
 Ms. Nicole Carter & Novi Students  
 Dr. Amber Warners  
 Mr. Cody Inglis & Ms. Meg Seng  
 Ms. Jeanne Hess  
 Michigan Task Force Members

**11 a.m. – 11:15 a.m.**

**Break/Check Out**

**11:15 a.m. – 12:15 p.m.**

**8th Round of Workshops**

A Injury Prevention in the Female Athlete  
 B Women in Sports Broadcasting  
 C Connect. Set Standards. Grow Daily. Serve Others  
 D Changing the Mentality of Everyone Involved in Your Program  
 E Social-Emotional Skill Building  
 F Championship Team Culture  
 Aurora \*Program Benefits from Multi-Sport Participation  
 Cord \*Using Sport as a Social and Global Connector and Educational Tool  
 Reo \*Nutrition for Health and Athletic Performance

Dr. Brooke Pedersen & Ms. Mary Thiel  
 Ms. Jeanna Trotman  
 Ms. Theresa Beeckman  
 Ms. Sue Guevara  
 Ms. Nicole Carter & Novi Students  
 Dr. Amber Warners  
 Mr. Cody Inglis & Ms. Meg Seng  
 Ms. Jeanne Hess  
 Ms. Emily Werner



**AULT**

**Speaker Profiles**

**AULT, KYLEE:** As an undergraduate student studying Sport Industry at The Ohio State University, Kylee pursued a career focused on understanding and improving the life of high school athletes. She attended the University of Tennessee for a Master's degree in Sport Psychology and researched how leadership and life skills are learned from sport. As a first year PhD student at MSU and studying Sport Psychology, she continues her work focusing on developing athletes as people. Kylee is a former competitive gymnast, tennis player, track athlete and cheerleader at Ohio State and has also spent the past five years teaching strength-based group fitness classes.



**BEECKMAN**

**BEECKMAN, THERESA:** Theresa (Tree) is a former college athlete and Division I volleyball coach who now travels the country conducting team workshops and coach development programming. She is currently a member of the Western Michigan University Volleyball Staff and is a high energy and inspiring speaker, and group facilitator. The Bridgeport, Michigan native has spoken to several audiences and has also spent time working with True North Sports to develop and deliver programming to assist in the development of athletic coaches. Her BA is in Psychology from Saginaw Valley State University where she was an All-Conference catcher.



**BENSON**

**BENSON, JOCELYN:** Jocelyn Benson is Michigan's 43rd Secretary of State. In this role, she is focused on ensuring elections are secure and accessible, and dramatically improving customer experiences for all who interact with Michigan Department of State offices. She also chairs Michigan's Task Force on Women in Sports, created by Governor Whitmer in 2019 to advance opportunities for women in Michigan as athletes and sports leaders. A graduate of Harvard Law School and expert on civil rights law, education law and election law, Benson served as dean of Wayne State University Law School in Detroit. When she was appointed dean at age 36, she became the youngest woman in U. S. history to lead a top-100, accredited law school. She is a founding board member and former CEO of the Ross Initiative in Sports for Equality and became one of the youngest women in history to be inducted into the Michigan Women's Hall of Fame.



**CARTER**

**BRANDEL-WILHELM, TIA:** Coach Tia Brandel-Wilhelm and the Ferris State University women's volleyball program are deeply intertwined as the Bulldog head coach just completed her 24th year at Ferris. Tia has also served previously as the department's Senior Women's Administrator at various times during her collegiate coaching career. Coach Brandel-Wilhelm competed in both volleyball and track at Alma College and was an all-conference first-team scholar athlete. She earned a master's in business administration from West Virginia Wesleyan College after receiving her undergraduate degree in business administration and psychology from Alma College.



**CARTER**

**BROGAN, KRISTEN:** Kristen is an International Speaker, Registered Dietitian, Yoga Instructor and Superfood Chef, Best Selling Author of Target to Table: Healthy & Delicious Meals One Superfood at a Time and Chief Mindful Living Officer at On Target Living. Kristen's focus is to energize and motivate audiences to live healthy without sacrifices. She specializes in unlocking happiness, optimal health, and mindful living by building lasting habits and transforming lifestyles. Her approach is centered on teaching a lifestyle that blends mindful eating, moving and resting to build the whole self. She has degrees from Western Michigan University and Andrews University.

**CARTER, NICOLE:** Ms. Carter is a strong proponent of educational athletics and taught Civics/Economics and AP US Government and Politics for years prior to transitioning into administration as principal of Novi High School. She earned a Bachelor's degree from Michigan State

University in Secondary Education, majoring in Political Science with a minor in English. She also earned a Master's Degree from MSU in Curriculum and Instruction and holds an Education Specialist degree from Oakland University.

**CHAPMAN, AMANDA:** Ms. Chapman is a high school girls and boys basketball official and has officiated a 2017 girls state semifinal and a 2018 girls state final. Her college officiating experience includes the GMAC, WHAC, NJCAA and OCCAC. She attended Wayne State University and has an undergraduate degree in Kinesiology. She currently attends Kettering University and enjoys traveling and hiking.

**COX, RAMONA:** Dr. Cox has been an Associate Athletic Director with Detroit PAL for six years where her responsibilities include overseeing athletic programs that include volleyball and softball. She is also responsible for overseeing PAL's Girls Changing the Game program that has the goal of increasing the number of quality sports and leadership programs offered for girls and engaging more girls in sports and physical activity. She is also the varsity volleyball coach at Detroit Cass Tech High School and has a BA Sport Management degree from U of M, a Master's in Sports Administration from Wayne State University and a PhD in Sport Psychology from MSU.

**ERICKSON, KARL:** Dr. Erickson is a professor and researcher at the Institute for the Study of Youth Sports at Michigan State University. His research focuses on coaching and athlete development in youth sport. Prior to joining MSU, Karl completed a postdoctoral fellowship specializing in positive youth development at Tufts University and graduate degrees in sport psychology at Queen's University (Canada). He has over 10 years of experience coaching basketball and rugby across youth, high school and college levels as well sport psychology consulting with teams and athletes from youth to professional levels.

**GAVITT, MARY KAY:** Ms. Gavitt has been a Water Safety Instructor for over 40 years. She is currently employed by the Mason Public Schools as the Community Education/Aquatic Director. She is a former high school nurse and also judges Competitive Cheer. Mary Kay is a graduate of MSU and has certification as a Lifeguard ITT, Water Safety Instructor, CPR and AED.

**GEORGE, CATHY:** Before arriving at Michigan State, Coach George had already established herself as one of the more well-respected coaches in the sport of volleyball. With a dozen years of tenure at MSU, Cathy has helped Michigan State to its longest stretch of sustained success. George's players include 66 Academic All-Big Ten selections and 16 Big Ten Distinguished Scholars over 14 seasons. A graduate of Illinois State and four-year letter-winner in the volleyball program, George was a team captain and three-time All-MVC selection. Cathy has a master's degree from Central Michigan University.

**GERHARTER, MELISSA:** A Certified Personal Trainer, Certified Wellness and Certified Specialist in Sport Dietetics, Melissa has a BS in Human Nutrition from The Ohio State University and a MS in Human Nutrition from Eastern Michigan University. She is also a member of the Academy of Nutrition and Dietetics. She currently works with the United Dairy Industry and is also a Cross Fit Trainer.

**GLASS, LAURIE:** Laurie has been a varsity volleyball coach for many years at both Leland and Traverse City Central. She is a Crisis Prevention Institute Master Trainer at Traverse Bay Intermediate School District and holds a Bachelor's degree in Special Education from Western Michigan University. Ms. Glass indicates that the relationships that have been developed with the athletes over the years and the life lessons they have been able to learn will always be her favorite things about coaching. She was the NFHS National Coach of the Year in 2015 as well as a finalist for the MHSAA National Coach of the Year.



**GEORGE**

**GOULD, DAN:** Dr. Gould is the Director of the Institute for the Study of Youth Sports and a Professor in the Department of Kinesiology at MSU. He has been published widely on topics such as mental preparation, coaching psychology, motivation, children in sport, stress and stress management. He has been invited to speak in over 30 countries around the world. He has consulted with coaches and athletes from numerous sports ranging from novices to Olympic champions. He received his BS in sport science from State University of New York at Brockport and his doctorate from the University of Illinois.



**GERHARTER**

**GUEVARA, SUE:** Guevara's coaching career began on the softball diamond as the head coach at Saginaw Valley State. She has also served as an assistant basketball coach at Ball State and Michigan State; and took The University of Michigan into the national spotlight, leading it to five postseason appearances including NCAA Tournament berths. In her 12 years at the helm of the Central Michigan Women's basketball program, Coach Guevara took the Chippewas to unprecedented heights, transforming the program into a Mid-American Conference power. She earned MAC Coach of the Year for the second straight year in 2019 and for the third time in her career.



**GLASS**

**HATCHER, JULIA:** Julia is a student-athlete and current volleyball player at Michigan State University. She is studying communications while minoring in public relations. She plans on applying to graduate school upon graduation in hopes to work in communications in sports or music. She is very familiar with current social media platforms and is mindful of appropriate information to submit, given her personal audience and status.

**HESS, JEANNE:** During her career, Commissioner Jeanne Hess has spent time as an assistant basketball coach, assistant softball coach and Physical Education Department Chair and volleyball coach at Kalamazoo College. Jeanne earned her B. S. from the University of Michigan, where she was a member of the Wolverine volleyball team for four years. She has published two books, Sportuality: Finding Joy in the Games and MaxAbility: Who Are You and What Are you Here For.



**LITTLE**

**INGLIS, CODY:** Cody has had many experiences in education throughout his career including as a high school and middle school teacher, varsity coach of cross country, track, hockey and basketball as well as Director of Athletics and Assistant Principal. He presently serves as an MHSAA Assistant Director with direct responsibilities which include hockey, cross country, bowling, ski, golf, junior high/middle school and chair of the multi-sport participation task force.

**KOCHANEK, JILL:** Jill is a doctoral student at the Institute for the Study of Youth Sports at Michigan State University. She has a master's degree from the University of Minnesota in kinesiology with a concentration in sport psychology. Her past experiences as a student-athlete at Amherst College and as a high school soccer coach inspired her to pursue graduate work in positive youth development through sport. Her main area of review includes the role of coaching behaviors and coach-athlete interactions in enabling young athletes to develop self-awareness and social responsibility.



**RANDOLPH**

**LEGARZA, BELLA:** Bella is a student-athlete and current volleyball player at Michigan State University. She is studying advertising with a focus on sports advertising and marketing. She is planning to apply to grad school upon graduation and hopes to work in sales affiliating through sports. She is very familiar with current social media platforms and is mindful of appropriate information to submit, given her personal audience and status.

**LITTLE, DELONDA:** Delonda received a four-year basketball scholarship to Wayne State University and the rest is history. After graduating with a criminal justice degree, Delonda works for the Michigan Department of Corrections as a Parole Supervisor. She began officiating basketball in 2003, has worked two state finals, two semi-finals and eleven quarterfinals. In 2015, she became the first female official to work a Detroit PSL boys basketball championship game at Calihan Hall. She is president and founder of the Motor-City Area Officials Association and also officiates women's collegiate basketball.



**TARPLEY**

**MATTHEWS, ALYSHA:** Alysha has a BA in sport psychology and has completed her Masters in psychosocial aspects of sport and physical activity. She has played various sports recreationally and her love of teaching/coaching has been prominent in her life since high school. As a first year PhD student, she is working toward a degree as a certified sport psychologist. As a member of the Institute for the Study of Youth Sports, Alysha conducts research and applies evidence based practices. Alysha also instructs Yoga at Michigan State University.

**MCALLISTER, PAULA:** Paula works in the schools and has also coached Girls Competitive Cheer. As a coach, she was committed to teaching the importance of confidence, leadership, dedication and the benefits of physical fitness. Her passion to the sport of Girls Competitive Cheer has also brought her to officiating. She enjoys sharing her passion for fitness and passing on the confidence and results received from aerobic and strength fitness. Paula is a graduate of Wayne State University and a certified aerobic and strength fitness instructor.



**THIEL**

**NALEPA-ROTH, JENNIFER:** Dr. Nalepa-Roth is currently an assistant professor in the kinesiology department at Michigan State University in the sport coaching and leadership online graduate program. She is also the coordinator of the MSU Summer Coaches School and graduated with a BS from Saint Louis University and a MS from Michigan State University. Jennifer's Ph. D. is in Psychosocial Aspects of Sport and Physical Activity from Michigan State University.

**NEFCY, CHRISTINE:** Christine Nefcy, MD serves as Chief Medical Officer for Munson Healthcare, a nine hospital system in northern Michigan. She provides strategic direction for clinical initiatives, safety and quality, as well as strengthening clinic practices across the system. Dr. Nefcy graduated summa cum laude for her bachelor's degree from Bradford College in Bradford, MA and earned her medical degree from The Uniformed Services University of the Health Sciences in Bethesda, MD. She retired as a Lieutenant Colonel from the U. S. Air Force Reserve in 2018 and has lived in four countries and six states.



**TROTMAN**

**NORRIS, MEREDITH:** Meredith is a student-athlete and current volleyball player at Michigan State University. She is studying kinesiology while minoring in health promotion and plans on applying to grad school upon graduation. She hopes to work in operations in college or professional athletics. She is very familiar with current social media platforms and is mindful of appropriate information to submit, given her personal audience and status.

**NORRIS, NIKKI:** Ms. Norris taught science for 18 years, and coached basketball and volleyball. She was the AD at Corunna High School from 2010-18 and currently is the Director of Athletics at East Lansing High School. Her BS is from Alma College with a Masters from Michigan State University. She is a Certified Athletic Administrator and a member of MIAAA and NIAAA.

**OSTERS, ANDI:** Andi is a former high school basketball and softball coach and a member of the MHSAA Staff, Andi currently directs the sports of Girls Volleyball, Girls Softball and Boys & Girls Swimming and Diving. She also has oversight of social media strategies and interstate sanctioning. She has a degree in Communication and Public Relations from Michigan State University.

**PEDERSEN, BROOKE:** Dr. Pedersen grew up playing a variety of sports with her top sports being gymnastics, soccer and cheer. She was fortunate throughout high school and college to avoid major injury but tore her ACL and lateral meniscus as an adult. She enjoys working with a variety of patients, from athletes to weekend warriors. Brooke graduated from Central Michigan University and prior to that she received her BS in Kinesiology from Michigan State University.

**RANDOLPH, NICOLE:** Ms. Randolph is an experienced Women's Basketball Coach with a demonstrated history of working in the education management industry. She is a girls and boys basketball and football official. She has worked on state championship football crews and currently finished her 4th season working college football in the Missouri Valley Football Conference. Nicole has a Bachelor of Arts focused in Mass Communication/Media Studies from Oakland University.

**RICE, BRENT:** Mr. Rice worked in professional baseball for 18 years which includes 13 years on the field as an umpire and five years in administration. He was the Chief Instructor and Administrative Director for the most premier umpire training program in the world and contributed to the training and development of 25% of the staff of umpires currently working in MLB. He has been at the MHSAA for the last two years and works with officials and is administrator of baseball.

**ROGERS, CYNTHIA:** A native Detroit and graduate of Murray Wright High School, Cynthia has been employed with the State of Michigan for 25 years and currently holds the position of Human Resource Developer. Throughout her career, she has been certified as a Pressure Point Control Tactics Instructor, American Heart Association First Aid/CPR Instructor and a member of the State of Michigan's Emergency Response Team. Ms. Rogers has a BS in Business Administration from Grand Valley State University and a Masters from Central Michigan University.

**SCHMIDT, BECKY:** Becky has made her mark on Hope College volleyball as a student-athlete and as a head coach. In 2015, Coach Schmidt followed up a national championship-winning season with a 24-7 overall record during the regular season. Ms. Schmidt has sixteen years of teaching sport Psychology/Wellness/Exercise Science at Hope College and seventeen years at the helm as a the Head Volleyball Coach. She holds a BA in Physical Education from Hope College and a MS in Sport Studies from Miami University.

**SECARAS, LAUREN:** As a member of the Institute for the Study of Youth Sports, Lauren has a BA from Denison University, where she played softball. She studies sport psychology and continues to provide research in the area of social and emotional skill building, conflict management and communication skills for high school student-athletes. Lauren is also a dance fitness and aerobics instructor!

**SENG, MEG:** Meg is a former WISL recipient and works as an Athletic Administrator at Ann Arbor Greenhills. Meg is a former Indiana State volleyball and softball standout who also has served as Ann Arbor Huron's softball coach. She completed her teacher certification at Eastern Michigan University and began teaching at Greenhills. Seng co-founded the nonprofit Academy of Sports Leadership, which provides education and training for women interested in becoming coaches.

**SMITH, STACY:** Stacy is a long time official and coach of Girls Competitive Cheer and was elected to serve on the Michigan Cheer Judges Association Board and currently holds the position of President-Elect. Additional coaching positions include Portage Northern, Caledonia, Grand Rapids Catholic Central High Schools and Ferris State University. Ms. Smith is a graduate of Western Michigan University with majors in Marketing and Advertising and is Co-Owner of Residue of Leadership which involves consulting in individual and team leadership capacity building.

**SNIDER THOMPSON, LAUREN:** Lauren is a teacher, administrator, college lecturer, and instructor at the University of Pennsylvania. She coaches high school basketball and has a BA from Wittenberg University and MS in educational leadership from Purdue. She also has a Masters of Applied Positive Psychology from the University of Pennsylvania which has three central concerns: positive experiences, positive individual traits and positive institutions.

**TARPLEY, LINDSAY:** Lindsay is a two-time Olympic gold medalist in soccer from Kalamazoo and has 125 international appearances for the US Women's National Soccer Team. She participated in the Under 19 World Cup, where she captained the team and scored the game-winning goal in double overtime to capture their first ever title. She attended the University of North Carolina which won the National Championship and was voted National Player of the Year. In 2004, Lindsay won her first Olympic gold medal while tallying the first goal in the Olympic final. She won her second gold medal at the Beijing Olympics in 2008 and continued to play for the Women's National Team until 2011, when she suffered a career-ending knee injury. Lindsay now enjoys running Lindsay Tarpley Soccer Camps and is an ambassador for Milk Means More.

**THIEL, MARY:** Mary has been a physical therapist for the last 19 years in rehabilitation and sports medicine. She played soccer in high school and in college, and currently coaches soccer. She started in the field with a neurological focus and eventually gravitated towards manual therapy and sports orthopedics. She serves as the clinical manager and physical therapist at the MSU Rehabilitation Center. Her Masters of Physical Therapy degree is from Oakland University.

**TROTMAN, JEANNA:** Jenna played soccer and volleyball at Henry Ford High School and received a scholarship to Lake Superior State University. Her undergrad degree was in communication with minors in professional speaking and public relationship. She completed the graduate program at Boston University where she received a Masters degree in broadcast journalism with a specialization in sports reporting. She is currently the sports director at WSMH/WVEY1 and is married to Zach Trotman who plays for the Pittsburgh Penguins. She states that she learned from the best in the business which has given her an insatiable desire to give back to others.

**WARNERS, AMBER:** Dr. Amber Warners has completed her 18th year as head coach of the Calvin volleyball program. Warners has compiled an impressive overall record of 568-90 for a winning percentage of . 863 that ranks first amongst all active Division III head coaches. As Calvin's head coach, she has compiled a record of 547-79 for a winning percentage of . 875. Under Warners the Knights have won three national championships in 2010, 2013 and 2016. A 1990 Calvin graduate, Warners is a former two-sport standout for Calvin in volleyball and softball. Warners earned her master's degree from Michigan State University in sports psychology and recently completed her PH. D requirements at Michigan State.

**WEKESSER, MEREDITH:** Meredith is a doctoral student at the Institute for the Study of Youth Sports at Michigan State University and completed her master's degree in Kinesiology with a concentration in sport and exercise psychology from Georgia Southern University. She was a collegiate swimmer at Truman State University and spent many summers at the pool coaching young swimmers, training and lifeguarding. Meredith's main research area focuses on coach-athlete relationships within youth sport.

**WERNER, EMILY:** Emily graduated from Albion College with a Bachelor's degree in Biology and a minor in Exercise Science. Her Masters is in Human Nutrition from Drexel University in Philadelphia, PA. She has joined the doctoral program in Kinesiology at MSU. She has worked with the MSU Department of Intercollegiate Athletics in their Performance Nutrition division, "Spartans Fuel". She is also in her second full season as Team Dietitian for men's and women's basketball. Emily played basketball at Albion College.

**WRIGHT, EMILY:** Pursing a doctoral degree in Psychosocial Aspects of Sport and Physical Activity, Emily's research concentration is on how parents of youth sport athletes influence their children's sport participation pathways. She has published research on sport parents and gained sport psychology consulting experiences in the field. Emily's degrees are from Pennsylvania State University and Miami University and she currently conducts mental skills training sessions with youth ice hockey organizations in the East Lansing area.