

MIAC Student-Athlete Advisory Committee Meeting

December 3, 2017

Video Conference

Attendees: Lauren Jennings (AUG); Maddie Fauth (BU); Jona Plevin (CAR); Kelsey Thomas (GAC); Charlie Shervheim, Kiana Verdugo (HU); Maegan O'Herin, Sean Hayes (MAC); Megan Toninato, Sara Wennerstrand (CSB); Megan Thoenke (SCU); Ellie Bergstrand, Emily Carr (STO); Emily Thul, Cullen Willcox (UST); Elissa Pheneger (NCAA SAAC Rep – North Central); Dan McKane, Lindsay Madryga (MIAC)

I. Call to Order: 1:01 p.m.

II. 2018 NCAA Convention Proposal Review

Madryga discussed the 2018 NCAA Convention legislation document included in the meeting materials highlighting three of the proposals to provide a better understanding of the proposal's potential impact. Pheneger added in the discussion from the recent National SAAC meeting touching on proposal 3 and proposal amendment 3.1 on the structure of National SAAC. Other proposals reviewed were graduate eligibility and the alumni contest proposal.

III. National SAAC Update (Elissa Pheneger, National SAAC Rep - North Central)

Pheneger presented an update from the November 2017 National SAAC meeting. A number of different working groups met at the November meeting to discuss the groups plans on Special Olympics, Mental Health, Communication and Sportsmanship. In addition, Division III is working on putting together a time demands resource for student-athletes this Spring. Madryga followed up with announcing Kiana Verdugo will serve as the MIAC National SAAC representative and will serve a one-year term.

IV. Special Olympics Update

Madryga congratulated everyone on their efforts thus far with Special Olympics and reminded the group to continue reporting their involvement with Special Olympics to the NCAA. Madryga polled the group on changing the Special Olympics Unified Basketball Tournament to a Unified Bowling Event and received unanimous approval. Madryga and McKane will work on solidifying the date and location of the event and report back to the group.

V. MIAC Strategic Plan Update

McKane provided an update on the MIAC Strategic Plan, which is in year 3 of 4, noting the MIAC is one of few Division III conferences with a strategic plan. In addition, McKane informed the group of the student-athlete involvement on this year's strategic plan subcommittees and invited the group if interested in participating in one of those subcommittees to reach out to MIAC staff.

VI. MIAC AD/FAR Meeting Update

McKane provided a summary of the Fall AD and FAR meetings, highlighting individual sport legislative proposals. McKane additionally mentioned the topical area of sportsmanship and how the conference plans to address sportsmanship moving forward.

VII. Division III Week

Madryga informed the group that Division III week is April 2-8, 2018. She encouraged each campus to consider celebrating it. Each institution will have the opportunity to discuss ideas and plans at the upcoming February SAAC meeting. Madryga mentioned the projected date for the Unified Bowling event is during Division III week. CSB is planning a faculty appreciation that week during a softball game.

VIII. Institutional SAAC Best Practice Sharing

Madryga asked the group to highlight what each institution has done thus far with their SAAC groups and to discuss any other topical areas that they may have questions on or any challenges they may be having. A number of different institutions discussed the area of mental health, career development and team support.

- AUG - Awarded the Special Olympics Minnesota 2017 Outstanding Service Award.
- BU - Special Olympics Partnership with other intercampus activities, Upcoming Polar Plunge campaign and working on getting the on-campus dining facilities to offer box lunches for the student-athletes who have practice times conflicts with operating hours.
- CAR - Had a successful homecoming event with high participation and hosted a Halloween fundraiser.
- CON - Continued relationship with Special Olympics with inviting them to events. Involvement with Churches United, a local organization focused on the homeless, working with youth. Participating in the It's On Us campaign again this year and working with Cobber Kids, an on-campus pre-school, spending time on a weekly basis.
- GAC - Brought in a Sport Psychologist for team meetings, more conversations regarding the psychology behind sports.

- HU - Hosted a Special Olympics Unified Basketball event with Augsburg this Fall. Increased involvement across athletics at the annual Hamline Harvest event. Hamline student-athletes support member teams by partnering up with a sport from each season (fall, winter, spring) to work around practice schedules and other time demands.
- MAC - Hosted a career brunch and panel discussion with alumni. Recently worked with campus resources to compile a resource for all students on campus regarding mental health, sexual assault and additional services available to Macalester students.
- CSB - Focused on female leadership on campus inviting various professionals to speak with SAAC and additionally met with female leaders on campus to create stronger relationships campus wide. Plans to host a Zumbathon with Special Olympics and have recently introduced a student rewards program for attending games.
- SCU - Has put in a large focus on working with local organization, "Amazing Grace" to provide support to cancer patients and their families in time of need. St. Kates plans to host an event at an upcoming game with proceeds going to "Amazing Grace". Working with campus sport psychologist and counseling center in effort to improve mental health awareness on campus. Group is building a mentorship program with alums who are in similar professions.
- SJU - Working with local group "Kids for Hunger" to provide meals for less fortunate in their area.
- SMU - Team comradery has been an area of discussion within group this year. All student-athletes are sending thank you cards to those who have influenced them on campus this winter. Mentioned this fall, hosted a soccer tailgate where the cafeteria was shut down, resulting in over 600 people coming to the men's soccer match to increase campus community. Additionally, working with services on campus to provide additional resources and support in relation to mental health.
- STO - Hosted mandatory mental health training sessions to build awareness. Released the "Greater Than" campaign which is a way for teams to get training on helping each other in times of need or concern. Had a sleep expert from St. Thomas (Dr. Prichard) come to campus to talk about student-athlete health and wellness, including the impact of sleep.
- UST - Created an awareness poster and resource page that has been placed around campus. Teams plan to meet with sport psychologist on campus on a monthly basis to discuss a wide array of topics (sleep, nutrition, mental health). Working on forming a group of "super fans" to help increase attendance at home contests. Plan to host a Polar Plunge event this winter and volunteering at Special Olympics state tournaments.

IX. Future Meeting Schedule

February 11, 2018 1 p.m. via video conference call. The group enjoyed the video option and endorsed using it in the future.

X. Adjourned: 2:06 p.m.