



MAY 2023

NEWS BRIEF

EDITION 8 VOL 11



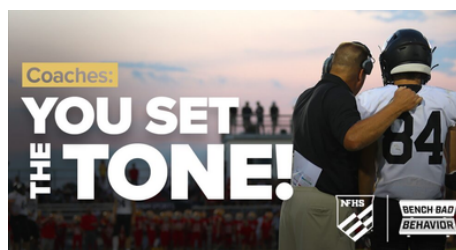
Chairperson's Monthly Message

Hello and Happy Spring. If you are fortunate enough to be experiencing warmer temperatures, listening to robins sing and seeing flowers bloom then you are enjoying the signs of Spring. As the month of May rolls along many of your teams begin to prepare for championship and tournament play. As the excitement of the season builds, I encourage you to steal a few minutes, find a quiet place and observe the wonders of High School Athletics within this beautiful setting. It doesn't get much better than this. My greatest reward and satisfaction always occurred whenever I would look out on our athletic venues and observe the hundreds of students participating on our teams. That clearly illustrated the depth of our program and the quality of our coaching staff. Enjoy High School Sports for all of its joy, its beauty and its hope. For the Coaches Education Committee,
Ted D'Alessio, Chairman

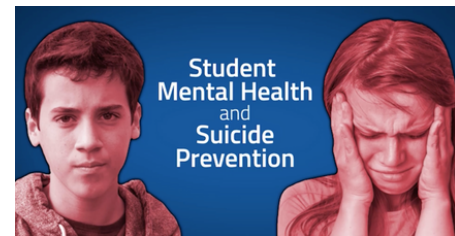
Remember, Coaches:

You set the tone at high school athletic events. Everyone is watching how YOU behave. Your #1 responsibility: Be a positive role model for students, parents and fans!

#BenchBadBehavior



COURSE SPOTLIGHT



Free Course: Student Mental Health and Suicide Prevention

With a focus on wellness, including both physical and psychological, this course highlights causes, strategies and provides helpful resources.



2022-23 Section Representatives

- Section 1: [Ted D'Alessio, Ed.D, CMAA](#) (NJ) - Chair
- Section 2: [Matt George, RAA](#) (PA)
- Section 3: [Dan Talbot, CMAA](#) (FL)
- Section 4: [Brittany Spencer Grant, CMAA](#) (WI)
- Section 5: [Casey Meile, CAA](#) (SD)
- Section 6: [Stacey Segal, CMAA](#) (TX)
- Section 7: [Caesar Smith, CMAA](#) (CA)

- Section 8: [Jaime Cabral](#) (AK)
- Past Chair: [Bobby Guthrie, CMAA](#) (NC)
- NFHS Education Director: [Dan Schuster, CMAA](#) (IN)
- NIAAA Board Liaisons:
 - [Steve Throne, CMAA](#) (NE)
 - [Mike Mossbrucker, CMAA](#) (IN)
 - [Deren Oshiro, CMAA](#) (HI)

Athletes and Mental Health




"I hope I hear this conversation get louder." ~ Victoria Garrick

The video linked above, "Athletes and Mental Health: The Hidden Opponent," is a 21 minute Ted Talk from National Champion USC Volleyball Player Victoria Garrick. She talks about her journey through college athletics and the culture our society has created around mental illness, especially in sports.

How to Create a Community of Care in Sports

Source: [The JED Foundation & Positive Coaching Alliance](#)

You can support your athletes' mental health by talking openly about the importance of mental health, supporting help-seeking, and creating an accepting environment where athletes experience a sense of belonging and connection to something bigger than themselves.

- Build Connection
- Talk About It
- Make a Safe Space 
- Encourage Self-Care
- Establish Rituals and Routines
- Focus on Effort
- Give Athletes Voice and Choice
- Share Resources



Your HS Athlete

Ted had the following statement framed and placed on the wall behind his desk for parents and students to glance at during meetings. It was given to him by colleague Bill Edelman from Vernon, NJ.

Your child's success or lack of success in sports does not indicate the kind of parents you are.....But having a child that is coachable, respectful, a great teammate, mentally tough, resilient and who tries their best is a direct reflection of your parenting.

Please note: If all of our students possessed these characteristics, we wouldn't have many problems. Ted recommends that you print it large enough for your parents to read as many seem to have trouble seeing things that are right in front their eyes – farsightedness!



The Purpose of the Coaches Education Committee

1. **Connect** with as many athletic directors as possible nationwide.
2. **Communicate** the CE mission through our monthly News Brief during the school year.
3. **Promote** the many benefits a comprehensive CE program can have on your school and community.