

To: Life of Athlete Committee Members
From: Thad Lawrence and Patti Murphy
RE: Minutes of March Meeting 2013
Date: March 20,2013

LIFE OF AN ATHLETE MINUTES

We met at the AAA meeting on March 14 in Saratoga at 3:30P.M.

Thad Lawrence and I met with Robert Zayas before the meeting. We discussed the addition of an interactive Life Of an Athlete course online at the NYSPHSAA website. He gave us the amount it would cost and we are looking for sponsors interested in helping us get this done.

We also will be putting together a 20 min. video to be used at preseason meetings which will include all the newest information on health, sleep, nutrition, sport drinks, etc. This will feature student athletes from around NYS. We plan on a rollout in August for all mandatory AD meetings. The theme will be W.I.T. **“What It Takes.”**

We also would like to sponsor a contest for student athletes to develop their own videos on healthy lifestyle.

Workshops

John will be have three workshops this year in Lake Placid at the Olympic Training Center. The first will be for adults and will cover the latest information on recovery, sleep as well as getting information on programs being offered across the nation. This will be held from June 29-July 2.

The second workshop will be for Student Athlete Leaders. Bring your students to Lake Placid to get information on setting up Life of an Athlete program in your school. This will be held from July 2-5

The third workshop will be a Super Coaches Clinic from July 5-7. It will bring any coach at any level up to date with training, recovery, workouts, strategies and programming as well as diet, CNS readiness, new training concepts and more.

Great time to be in Lake Placid plus get tons of the latest information to make your school, coaches and athletes the best they can be.

For more info check John's LOA website.