



# Notes from the Sidelines

## National Player of the Year on Leadership

Candice Wiggins was named the 2008 National Women's Basketball Player of the Year. A passionate, hardworking, four time all-American from Stanford, Candice shared her thoughts on leadership with Jeff Janson's Team Captains Network. The following are excerpts from her interview with Jeff:

### On Skills and Qualities of a Leader:

"I think a leader on the team needs to have passion, and it has to be a genuine passion. Whatever you're doing you have to love it to do it every single day and you're committed."

### On Leading by example vs. vocal leadership:

"A leader by example is somebody who just does it. They can talk or not, but they're just someone who comes in

every day and sets a standard for how things should be done. A vocal leader is always talking, always encouraging. I try to do both, it's a lot of energy but I try to do them both as much as I can. I think there needs to be a balance between how much you talk and what you actually do."

### On Challenges of Being a Leader:

"I think a big challenge is the pressure of coming out and making sure you're the best you can be. Also, having the responsibility that wherever the team goes it's your responsibility. Another thing is that if you make a mistake, you're looked at. It is just really important that day in and day out you're setting a good example and that you try your best to just be as good of a leader as you can."

### On Bridging the Gap with Teammates and Coaches:

"I think it's important for the leader to be the one who takes the initiative to show how the player-coach relationship should be. How my actions are with coaches is how everyone is going to follow. So I think it was really important for me how I responded to criticism and how I responded to things not going my way.

It's something that no one in this position wants to deal with often, but it's really important. It sets the tone for how others perceive the team relationship."



## Field Hockey Captures River Hawk Life Skills Challenge

The field hockey team captured it's second straight UMass Lowell River Hawk Life Skills Challenge this year. Finishing close behind the field hockey team was women's basketball, volleyball and ice hockey.

The challenge competition is designed to encourage achievement across a broad spectrum of components. Teams accumulate points according to their success in the areas of academics and athletics and their contributions to community service, blue fan group, SAAC and team development/enhancement.

Teams accumulate points in each of the six areas and are then ranked accordingly in each of those areas.

The team with the lowest rank across the six categories is declared the winning team. This formula allows for equal emphasis across all categories.

The student-athlete advisory committee recommended expanding the award this year to the top three teams. As a result the field hockey team will be awarded \$3,000.00 to their booster account and women's basketball and volleyball will each receive \$1,000.00 for their efforts.

Financial support for this program is made possible from sponsorships of the Valley Cup Competition UML maintains with Merrimack College. So **GO RIVER HAWKS** beat the WARRIORS!!

### 2008 River Hawk Challenge Final Standings

Place	Team	Total Points	Final Rank
1	Field Hockey	1200	4.17
2	W. Basketball	850	4.25
3	Volleyball	890	4.42
4	Ice Hockey	955	4.58
5	W. Soccer	865	5.00
6	M. XC/Track	860	5.75
7	W. XC/Track	695	6.50
8	Softball	530	6.58
9	M. Soccer	415	8.00
10	M. Basketball	320	8.50
11	Baseball	340	9.92
12	Golf	130	10.33

## Student Athletes' Corner (This is open to all UML student athletes who want to write about any topic. For more info, contact Joan Lehoullier.)



**7 Sides of Leadership**  
*Molly Clay*  
*UML Field Hockey*

I was lucky enough to represent UMass Lowell at the NCCA National Student-Athlete Development Conference in Orlando back in May. The conference was packed with lots of information about leadership and the opportunity to connect with other student-athletes from across the country. However, the last speaker Pat Williams, the Senior Vice President of the Orlando Magic and a writer of several books on leadership, summed up the conference with 7 sides of leadership. These I am going to share with you so that you can keep them in mind as you begin your new season.

**Vision:** Having a vision or goal allows one to remain focused and devote the necessary energy needed to complete an objective.

**Communication:** To reach your vision you need to communicate it to others who will help you reach that vision. This includes communicating optimism, hope, inspiration, and motivation.

**People Skills:** A leader needs to genuinely care about people. This means to be a visible leader that is available to listen to others as well as being an encouraging and motivating leader.

**Character Counts:** Having honesty, integrity, and humility can help you be the best leader that you can be.

**Competence:** Leaders are both teachers and learners. They also have the ability to solve problems and build strong teams to reach their goals. These skills can always be developed because leaders are made.

**Boldness:** Leaders have to deal with difficult situations and need to have the ability to make decisions when under fire.

**Servant's heart/Serving heart:** Leaders are there to serve the team and should always be thinking of others and the good of the team.

from various sports, divisions, gender and race. There was a lot talked about and debated on at the conference one of which was the role of gender, race and ethnicity in our lives. We had three speakers on this and what I got from them were the following:

- 1. College is a process and not a product.** You have to work equally, if not harder, out of college if you want to succeed. College is just a step to where you can go.
- 2. Transfer skills from ball to job.** One should work on being able to transfer their skills as a student athlete in college to their work places and this begins as a student athlete.
- 3. If you can play you can stay.** It does not matter your age, race, gender or ethnicity, if you can do what is required and do it well if not exceptionally, you will get what you go after.



**NCAA Leadership Wrap-Up**  
*Jamie Wangia*  
*UML Soccer*

I was also privileged to represent UMASS Lowell in Orlando at the NCAA Student Athlete

- 4. You can have anything you want but not everything.** Work hard at what your doing and you can and will get anything you want but do not expect that you will have everything you want at the same time.

This was but a tiny drop in an ocean of my experience and what I learned at the conference. It was very eye opening experience

### Blue Fan Group Games

#### Women's Soccer

Tuesday, September 9  
 7:00pm vs. Merrimack

#### Volleyball

Wednesday, September 17  
 7:00pm vs. Stonehill

#### Field Hockey

Wednesday, September 24  
 7:00pm vs. St. Anselm

#### Men's Soccer

Wednesday, October 8  
 7:00pm vs. Franklin Pierce

Development Conference. The purpose of the conference was to:

1. Help us find our voices in order to shape the future,
2. Encourage us to commit to leading on our campus and in our community,
3. Strengthen the voice of the conference and national Student Athlete Advisory Committee, and lastly
4. Provide a setting and process to develop a network with other student athletes who are motivated to create significant, dramatic and positive change.

The conference was an amazing experience that enabled me to meet with many other student athletes from all over the U.S.,

and showed me that other schools have the same issues we have. Whatever each one of you individuals thinks is an issue here, there is a school somewhere around this country that has the same issue, if not worse. We as administrators, coaches and most importantly student-athletes need to support each other in everything we do, be it in class, in the community and most importantly for all, while we represent our University.



### Important Dates to Remember

Sept. 2 Convocation, CRC  
 Sept. 3 First Day of Classes

Sept. 4 Mandatory NCAA Compliance Meeting

Sept. 8 First SAAC Meeting

Sept. 14 Student-Athlete Welcome Event  
 Sept. 16 Student Leadership Network Dinner

Oct. 13 Columbus Day, no classes

Oct. 24-25 Homecoming Weekend

