

# Student-Athlete Advisory Committee

April 3, 2006

7:00 p.m.

Academic Support Center

## MINUTES

**Members in Attendance:** Daniel DeMarco (Baseball), Stephen Pessagno (Baseball), Mitch Henke (M. Basketball), David Stanton (M. Crew), Justin Ungson (M. Crew), Mutanda Kwesele (M. Soccer), Jan Macek (M. Tennis), Kevin McQuaid (M. Tennis), Austin Brizgys (M. Water Polo), Mike Deto (M. Water Polo), Kayla Huss (W. Basketball), Kasey Marteith (W. Basketball), Jesse Philippi (W. Track), Blossom Marimpietri (W. Track), Megan Stoddart (W. Golf), Ashley Blier (Softball), Sara Overmier (Softball), Kelly Leathers (W. Tennis), Myra Davoudi (W. Tennis), Kimberly McGiven (Volleyball), Megan Pura (Volleyball), Katie Radvanyi (W. Water Polo), Steve O'Brien (ASC), Carlo Facchino (Coach), Jonathan Clough (Senior Staff), Holly Brown (Trainer)

**Members Not in Attendance:** Nick Arcelona-(M. Track), John Thyken-(M. Track), Mike Miller- (M. Golf), Tim Lynch-(M. Golf), Erik Ustruck- (M. Soccer), Molly Hagen-(W. Crew), Elena Ebrahimian-(W. Crew), Candice Palmer- (W. Golf), Brittany Klein-(W. Soccer), Micaela Esquivel-(W. Soccer), Kathleen Hamm-(W. Water Polo)

- Community outreach: People are needed to participate in the following community outreach programs:
  - Alumni Association Panel Discussion- “The Student-Athlete Experience at SCU” About 5 SAAC members are needed to speak at this event on May 20<sup>th</sup>.
  - AVID Program-A local junior high will be coming for a tour of SCU and student-athletes are needed to have lunch with them on May 24.
  - Read-In at Argonaut Elementary School-Student-Athletes are needed to read to elementary school students on May 4<sup>th</sup> from 9-11am.
  - Relay For Life-SAAC members are needed to be team leaders. The event is on May 20-21.
  - YWCA Walk-A-Mile-Student-Athletes are needed for this event on April 20. More info TBA.
  - Kick Breast Cancer-Christine Gajdos spoke to the group about this event. There will be a soccer tournament on April 22 from 9am-4pm at Stanford. Bracelets are being sold for \$2 and support at the event would be appreciated.
  - SCU Special Olympics Basketball-April 8-9. Student-athletes are needed to help in conjunction with SCAAP.
  
- CHAMPS Life Skills: The spring quarter speaker will be a sports psychologist panel. Injury rehabilitation will be one topic of focus.

- Social Events:
  - SCU Rowing Regatta-For the first time in 6 years SCU will be having a home match for both men's and women's crew on April 8<sup>th</sup>. The regatta will be at Lexington from 8:30-11:45 and the team would love support!
  - Dodgeball: Sign up sheets were distributed. There is a new twist to the rules: Every team that sends 3 people to the tennis match will get an extra ball. (Max 1 extra ball per game, but if teams watch more than one match, they can get another ball later in the tournament).
  - National Student-Athlete Day-Is scheduled for April 10. It will start at 4:00 with a presentation in Leavey with coaches and Dan Coonan speaking about the three components of being a student-athlete: academic, athletic, and community involvement. Following, there will be a BBQ in Alumni Park at 4:45 and after everyone will head to Schott Stadium for the Baseball game vs. Stanford.
  - Senior Awards: Senior Awards will be May 9<sup>th</sup> in Mayer Theater. The slogan is "Bring Out Your Best"
  - Student-Athlete Ball: We need to find a location for the dance!
  
- Holly Brown/Injury Rehab Discussion-Holly Brown from the training room led a discussion on the mental aspects of injury rehabilitation. The group discussed challenges to coming back from serious injuries including expectations of fast recoveries, isolation from the team, teammates lack of understanding, and frustration of not traveling. Holly's research has echoed these sentiments as she has found that the injured student-athlete often feels isolated and tends to alienate themselves. She said that trainers need to include the psychological aspects into the healing process and spend more time with athletes on an individual basis with a more holistic approach.
  
- Guest Speakers
  - Carlo Facchino-Carlo Facchino, the Women's Crew coach, spoke to the group about his team, background, and gave suggestions to SAAC including the idea of "cross training for a day" by working out with another team. He is from San Jose and has experience coaching at UC Davis prior to coming to SCU.
  - Jon Clough-One of our associate Ads, he told the group that "the answer to school spirit is yourself." He also spoke of the huge support staff that student-athletes have and opened himself up to a number of questions and requests from various members.