PENN ATHLETICS HEALTH & WELLNESS CAPTAINS

TURNING YOUR ACTION PLAN INTO REALITY



Karlie Crispin & Shelby Milne

#KeepYourHeadUP





Who We Are



Shelby Milne

- Assistant Athletic Trainer
- 2nd Year at Penn
- Football & W. Lacrosse
- Areas Interests Mental Performance & Mental Health
- Former W. Lacrosse player at Hofstra University



Karlie Crispin

- Assistant Director, The Center for Student-Athlete Success
- 2nd Year at Penn
- Academics, Student-Athlete Development, & Special Events
- Areas Interests Holistic Development & Wellness
- Former W. Basketball player at Villanova University



University of Pennsylvania

- Division I Athletics
 - 33 Varsity Sports
 - ~1,000 Student-Athletes
- Ivy League Conference
 - 8 Total Schools
 - No Athletic Scholarships
 - All East Coast Schools
- Athletic Department
 - Intercollegiate & Recreation
 - 15 Internal Departments

- Undergraduate Population
 - ~10,000 Students
 - SA about 10% of population
- Campus Resources
 - Hundreds of Campus Partners
- Penn Medicine Resource & Connection
 - Top Hospital in Nation for research and patient care

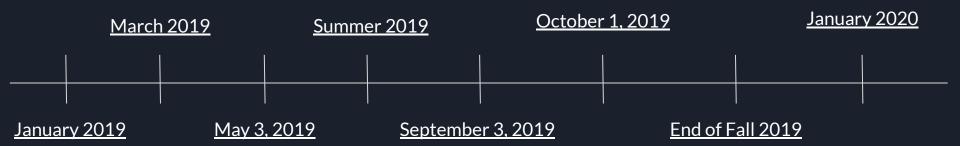


Penn Athletics Health & Wellness Captains

- Self-Identified Student-Athletes interested in different areas of Health & Wellness
 - Safety Healthy Relationships, Anti-Hazing, Resources/Protocol if feeling unsafe
 - Health Mental Health & Resilience, Sensible use of Alcohol & Other Drugs
 - Wellness Sleep, Nutrition & Supplements, Clubs/Involvement on Campus, Financial Aid
 - Performance Learning Resources/Academic, Career Services, Athletic Training/Recovery
- Peer-run meetings & Projects
 - Bi-Monthly Meeting 1: work on projects / Meetings 2: Education
- Mission: Individuals who identify as MH&WC serve as leaders, educators, and role models for the standards of safety, health, wellness and performance.



Timeline of Health & Wellness Captains





APPLE INC Conference January 2019

Initial Action Plan

- Primary APPLE Slice Focus: Education
- Initial Plan to Implement: Launch a SAM's program at UPENN in Spring 2019
- Goals:
 - Create focus group
 - Approval from AD & Campus partners
 - Introductory Meeting
 - Identify interested student-athletes
 - Identify campus partners to be involved in program
 - Launch by end of Spring 2019



Penn Athletics Health and Wellness Captains Focus Groups January-April 2019

- Identified 10 possible interested students via SAAC, Coaches, & Staff
 - Held 3 Focus Group meetings throughout Spring
 - Fleshed out ideas, interested areas, & needs of student-athletes
- Planned for initial meeting in May
 - Created flyers
 - Sent out information
 - Spread the word!



Penn Athletics Health and Wellness Captains Initial Interest Meeting May 3, 2019

- Staff Presented Overall Idea
- About 20 student-athletes attended
 - Large group discussion & feedback
- Identified areas of focus/passion
 - Established Summer leadership group



DO YOU HAVE A PASSION FOR

Nutrition ~ Mental Wellness ~ Career Resources Academic Resources ~ Sleep ~ Healthy Relationships Sensible use of Alcohol & Other Drugs

If so, please join us for the launch of the

HEALTH & WELLNESS

Friday, May 3 - 11:30-1:00 Donaldson Room, Weightman Hall BAGELS - COFFEE - STUDY BREAK

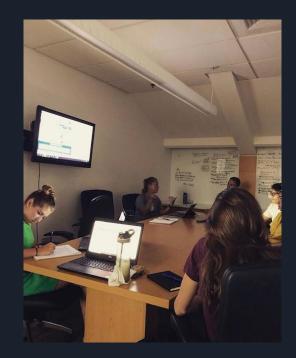
Come learn more and see if this opportunity is right for you! This group aims to develop leadership skills as a peer educator, role model, and the navigation of resources at Penn. All who are interested are welcome!

FOR MORE INFORMATION EMAIL KCRISPIN@UPENN.EDU



Small Group Collaboration Summer 2019

- 4 Total Summer Meetings
 - 6 Student-Athletes
- Discussed format of meetings, name of group, leadership style, mission, and began projects
 - One-sheeters
 - Identified Leaders
- Attended Ivy & Patriot League Mental Health Summitt
 - #KeepYourHeadUP
 - Inspired by #DamWorthIt





1st Health & Wellness Captains Meeting September 3, 2019

- 75 Student-Athletes from 31 of our 33 varsity sports attended!!
 - Overview of mission & purpose, areas of interest, summer developments, and possible projects
- Split into small groups by areas of interest
 - Discussed possible projects
- Larger group discussion





Fall Meetings

- CAPS Education Session "Helping the Helper"
- Split into groups by areas of interest: Safety, Health, Wellness, & Performance

Group Discussions for Projects

- Student-Athlete Panel: Freshman Orientation & Sharing Your Story
- Student-Athlete Cookbook
- Injury Group/Group PT sessions for Student-Athletes
- Student-Athlete Alumni speaker series to network or tell their story
- I-Care Training for all Health & Wellness Captains



Health & Wellness Captains: The Cavalry Crew

- A unified, collaborative, inclusive group that promotes holistic mental, physical and psychological healing, recovery and growth
- Purpose To provide educational and information sessions for student-athletes who have sustained a performance obstacle.
 - To provide skills for athletes to cope with the different stages and phases of the return to sport protocol
 - Psychological effects while going through injury - educating student-athletes about these and how to cope





One-Sheeters







Peer Contact your teams iteatin & Wellness captain to connect you with resources Athletic Staff Member; asky your cosch, assistant coach, athletic trainers, and administrators for information on sleep hygiene.

 Student Health Services:
 https://www.vpul.upenn.edu/shs/campushealth/SleepWell.php Refer to website for information on Penn's Refresh Self-Help Program or listen to a Sleep Podcast

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PENN ACADEMICS TIP SHEET

Tips & Important Dates for the Fall Semester 2019

IMPORTANT DATES - FALL 2019

Tuesday, August 27 - First Day of Classes Monday, September 16 - Course Add period ends Monday, October 7 - Course Drop period ends Monday, October 28 - Sunday, November 10 -Advanced Registration Period Friday, November 8 - Last Day to Withdraw Monday, December 9 - Last Day of Classes Tuesday, December 10 - Wenesday, December 11 - Reading Days Tuusday, December 12 - Thursday, December 19 - Final Exams

BEGINNNIG OF YEAR TIPS

- Check your syllabi for listed office hours with your TA
- Schedule an appointment with Weingarten to go through your syllabi and schedule and plan for the semester
- Take time to notice & write down exam and paper dates
 Be sure to compare these with your competition
- schedules
- Consider how many times you may miss a class through a semester and look at class absence policy
- Find friends in the class to study with, but remember to look at the course collaboration policy

Center for Student-Athlete Success Weightman Hall

Matt Valenti - Associate Athletic Director, Student-Athlete Success Rosemarie Burnett - Assistant Athletic Director.

- Student-Athlete Success & Academic Services
- Lauren Procopio Assitant Athletic Director, Student-
- Athlete Success
- Brad Fadem Assistant Athletic Director, Student-Athlete Success
- Karlie Crispin Assistant Director, Student-Athlete
- Jen Capozzoli Associate Director, Student-Athlete
- Jeff Wiseman Civic Engagement Coordinator

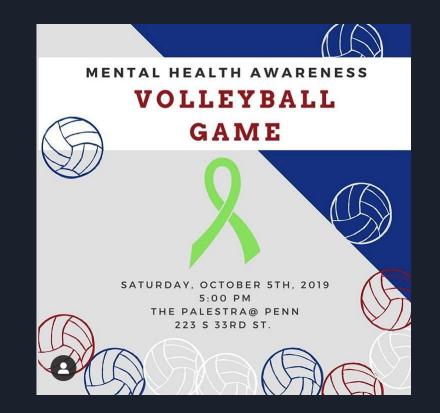
Student-Athlete CPR Training



- Lead by Men's Tennis Student-Athlete, Jeff Zucker
- All Junior Student-Athletes were CPR trained during Fall 2019
- All Freshman Student-Athlete will be CPR trained during Spring 2020



Mental Health Awareness Games





End of Fall Semester Audit December 5, 2019

What Worked?

- Being adaptable/being flexible
- Having student-athletes that were interested and passionate
- Dreaming Big, but starting small

What Didn't go as planned?

- Having inconsistent numbers at the meetings
- No concrete leadership board
- Finding time
- Marketing and Budgeting
- Having advisors that had other full-time jobs



Looking Forward Spring 2020

Goals for the Future of H&WC :

- Create Leadership Board/ Leadership Nominations (End of Spring 2020)
- Create a 1 year plan (Beginning of Spring 2020)
- Publish public canva for Student Athletes (End of Spring 2020)
- Complete Projects (End of Spring 2020)
- Create stable networks/Plan Educational Workshops for Spring Semester

