

# BYRAM HILLS ATHLETIC ADVISORY COUNCIL- MINUTES

9/28/23 7:30-8:10am

- Welcome and Introductions
- Goals and procedures of the AAC:
  - We wanted to take a moment to discuss the focus and purpose of our council and provide some guidelines for the smooth functioning of our meetings.
  - The primary objective of our council is to gather input from various sources, both internal and external, to continuously improve and enhance our athletic program as a whole. We strongly believe that by engaging in constructive discussions and implementing appropriate suggestions, we can create a more enriching experience for our student-athletes.
  - To ensure the effectiveness and efficiency of our meetings, we kindly request that no agenda items are added during the meeting. If there are any topics or items you would like to discuss, please reach out to Scott Saunders at [ssaunders@byramhills.org](mailto:ssaunders@byramhills.org) or Rob Castagna at [rcastagna@byramhills.org](mailto:rcastagna@byramhills.org) prior to the meeting. Your timely communication will greatly assist us in organizing the meeting and addressing all relevant matters. This allows us to plan our meetings and manage our tight schedule each morning effectively.
  - Furthermore, we would like to emphasize that personnel discussions are not on the agenda for our council meetings. While we understand the importance of personnel matters, our focus during these gatherings is to concentrate on enhancing the overall athletic program.
- Group Exercise- brainstorm and share what your role is on the AAC and why you got involved
- Discuss the Positive Coaching Alliance (PCA)
  - Why we partnered with the PCA
  - Assembly on 9/21
  - Next steps- 4 workshops throughout the school year with different school leadership groups
    - i. 10/23, 12/4, 1/12, 2/12

- PCA Table-top Exercise
  - Work with group and record answers
  - Share feedback

**PART 1: Becoming a Triple-Impact Competitor®** This workshop teaches how to become a Triple-Impact Competitor, impacting sport on three levels by working to improve oneself, teammates and the game as a whole.

Key topics include:

- Mastery- continuous improvement for the individual and the team;
- Filling Emotional Tanks;
- Advancing the sportsmanship values by Honoring the Game at Byram Hills.

**PART 2: Making Teammates Better: Leadership** This workshop provides a deeper view into Filling Emotional Tanks and how teammates can help each other improve.

Key topics include:

- Positive and productive communication, including conflict resolution
- Leadership and how all athletes, regardless of status or class year, can contribute

**PART 3: Making Teammates Better: Positive Initiation.** This workshop provides a continued look at Filling Emotional Tanks and the use of Positive Initiation to welcome new teammates.

Key topics include:

- Upstanders vs. Bystanders
- Positive initiation and team bonding
- Inclusive culture creation – sports can unite!

- Homecoming schedule of events
- Share future AAC meetings
  - 10/17
  - 11/9
  - 3/1
  - 5/23