

# Mentor Newsletter

April 2021



## Note from the Co-Directors:

As leagues and schools continue to work on the 2020-21 sports seasons, collaborative work with colleagues is more important than ever. The WWE (WSSAAA Wednesday Extension) is a great resource to meet the needs of athletic directors across the state. The WWE provides a forum with a consistent flow of information for athletic directors and leagues.

### *April's WSSAAA Wednesday and WWE schedule will be:*

- April 7: WWE—new AD “check-in” starting at 8am
- April 21: WIAA/WSSAAA Wednesday starting at 8am
- April 28: WWE - Follow Up 8:00 –9:30am

*Look for registration emails for each of these dates.*

## Document(s) of the Month:

*From Paul Manfred Athletic Director, Gonzaga Preparatory School*

- A). Student Athlete Evaluation** - Feedback is important to our programs as we continue to provide a transformational experience through education-based athletics.
- B). Covid—Return to Play Protocol** - This may be helpful as we help students to adjust to athletics after Covid.

## Webinar /Video of the Month:

### “Changing the Game”

Award-winning sports journalist Nancy Armor interviews icons, Olympians, and trailblazers in this eight-part series exploring how women have revolutionized sports as we know it, and the ripple effects they have on society as a whole. This is a great listen!

## Stress Relieving Activities:

As the 2020-21 seasons are now in full swing, your work may seem like it keeps piling up. The job of an Athletic Director can surely be stressful. Here are a few suggestions you can do to relieve some of that stress: (excerpt from Healthline magazine)

- **Exercise:** It may seem contradictory, but putting physical stress on your body through exercise can relieve mental stress.
- **Light a Candle:** Burning a scented candle can help reduce your feelings of stress and anxiety. (Some suggested scents are: lavender, rose, sandalwood)
- **Write Down Positive Thoughts:** Make a daily list for what you are grateful. Gratitude may help relieve stress and anxiety by focusing your thoughts on positives in your life.
- **Spend Time w/ Friends & Family:** Being part of a friend network gives you a sense of belonging and self-worth. You’ll appreciate it and so will your friends/family.
- **Laugh:** Find the humor in everyday life, spend time with funny friends or watch a comedy show to relieve stress.
- **Listen to Soothing Music:** Slow-paced instrumental music can induce the relaxation response by helping lower blood pressure and heart rate as well as stress hormones.

## TIP(S) OF THE MONTH:

*(From Paul Manfred, Gonzaga Prep)*

Together with a culture of work, there must be a culture of leisure as gratification. To put it another way: people who work must take time to relax, to be with their families, to enjoy themselves, read, listen to music, play a sport.

- Pope Francis