

# Mentor Newsletter

January 2021



## Note from the Co-Directors:

**The WWE (WSSAAA Wednesday Extension):** This is a forum with a consistent flow of information for athletic directors and leagues. All AD's are invited to attend!

### January's schedule:

1/6/2021—WIAA/WSSAAA Wednesday starting at 8am followed by WWE

1/13/2021—WWE - Follow Up 8:00 –9:30am

1/20/2021—WIAA/WSSAAA Wednesday starting at 8am followed by WWE

1/27/2021—WWE - Follow Up 8:00 –9:30am

## WIAA Rule of the Month:

### **Running Start Eligibility Standards 18.6.0**

*A Running Start student's eligibility is through the public school of residence/record, where the student accesses the Running Start program.*

As many school districts have seen a shift in the number of students accessing alternative educational opportunities, including Running Start programs, monitoring eligibility may present an additional challenge this year. Students enrolled in Running Start still must meet standards in order to be eligible for participation and competition. Please consult WIAA rule 18.6.0-18.6.4 for specific guidelines.

## Document(s) of the Month:

**From Lance Den Boer, Athletic Director, Kiona-Benton HS**

Goal setting and self-care are important, especially during these times!

A). Structural Tension Chart - this will help develop a plan of where you are, where you'd like to get to and the steps to accomplish the goal.

B). Healthy & Easy Meal Ideas—leftover can be easy to bring to work the next day!

## Webinar /Video of the Month:

The Benefits of Exercising

**"Life is 10% what happens to you and 90% how you react to it." - Charles R. Swindoll**

## Middle School AD Focus:

**From Pat Round, Athletic Director, Northwood Middle School**

Happy New Year! This month's resource should help you plan for academic eligibility checks before and during the season. I prefer to use Google Sheets versus Excel for this report because I can quickly use the "Share" function to send it out to coaches, teachers, and administrators. This also allows for a quick message thanking them for their support of our student-athletes or acknowledging our need for teamwork. All you need is a printout (D & F list) from your admin. assistant in charge of grades and your rosters. Tracking academic progress should become more consistent and take less time. Feel free to check in if you have any questions about the process.

Eligibility Checks Template

## TIP(S) OF THE MONTH:

Make sure we prioritize our time to take care of ourselves. Even in the crazy and chaotic schedule of an AD, it's important to make sure we're exercising regularly and eating healthy. We usually spend our time tending to the needs of our family, coaches, students, staff and community, but we can't be at the top of our game if we lose focus on keeping ourselves healthy. Find something you enjoy doing and make sure you schedule that into your day. Brian Cain had a good suggestion for us in a November WSSAAA Wednesday to "Sweat Before Screens." We might need to take a little extra time the night before or in the morning to prepare a healthy meal. If we don't prioritize exercise and healthy eating, we'll end up flying by the seat of our pants and doing what's easiest instead of what's best. Your family will be thankful!