



Enhance | Equip | Excel



Bruce Whitehead Announces Retirement as NIAAA Executive Director

Bruce Whitehead, CMAA, has announced his retirement as the Executive Director of the NIAAA, effective June 30, 2016. He has held the position for the past 10 and one-half years, previously, serving as an administrative assistant for the NIAAA. Before joining the NIAAA, Whitehead spent the prior 25 years as a high school athletic administrator. Whitehead retired from Crawfordsville High School, Crawfordsville, Indiana, in 2001 after a 33-year career, including the final 25 years as the athletic administrator. During his tenure as Executive Director the NIAAA experienced strong development in a variety of areas. While the association membership has grown by over 75%, a key accomplishment was gaining North Central Association CASI accreditation in 2011. As a professional development proponent for athletic administrators the Leadership Training Institute curriculum has expanded by 14 courses and the Certification Program now provides two additional levels.

7 Strategies for Calming Presentation Jitters

Have a fear of public speaking, you're not alone! Let's look at a few ways to minimize your nerves.

- 1) **Prepare ahead of time.** Practice what you plan to say in front of a mirror and on a video. Watch the video to find areas for improvement, and then repeat. With practice, you also measure your material.
- 2) **Use different tones of voice and vary your volume.** Say important things quietly to grab attention; just make sure you can be heard.
- 3) **Don't speak too fast.** Nervousness will cause you to speed up your delivery, so practice your pace. Also, a 5-second pause before making a point will refocus your audience's attention.
- 4) **Look at the audience.** Don't focus on one or two individuals; make eye contact with several people all around the room. Use notes as reminders of key points, but don't read or memorize your presentation.
- 5) **Use bullet points.** If you use PowerPoint or other presentation tools, use short bullet points with graphics or pictures on the slides. Pictures make the presentation more thought provoking. Never read slides verbatim.
- 6) **Engage the audience.** Ask questions to keep them involved. Request a show of hands or possibly a verbal response. Move around rather than standing in one place to keep the participants active.
- 7) **Anticipate questions and prepare answers ahead of time.** If you can't answer a question, promise a response once you've had a chance to find the answer — then follow-up with the answers when you thank them for attending.

-Via The Tennessean July 12, 2015

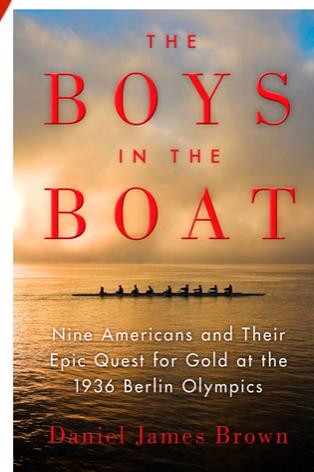


REMEMBER

STUDENTS
are at the
CENTER
of all that we
do for our
School
Communities.

New Book Recommendation:

“Nine Americans and Their Epic Quest for Olympic Gold during the 1936 Olympic Games.”



5 Hydration Rules For Athletes

HYDRATION THINK YOU GOT IT ON LOCK?

Hydration can make or break performance. To stay on your A game and keep from getting dehydrated, here is what you need to know.

WHAT GOES OUT MUST COME BACK IN

Depending on intensity, athletes can lose between 1 and 4 pounds of water per hour when working out.



Drink 12 fluid ounces 30 minutes before you workout



Drink every 20 minutes during the first hour after you workout



Drink water throughout the day to keep hydrated prior to practices or games



Replenish electrolytes as you work out



Check your urine. If it looks like apple juice - not lemonade - it's time to drink more H2O

THE PERFORMANCE KILLER

DEHYDRATION SYMPTOMS TO WATCH OUT FOR:

Headache
Dry mouth and thirst
Decreased output of urine
Dry skin
Lightheadedness, dizziness, sleepiness
Exhaustion
Disorientation and lack of focus
Fever
Hyperventilation
Diarrhea, vomiting
Loss of consciousness

WHAT AND WHEN TO HYDRATE

- ☑ BEFORE - Cold water
- ☑ DURING - Electrolyte-packed sports drink or water
- ☑ AFTER - Chocolate milk or a protein shake

Did you know?

Painful muscle cramps can be prevented by staying hydrated.



Stay informed.

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