

Breakout Sessions

Participants should choose two of the following breakout sessions:

| Session | Title |
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| A | Dealing with Adversity |
| B | Unselfishness and Athletics |
| C | Setting High Standards |
| D | Small Things Make Big Differences |
| E | Goal Setting and Preparation |
| F | Pursuit of Perfection |
| G | Increase Respect and Responsibility at Your School |
| H | Barriers to the Six Pillars of Character |
| I | Does Sport Build Character? |
| J | Gearing Up for Leadership |
| K | Culture and the Athlete |
| L | Gender and Leadership Effectiveness |
| M | Coaching and Making a Difference <i>(Open to coaches only)</i> |

Breakout Sessions - Descriptions

Session A: Dealing with Adversity

Presented by Jim Sykes, head basketball coach, Morningside College

Being successful on and off of the field requires the ability to overcome obstacles. Morningside Men's Basketball Coach Jim Sykes discusses how to move forward from setbacks in athletics and in life.

Session B: Unselfishness and Athletics

Presented by Jim Scholten, head baseball coach, Morningside College

How do we overcome "the culture of me"? Morningside Baseball Coach Jim Scholten looks at how to be selfless in your pursuit of success.

Session C: Setting High Standards

Presented by Steve Ryan, head football coach, Morningside College

What goes into becoming our best? How do we get to the top? Morningside Head Football Coach Steve Ryan looks at how we can "expect more" from ourselves.

Session D: Small Things Make Big Differences

Presented by Dave Nash, head track coach, Morningside College and Erin Keitges, Morningside College, senior athlete

To be truly successful on a big stage, we need to take care of the little things first. This session will pinpoint the importance of "taking care of business".

Session E: Goal Setting and Preparation

Presented by Tim Jager, head wrestling coach, Morningside College

How do student athletes get from where they are, to where they want to be? Morningside Wrestling Coach Tim Jager discusses at how student/athletes can look at themselves and assess where they need to go.

Breakout Sessions - Descriptions

Session F: Pursuit of Perfection

Presented by Tom Maxon, head soccer coach, Morningside College and Beth Kolbo, South Sioux City teacher and coach

How do we mentally prepare for the journey that each season provides? This session will provoke thought in how we can “become our best” in what we do.

Session G: Increase Respect and Responsibility at Your School

Presented by Dr. Alan Heisterkamp, education consultant, Waitt Institute for Violence Prevention

Do you do your part? How do we make a difference in the lives of those around us? How do we make our team and teammates better? This session provides insight into two key words that can help us achieve that goal.

Session H: Barriers to the Six Pillars of Character

Presented by Gary Niles, Chief Juvenile Court Officer

What really gets in the way of student/athletes having success on the field and in relationships? Gary Niles uses his experience working with students and families to provide us with insight.

Session I: Does Sport Build Character?

Presented by Dr. Heather Reid, philosophy professor and department chair, Morningside College and past president of the International Association for the Philosophy of Sport

This session will provide interaction for those who wish to find the answer to this age old question. Morningside faculty member Heather Reid will facilitate discussion on how sports impact us all.

Session J: Gearing Up for Leadership

Presented by Roger Jansen, head football coach, Heelan High School (Sioux City)

Award Winning Football Coach Roger Jansen talks about the decisions that athletes make and how those decisions can impact us as leaders.

Session K: Culture and the Athlete

Presented by Tunisia Billings, Sioux City teacher and assistant track coach, Morningside College

The line that separates winning and losing may not be a physical one. This session explores how your surroundings impact you, your team and beyond.

Session L: Gender and Leadership Effectiveness

Presented by Dr. Susan Burns, psychology professor, Morningside College

Do men and women lead differently? Is one gender more effective at leading than others? This interactive session will discuss characteristics of male and female leaders and how to capitalize on effective techniques used by both genders.

Session M: Coaching and Making a Difference (for coaches only)

Presented by Jerry Schmutte, athletic director, Morningside College

Do coaches do their part to prepare their team for more than the game? Morningside Director of Athletics Jerry Schmutte provides a session for coaches that looks at more than W's and L's.

Please indicate the two breakout sessions of your choice by choosing the session letters on your registration form.