



Whitney Point Athletic Department

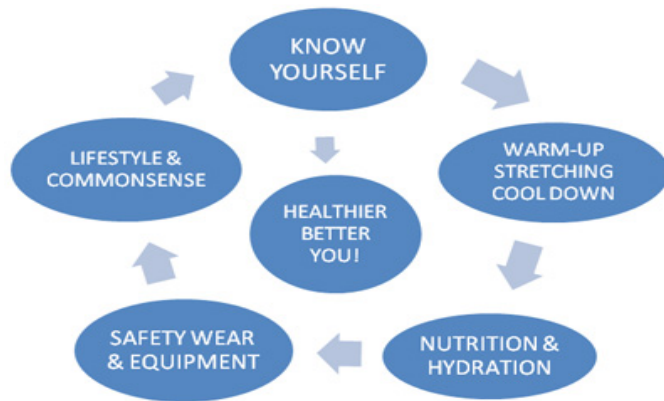


Presentations Topics at the Spring Sports Meeting
Monday, March 11th at 5:30 pm in the TRA Auditorium
For: Parents/Guardians and Student Athletes

Healthy Lifestyle & Injury Prevention

Beyond practicing and competing

- Concussions Management
- Injury Prevention
- Nutrition
- Rest/Sleep
- Balancing Responsibilities
- Positive Relationships
- Mental Health



Academic Success College Athletic Eligibility

Mental Skills and Tips

- Develop an academic plan
- Time management strategies and skills
- Goal setting
- Positive attitude and academic mindset
- Recruitment Process
- NCAA rules and approved courses
- GPA and Graduation requirements
- SATs & ACTs tests





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Presentations Topics at the Fall Sports Meeting
Monday, March 11th at 5:30 pm in the TRA Auditorim

For: Parents/Guardians and Student Athletes

Leadership

“Excellence is never an accident; it is the result of high intention, sincere effort, intelligent direction, skillful execution and the vision to see obstacles as opportunities.” Anonymous

- Code of conduct
- Positive sportsmanship and team building
- Integrity
- Respect
- Responsibility
- Citizenship
- Community service
- Life of an athlete
- Eagles nest boosters



Panel Discussion and Movie

Sponsored event by WPCSD, Binghamton University Community Schools, Broome Opioid Awareness Coalition, Prevention Coalition of Broome County

- Interactive response panel made up of members of the local community
- Movie-*Chasing the Dragon* is a documentary to raise awareness of opiate epidemic
- Create awareness, build understandings and have discussions about prevention & solutions
- Question and answer session

