



COACHING EXCELLENCE SYMPOSIUM

Friday, November 21, 2025
12:30 PM - 3:30 PM

***Strong Minds.
Strong Futures.***

Join fellow athletic directors, coaches, and trainers for a one-of-a-kind learning and networking event. led by former Ole Miss A.D. for Sport Psychology

Register Now!



"What Are You Worried About? What Are You Taking Away?"

**Facilitator: Dr. Josie Nicholson, CMPC
ARC Counseling & Sport Performance**

Agenda:

1:00 - 2:00 TEAMUP Core Training Session

2:00 - 3:00 Collaborative Problem-Solving

3:00 - 3:30 County and R2Cares Resources

- ☒ Common signs of mental health challenges in Gen Z student-athletes
- ☒ How to connect youth to help
- ☒ Key behavioral indicators coaches can monitor
- ☒ Integrating Mental Fitness into season planning
- ☒ Social Media, Reputation, and Distraction



**Medulla Resource Center
1049 Parker Road
Lakeland, FL 33801**



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