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## **USASF All Star Wellness Committee Meeting**

February 16, 2022

Virtual

Chairperson: Karen Wilson

Secretary: Kinshasa Garrett

### **IN ATTENDANCE:**

Ali Stangle, Kathy Penree, Dr. Russell Kennedy, Debbie Love, Levon Burton, Nicole Leago-Deval, Emily Morgan

### **ABSENT:**

Kristin Jones, Robin Coe

### **AGENDA ITEM:**

KW shared All Star Wellness page updates on website

### **AGENDA ITEM:**

Coach Survey –

Karen shared highlights of latest survey results.

Dr. Kennedy gave insight to initial findings.

### **AGENDA ITEM:**

Wellness App (Pilot Testing)

Levon – Easy to use. Athletes bought in. Gym owner and parents buy-in - challenge

KW will share for others to test.

### **AGENDA ITEM:**

Recommended Safe Space – Starting the Conversation - Activities/Tools for Programs

-Coach Check-in w/ Athletes: Emoji Activity (Levon)

-Restart & Renew handbook (Russ)

-True Sport – Coping Mechanisms (Debbie & Nicole)

-NAMH –Warning Signs of Mental Illness Infographic (could be used on website at Resource)

-True Sport – Know Your Athlete – (Debbie & Nicole)

### **AGENDA ITEM:**

How does the committee begin to normalize the conversation re: Mental Health and Wellness?

Suggested Intake

Intake Fields - Tryout packet ideas to gauge

National Meeting

- “The Doctor Is In” – creation of space throughout the National Meeting to speak with Russ, Christie, and Stephens

- Focused Classes

**NEXT MEETING DATE: Wednesday March 16<sup>th</sup> at 4:00 PM EST**

**Meeting Adjourned**