**“DAANJ Leading the Way, For NJ Athletic Directors**

**by NJ Athletic Directors”**

**Monday, March 11th**

10 am- 2 pm **LTC 726**

**Topic:** **Athletic Administration: Student Leadership Development**

**Instructor: Ryan Miller, Athletic Director, Scotch Plains-Fanwood HS**

**Sean Dowling, Athletic Director, North Plainfield HS**

Student Leadership Development is an essential component of any successful education-based athletic program. In this course, numerous ways to actively develop leaders in your local school and at the state level will be covered. Topics include the captain's council, student leadership workshops, service learning, and local and statewide student summits. The society in which we live is ever-changing and so are our student-athletes, resulting in a necessity to find new ways to teach and challenge students to be the next generation of leaders. Enrollees that will derive the greatest benefit include educators who seek ideas and materials to help develop student leadership in their respective schools, state, and nation.

4 pm- 7 pm **LTC 790**

Topic: **Athletic Administration: Leadership Training Instructional Methods & Techniques**

**Instructor: Josh Aronowitz, Athletic Director, North Arlington HS**

Since its inception, the integrity of the NIAAA LTI program has been maintained through the consistent and accurate delivery of course curricula. LTC 790 ensures the consistent and accurate delivery of all LTC courses by first providing instructors with an awareness of the expectations that are placed upon them as course instructors, and then by providing instructors with the appropriate instructional strategies, methods, and techniques necessary to properly deliver the courses to administrators. Current LTI National Faculty Instructors guide potential LTC instructors through a series of exercises and interactions that demonstrate best practices for the successful teaching of all LTI courses. To become an LTC instructor, individuals must complete LTC 501, LTC 790 and the course the individual will be instructing. Required for: LTC Instructors

**Tuesday, March 12th**

10 am- 10:55 am PDS #1

**Topic- Financial Planning**

**Presenter- Jonathan DeLiso, AXA Equitable and The FourFront Group**

Johnathan DeLiso has been a presenter and longtime friend of the DAANJ for over 15 years. The focus of his presentation will be on the following question: Have you made a plan regarding your financial future regardless of your age, or proximity to retirement? John began his career with AXA-Equitable in 1975 as a Pension Specialist in the Northeast Region. He joined the Agency Force in Edison, NJ in August of 1979 to become a Sales Associate. John quickly became one of the leading producers in the agency and attained his first NLC in four months. John is among the Company’s top producers. He has over $300 million in annuity assets under management and has been a member of the AXA Equitable Hall of Fame since 1988. He is a PPG agent, which ranks him among the top financial associates with the Company.

10 am- 10:55 am PDS #2

**Topic: "Changing the Narrative in Your Athletic Community"**

**Presenter: Joe Trentacosta, Athletic Director West Milford High School**

As athletic administrators, every decision we make must pivot on one central focus... "What is best for children?"  We often must strike a delicate balance between "being present and responsive to community service" while still making the best decisions in the interest of children, in this case, your student-athletes.  In this super busy profession, it is challenging to establish a footprint and presence in the athletic community without being confronted by a stakeholder who may have self-interest with the needs of his/her child in mind, but not necessarily the needs of the overall program.

When various athletic community stakeholders attempt to discuss their concerns over the phone, email, at contests, etc., we must strive to strike a balance in serving the needs of the community with what is best for the student-athletes in our program.  You can control the narrative and achieve both.  This session will include tips and strategies for accomplishing what's best for your student-athletes, coaches, and overall athletic community in congruence and attention to the needs of community service.

10 am- 10:55 am PDS #3

**Topic: Finding Balance as an AD**

**Presenter: Tim George, AD Haddon Township HS**

De-escalation techniques and shared experiences help prevent you from making the mistakes others have made. This session will enable Athletic Directors to gain control of their environment. Each guest will be asked to share, donate, and receive a book that improved them or inspired them as an athletic director.

11:05 am- 12 pm CAA Test Review

**Presenter:** **Dave Suiter, DAANJ Assistant Executive Director**

Dave Suiter, NIAAA Certification Chair and Assistant Executive Director for the DAANJ will meet to review and prepare candidates for the NIAAA CAA exam. He will conduct a session during which questions can be asked, and he will provide a template of the areas of concentration before sitting for the exam.

11:05 am- 12 pm PDS #4

**Topic: Player Health and Performance**

**Presenter: Paul Kolody, Head Strength & Conditioning Coach at Hunterdon Central Regional High School**

Zach Even-Esh, Head S&C Coach at Middletown High School South & Owner of The Underground Strength Gym in Manasquan, NJ.

Athlete injuries are on the rise not only in numbers but also in severity. Schools are shutting down seasons early due to the overwhelming number and severity of injuries.

The ultimate way to protect your athletes is through a tried and true Strength & Conditioning model that gives you the best opportunity to protect and prepare your athletes.

Learn how to organize your team/school off-season and in-season training to dramatically improve player health and safety.

Question and Answer Time will be included to answer questions

11:05 am- 12 pm PDS #5

**Topic: Female Athletic Administrators Roundtable**

**Presenters: Sharon Hughes, Retired AD & Colleen Moyle, Retired AD**

The Female Athletic Administrator Roundtable is an open forum to discuss current issues and concerns facing today’s Female Athletic Administrators. Roundtable discussion with female athletic directors. The agenda will cover current issues, concerns, and programs attendees are experiencing. This open environment forum will encourage dialogue and allow a platform for ideas, thoughts, and questions to be expressed and shared.

11:05 am -12 pm PDS #6

**Topic: New AD’s Roundtable**

**Presenter: 2024 Sectional Award of Merit Winners**

Athletic Administrators with 1-3 years of experience, as well as experienced ADs, will benefit from this workshop. This workshop will include practical tips that New (and experienced) Athletic Administrators can use to enhance their toolbox. Areas include: Year in Review; Hosting Events; Office Management; Stress Relief; Communication; Scheduling Tips; and Relationships with Administration. This workshop will be facilitated by a Panel comprised of the 2024 Sectional Award of Merit Winners

Noon General Session #1

**Topic: President’s Message, Program Update, NIAAA/NFHS Update**

**Presenters: Bob Hopek, Carl Buffalino, John Fraraccio, Dave Frazier and Damian Frasinelli and Sean Dowling**

Bob Hopek, Executive Director of the DAANJ, and Carl Buffalino, President of the DAANJ will give the opening message to the membership, followed by the Conference Program Update by John Fraraccio, President-Elect of the DAANJ President-Elect. National updates from Damian Frasinelli, Past President of the National Interscholastic Athletic Administrators Association (NIAAA), and Dave Frazier, Board of Directors, National Federation of High Schools (NFHS). The NIAAA provides National Workshops, Leadership Training, and Education to Athletic Directors worldwide. The NFHS provides coaching education to High School coaches throughout the country as well as enforces and adapts the rules of all High School Sports. Sean Dowling, NIAAA Section 1 Representative will give the Section 1 update.

2:30 pm- 3:25 pm PDS #7

# Topic: The Pros and Cons of the Paradox of Sport

# Presenter: Craig Perry, US Council for Athlete’s Health (USCAH)

Craig Perry discusses the pros and cons of The Paradox of Sport. The pros are that administrators of high school sports are striving to create a culture that maximizes the joyous, exhilarating, and excellent experiences for all involved. Their role is to ensure and support that everyone is raised up and that they have a real obsession and dedication to growth and development. The cons deal with the mental health of administrators in that striving for perfection and success gets in the way of self-supporting and help-seeking behavior. Administrators tend to serve others before themselves.

2:30 pm- 3:25 pm PDS #8

**Topic: "Catastrophic Injuries: The Athletic Director's “Role”.**

**Presenter: John Gallucci Jr., CEO of JAG Physical Therapy**

The DAANJ is pleased to have John Gallucci Jr. from JAG Physical Therapy pay a return visit to the 2024 workshop. Always informative, the dynamic President and CEO of JAG are in demand for his expertise in injury prevention, rehabilitation, sports medicine, and athletic conditioning. He has appeared often on radio and television, including ESPN’s award-winning show “Outside the Lines”, NJ News 12, WFAN, PIX 11, Fox 5 News, and MSG Varsity, and is a popular public speaker. Mr. Gallucci will discuss Catastrophic Injuries in Athletes, understand the essentials of an emergency action plan, and how to identify members of the athletic care team.

2:30 pm- 3:25 pm PDS #9

**Topic: Athletic Director and Trainer Relationships**

**Presenter: Chuck Donohue, AD Southern Regional HS & Nick Scaramazza, Athletic Trainer, Southern Regional HS**

The relationship of an athletic director with the Athletic trainer. The role an athletic director can play is to help the athletic trainer with the following processes during a school year. Topics to include:

Discuss weight certifications

Coaching certifications

Head Injuries

Wet bulb readings

Student rehabilitation

Parents

Training

3:45 pm- 5 pm General Session #2

**BE THE AGENT: The ABC’s of Representing Yourself, Mark Leinweaver**

Be The Agent is a motivational message about how to “represent yourself” by taking ownership, celebrating interests and understanding why “Character Matters” to you AND your students now more than ever. This educational presentation focuses on identifying leadership qualities while inspiring others. Your path to success begins with a client roster of one: YOURSELF.

Mark Leinweaver is an MLB Agent who represents over 75 professional players and has 20 years of sports and entertainment experience as an agent, TV & radio broadcaster, writer, and educator.

His daily agency responsibilities include managing off-the-field client services, contract negotiation, and communicating with all 30 clubs on behalf of the players and their families.

Mark is a frequent speaker at high schools nationwide on “Why Character Matters”, offering guidance on social media dangers, volunteering, and anti-bullying leadership. He is also a guest professor each semester at the University of Southern California (USC) on “How To Get A Job In Sports”.

His book [*Minor Moments Major Memories*](https://www.amazon.com/Minor-Moments-Major-Memories-Baseballs/dp/1592287352) debuted in bookstores nationwide in 2005 and was developed into a TV series. Mark was the baseball team captain at Stonehill College (Mass.), where he graduated with a degree in Communication.

**Wednesday, March 13th**

9:00 am- 1:00 PM LTC 508

**Topic: Athletic Administration: Legal Issues III (Hazing, Constitutional Law, Disabilities Law, & Employment & Labor Law)**

**Presenter: Sean Dowling, Athletic Director, North Plainfield HS**

This course provides in-depth coverage of the legal standards governing hazing in interscholastic athletics programs and strategies for developing, implementing, and documenting an effective anti-hazing policy. There is also extensive coverage of the constitutional rights of student-athletes that must be respected by schools when sanctioning athletes for misconduct, the impact of federal disabilities legislation on school sports programs, and the employment and labor law issues related to the administration of interscholastic athletics programs, in particular the minimum wage and overtime requirements of the federal Fair Labor Standards Act. Required for: CMAA Certification.

9:00 am – 1:00 pm LTC 628

**Topic: Athletic Administration: Mental Health and Wellness for Student Athlete**

**Instructor: Dave Suiter, DAANJ Assistant Executive Director**

**Brian Silipena, Athletic Director, Pequannock HS**

Mental illness has been described as one of the greatest silent epidemics in our country. Student-athletes can be vulnerable to many mental illnesses due to the pressures they face while balancing their athletic and academic obligations and still maintaining a balance in their daily lives. This course is designed to remove the stigma of mental illness and assist athletic administrators in understanding the causes and how their student-athletes could be affected. The objective of the course is to raise awareness of this social issue and explain to athletic administrators how to educate their coaches and team captains to provide support for all of their student-athletes.

9:30 am- 10:25 am PDS #10

**Topic: - Injury Prevention Resources for High School Athletes and Integration of Training Methods into Health and Physical Education classes**

**Presenter: Alliance Orthopedics and Bill Parisi, Parisi Speed School**

Alliance Orthopedics will give ADs a PT perspective on Orthopedic injury prevention measures and techniques, assessment tools utilized in Alliance clinics, and examples of collaboration with regional high school student-athletes. Dr. Harrington will present, Heat Illness Hydration for athletes to identify common factors that increase the risk of heat-related illness in athletes, understand the importance of proper emergency and treatment protocols for heat-related illness, and understand proper hydration techniques and options. Bill Parisi will give practical methods to improve athleticism in Physical Education Classes

9:30 am – 10:25 am PDS #11

**Topic: RSchool Today**

**Presenter: Scott Rosenberg, RSchool Today**

Rschool will present a workshop on athletic scheduling along with Scott Rosenberg, former Athletic Director at Kinnelon High School. Scott will review and highlight changes for this school year and share “What’s New” coming from RSchool.

10:30 am- 11:25 am PDS #12

**Topic: "Understanding Football's UPR System, General Power Points in All Sports, and How That Impacts Scheduling for ADs"**

**Presenter: Dan Vivino, AD Westwood High School**

In this session we will break down and explain the combined portions of the UPR System for football, explaining the Strength Index, OSI, and PowerPoints, and what this all means for scheduling purposes for an AD.  Furthermore, we will break down general power points to better understand how ADs can help their coaches schedule better in terms of seeding for the state tournaments.

10:30 am- 11:25 am PDS #13

**Topic:** **Let’s Talk Mental Health and Sport: Athletic Administrators Make a Difference and SAVE LIVES!**

**Presenter: US Center for Mental Health and Sport**

We are currently facing a mental health crisis across the United States and our athletes, coaches, peer athletic administrators, and others within high school sports are not immune from mental health challenges. Learn from the U.S. Center for Mental Health & Sport team about the prevalence of these challenges and what that means in sport, risk management considerations regarding mental health challenges and the prevention of suicide, and how to take action steps to increase opportunities for everyone in your athletic community to experience thriving mental health.

12 pm- 12:40 pm General Session #3

**Topic: “Athletic Administrators, Game Changers for Life”**

**Presenter: Phil Rison, Executive Director, NIAAA**

This presentation will include membership information related to the relationship between New Jersey and the NIAAA.  Information will be presented to ensure our members understand the value of their role in the scope of education-based athletics.

My intent with this presentation is that Athletic Administrators will better understand the relationship between the state of New Jersey and the NIAAA, as they work daily to serve in the trenches of providing education-based programs for their student athletes

12:45 pm- 1:45 pm General Session #4

**Topic: School Law Update**

**Presenter: Lester Taylor, Esq.**

“School Law Update for Athletic Professionals”.  The content may change between now and then, but an overview of topics may include COVID rules and procedures, a review of the mandatory recess bill for elementary schools, passing the trash legislation and its applicability to vendors, i.e. coaches, referees, etc.; Title XI; student/athlete disciplinary issues.

2:00 pm- 4:15 pm General Session #5

**Topic: NJISAA Executive Director Update, Legal Review**

**Presenters: Collen Maguire and Steve Goodell, NJSIAA**

Colleen Maguire, NJISAA’s Executive Director, and Steve Goodell, General Council will give the Annual NJSIAA Update. NJSIAA Staff will provide important updates on the Association’s current state of affairs.

4:15 pm- 5:20 pm General Session #6

**Topic: The DNA of an Athletic Leader”**

**Presenter: Scott Garvis- GoBound**

"The DNA of an Athletic Leader." In this motivational presentation, we will uncover the true essence of leadership, transcending titles to focus on impact, influence, and inspiration. Discover the keys to becoming a dynamic athletic leader, from driving results to spreading passion and inspiring coaches and student-athletes 24/7/365. Embrace the MOVERE mindset, constantly moving forward with confidence, accountability, and trust as your guiding principles. Explore the importance of emotional intelligence, servant leadership, and the transformative power of leading with love. This session will leave you empowered to cast your vision, tell your story, and bridge the gap between dreams and reality with discipline and effective communication. Don't miss out on this opportunity to unlock the DNA of true athletic leadership that goes beyond victories and shapes the hearts of those you lead.

**Thursday, March 14th**

7 am – 8:30 am Fitness/Walk Run on the Boardwalk

8:30 am Officials Committee Meeting

9:00 am – 11:00 AM CAA TEST

Bob Hopek, Sean Dowling, David Suiter

9:30 am- 10:10 am PDS #14

**Topic: NJSIAA Sports Medical Advisory Committee Update**

**Presenter: J. Christopher Mendler, MD, Chair Medical Advisory Committee NJSIAA**

Dr. Mendler will give updates from the NJSIAA Sports Medicine Advisory Committee. Included will be the issue of drug testing/over-the-counter supplements and a review of Emergency Action Plans of High School Athletic programs.

9:30 am- 10:10 am PDS #15

**Topic: Student-Athlete Mental Health: Everyone’s Responsibility**

**Presenters: Beth English – AD, Manalapan High School (Freehold Regional High School District) David Zwirz – AD, Colts Neck High School (Freehold Regional High School District)**

Student-athlete mental health is becoming a crucial and necessary focus for athletic administrators, especially as we traverse the post-pandemic landscape. Our student-athletes are experiencing many risk factors related to depression and mental illness. This presentation will provide an in-depth overview of those risk factors as well as provide athletic administrators with a valuable resource guide to add to their toolkits. We will also present ways in which you can educate and empower your coaches, student-athletes, captains, and parents in this area as well. When it comes to the mental health of our student-athletes, we are all in the fight together.

9:30 am- 10:10 am PDS #16

**Topic: New AD’s Roundtable Part 2**

**Presenter: DAANJ Mentoring Committee**

The DAANJ Mentoring Committee will conduct a Roundtable for Athletic Administrators with 1-3 years of experience, as well as experienced ADs, who will benefit from this workshop. This workshop will include practical tips that New (and experienced) Athletic Administrators can use to enhance their toolbox. Areas include Parent Meetings (Group and Individual); Hiring Coaches; Coach Evaluations; Bussing Issues; and Officials (AD’s role in retaining and recruiting officials). This workshop will be facilitated by a panel of experienced Athletic Administrators.

10:20 am- 11 am PDS #17

**Topic: Maintaining and Cultivating Positive Relationships with Administration**

**Presenter: Bill Librera, Principal, Watchung Hills Regional High School & Derek England, Paramus HS AD**

Maintaining and cultivating positive relationships with the administration is essential for collective success to occur. Alignment between the administration and the athletic department can lead to better support for athletic programs and their participants. Strong communication and rapport with the administration can help address potential issues and conflicts more effectively. Former Athletic Director and now principal Bill Librera will speak about high school athletics from both vantage points.

10:20 am- 11 am PDS #18

**Topic: School Safety, Event Security, and “Mainland EAP Game Plan”**

**Presenters: Mike Gatley, AD Mainland Regional & John Fraraccio, AD Memorial HS**

John Fraraccio will review game day venue security protocols and venue-specific protocols for providing a safe event for participants and spectators, Mike Gatley will present the Mainland Regional Emergency Action Plan “Game Plan”

11 am- 11:50 am

**Information Session, DAANJ Program of Excellence**

**Presenters: DAANJ Program of Excellence Committee**

This session will offer the opportunity for members to ask questions and get valuable information on the submission for the DAANJ Program of Excellence.

11:10 am- 12 pm PDS #19

**Topic: AD and Assignor Relationships**

**Presenter: Mark Bitar, NJSIAA Assignor Football and Basketball**

In this session, we will discuss the relationship between official assigners and Athletic Directors. He will discuss the responsibility of what an assigner does to allow for officials on all interscholastic events along with the role of how an assigner works with officials and official chapters

11:10 am- 12 pm PDS #20

**Topic: Athletic Director and Police Department Relationships**

**Presenter: Dave Ryden, AD Marlboro HS, and the Marlboro Police Department**

With the ever-growing concern for school safety, there needs to be a cohesive relationship between school officials and your local police department. This Professional Development session will demonstrate how to foster this relationship.  Marlboro High School and the Marlboro Police Department have had a relationship for almost 20 years that is second to none, the officers and I will explain what we do to keep this relationship going from our SRO to Patrol.

12:05 pm – 1:15 pm PDS #21

**Topic: A crash course into 21st-century physical education pedagogy, curriculum, and assessment.**

**Presenter: Dr. Michael Hodges, The Physical Edge**

In this session, we will be engaging in hands-on pedagogy about sports instruction and weight room resistance training. You will become an expert in physical education and be armed to effectively train and hold your physical education professionals accountable.

12:05 pm- 1:15 pm PDS #22

**Topic: “Developing Competitors in Life and Sport**

**Presenter:  Jason Pratt, Positive Coaching Alliance**

This workshop addresses important topics including social pressure and leadership, through the lens of a high school coach/AD.  We get into how to develop athletes who understand how to always work to make themselves better… make their teammates better… and leave the game better by how they compete within it.

1:30-2:30 General Session #7

**Topic: “I Don't Know What I Don't Know . . . About Sports”**

**Presenter: Ryan Miller, AD Scotch-Plains Fanwood HS**

A comprehensive review of data regarding the juxtaposition of increasing participation rates throughout NJ high schools with increasing single sport participation.  The review will detail the positive and negative attributes of single and multiple sport participation for athletes, families, and athletic administrators.  Additionally, a method to educate parents of pediatric-aged athletes will be offered for athletic administrators to use within their communities.  The method will detail a presentation completed through small group discussions with local experts which will have a highly impactful effect on communities.

The presentation is based upon Action Research conducted by Ryan Miller through a Doctoral Study at Northeastern University from January 2020 through October 2023

**Friday, March 15th**

9:15-10:15 am PDS #23

**Topic: Retirement System Update**

**Presenter: John DeLiso, AXA Equitable**

John DeLiso has been a consistent presenter and friend of the DAANJ for over 20+ years. Are you thinking about retirement? Are you retired? Do you know when you can retire or when is the best time of the year to retire? Join John for a discussion that will review the pension systems of New Jersey and any new highlights, changes, fallacies, and how they may affect you now in the present or future.

10:15-11:00 AM GENERAL SESSION # 8

Annual Business Meeting

Presenter: Robert Hopek – DAANJ Executive Director

11:05-11:35 AM Board of Trustees Meeting

Moderator: Carl Buffalino – DAANJ President