

# EXCELLENCE @ 7220

*Growing Future Leaders Through Competitive Academics and Athletics*

## 2016-2017 PROGRAMMING

	June	July	August	September	October	November	December	January	February	March	April	May
Student-Athlete Development		Julie	Julie/Al (Cash Course On-line)	Ryan Pinson	Phil/Brandy	Taylor/Al/Kelley	Taylor/Kelley/Kasey	Taylor/Phil/Joi	Taylor/Joi/Kasey	Al/Taylor	Julie/Brandy	
	UW Campus Alcohol EDU/Haven On-Line Training Required for all Newcomers	July 15th- Launch Excellence @ 7220 Calendar of Events for 2016-17	Financial Literacy Program for Football	Concussion Management @ 1st Team Meetings	Sexual Assault/Sexual Violence session with Brenda Tracy for FB/MBB/WBB/Golf/WR/VB scheduled for 10/13/2016	As many as (5) Customized Career Exploration: Major identification, Interest Assessment, Career in Athletics/Networking/ Mock Interviews/ Internships/ Resume Workshops	Sunday, Dec 4th - Stress Management/Developing Coping Skills/Controlling Anxiety at Brunch #2	Customized, individual sport team sessions --mock-interviews, money management, DISC assessment, 10 for 10, etc.	Sunday, January 29 - Diversity/MLK DOD Brunch #3	International Student Tax night	April 24, 2016 Keith Labelle presented to X/C Track & Field; Swimming/Diving and Tennis on Sexual Assault/Violence	
			Julie	Kelley	Al/Joi	Tim Collins/Joi	Mara/Peter/Samie/Al	Taylor	Phil/Speaker		Taylor/Kelley	Mara/Peter/Samie/Al
	Football SA presence at 4th of July Celebration & Jubilee Days		Sexual Assault/Sexual Violence session Speaker s Sean Blackburn & Chief Samp for FB on 8/7/2016 @ 5pm	Financial Literacy Tennis & M and W Golf	Brunch #1 Sunday, October 2nd Speaker presenting on Bystander Intervention	Cowboy Joe Club Scholarship Networking Dinner w/ Donors	Dec 08 -Athletics Graduation Stole Ceremony for December Grads	Financial Literacy Programming (MBB/WBB/WR/Swim & Dive/T&F)	Social Media Programming (FB/VB/Soc/Golf/Golf and Tennis)		NCAA Student-Athlete Day of Recognition (candy/balloons in locker rooms)	May 11 -Athletics Graduation Stole Ceremony
		Taylor		Phil/Brandy	Taylor/Emily/5th Year Aid SA s	Taylor	Peter/Matt/Phil/Brandy	Julie/Phil/Speaker			Taylor/Al/Kelley	Peter/Matt/Phil/Randy/Brandy
	Financial Literacy for Football Summer Bridge SA s presented by NWM (Jesse Jorgensen)		Concussion Management @ 1st Team Meetings (FB/VB/Soc/XC)	Sexual Assault/Sexual Violence sessions with Keith Labelle scheduled for September 26th and 27th.	Dr. Seuss's Read with The Pokes (Oct-April) on-going	Financial Literacy Program for Golf/Golf/Tennis	Sr. SA & STM Exit Survey/Interviews	Social Media Programming (MBB/WBB/WR/Swim & Dive/Track & Field)			2nd Offering (As many as 5 offerings) Career Exploration Transferrable skills/resume prep/LinkedIn; Career in Intercollegiate Athletics	Annual Surveys for Seniors, All SA s & Spirit Team'
				Joi	Joi/Phil	Al/Kasey	Taylor	All			Joi	
				10 for 10 (Alcohol and Sexual Assault) - WGO and WSO	Youth Voter Summit 10/4/2016 Register to Vote & Summit	Student-Athlete Mental Health Screenings	Financial Literacy Programming for Volleyball & Soccer	10 in 10 Offerings for MBB/WBB/WR/7Swim & Dive/Track & Field (sleep, recover, alcohol, etc.)			AD's Annual Dinner/Program/Discussion for 25 SA Leaders & 8 staff-discuss issues and Q & A	
		Julie	Julie	Peter/Colin	Peter	Peter	Peter/Colin		Phil/Felicia	Peter/Colin	Peter/Collin/Al	
	Begin work on Video w/ SA s Bystander Intervention	Finalize Video w/ SA s Bystander Intervention	Messaging to SA s on Hazing & Bullying	Messaging (video) on sexual assault/violence-be safe!	Toys for Tots Fundraiser November 18-19, 2016	Messaging to SA s on Gambling		National Girl's & Women in Sports Celebration (Honoring Pioneer Women in UW Sports)	Messaging to SA s on Gambling	Messaging to SA s on Honor Code Issues (Academic Honesty)		
SAAC		Julie/Peter	Peter/Brandy/Kasey	Peter	Peter		Peter		Joi		Peter	Peter/Samie/Taylor/Mara/Co-Chairs
		7/29/2016 SAAC Executive Board 1/2 Day Retreat-July 29th Inclusive/Guiding Principles/Goals & Obj for 2016-17	Sunday, Aug 28th, 1:30-3pm - Welcome Back BBQ All SA & Coaching Staff Meeting 1-3:30 Wash Park	Sept. - Undie Run	MW SAAC Meetings Oct TBD (Colo Springs) Halloween/ Gatorade Pong		Toys for Tots/Holiday Carnival Sunday, December TBD		MLK DOD Campus Programming		Dodgeball Tournament (canned food drive)	Sunday, April 30th End-of-the Year Athletics Awards Ceremony (WESPY's)
				Peter	Peter	Peter	Peter		Peter	Peter	Peter	Peter
			Athletics Dept. Clean Up Day	SAAC Meeting	Newcomer Transition Panel staffed by SAAC Exec Board SAAC Board Meeting	SAAC Meeting	SAAC Meeting		SAAC Meeting	SAAC Meeting	SAAC Meeting	May SAAC Meeting (Elections) MW SAAC Meetings (Colo Springs)
	June	July	August	September	October	November	December	January	February	March	April	May

Employee Development	Julie	Julie/ Brandy	Matt/Julie	Tim Collins	Tim Collins	Tim Collins	Tim Collins	Tim Collins	Tim Collins	Tim Collins	Tim Collins	Tim Collins
	Personal Branding & Professional Development Wednesday, June 14th Chad Baldwin Governance/Structure /Influencers	Personal Branding & Professional Development Wednesday, July 13th Dealing with budget challenges/ morale July 15th Dept. Cook-Out/Golf/Activities	All Staff Meeting Monday, Aug 22nd 9am President Nichols, Review Guiding Principles, etc. Personal Branding & Professional Development August 10th Social Activities for All Staff	Personal Branding & Professional Development Wednesday, Sept 14th Bystander Intervention	Personal Branding & Professional Development Wednesday, Oct. 12th Matthew Ortega	Personal Branding & Professional Development Wednesday, Nov 9th Tori Holmquist	Personal Branding & Professional Development Wednesday, Dec 14th Donor Appreciation Party Dec. TBD	All Staff Gatekeeper Trainings for Coaches (e.g. suicide prevention training, Diversity/Sensitivity Training,etc.) All Staff Meeting	Personal Branding & Professional Development (Wednesday, Feb 8th	Personal Branding & Professional Development Wednesday, March 8th	Personal Branding & Professional Development Wednesday, April 12th	Personal Branding & Professional Development Wednesday, May 10th All Staff Meeting
	June	July	August	September	October	November	December	January	February	March	April	May
Beyond the Brand		Joi/Julie		Joi		Joi		Joi		Joi		Joi
		Launch 1st Class of Steamboat Society Members (16)		Steamboat Society Meeting		Steamboat Society Meetin		Steamboat Society Meetin		Steamboat Society Meetin		Steamboat Society Meetin
	June	July	August	September	October	November	December	January	February	March	April	May
All Staff	Julie/Peter/RP/ Megan	Tim Collins/Julie	Julie		Joi/Alyson							
	Ongoing Trainings: Reporting Sexual Misconduct training, Sexual Harassment Training: MVR Training: HR Diversity Training: CPR/AED, etc.	Rocky Mountain Intercollegiate Athletics Symposium July 11th at Metro State (Development Officers/Women in Athletics)	Welcome Reception for New Employees Monday, August 22nd 8:30am		Women in Athletics Reception for Women on Campus							
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Directors & Managers	Matt	Matt	Matt	Phil/Matt	Matt	Matt	Phil/Matt	Matt	Matt		Phil/Matt	Matt
	Directors to Sr. Staff Meeting 1st Monday of each month	Directors to Sr. Staff Meeting 1st Monday of each month	Directors to Sr. Staff Meeting 1st Monday of each month	Quarterly Manager Training Workshop #1 <i>How to Effectively &amp; Successfully Manage Your Team.</i> Directors to Sr. Staff Meeting 1st Monday	Directors to Sr. Staff Meeting 1st Monday of each month	Directors to Sr. Staff Meeting 1st Monday of each month	Quarterly Manager Training Workshop #2 Directors to Sr. Staff Meeting 1st Monday of each month	Directors to Sr. Staff Meeting 1st Monday	Directors to Sr. Staff Meeting 1st Monday of each month		Quarterly Manager Training Workshop #3 Directors to Sr. Staff Meeting 1st Monday	Directors to Sr. Staff Meeting 1st Monday of each month
	June	July	August	September	October	November	December	January	February	March	April	May
Coaches		Julie	Julie/Brandy	Joi/Brandy	Joi/Brandy	Joi/Brandy	Joi/Brandy	Joi/Brandy	Joi/Brandy	Joi/Brandy	Joi/Brandy	Joi/Brandy
		Outside Speaker on Mental Toughness Training Dr. Spencer Wood July 20th All Head Coaches Meeting	All Coaches Meeting AD's Appreciation Coffee with Swimming/Diving Coaching Staff	All Coaches Meeting AD's Appreciation Coffee with Men's Basketball Coaching Staff	All Coaches Meeting AD's Appreciation Coffee with WBB Coaching Staff	All Coaches Meeting AD's Appreciation Coffee with Wrestling Coaching Staff	All Coaches Meeting AD's Appreciation Coffee with Soccer & Spirit Team Coaching Staff	All Coaches Meeting AD's Appreciation Coffee with VB Coaching Staff	All Coaches Meeting AD's Appreciation Coffee with Track & Field Coaching Staff	AD's Appreciation Coffee with Football Coaching Staff	All Coaches Meeting AD's Appreciation Coffee with Golf/Golf Coaching Staff	All Coaches Meeting Head Coaches Only Meeting AD's Appreciation Coffee with Tennis Coaching Staff