

Student Advisory Committee – Meeting Summary Held on Monday, April 8, 2024

1 – Recommends the formation of a subcommittee to develop and establish a sportsmanship program that honors and awards good sportsmanship from students and schools involved in athletics and activities. The program and awards given would be determined and given according to factors involving enrollment and season.

2 – Recommends the formation of an Ad-hoc committee in conjunction with the Sports Medicine Advisory Committee to study, discuss, and make formal recommendations to implement programs to improve the mental health, recovery time, and burnout amongst students participating in athletics and activities both between and during seasons. Discussions with and potential solutions will include but are not limited to the following ideas developed by the Student Advisory Committee:

- Mental Health Screening
- Coach/Director Mental Health Accountability (addressing potential student burnout)
- Recovery and Repair (to avoid or further worsen injury)
- Practice/Game limitations on number of days in a row
- Regular and Postseason guidance expectations for multi-sport/activity athletes and participants
- Surveys/screenings of student-athlete/activity mental health (concerns, needed tools, red flags, etc.)
- Expectations and recommendations regarding athletics/activity participation and life balance (appropriate boundaries and limitations for all coaches/directors/participants)
- Use of the required 14 practice period to include mental health wellness check-ins with coaches/directors/participants to codify healthy practice, build relationships, and set up a successful season

- * **Denied**
- ** **Tabled**
- *** **Approved as Amended**
- **** **No Action**
- All Others Approved**