

Creating Leadership Opportunities Beyond Sports for Underrepresented Students

2024 NADC Workshop #33
Richard Farquharson & Akua Twumasi

Akua P. Twumasi, Ed.D | Athletic Coordinator Young Women's Leadership Academy -Fort Worth



- **University of Missouri '10**
 - Secondary Science Education
- **Houston Baptist University**
 - M.Ed- Education Administration '14
 - Ed.D- Executive Education Leadership '19
- **Background**
 - Student- Athlete
 - Biology Teacher
 - Multiple Sport Coach
 - Assistant Principal
- **Interests:**
 - School Experience of African American Males in Inner City Schools.
 - Enhancing the female student-athlete experience.



My Why



**A LIFE
WITHOUT
CAUSE IS
A LIFE
WITHOUT
EFFECT**

PAULO COELHO

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PICTUREQUOTES



Richard Farquharson, CAA | Student Activities Director Huguenot High School - Richmond, VA



Background

- Largest of the 5 Comprehensive High Schools Within Richmond Public Schools Serving 1,400+ Students
- 20th Year at Huguenot - 7th year as DSA
- Exceptional Ed Algebra Teacher for 13 Years
- Coached Basketball and Golf

Transformational Purpose Statement

I lead to positively impact the life trajectory of students and the athletic department with integrity, work ethic responsibility, and concern for others



Opening Activity



Why are you here?!

- Groups of 4- let's meet new people.
- Each member will have 1 minute.
- Introduce yourself and explain the need that brought you to this workshop.

Wooclap



Perceptions of African American Males Regarding Supports for School Success

Supports that most positively
impacted academic success...

Support Systems

Mentorship

Positive Role Models



Barriers to school success...

Environment

Financial Issues

Lack of Support

Education based athletics helps students develop ...

Wooclap

Time management

Responsibility

Ability to collaborate

Spirit of Competition

Discipline

Resilience

Coachability

Physical Literacy

Self Confidence

Work Ethic

Accountability

Dealing with Athlete Identity/ EIQ

- Refers to the ability to recognize, understand, and manage your own emotions, as well as to recognize, understand, and influence the emotions of others.
- For high school students, this means navigating friendships, academic stress, and personal challenges with empathy, self-awareness, and resilience.



Dealing with Athlete Identity/ EIQ

- **Self-Awareness:** Recognizing personal stressors, like performance anxiety, and addressing them early.
- **Self-Regulation:** Managing emotions during high-pressure situations, such as big games or conflicts with coaches/teammates.
- **Empathy:** Building relationships with new teammates and understanding diverse backgrounds and communication styles.
- **Motivation:** Staying committed to rigorous schedules and long-term athletic and academic goals.
- **Social Skills:** Effectively communicating with teammates, coaches, and teachers to maintain positive relationships.

What Leadership Opportunities are we providing students?

- Teacher appreciation
- Captain's Course
- Student Athlete Leadership Team
- Community Service Projects

Team
CAPTAIN'S
Leadership **CAMP**



Captains Course
NFHS Core Course
Student

Free

Girls Athletic Leadership Committee

- GALC

Unite. Empower. LEAD

- Two Athletes from each athletic program either chosen by their coach or a student that said they were interested in serving.
 - Met bi-monthly during advisory.
- Agendas included tasks and events but also empowerment and leadership information.
- Also focused on building a healthy dynamic of competition and collaboration.
- Gathered groups to attend at least one competition for every sport.
- Appreciation Days & Events.
- Recognition of playoff teams.
- Traveling treats
- Uplifting all student groups by highlighting (social media and announcements) the positive things going on throughout the campus and community.
- Service projects
 - Thanksgiving baskets
 - Toy drives

Girls Athletic Leadership Committee

- “The Rally”

W
O N T H E D I

Supporting Coaches in creating additional opportunities for leadership

In order to make a larger and lasting impact we need to build the foundation for coaches and what we expect from their programs.

Mini conferences

- Host half-day workshops focusing on topics like *transformational coaching*, *conflict resolution*, and *team-building strategies*.
- Example: Invite guest speakers such as collegiate coaches or sports psychologists to lead sessions on fostering team culture.

Book studies

- *InsideOut Coaching* by Joe Ehrmann: Focuses on transformational coaching and helping athletes grow on and off the field.
- *H3 Leadership* by Brad Lomenick: Provides a practical road map for implementing and living out 20 transformational habits of a leader.

Supporting Coaches in creating additional opportunities for leadership

By equipping coaches with these professional development opportunities, book studies, and resources, we ensure they are prepared to foster leadership within their teams. This not only enhances individual programs but also creates a school-wide culture of student-athlete growth, both on and off the field.

Webinars and Online Training Modules :

- Provide access to resources like the *Positive Coaching Alliance* or *NFHS Learn* to enhance leadership skills and coaching methods.
 - a. Example: NFHS modules on "Captains Leadership Training" to guide students in understanding their influence on peers.

Coaching Toolkits :

- Create or distribute a toolkit with leadership-building exercises, practice plans emphasizing team communication, and student recognition ideas.
 - a. Example: Include templates for leadership awards or guides for facilitating team discussions on accountability and integrity.

How can we assist students in exploring careers in sports?

Potential Careers

Athletic Administration

Physical Therapy

Facility Management

Sports Journalism

Sport Psychology

Nutrition

Sports Law

Sports Agent

Coach

Athletic Training

Considerations

Intentionally introducing and exploring different career paths and their requirements.

Intentionally connecting the traits students have developed as athletes to the potential opportunities and career paths.

Character building through programming or mentorship

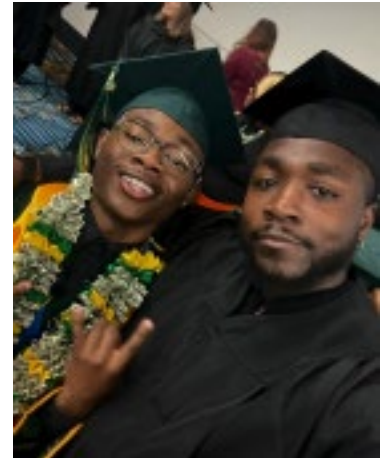
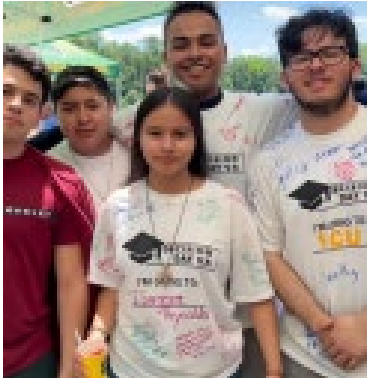
Transition programming to help support students with life after high school.

Huguenot High School Future Center

The vision of the Future Center here at Huguenot High School is to empower every student to discover their unique potential, build a purposeful future, and confidently transition to life beyond high school.

"I just wanted to take a moment to sincerely thank you for all the guidance and support you've given me throughout my senior year. Your advice has been invaluable, from choosing the right school to helping me mentally. You've made this overwhelming journey so much easier to navigate, I'm so grateful for your help"

- Latrell Moore (HHS Class of 2024, Morgan State University)





Student Broadcasters

Turn and Chat

Let's take 4 minutes

Let's consider some intentional ways we can foster leadership opportunities for underrepresented/ all students on our campus.

- Is there something really amazing that you already do on your campus that you would be willing to share
- Is there something that you heard today that you plan to back and implement immediately?

Interested in developing intentional programming to support exploration of careers and leadership opportunities for student athletes?

Resources & Links

[NFHS Student Leadership Courses](#)

[InSideOut Coaching](#)

[H3 Leadership](#)

Contact Information

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