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## RHS PARENTS' CLUB MEETING MINUTES

Monday, September 15, 2014

Meeting attendance captured via sign-in sheet. Board members and RHS staff members were also present.

### I. PRIOR BUSINESS- Marie Ortega:

- a. SAT prep course & college night coming up. Check website for details.
- b. Need one more site council parent volunteer, they meet every second Tuesday at 5:30PM.
- c. August minutes were reviewed and approved without changes by Ken Kouchbar. Bill Settlage seconded.
- d. Night at the Museum tickets are available for purchase at \$25 each.

### II. PRESENTATION - Authors of The Student Athlete

- **Suzanne Laughrea** - has worked at various schools in the area. Recently moved to the district office as Director of Curriculum and Instruction. Holds a bachelor's and master's degrees in English from Pepperdine University. Completed her Ph.D. in Education: Language, Literacy and Culture from UC Davis.
- **Linda Dickson** - Linda is a social studies teacher at Granite Bay High School. Has taught English, PE, Leadership, Journalism and Psychology. Has coached various sports, like soccer, basketball, tennis, and track. Earned a bachelor's degree from UC Berkley in Political Science and Recreational sports. And has two master's degrees from San Francisco State University in Education and Education administration.

Reviewed a powerpoint presentation on making the dream a reality, understanding recruiting, finding a coach, the student athlete, and more. Here are some highlights:

- **Academics:** Prepare for anything- Grades & GPA, SAT/ACT Scores, Skills and Potential, Leadership/ Services Clubs
- **Athletics:** Talent, skills and potential, size, athleticism, mental toughness, hard work.
- **Encourage kids to be engaged.** work hard, be active, ask questions do homework, and study.
- **Peak Performance** (mental toughness): Adopt an "I Can" attitude. Talk positively to yourself, visualize yourself succeeding, relax and control berating. Be in the present, learn from mistakes, no excuses, don't be a victim.
- **Become an NCAA qualifier** (ncaa.org). Check academic eligibility, read recruiting rules, register.
- **Role of Sports:** Use sports to get into a status university or college, be a role player, meet friends. Research, and Consider: NCAA DI, DII, DIII.
- DI - most competitive, most money. Student is an athlete first, student second. Does homework on road.
- DII - intermediate level. Smaller/public. Limited scholarship opportunities and more partial scholarships.
- DIII - No sports scholarship, offers merit scholarships. Largest of the three divisions. more relaxed rules.
- **Must market themselves:** Get seen, attend camps, tourneys, and showcases (ask for feedback). Create youtube video. Fill out athlete questionnaires on individual college websites. Send a brief email to head coach and all assistants. Attach profile, game schedule and video link.
- **Follow-up:** track responses and non-responses. Be persistent but not obnoxious. Visit: attend games/ matches/meets to show interest. Stay in contact with coaches, send tournament updates. Make a connection
- Reviewed top 10 pet-peeves for coaches (like parents sending emails instead of the student, sending hours of videos, use of a recruiting services, etc.).
- Find academic fit (go to [collegeboard.com](http://collegeboard.com)), decide on major, reputation, rigor, class size, lifestyle, etc.
- Review college application, early decision/action. ICA Stamp. Sat/ACT Scores. GPA & course rigor.
- Get your kid to take an AP class.
- Recommended any books by FISKE.
- Enjoy the experience. Bottom line, the school has to be a fit (socially, culturally, academically, etc.).

**Adjourn** – Meeting adjourned at 7:40 pm | Next meeting Monday, October 20, 2014