

# Athletics Leadership Programs

## **Student-Athlete Council**

The Student-Athlete Council (S.A.C.) is a leadership group comprised of captains (and other key leaders) from each of Lehigh's intercollegiate teams.

Council members meet monthly with the Director of Athletics, Senior Associate Director, and other department and campus administrators to discuss student-athlete issues and concerns. Sessions are often valuable opportunities to exchange ideas, evaluate opportunities, and resolve problems. Student-Athlete Council members represent their squads as well as the "ideal" of the student-athlete and have significant influence in the development of athletics department policies, plans, and priorities.

## **Student-Athlete Council Executive Board**

The Executive Board is a twelve-member board consisting of selected student-athletes chosen from through nominations and a selection process by the Current Board. These students exemplify the commitment and dedication that represent all of Lehigh's student-athletes.

Together the Executive Board schedules and coordinates the Student-Athlete Council meetings, chair committees, represent student-athletes at student senate meetings, Patriot League SAAC meetings, and represent the student-athletes of Lehigh University. The Executive Board is supervised by Athletic Director Joe Sterrett and Senior Associate Director Karen Adams. The 2006-2007 members of the Student-Athlete Executive Board are:

### **Officers**

Julie Sterrett – President, WSB (jds5)

Michelle Schwendenmann – Secretary WVB (mls9)

Kevin Donlan – NCAA Representative, MLA (kmd6)

Melinda Lepko – Vice President, WFH (mel9)

Melissa Montalvo – Treasurer, WSO (mmm204)

Sara Ellis - NCAA Representative, WBB (sse3)

### **Committee**

Alan Borowsky - MGO (ajbf)

Courtney Elder – MFB (cde2)

Greg Horn – MTO (gth2)

Kevin McFarland – MWR (krm9)

Manuel Schubert – MWR (mfs209)

Sarah Walter – WLA (scw204)

## C.O.A.C.H. Program

Community Outreach by Athletes who Care about Helping is an athletic department service program that operates in accord with the National Consortium for Academics and Sports. Its goals are to help (along with parents, teachers, and coaches), elementary, middle, and high school student-athletes and their peers to make informed choices about their education, alcohol and other drug issues, and other factors which would affect reaching their full potential.

Participating Lehigh student-athletes are trained in public speaking, and educated about substance abuse, academic motivation, time management, peer pressure, and other concerns of young people. The program offers our Lehigh student-athletes as “C.O.A.C.H.es” for younger students. Visits to schools, community centers, social organizations and youth teams are a regular and ongoing feature of this program as are visits by those students to Lehigh athletic events. Interested student-athletes should contact Roseann Corsi, Public Relations Coordinator or one of the programs three chairs or committee members:

### Chairs

Melinda Lepko – WFH (mel9)  
Julie Sterrett – WSB (jds5)

Courtney Elder – MFB (cde2)

### Committee

Greg Horn – MTO (gth2)  
Greg Fay – MFB (grf5)  
Julie Mitchell – WSW (jamm)  
Greg Furst – MLA (gaf204)  
Lisa Sweeney – WSB (lms309)

Molly Luft – WSO (mjl5)  
Stefanie Forlenza – WSB (scf3)  
Stuart Baxter – MLA (srb204)  
Claire Sullivan – WBB (ces204)

## SAM Program (Student-Athlete Mentors)

The SAM Program is a group of Student-Athlete mentors who strive for peak performance, embody the SPIRIT model, and serve as a peer resource for our fellow student-athletes. The SPIRIT model embraces the following characteristics: **S**elf confidence, **P**ositive attitude, **I**magination, **R**esiliency, **I**nitiative, and **T**eamwork. The mission of the program is to assist student-athletes in making the kinds of decisions necessary to achieve peak performance in academics, athletics, and life. Some of the goals of the program include: to create a safer, healthier, and more enjoyable atmosphere for teammates, to promote education of alcohol and drugs, and to assist first year students with the transition of life at Lehigh. The Athletic Director Joe Sterrett is the supervisor of the SAM Program.

### SAM Board Co-Chairs

### Committee