**Athlete Input Council**

**April 13, 2020 – MINUTES**

**6:00 – 7:00 pm call**

**Present**: Cole Cleworth, Danny Cox, Edward Kastern, Zachary Reetz, Lucas Smith, Jonathon Baker, David Thompson, Jake Casper, Steve Woodard, Tyler Wigington, Matt Martino, Eresi Yarnery, Zechariah Tietz, Marquis Garner, Tom Pezzi, Deb Moore-Gruenloh and Jeanne Hrovat. Guests: Kathleen Roach, SOWI President and CEO, and Don Wigington, SOWI VP of Sports and Health

**Absent**: Lora Behr

1. Welcome and Sharing – what is one thing you have been doing to stay healthy? Do you have zoom?
   1. Cole – riding my bike and lots of water – yes zoom
   2. Danny – been outside doing yard work – I would have to set up zoom
   3. Edward – drinking water - yes access to zoom
   4. Zachary – Fit Five Challenge – has zoom but not comfortable using it
   5. Lucas – walks around neighborhood - yes zoom
   6. Jonathon – I playing with niece and nephew – yes zoom
   7. David – taking long walks around Oregon – yes access to zoom
   8. Jake – I’m been eating healthy – no access to zoom
   9. Tyler – I been running outside, no access to inside gym or grass hill – yes access to zoom (trouble with iPad – using phone)
   10. Steve –just finished eating an apple, had a walk - yes zoom
   11. Matt – doing some yard work any chance we get – yes to zoom
   12. Eresi – exercise getting ready for next year- no zoom
   13. Zechariah – using my police station weight room for work out three times a week – yes zoom
   14. Marquis – helping my grandmother around the house – yes to zoom
   15. Deb – practicing social distancing – yes to zoom
   16. Tom – lots of hiking – yes access to zoom
   17. Don –lots of treadmill and eating fresh veggies – yes access to zoom
   18. Kathleen – outside doing lots of yard work – yes access to zoom
2. Welcome from our SOWI President – Kathleen Roach. It is most important that you are all staying safe and healthy. Following what Governor Ever’s says by staying safe at home. Very sad for SOWI to not see you, but we are working hard to do things virtually. Looking forward to all being together at OST.
3. SOWI Live – Don Wigington. Thank you for having us on tonight. Very sad for all of us to not be practicing outside with our friends, but we will get there. In the meantime, we’ve come up with some ideas to keep the athletes engaged. Kind of like live shows, sports talk show (call in and ask questions). Thinking about some type of sports quiz – sports themes from the NBA, NFL, and cooking, live fitness. Probably 30-60 minutes. Trying to find out what athletes are interested in and the best times to meet.
   1. Zachary- Concerned with using zoom. My mom looked up zoom the other day and people taking personal information. Don shared that if we set it up there will be an ID and password.
   2. Edward- I was thinking highlighting the athletes and their accomplishments beyond the playing field. Don, maybe have a guest athlete telling his or her own story.
   3. Danny – Having exercise video and maybe a cooking show. Probably have it about 6pm. Once you go back to work and still want to do this.
   4. Matt – SOWI news report. Athletes and staff – health report – share how we are staying healthy in general.
   5. Marquis – Almost like a news show, with newscaster. News have been so much on the virus – gets depressing. Athlete can share what they are doing positive in their community. Special Olympics uplifting news.
   6. Matt – likes his idea- like a positivity podcast.
   7. David – one of the biggest things is I’ve had knee issues over the years. How we prepare our bodies before and after we exercise. Also, talk about water intake. Fitness and exercise. Need to stretch. Don – could add warm up and cool down. Also, adjust for ability levels.
   8. Zechariah – Thinking back athletes telling their stories – spread the word about Covid 19 has been affecting them. Also, words of inspiration. Can put out to other neighboring states – lets the public know the athletes are going through it and going to make it.
   9. Jonathon – sports stuff – NBA/NFL trivia. Don, we were thinking about making it college or professional sports. Examples: what was your favorite story from the last year? How will the NBA season affect the draft?
   10. Steve- Really think the video blogs are good idea – also the WWE they’ve been doing a lot of stuff too. They’ve been helping with stretches. Have a special guest athlete/coach, once in a while have a staff member. One-on-one talks. Could have a panel – Q and A. Don – Whom would you like to see on the panel? Athletes, SOWI staff, Coaches, maybe a volunteer.
   11. Marquis – interview Tim Shriver. Also, if we do trivia – maybe add some personality – fan of family feud – like a game show style.
   12. Cole – cooking with athletes, karaoke night.
   13. Eresi – I’m doing exercise to YouTube.
   14. Jake – looking ahead, what it might look when we go back to practicing sports.
   15. Edward- Young Athletes, they are our future- give ideas back and forth between young athletes and adult athletes.
   16. Marquis- with my autism, trouble communicating – what opens me up – see some of the athletes do our own monologues - act out a scene from a movie or different theme.
   17. Steve- Improv
   18. Deb – Kind of neat to do a weekly SOWI news, have someone who is a reporter, and have a guest come in. Cole has done some cooking videos – Deb Cleworth could put those.
   19. Tom – Since we don’t have competitions – just a little segment going back in history of live event. Steve has video of himself. Don has videos of Tyler. Many athletes probably have videos of themselves.
   20. Lucas- I like all the ideas.
4. SOWI Leadership conference – August 22-23, 2020 Reedsburg High School – Everyone ok with sessions? Yes
5. Athlete Satisfaction Survey – Everyone ok with questions? Yes
6. Athlete Reunion – due to overall changes in OST, facility and cost challenges – looking at postponing until 2021 Indoor Sports Tournament (IST).  However, we can still do Team Captain Stations and more roles at OST.
7. Next Meeting – May 18,, 2020 6-7pm. Potential agenda items – Guest Amber Heintz to share about the virtual Athlete Health Messenger.

2020 SOWI AIC Meetings/Calls (Monday 6:00-7:00pm) - Phone 1-872-240-3212 Access Code 513-388-357

May 18, 2020: Phone

June 22, 2020: Phone

July 13, 2020: Phone

September 14, 2020: Phone

November 14, 2020: Meeting- Madison

Upcoming workshops

August 22-23, 2020 – SOWI Unified Leadership Conference