

# The All-Around Athlete: Developing Good Humans Matters Too

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## Good Humans?

" "

NO MATTER WHAT HAPPENS  
IN LIFE, BE GOOD TO PEOPLE.  
BEING GOOD TO PEOPLE IS  
A WONDERFUL LEGACY  
TO LEAVE BEHIND.

– TAYLOR SWIFT

## What We Place Focus On & How We Try to Do This

- ✓ Academics
- ✓ Community Service
- ✓ Create Competition Daily
- ✓ Mental Health
- ✓ Support Other Teams
- ✓ Talk and Demonstrate REAL Life





# Program Core Values & Discussions

## Core Values

- Family Over Everything
- Effort
- Attitude
- Team 53



- They are MORE than softball players
- Be Where Your Feet Are
- Live Jacie BIG
- UBUNTU
- History of Hornet Jersey
- Live the Dash

# Academics



- Set expectations
  - 3.0 semester GPA (moving to 3.25 for this fall)
- Study hall for ALL newcomers – 4 hours per week
- Check in with them bi-weekly, or more often if needed
- Midterm grades (C or below)



# Academics

- Remind them frequently that they are **MORE** than softball athletes – these grades will determine much of their future
- Everyone hangs it up at some point – most after 4 years with us



A large graphic overlay on the right side of the slide. At the top is a black banner with a large yellow 'E' logo and several small yellow star-like patterns. Below this is a photograph of a softball team posing on a field. Overlaid on the bottom right of the photo is a circular NFCA logo. Below the photo, on a black background, is the text '3.80' in large white font, followed by 'TEAM GPA - 3RD IN NATION' in yellow font. At the bottom right of the slide is the 'HORNET SOFTBALL' logo, featuring a stylized 'E' and the text 'HORNET SOFTBALL'.



# Community Service

- Importance of giving back
- People of Emporia
- Be open to anything that will help your community
  - Fish!





# Community Service

- ✓ Top DII Softball Team in Country
- ✓ #3 Overall Women's Team
- ✓ #15 Athletic Department

## TOP 25 SCHOOLS

1. COKER UNIVERSITY
2. SOUTHERN ARKANSAS UNIVERSITY
3. GEORGIAN COURT UNIVERSITY
4. GEORGIA SOUTHWESTERN STATE UNIVERSITY
5. TEXAS WOMAN'S UNIVERSITY
6. MIDWESTERN STATE UNIVERSITY
7. UNIVERSITY OF COLORADO, COLORADO SPRINGS
8. ARKANSAS TECH UNIVERSITY
9. MENLO COLLEGE
10. DELTA STATE UNIVERSITY
11. WAYNE STATE UNIVERSITY
12. BELMONT ABBEY COLLEGE
13. UNIVERSITY OF ALASKA FAIRBANKS
14. FLORIDA SOUTHERN COLLEGE
15. EMPORIA STATE UNIVERSITY
16. CATAWBA COLLEGE
17. TEXAS A&M UNIVERSITY-KINGSVILLE
18. ADELPHI UNIVERSITY
19. YOUNG HARRIS COLLEGE
20. AUGUSTA UNIVERSITY
21. METROPOLITAN STATE UNIVERSITY OF DENVER
22. KENTUCKY WESLEYAN COLLEGE
23. REGIS UNIVERSITY
24. NEWBERRY COLLEGE
25. SOUTHERN NAZARENE UNIVERSITY

## TOP WOMEN'S TEAMS



1. Southern Nazarene University  
WOMEN'S VOLLEYBALL



2. Georgian Court University  
WOMEN'S BASKETBALL



3. Emporia State University  
WOMEN'S SOFTBALL



4. Southern Arkansas University  
WOMEN'S VOLLEYBALL



5. Georgia Southwestern State U.  
WOMEN'S SOFTBALL

## TOP MEN'S TEAMS



1. Coker University  
MEN'S GOLF



2. Midwestern State University  
MEN'S TENNIS



3. Southern Arkansas University  
MEN'S BASKETBALL



4. Catawba College  
MEN'S SWIMMING



5. Coker University  
MEN'S BASEBALL



## TOP DII WOMEN'S SPORTS

### FIELD HOCKEY

1. BELMONT ABBEY COLLEGE
2. FRANKLIN PIERCE UNIVERSITY
3. COKER UNIVERSITY
4. ADELPHI UNIVERSITY
5. NEWBERRY COLLEGE
6. MOLLOY UNIVERSITY

### ICE HOCKEY

1. UNIVERSITY OF MINNESOTA DULUTH
2. POST UNIVERSITY
3. FRANKLIN PIERCE UNIVERSITY

### LACROSSE

1. FLORIDA SOUTHERN COLLEGE
2. BELMONT ABBEY COLLEGE
3. GEORGIAN COURT UNIVERSITY
4. FLORIDA INSTITUTE OF TECHNOLOGY
5. UNIVERSITY OF COLORADO, COLORADO SPRINGS
6. DAVIS & ELKINS COLLEGE
7. REGIS UNIVERSITY
8. ADELPHI UNIVERSITY
9. NEWBERRY COLLEGE
10. MOLLOY UNIVERSITY

### SWIM & DIVE

1. CATAWBA COLLEGE
2. DAVIS & ELKINS COLLEGE
3. DELTA STATE UNIVERSITY
4. ADELPHI UNIVERSITY
5. UNIVERSITY OF ALASKA FAIRBANKS
6. FLORIDA SOUTHERN COLLEGE
7. WAYNE STATE UNIVERSITY
8. LENOIR-RHYNE UNIVERSITY



### BASKETBALL

1. GEORGIAN COURT UNIVERSITY
2. POST UNIVERSITY
3. EMPORIA STATE UNIVERSITY
4. SOUTHERN ARKANSAS UNIVERSITY
5. COKER UNIVERSITY
6. MIDWESTERN STATE UNIVERSITY
7. FLORIDA INSTITUTE OF TECHNOLOGY
8. GEORGIA SOUTHWESTERN STATE UNIVERSITY
9. SOUTH DAKOTA SCHOOL OF MINES
10. MENLO COLLEGE

## SOFTBALL

1. EMPORIA STATE UNIVERSITY
2. GEORGIA SOUTHWESTERN STATE UNIVERSITY
3. METROPOLITAN STATE UNIVERSITY OF DENVER
4. COKER UNIVERSITY
5. AUGUSTA UNIVERSITY
6. MISSOURI SOUTHERN STATE UNIVERSITY
7. ADELPHI UNIVERSITY
8. AUBURN UNIVERSITY AT MONTGOMERY
9. DELTA STATE UNIVERSITY
10. SOUTHERN ARKANSAS UNIVERSITY

### TRACK & XC

1. MIDWESTERN STATE UNIVERSITY
2. TEXAS A&M UNIVERSITY-KINGSVILLE
3. SOUTHERN ARKANSAS UNIVERSITY
4. FLORIDA SOUTHERN COLLEGE
5. DELTA STATE UNIVERSITY
6. UNIVERSITY OF COLORADO, COLORADO SPRINGS
7. WAYNE STATE UNIVERSITY
8. DAVIS & ELKINS COLLEGE
9. GEORGIAN COURT UNIVERSITY
10. YOUNG HARRIS COLLEGE

### GOLF

1. COKER UNIVERSITY
2. KENTUCKY WESLEYAN COLLEGE
3. METROPOLITAN STATE UNIVERSITY OF DENVER
4. FLORIDA SOUTHERN COLLEGE
5. ARKANSAS TECH UNIVERSITY
6. FLAGLER COLLEGE
7. YOUNG HARRIS COLLEGE
8. MIDWESTERN STATE UNIVERSITY
9. AUGUSTA UNIVERSITY
10. WINONA STATE UNIVERSITY



### TENNIS

1. MIDWESTERN STATE UNIVERSITY
2. GEORGIA SOUTHWESTERN STATE UNIVERSITY
3. METROPOLITAN STATE UNIVERSITY OF DENVER
4. TEXAS A&M UNIVERSITY-KINGSVILLE
5. EMPORIA STATE UNIVERSITY
6. FLORIDA SOUTHERN COLLEGE
7. POST UNIVERSITY
8. YOUNG HARRIS COLLEGE
9. AUGUSTA UNIVERSITY
10. BELMONT ABBEY COLLEGE

### SOFTBALL

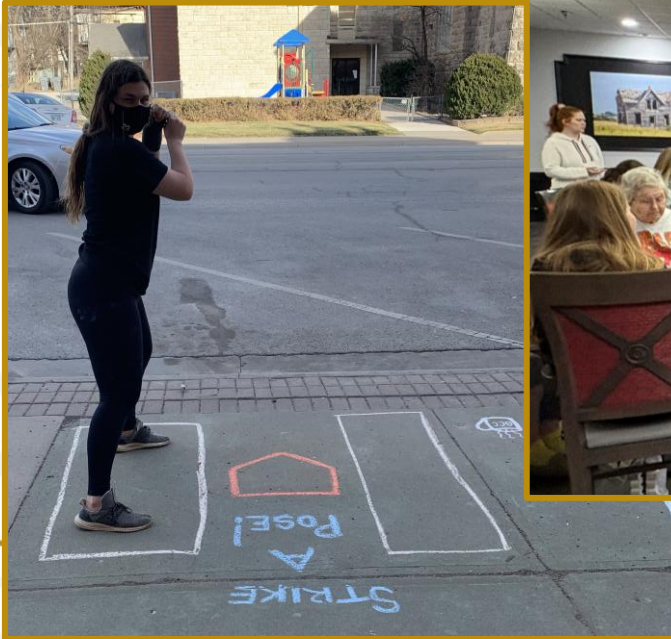
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10. SOUTHERN ARKANSAS UNIVERSITY





# Community Service

- Goal, at least in the fall semester, is to do something at least once a week
- “Give until it feels good!”



## Events We Have Done:

- Fish clean-up!
- High Five Fridays
- Pen pals
- Theater help
- Softball camps
- Toy Drive
- Freshman move-in
- Bingo w/ Seniors
- Main Street help
  - Clean-ups
  - Packing items
  - Christmas lights
- Chalking at schools, nursing homes, coffee shop
- “Mystery” readers at elementary schools
- HS soccer concessions
- ESU events (Laps for Landon)
- Trunk or treats



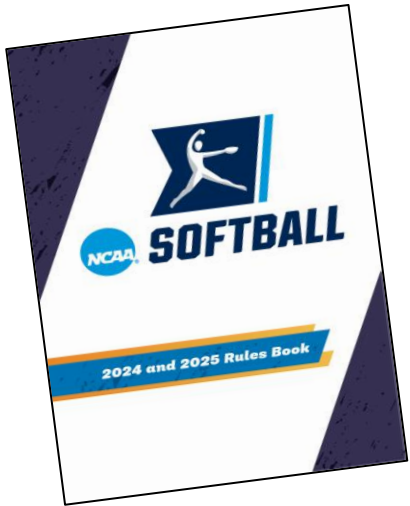
Some one is always watching...





# Hornet Challenge Competition

	PRACTICE COMP 9/12/24	TEAM PLAYER/HELP COACHES 9/13/24	TEAM PLAYER 9/16/24	CAMPUS INVOLVEMENT	CLASSROOM (AWARDS)	PRACTICE TEAM COMP 10/1/24	CAMPUS INVOLVEMENT (HOMECOMING)	CAMPUS PARTICIPATION (VOLLEYBALL GAME)	FOOTBALL GAME 10/5/24	CAN THE BOOS	SOCCER GAME 10/11/24	STERLING HOUSE FIRE SEMINAR (10/15/24)	BASEBALL GAME 10/13/24	PRACTICE COMP 10/13/24	BASKETBALL GAME 10/17/24	VOLLEYBALL GAME 10/30/24	VOLLEYBALL GAME 10/31/24	PUMPKIN DECORATING	COSTUME CONTEST	
	COMPET...	TEAM ...	TEAM PLAYER	CAMP...	GPA/C...	COMPETI...	CAMP...	CAMP...	CAMP...	CAMP...	CAMP...	CAMP...	CAMP...	COMP...	CAMP...	CAMP...	CAMP...	COMP...	COMP...	
TEAM 1	1 POINT	0 POI...	0 POINTS	10 POI...	5 POI...	2 POINTS	25 POI...	0 POI...	0 POI...	5 POI...	25 POI...	15 POI...	0 POI...	2 POI...	5 POI...	0 POI...	5 POI...	21 POI...	43 PO...	
TEAM 2	4 POINTS	4 POI...	0 POINTS	0 POI...	0 POI...	4 POINTS	35 POI...	0 POI...	5 POI...	0 POI...	20 POI...	5 POI...	0 POI...	2 POI...	5 POI...	0 POI...	5 POI...	13 POI...	21 PO...	
TEAM 3	2 POINTS	4 POI...	0 POINTS	0 POI...	5 POI...	3 POINTS	40 POI...	5 POI...	5 POI...	0 POI...	20 POI...	5 POI...	10 POI...	3 POI...	10 PO...	10 POI...	10 POI...	17 POI...	16 PO...	
TEAM 4	3 POINTS	8 POI...	5 POINTS	0 POI...	0 POI...	2 POINTS	35 POI...	5 POI...	5 POI...	5 POI...	0 POI...	0 POI...	4 POI...	5 POI...	0 POI...	0 POI...	0 POI...	30 POI...	32 PO...	
	TEAM PLAYER	SOCIAL MEDIA	GPA/CLASSES	COMPETITION	TBALL KNOWLEDGE									TEAM 1	95			TEAM 1	164	
	5	1	7	4,3,2,1	3									TEAM 2	84			TEAM 2	123	
														TEAM 3	112			TEAM 3	165	
														TEAM 4	82			TEAM 4	144	





# Hornet Challenge



## 2024

### PUMPKIN SERIES DAY 3

BROOKE	KJ
JULES	GRACE
MALLORY	JAYDA
KYLIE	SYDNEY
	ALLY
HALLO-WINNERS	

## HORNET

### SOFTBALL

MOONSHOT MAMAS	
KINSEY	BRYNLEY
ADDY	KARLI
LESLIE	AVERY
GRACIE	TARYN
JORDAN	



**HORNET**  
**SOFTBALL**



# Survival Skills 101

## ✓ Budgeting

- Income v. debt
- Writing checks
- Balancing a checkbook

## ✓ Renter's/Health Insurance

## ✓ Basic car maintenance

- Changing a tire
- Tire pressure
- Check oil
- Jump battery

## ✓ Laundry/ironing

## ✓ Sewing on a button

## ✓ AED training

## ✓ Addressing letters

## ✓ Winter maintenance

- Wipers in the winter
- Blanket(s) in the car
- Gas level
- Food in the car

## ✓ Meal prep

## ✓ Password protection

## ✓ Negotiating raises

## ✓ How to CALL someone?!

## ✓ Manners/etiquette





- ESU Mental Health counselor
  - Weekly set times in our training room & in student wellness building
  - Available “after hours” to athletes
  - By appointment
- **Perfectionism** team talk w/ MHC
- Team building
  - Hero, highlight, hardship sharing
  - Letters to self
  - One-word canvases
- Seniors: IMPACT shirts/thank yous



# Mental Health





# Department-wide Support



- Should want to support other teams – hopefully doing this will increase our fan numbers in the Spring
- Builds team camaraderie
- Hornet Challenge points



# Talk and Demonstrate Real Life

- Do not shy away from the tough conversations
- Use hardships/adversity as a teaching moment
- Try to find something each week to reflect on
  - Mental Mondays
  - Thankful Tuesdays
  - Wisdom Wednesdays
  - Throwback Thursdays
  - Feel Good Fridays

## Earning Gear

### Because you earned/completed:

#### A roster spot to play ESU Softball

Bookbag  
Goals notebook  
Practice Gear (jerseys, 2 black socks, & pants)  
J-band  
Bat Pack  
Helmet  
Blast sensor  
Belts  
Wristband

#### 2 weeks of practice

Weights gear (shirts & shorts)  
Leggings  
Drawstring  
Team book  
Team t-shirt

#### January 10th Practice

Travel gear  
Team travel t-shirt  
Cleats & Molded Cleats  
Travel duffle bag

#### 5 teammate connections + 1 ESU Softball alumni connection

Game uniforms  
Game socks  
Pullover  
Visors  
White spandex  
Nappa cloth  
Hitting shirts x 2  
Towel

#### Fall team practices + 1 ESU Softball alumni connection

Heavy coat/parka  
Long sleeve t-shirt  
Ear warmers  
Travel hoodie  
Turf/travel shoes

#### Teammate connections:

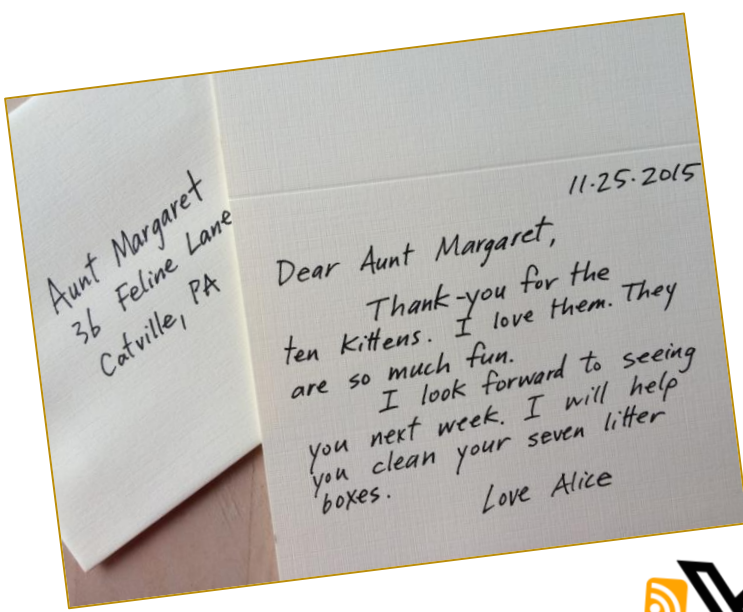
Have to do something with that teammate (i.e. coffee, dinner, disc golf, etc.) to find out 5 things

#### Alumni:

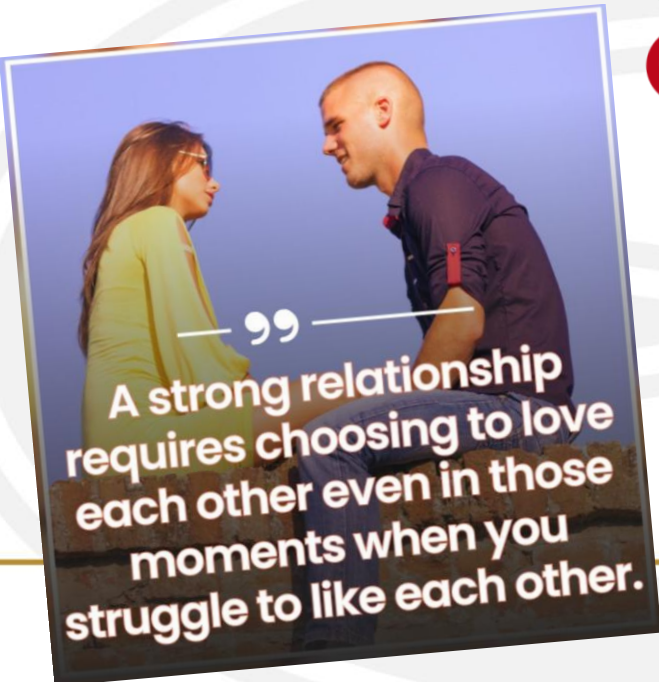
Have to find out at least 5 things about them & get 3 pictures from their time - year played & position do not count



# Talk and Demonstrate Real Life



- ✓ Invest in their non-softball lives
- ✓ Sending handwritten thank yous
  - Donors
  - Team meals
- ✓ Field duties – gives them a sense of ownership
- ✓ Set-up/take down for practices
- ✓ Accountability partners
- ✓ Social media = resumes





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Leave it better  
than you found  
it...

## Meraki.

[may-rah-kee] *verb.*

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a lovely little greek word that means to do something with soul, creativity and love.  
to leave something of yourself in the work that you do.