



IWLCA Offers Educational Sessions at Brine President's Cup

FOR IMMEDIATE RELEASE – The IWLCA has announced that it be offering two educational sessions during the 2019 IWLCA Brine President's Cup Recruiting Tournament being held November 16-18, 2018. One seminar will be geared towards equipping parents and student-athletes a successful sport experience, while the other will focus on the collegiate recruiting process in women's lacrosse. Both sessions will be offered on Friday, November 16 and twice on Saturday, November 17 at the ESPN Wide World of Sports Complex.

Athletes Today: Strategies to Help Them Have a Successful Sport Experience

Presented by Greg Dale, Professor of Sport Psychology and Sport Ethics at Duke University

Friday: 6:00 pm & Saturday: 12:00 pm and 3:00 pm

Session Description

Parents play a crucial role in determining whether or not children have a successful experience in sport. This thought-provoking workshop encourages parents to analyze the type of environment they are creating for their children. Topics covered in this workshop include: the significance of the coach-athlete-parent triangle; lessons parents want children to learn from sport and the importance of modeling those lessons; and effective goal-setting that parents can use with their children. For the student-athletes, helpful tips for athletes and their mental approach to lacrosse and life will be covered.

Gregory A. Dale, Ph.D. is a Professor of Sport Psychology and Sport Ethics at Duke University and serves as the Director of the Sport Psychology and Leadership Programs for Duke Athletics. In his role within the athletics department, Dale provides consultations for individual athletes, coaches and staff members. and provides team-building services for athletic teams. In July of 2018, Dale was named to the newly-created Integrative Performance Excellence Group, a unit comprised of directors in the areas of Sports Performance, Athletic Medicine, Sports Nutrition and Behavioral Health, as well as individuals representing psychological services, team physicians and primary care physicians.

"I am very excited about the opportunity to spend time with the athletes and their parents at the IWLCA President's Cup," Dale said. "We will talk about the mental part of the game and provide parents with strategies they can use to help their daughters be at their best and enjoy their journeys as lacrosse players." For more information Greg Dale, please visit his [website](#).

#WHY SEPT1 – A Recruiting Panel Presentation for Players, Parents and Club Coaches:

Presented by:

- *Celine Cunningham, Senior Associate Director of Athletics, Bates College, and former Division III Head Coach*
- *Samantha Ekstrand, IWLCA Legal Counsel*
- *Liz Robertshaw, Recruiting Coordinator, Nor'easter Lacrosse, former Division I Head Coach and former USWNT Assistant Coach (two gold medals)*
- *Kathy Taylor, IWLCA President and Division II Head Coach, Le Moyne College*

Friday: 7:00 pm & Saturday: 11:00 am and 2:00 pm

Session Description

Learn more about the women's lacrosse recruiting process, including the intent and implementation of the landmark NCAA lacrosse legislation establishing September 1 of the junior year as the initial date for contact between Division I college coaches and prospects/parents. The presentation will help your family better understand the recruiting process, set expectations, manage stress and achieve an optimal result. Topics covered will also include communication tips, the effects of social media in recruiting, academics, highlight videos, showcase tournaments and camps.

All educational sessions will be held in the Jostens Building in the AC Nook, which is located just past the Grille at the ESPN Wide World of Sports.

Contact: Danie Caro; dcaroowlca@gmail.com