

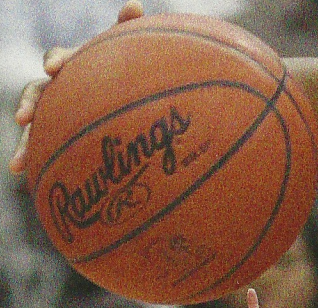
OHSAA



MAGAZINE

WINTER 2011

Canton McKinley junior Ameryst Alston



Tournament Time

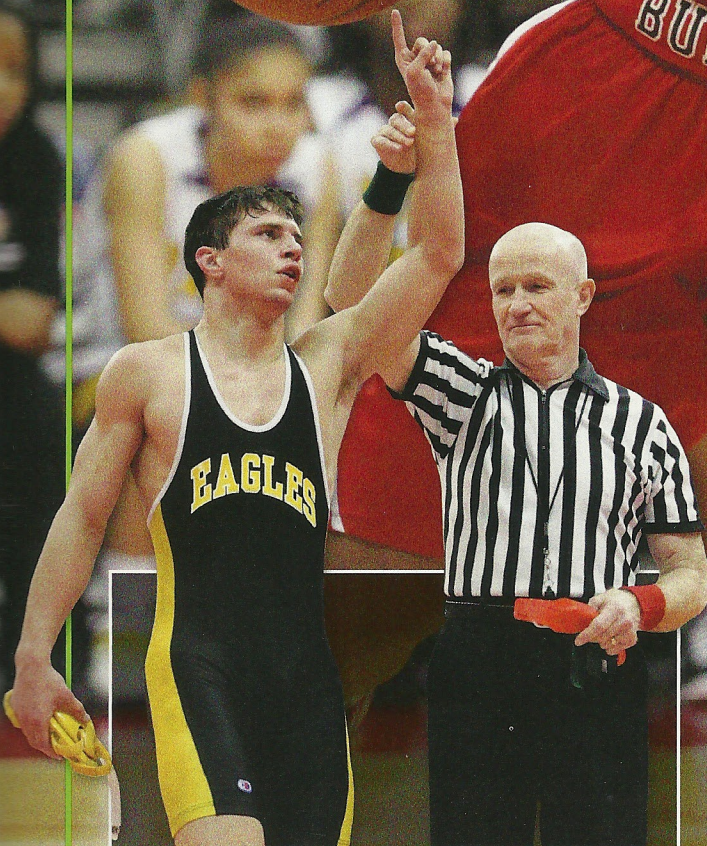
Dates, previews and notes to get you ready for the postseason

Glory Days

Welcome to Springfield, where championships are never forgotten and the 1950 state basketball champion Wildcats took their trophy on parade once again

The Clipboard

OHSAA news and updates, from eligibility and officiating to athletic administration and media



Monroeville claimed its first wrestling state title in 2010

If you have never seen the Parade of Champions at the OHSAA wrestling state championships, don't wait another year.



By Dr. Chris Stankovich, OHSAA Magazine Contributor

Athletic transferable skills and why they are important

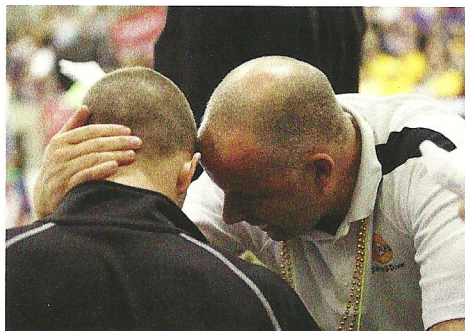
Athletic transferable skills are learned in sports and are invaluable beyond sports – including the classroom, a future career, and life! Examples of athletic transferable skills include the ability to set and achieve goals, motivation, discipline, being a good ‘team player,’ making spontaneous decisions, and bouncing back from adversity (to name a few). Surprisingly, athletic transferable skills often go unnoticed by athletes because they take these skills for granted and erroneously believe that other non-athlete students have learned the same skills. This oversight may be explained by how regularly athletes use their athletic transferable skills – and consequently, take them for granted.

When student-athletes make the connection that athletic transferable skills are a.) unique to sports, b.) invaluable beyond sports, and c.) can help in every aspect of life, only then will they realize that their sports career and the lessons learned while competing can pay huge dividends toward a lifetime of happiness, health, and peak productivity.

Why athletic transferable skills work

Have you ever wondered why some athletes are calm, cool, and collected on the field – yet when it comes to writing a paper or delivering a speech in front of a class the exact opposite occurs? For most athletes, making the connection that the confidence and composure needed for athletic success is the same confidence and composure needed for academic success often does not occur. Instead, most athletes compartmentalize their athletic skills – and forget about the “transferable” part of these skills.

More specifically, the same skills an athlete uses to prepare for an opponent or make important decisions in the clutch are the same skills needed to communicate with teachers or one day successfully complete a job interview.



How to use athletic transferable skills

- Begin to draft a list of all the skills you have learned in sports. To get you started, take time to write down as many skills as you can and be sure to include the small ones, too (i.e. regularly making it on time to practice).
- Review your list and begin to examine how well you are currently using the skills you identified in other areas of your life, including school and other activities. Try to look for ways to integrate your athletic transferable skills in better, more effective ways if you discover you are not using them at all.
- Talk to your coaches about athletic transferable skills and get their thoughts. You will likely discover even more athletic transferable skills you have probably overlooked when you listen to how they have used these skills to move ahead in their adult lives.
- Take time to tell your teammates about athletic transferable skills and how they can capitalize on them, too! Remember, most athletes take these skills for granted, so it is quite likely they will appreciate this new discovery! ☺



Dr. Chris Stankovich is a professional athletic counselor, media spokesperson, and author in the field of sport performance science. His doctorate degree is from The Ohio State University, with an emphasis of study in sport and health psychology. Known as “The Sports Doc” for his weekly television segment on Ohio News Network, he is also a featured national columnist for The Examiner. To learn more about Dr. Stankovich, including products and services, please visit www.drstankovich.com.

MYOHSAA UPDATE

Much progress has been made and development continues on the myOHSAA technology project. Three main areas are currently in development.

First, improving the member school scheduling tool. These include adding contest types to designate a scrimmage, preview, jamboree (football), Foundation Game (volleyball or basketball), etc., changing the contracting accepting interface, changing the display of the notification box and adding an event moving feature.

Second, finishing and launching the public interface is a top priority. This will allow everyone to be aware of schedule changes, etc., when they occur.

And third, work on the API (application programming interface) data bridge with Schedule Star continues as both parties work through testing and more testing to synchronize the transfer of data between the two systems.

Once the scheduling enhancements have been completed, member schools can expect an update regarding those new features and progress on the Schedule Star bridge. Stay tuned to OHSAA.org and the spring issue of OHSAA Magazine for another update.

WHAT’S THE SCORE?!?

The tournament brackets within myOHSAA are dynamic brackets, meaning that when OHSAA tournament contest managers enter scores following a tournament contest, the brackets are immediately updated for all to see. Therefore, tournament managers are reminded to enter final scores into myOHSAA as soon as possible for families, fans, and the media to utilize.

