

## THE UAA STUDENT ATHLETE ADVISORY COMMITTEE MEETINGS

# We Learned Principles to be Used in the Real World

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The first day was one heck of a ride. Originally I was supposed to take a flight on Friday night and arrive at Atlanta on Friday night, in preparation for the presentation that was to take place next day. Instead, my first flight got rained out and I ended up having to take a 6am direct flight from Rochester to Atlanta. I have no idea how they managed to pull off a last minute booking of an already-full flight, but somehow they made it happen.

I woke up at 5am Saturday morning, and it looked like everyone had 6am flights, for the terminal was really full by the time I got there. Nonetheless I made it off in time and arrived in ATL at promptly 830am, hailed an Uber, and got to the hotel at 9:10am. I eventually stumbled into the presentation scheduled for that day just as they were starting, and it looks like I arrived just in time

I am glad I did not miss that presentation, I found it to be very informative and at the end it really caused me to look back and think about the differing personalities that everyone has and how they interact with other personalities, sometimes leading to conflict, other times leading to agreement. I believe what Dr. Frances did different was that she really went in depth on how different personalities and attributes of a person can really have an effect on the workplace or social atmosphere, and she really analyzed the different characteristics and traits in detail.

It is my opinion that she tailored her presentation such that it was directed towards potential leaders of the next generation. She believed that Emergenetics is a vital branch of study that should be looked at in more depth and detail, especially because of the fact that it can have such a huge effect on the psychodynamics between human interactions, whether that is between a boss and a worker, or student and mentor.

I am grateful for the opportunity to have experienced this, and I think that most of the other participants in this workshop were as well. Numerous times throughout the workshop, and at the conclusion of the workshop as well, I thought about how it could be applied to the real world, especially when interacting with colleagues and friends. We did a lot of exercises, and one particularly interesting one comes to mind. We were given Emergenetics profiles, and each of us had to look for someone else in the room that did not have similar traits as us, and we had to coordinate drawing a picture of a flower without speaking. That was probably the activity I had the most fun with.

After the workshop, I knocked out for a bit 'cause I was so tired after the flight. We ended up going to an arcade and it was really fun. We played a ton of games, and I think it was really nice of them to give us some time off for relaxation. In addition, I got to know a lot of the other SAAC members a lot more, so that was good. I was a little surprised though, to find out that the majority of the participants did cross country/track. We had dinner there as well, so that was really nice. After the dinner, we took a picture, then most of us went to the new Mercedes Benz stadium for the Atlanta Falcons, where they had 'the biggest bird statue in the world'. I took pictures of it as well. It certainly felt bigger than life.

The day after was the official business portion of this trip, where we went over UAA and NCAA regulations. It took quite a while to go over the regulations and official policy, in fact it was well over two-and-a-half hours before we started on the legislative process of the meeting. Honestly, one of my first thoughts was, if this is how meetings go in Congress as well, it's no wonder that Congress can't get anything done! Anyway, there were a lot of deliberations and talking, but they were mostly all good points to bring up.

I was surprised on a couple of votes though, where the right decision to vote, either in favor or in opposition, seemed clear, and yet there were some people that voted opposite as me. I think it's good though, everyone prioritizes different things when voting on something and they were all legitimate concerns.

It was nice to see the delegates from different schools present their POV, and they often pulled examples or references directly from their competing sport, as they naturally had the most knowledge of that sport and the problems that it could face and how it could be affected if a specific legislation was enacted or not. I believe the majority of the student body agreed on a specific opinion on most of the topics.

Throughout the meeting I realized that we potentially had a bigger say in NCAA D3 athletics than I thought we did, and that NCAA genuinely tries to make sure that the student body's needs and opinion are addressed, with the representatives kind of helping the NCAA have an idea of what the general student-athlete body wants.

After the meeting, we said our goodbyes and left. I made a couple of friends on this trip and this experience was for the most part quite enjoyable, I would recommend it to anyone who is interested in this type of stuff next year. It was particularly eye-opening for me, as this was the first time I participated in a legislative process of any sort. I enjoyed it very much.

