

THE UAA STUDENT ATHLETE ADVISORY COMMITTEE MEETINGS

My Role As Captain Will Be Enhanced by What I Learned

By Sean Corcoran, Rochester Track & Field

At the UAA SAAC conference earlier in August, I was fortunate enough to learn about myself, gain some relevant skills to bring back to UR, and meet a cohort of driven and personable student athletes, across sports and universities in the conference.

Having been a Varsity Student Athlete Advisory Committee rep for the past year, I was excited to be able to gain insights from other individuals at the UAA peer schools. It allowed me to gain a new perspective from athletes who play other sports than me. Being a track athlete, it often times feels like it is both a team and individual sport, which can be a tug-and-pull mentally. Most of the athletes I met and the material discussed at the conference related to team sports and athletic departments at large, so this allowed me to take a look at the bigger picture.

Perspective will be key for this coming year, as I was lucky enough to be elected one of the captains of UR track and field. I learned that there are effective ways to approach leadership by using personality types and preferences. The conference began with a personality preferences profile called Emergenetics, and the results were insightful and applicable to not only athletic endeavors, but my social life. The results determined that I prefer to have structure and social interactions, and I was glad to have these attributes substantiated by the survey.

I met other student-athletes who preferred to be conceptual and analytical, which was a nice precursor to my approach as a captain here at U of R. Overall, I look forward to keeping in mind the importance of having a balanced team and a positive attitude, especially with running, which is mentally and physically taxing. I am honored and excited to finish out my athletic career at U of R equipped with this UAA SAAC network and skills to leverage. Last but not least, I'd like to thank the UR athletic department, Andrea Golden, Jim Scheible, and especially UAA Executive Director Dick Rasmussen for the opportunity to learn and network with other student athletes!



Sean Corcoran (l.) and Siobhan Seigne (r.) with the Emory Eagle.