

MCAA Newsletter

Winter
2014



Winter 2014

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*Preparing Coaches and
Athletic
Administrators for
service in the
21st Century*

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A Note from Our Director

MCAA Winter Term Begins

I would like to thank everyone who has contributed to making our program a successful educational and professional endeavor. Let's continue to learn, serve, lead and improve in our athletic programs around the country.

We humbly thank God for providing us with this great opportunity.

- Congratulations to everyone on the successful completion of our Fall 2014 term. Nine hundred and twenty three (923) students actively participated in our Fall term.
- A very special congratulations to those students who completed MCAA 595 (Culminating Project/Legacy Work), and have EARNED their MCAA degree.
- Please review our Winter Academic Calendar found in *Chelsea and Sheila's Corner*, found on page 4.
- A special congratulations to our MCAA students participating in the CUI Fall Graduation ceremony. The ceremony is being held on Saturday, December 13th at 10 a.m. in the CUI Arena.
- Our special thanks to MCAA professors, Dr. Jennifer Rizzo and Dr. Jason Valadao for helping us "prepare for the unexpected".
- Would you be interested in hosting an MCAA event in your area? Alumni & current students could share their MCAA experiences with prospective students. Please contact Tom, Jon, or Chris for further details.
- We continue to be blessed with great students
- We are extremely proud of our current students and alumni. Please help me out by sharing your best practices in athletics. Many of you are doing spectacular work and we would like to know more about it. This could include great performances by your team and/or the contribution(s) and special activities that you make to your school, community and the world. Please send me a brief note, letting me know more about your work. It's okay to brag a little. Please send to tom.white@cui.edu
- Please join me in welcoming our Winter Term students who are new the MCAA program.

On Being Positive, Honorable and Happy...

• Keeping your thoughts positive

*Because your thoughts become your words.
Keep your words positive
Because your words become your behavior.
Keep your behavior positive
Because your behavior becomes your habits.
Keep your habits positive
Because your habits become your values.
Keep your values positive
Because your values become your destiny.*

- Mahatma Gandhi

Paul's Letter to the Philippians...

*Whatever is true, whatever is noble, whatever is right,
whatever is pure, whatever is lovely, whatever is admirable,
If anything is excellent or praiseworthy, think about such things.*

Philippians 4:8

Robert Louis Stevenson on Staying Happy...

1. Make up your mind to be happy. Learn to find pleasure in simple things.
2. Make the best of your circumstances. No one has everything, and everyone has something of sorrow intermingled with the gladness of life. The trick is to make the laughter outweigh the tears.
3. Don't take yourself too seriously. Don't think that somehow you should be protected from misfortunes that befall others.
4. You can't please everybody. Don't let criticism worry you.
5. Don't let your neighbor set your standards. Be yourself.
6. Do the things you enjoy doing, but stay out of debt.
7. Don't borrow trouble. Imaginary things are harder to bear than the actual ones.
8. Since hate poisons the soul, do not cherish enmities and grudges. Avoid people who make you unhappy.
9. Have many interests. If you can't travel, read about new places.
10. Don't hold postmortems. Don't spend your life brooding over sorrows and mistakes. Don't be one who never gets over things.
11. Do what you can for those less fortunate than yourself.
12. Keep busy at something. A very busy person never has time to be unhappy.

Do not hesitate to contact us, if you have questions or problems. We are here for you.

God's Blessings on your Winter Term,

Tom



"In the same way, encourage young men to live wisely. Show yourself in all respects to be a model of good works, and in your teaching show integrity, dignity, and sound speech. Teach the truth so that your teaching can't be criticized. Then those who oppose us will be ashamed because they have nothing bad to say about us." Titus 2:6-8:

Winter 2014 Course Offerings

Subject to change, based on student enrollment

11/17/14 - 2/07/15

Course	IR/OL	Course Title
MCAA 510	OLI-OL7	PRINC COACH & LEADERSHIP
MCAA 520	OLI-OL3	PSYCHOLOGY OF COACHING
MCAA 530	IR	ETHICS AND SPORT
MCAA 530	OLI-OL6	ETHICS AND SPORT
MCAA 540	OLI-OL2	SPORT TECHNOLOGIES
MCAA 550	OLI-OL5	RESEARCH METHODS AND ANALYSIS
MCAA 560	OLI-OL3	LEADERSHIP & ADMINISTRATION
MCAA 561	OLI-OL2	ATHLETIC FINANCE
MCAA 562	OLI	FACILITY PLANNING/EVENT MGMT
MCAA 563	OLI	INTERGOLGTE ATHLTCS IN AMERICA
MCAA 567	OLI	ADV THEOR/STRAT COACH TRACK
MCAA 570	OLI-OL2	SPORT MEDICINE & PERFORMANCE
MCAA 573	OLI	ADV THEOR/STRAT COACH BASKETBALL
MCAA 574	OLI	ADV THEOR/STRAT COACH FOOTBALL
MCAA 575	OLI	ADV THEOR/STRAT COACH SOFTBALL
MCAA 577	OLI	ADV THEOR/STRAT COACH BASEBALL
MCAA 579	OLI	ADV THEOR/STRAT COACH WRESTLG
MCAA 580	OLI-OL5	LEGAL ASPECT OF SPORT
MCAA 585	OLI-OL3	STRENGTH, SPEED & CONDITIONING
MCAA 595	OLI-OL2	CULMINATING PROJECT
MCAA 595E	OLI	CULMINATING PROJECT: EXTENSION

MCAA Student Winter Scholarship!

Every **NEW STUDENT** who begins the MCAA program this winter will receive **\$500 towards tuition.**

Simply apply, get accepted into the program, and enroll in a winter course.

Writing Center Resource:

Attention all MCAA Students; the writing center provides writing resources to assist you to develop your potential as writers. If you need one-on-one assistance with developing ideas, supporting arguments and claims, and citing sources, please visit the writing center's website at www.cui.edu/studentlife/writing-center to learn more about the Writing Center and additional resources.



Chelsea and Sheila's Corner



Academic Calendar:

Winter 2014 (Nov 17 – Feb 6)

November

- ✦ 17 Instruction Begins
- ✦ 21 Last day to ADD a class
- ✦ 21 Last day to DROP a class without record of enrollment
- ✦ 27-28 Thanksgiving Holiday (Offices Closed)

December

- ✦ 5 Priority Deadline to apply for Spring 2014 graduation
- ✦ 13 Fall Commencement Ceremony
- ✦ 24-Jan 1 Christmas Holiday/Offices closed
- ✦ 25 A Merry Christmas, celebrating Christ's Birthday.

January

- ✦ 19 Martin Luther King Jr. Holiday (Offices Closed)
- ✦ 30 Last day to WITHDRAW from class with "W"

Graduation Applications:

We can no longer accept fall applications. We have reached capacity for the number of graduates and guests. We encourage you to apply for the spring ceremony. It will be held at the Bren Center in May with plenty of capacity. Our spring applications will available soon.

Holds Reminder:

Check your My Records account for holds and address any student account holds with the Bursar's Office, so that you can register. Please contact Edgar Lopez at edgar.lopez@cui.edu or call 949-214-3073.

Bible Verse: Matthew 11:28

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."

As a reminder, when things get overwhelming with personal life circumstances, holidays, academics or work, you can find rest and relaxation in the word of God. Don't forget to open your bible along with your other academic books this winter term!

Blessings,
Sheila and Chelsea

Financial Aid Reminder:

The Summer term began the 2014-2015 academic year. You will need to fill out the 2014-15 FAFSA and financial aid application for Concordia if you haven't done so yet. Please direct all financial aid questions to your financial aid counselor, Chris Prezler, at chris.prezler@cui.edu or call 949-214-3077.

Sports Medicine Minute

“Preparing for the Unexpected”

-by Jennifer Rizzo, MBA ATC, CES, Ed.D. and Jason Valadao, MD

Do you know your school’s Emergency Action Plan (EAP)? Does your school even have one? What does your coaching staff do when an athlete is seriously injured and you need to call in for emergency medical services (EMS)?

As a coach, athletic director or other staff member, knowing what to do and whom to call when an athlete is injured is vital and requires swift action. Injuries can occur within seconds, right where the action is, or somewhere on the court or the field where no one is looking. Having your entire staff act fluidly, with each carrying out their role, as dictated by the plan, can mean the difference between life and death, sorrow and joy, and possibly the end of a career.

The coaching staff in concert with the athletic department should review their emergency protocols each and every year, and possibly even twice per year due to staff turnover. Who calls 9-1-1? Who meets EMS with the keys to access the field or gym? Who informs the athletic director if he or she is not standing by? An EAP should be implemented for each athletic venue on campus, from the soccer field to the football stadium, the gymnasium or the pool. Each location will have its own unique protocol in terms of how EMS arrives, where the AED will be located and how the response will be carried out.

If you have never seen your EAP, then you should talk to your athletic director and fellow coaches. You may need to create one for your location. Below is a sample outline you can use to get started and you can always add more or less detail as you deem necessary.

What steps should be followed in an emergency:

- Who is in charge and what should they do?
- Who is the Emergency Care Provider (1st on scene) and what should they do? i.e. ATC, head coach
- Who is the Emergency Medical Assistant (2nd on scene) and what should they do? i.e., Assistant coach, AD
- Who is going to call 9-1-1 if needed?
- Who is the traffic controller? i.e., Meet EMS and take to scene of incident and who is going to remove athletes, parents and other spectators from the scene to allow entry of EMS?
- Who is the emergency vehicle escort?
- Directions to hospitals (include maps)
- Emergency plan for when the head coach or athletic trainer is not present
- Important emergency numbers and list of physicians that are available to assist
- Athletic Director cell phone number, school health office/nurse number, principal, others in the chain of responsibility

While the information presented here may seem ordinary and simple to you, that may not be the case for others in your athletic department. A meeting to discuss the EAP may seem like a mundane task, but if you trust that it will make a difference during that intense moment in time, then you will surely understand the value it will provide to your institution and its athletes.



Dr. Mark McElroy
MCAA 520-Psychology of Coaching &
MCAA 595-Portfolio Advisor

Mark graduated from San Clemente High School, California, in 1978 where he played football, wrestled and golfed. After playing football at Kansas State University for his freshman year, he found himself back at Saddleback College to play football. He started at wide receiver for the conference champs in 1979 and helped lead the Gauchos to a final national ranking of 3rd in the nation. McElroy then transferred to California State University, Chico, where he received his Bachelor's degree in Physical Education in 1982 and finished his football career there. Dr. McElroy completed two Masters degrees: one in Leadership and Human Behavior from USIU and one in Physical Education from Azusa Pacific University. He finished his educational pursuits by earning a Doctorate in Sport Leadership from Brigham Young University. In addition to his coaching duties, McElroy loves to teach and is very active in Physical Education. He coached the Saddleback Surf Team to the NSSA State Championships in 2002. He serves as a professor in the Masters Program in Coaching and Athletic Administration at Concordia University Irvine.

Dr. McElroy has taught at Saddleback College since 1999. He has instructed numerous courses, currently teaching Sports Psychology, Surfing, Beach Volleyball, Golf and is the Head Football Coach. He is in the process of developing the recreation program at Saddleback and is excited about the prospect of the future in this discipline. In his spare time, he enjoys reading, surfing and camping.

In addition to his coaching and teaching duties, Mark has authored a book entitled "Coaching the No-Huddle Offense", produced six instructional videos for football, has presented at numerous clinics over the past 15 years and authored the initiative to change the High School Tiebreaker System in California in 1997. He believes strongly in teaching character to his athletes in helping them become not only better football players, but also better people.

Welcome our Newest MCAA Teammate
Lupe Valdivia, Administrative Assistant

Please join us in welcoming Lupe, our new MCAA Administrative Assistant. Lupe comes to us with over 10 years of experience working in a professional office setting. In her most recent position with Community Service Programs, she collaborated with prosecutors from the Orange County District Attorney's Office by providing victim services. Her experience is enhanced by her Bachelor's degree in International Studies and Minor in Political Science from Cal State Long Beach.

Lupe grew up in Southern California. Her childhood summers were spent at her grandparent's farm in Fresno, Ca. Some of her fondest memories on the farm were rooting for the Dodgers with her grandpa and feeding the chickens with her grandma. Nowadays, she stays out of trouble by experimenting in the kitchen with her best friend, DIY-ing and traveling.

We are very Blessed to have Lupe join our MCAA team.



MCAA Alumni

Alumni Connections

The MCAA program is offering resources, tips, strategies, web links, and other items to support our alumni and current students to improve their professional levels and job status.

Career Opportunities

Important Note: The MCAA department does not provide careers or job placement.

Here are some helpful career links that you can click on to review possible career opportunities. You can directly contact or fill out an application for the opportunities to where you meet the qualifications and requirements:

NCAA Career Services

- Job Openings
- Job Seekers

National Federation of High Schools

- Link to each State organization

American Association of Community Colleges

- AACC

Alumni Benefits

All Concordia University Irvine alumni can enjoy special benefits, discounts, and events. For more information go to www.cui.edu/alumni.



Where are our students and alumni?



Key

- **New Students Summer 2014 (186 students)**
- **Current Students Summer 2014 (920 students)**
- **Alumni Students (1,195 students and counting!)**

42 states represented!

The MCAA Program Comes to You...

Where we have been (Fall Term)

- Porterville
- Los Angeles
- Prescott
- San Diego
- Des Moines
- Seattle
- Spokane
- Sacramento
- Queen Mary Long Beach
- Concordia University Irvine
- Pittsburgh
- Anaheim

Our next stops (Winter Term)

- Chico
- National Harbor
- Orlando
- Daytona
- Las Vegas
- Los Angeles
- Waco
- Fresno
- Bakersfield
- Elkton



Would you be interested in hosting an MCAA event in your area? Alumni & current students could share their MCAA experiences with prospective students. Please contact Tom, Jon or Chris for further details.

A Note from Admissions

Greetings from the admissions team,

We hope that you had a great Summer and were able to get out and enjoy the nice weather. As the weather gets cooler and we head into the holiday season, we want to wish you a Happy Thanksgiving and a safe and Happy Holiday Season. As usual, the admissions office is buzzing as we prepare for the winter term to begin on November 17th and the spring term to begin on February 16th. If you have any friends or colleagues that might be interested in joining the MCAA program, please have them contact Jon or Chris or send us their contact information. The MCAA program continues to grow and one of the big reasons for that growth has been YOUR constant feedback and support of the program.

Another way that we are expanding the MCAA program is by getting out and meeting prospective students face-to-face. We have been hosting MCAA Information Nights in cities like Pittsburgh, PA, Seattle, WA, Des Moines, IA, and several cities around CA. Check the MCAA calendar on our website or contact Jon or Chris to find out when we will be in your area. We would love to catch up with you and for you to bring your friends out to see what makes the MCAA program so great. Our next information night is scheduled for November 20th at 7:00 p.m. in Elkton, MD. Contact Chris Lewis if you are in this area and have any friends or colleagues that might want to attend.

As always, please contact us at any time if there is anything that we can do for you. We look forward to hearing from you!

Your Admissions Team,

Chris, Jon, and Erika



**Keep up to date with all MCAA
News and Updates:**

Facebook:

<https://www.facebook.com/ConcordiaIrvineMCAA>

Twitter:

<https://twitter.com/ConcordiaMCAA>

COME SAY HI!

**The MCAA office is located at
15420 Laguna Canyon Rd.**

Suite 150

Irvine, CA

Dean's Devotion

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11

During the 37 years that I have been coaching football it has been my privilege to coach a host of young men at the collegiate, high school and grade school level. Many athletes have changed my perspective and my perceptions of God and the world. But no one has had quite the impact as a high school junior last year named Jake Olson. You see, Jake is blind.

Jake loved football and had played on youth teams. He missed being on the field and being part of a team. So at the age of 16 Jake decided that he could become a long snapper and play on the high school football team. As we started working to develop his snapping ability, I began to think that I had made a mistake. Jake was terrible! He didn't know how to hold the ball; the distance to the punter; and couldn't catch the football when I threw it to him. Despite the obstacles we kept working 60-90 minutes a day; 5-6 days a week; until August 15th when the head coach announced Jake was the starting snapper for field goals and extra points. Oh, there were some moments. Like when he snapped for the first time. In the excitement we forgot he was still on the field and realized he was running to the opponent's sideline!

Jake told me even when he became blind he believed God had a plan for his life he would treat each day as a blessing. Solomon writes in Proverbs 3:5-6, "Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths." Jake believes we need to put the Lord first in our life and draw strength from him; that the only thing that stops you is you. Solomon writes in Proverbs 23:7, "For as he thinks in his heart, so is he."

As I observe Jake and what he has accomplished I can't help but think of Solomon writing in Ecclesiastes 9:10, "Whatever your hand finds to do, do it with all your might." Jake is a gifted math student with a 4.4 GPA. He sings in the high school honors choir, plays on the golf team, snow skis, went on a mission trip to Costa Rica, has his own speakers bureau and was featured speaker at the FCA National Championship Breakfast and Governor's Conference. Jake recently coauthored a book "Open Your Eyes: 10 Uncommon Lessons to Discover A Happier Life." He shoots in the 70's on the course and partnered with Ben Crenshaw in the Pro-am at Pebble Beach. He was featured on ESPN during last year's Super Bowl Sunday as Carroll's Inspiration and was interviewed on the Katie Couric Show. Jake wants to help young people who are blind and has started the OUT OF SIGHT Foundation to raise money for cancer victims like him. Jake has endured many trials in his life but continues to find the positive in every situation. He is an example of Paul's words to the Philippians, "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." Philippians 4:8

Dear Jesus, help us to realize that although your plans are not always clear, your plans are there to help us prosper knowing with you there is hope and a future. Empower us to concentrate on what we can control our attitude and our effort. In your Holy Name, Amen.



CIF Los Angeles Symposium



Director Tom White, Dave Cowen, and Dick Dirish, who is the Sports Information Specialist for the CIF Los Angeles City Section.

Champions for Character Award Ceremony



Jim Perry, Tony Diaz, Rob Wigod, Jim Staunton, and Tom White at the 11th Annual Champions for Character Award Ceremony 1/29/2014 The Queen Mary Grand Salon Long Beach, California

AIAAA State Conference

Prescott, AZ



Mike Reardon, Director Tom White, and MCAA Alumni Mark Gathmann after the Character Matters group meeting. Mark is the Athletic Director at Pinot USD in Pinot, AZ.

MCAA Team Contact Info

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<p>Erika Arriaran Application Coordinator erika.arriaran@cui.edu (949) 214-3267</p>	<p>Chris Lewis Assoc. Dir. of Admissions christopher.lewis@cui.edu (949) 214-3025</p>	<p>Jon O'Neill Assoc. Dir. Of Admissions jon.oneill@cui.edu (949) 214-3577</p>	<p>Lupe Valdivia Administrative Assistant lupe.valdivia@cui.edu 949-214-3260</p>