



2022 NSCA *NATIONAL* CONFERENCE

July 6-9, 2022 | New Orleans & Online
#NSCACon22

› *KNOWLEDGE*
› *ADVANCEMENT*
› *COMMUNITY*

CONFLICT OF INTEREST STATEMENT

I have no actual or potential conflict of interest
in relation to this presentation.

A hand holding a compass over a desert landscape with a winding road. The compass is a standard analog compass with a white face and black markings. The hand is wearing a green long-sleeved shirt. The background is a desert landscape with a winding road and a body of water in the distance.

My Journey Lessons Learned



Meg Stone, MA, CSCS,*D, RSCC*E, FNSCA*E
My Journey: Lessons Learned

2022 NSCA
NATIONAL

Lesson 1

You are not strong enough !!

Lesson 2

When you are in a hole

Stop digging and get out

Make a change

Lesson 3

Opportunity

Grab it

Make the most of it !

Lesson 4

Meet Challenges
Head On

Don't Buckle !



Meg Stone, MA, CSCS,
My Journey: Le

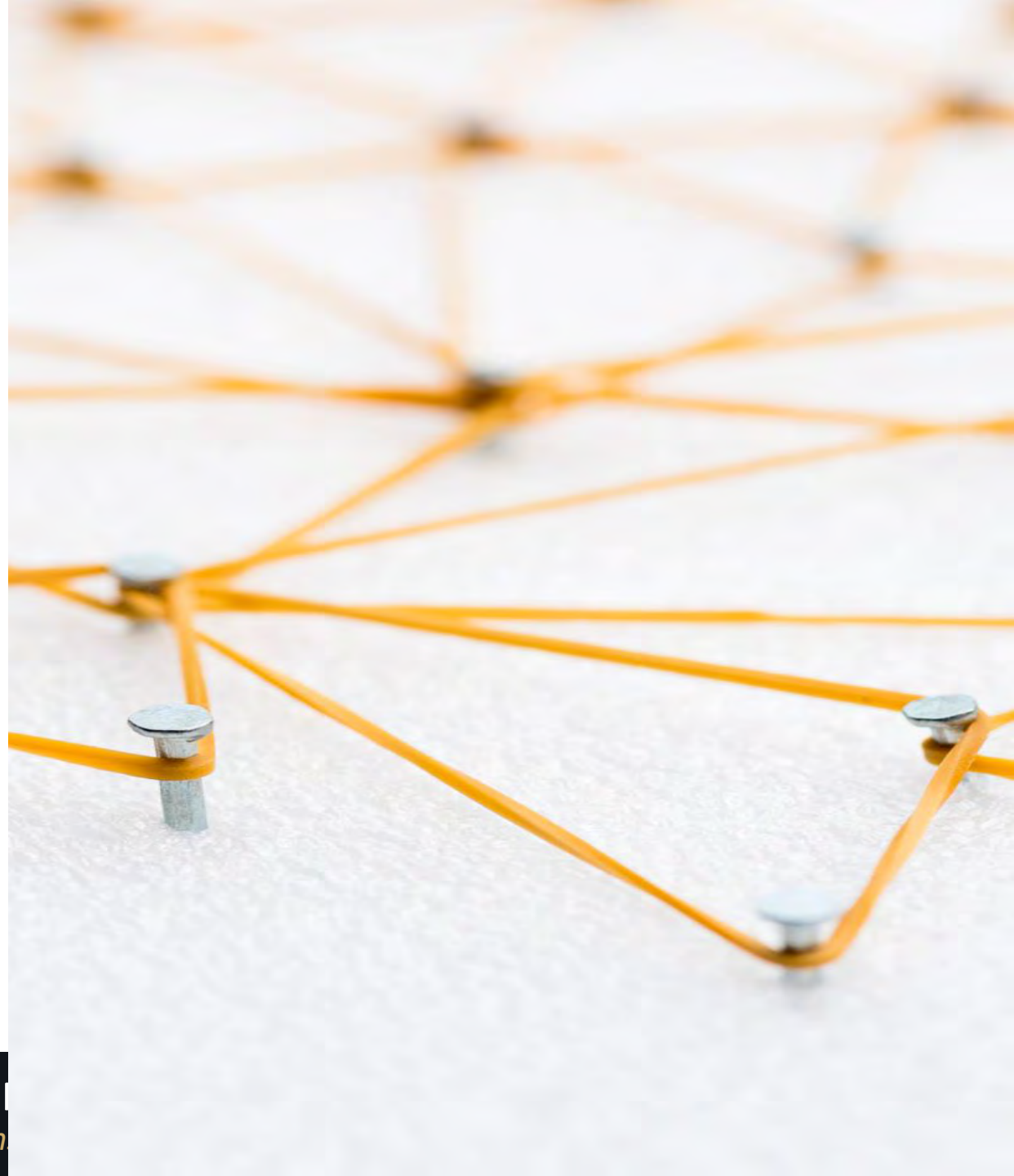


EDUCATION

Don't Do Stupid
Stuff !!

Lesson 6

Build Your Network



Hire Character

Lesson 8

Jump

Take a chance

Don't be afraid of
Change



Lesson 9

Watch your EGO

Don't let it get the
better of you

Education

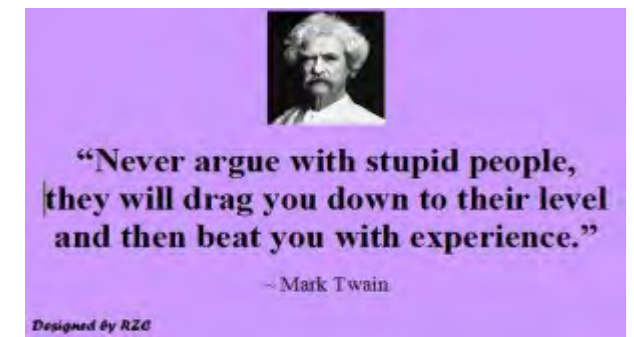
Education

Education

DON'T DO STUPID STUFF!

Why ask the question ?

• Northwestern University	Rashidi Wheeler	Football	2001	practice	died	ephedra induced asthma attack
• Minnesota Vikings	Korey Stringer	Football	2001	practice	died	heatstroke
• University of Florida	Eraste Autin	Football	2001	practice	died	heatstroke
• Clinton Central High School	Travis Stowers	Football	2001	practice	died	heatstroke
• Florida State University	Devaugh Darling	Football	2001	practice	died	sickling, rhabdo
• Bowling Green State Uni	Leslie Dawley	Soccer	2002	game	died	sickling
• Bowling Green State Uni	Aaron Richardson	Football	2004	practice	died	sickling, rhabdo
• University of Missouri	Aaron O'Neal	Football	2005	practice	died	sickling, rhabdo
• Rice University	Dale Lloyd	Football	2006	practice	died	sickling, rhabdo
• University of South Carolina	7 athletes	Swimming	2007	practice	hospitalized	rhabdo
• University of Central Florida	Ereck Plancher	Football	2008	practice	died	sickling
• McMinnville, OR	19 athletes	Football	2010	practice	hospitalized	rhabdo
• University of Iowa	13 athletes	Football	2011	practice	hospitalized	rhabdo
• Ohio State University	6 athletes	Lacrosse	2012	practice	hospitalized	rhabdo
• Itawamba Middle School	3 athletes	Basketball	2013	tryouts	hospitalized	rhabdo
• Ohio State University	6 athletes	Track & Field	2014	practice	hospitalized	1 rhabdo
• Morgan State	Marquese Meadow	Football	2014	practice	died	
• Naval Academy	Will McKamey	Football	2014	practice	died	
• Texas A&M University	Bianca Brinson	Soccer	2014	game	hospitalized	sickling, rhabdo
• North Texas	Ebeniey Jeter	Basketball	2015	xxxxx	died	Unknown



- ATC 56yrs old- 2013 currently teaches as a full time faculty member at the university level
Previously, Head ATC at the collegiate level for ten years.
I don't miss collegiate athletics one moment of my day. I've never been happier.
- I don't miss explaining to grown adults working as coaches why it's too hot to practice outside or the basic mechanism of how the body cools it's self.
- I don't miss telling coaches why you can't practice outside in lightening or why an athlete who has demonstrated signs of concussion can't return to play...even if they feel ok now.
- I don't miss less educated professionals questioning my decision making as if I want them to loose or I'm negatively affecting their success. I could go on and on.....
- I would challenge you to come up with another profession (coaching) that has fewer professional requirements and has more influence over young people. Most make decisions base on emotions rather than research or science.

There is nothing more difficult to take in hand, more perilous to conduct, or more uncertain in its success than to take the lead in the introduction of a new order of things. Because the innovator has for enemies all those who have done well under the old conditions and only lukewarm defenders in those who may do well under the new.

Frank Dick:

Change is inevitable..... You might as well try to stop the world and get off as try to halt change. Far better to accept it welcome it and influence it. After all, in a changing world, change is the only thing you can really count on, and change is on your side.

Why Education ?
because.....

- Questions

You must realize one thing. In every little village in the world there are great potential champions who only need motivation, development and good exercise evaluation.

Arthur Lydard

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