

Committee on Athletics Meeting Minutes - DRAFT
Wednesday, Dec. 15, 2021 Meeting #4 - Zoom

Present: Chris Karadjov, Gary Metzker, Michael Solt, Portia Resnick, Sandra Shirley, Jana Fogaca, Ulices Pina, Ivan Morales, Andy Vaca, Corrinne Garthoff, Jarrod Spanjer, Jose Raya Perez, Becca Seguancia, Mike Habura.

- I. Call to Order at 15:02. Agenda approved by

performance based. They do individual counseling, team bonding, how to communicate with the coach. Large age gaps between coach and player. We also work with family therapists. Could be life and coping skills. Even gender identity issues are discussed. Also work with kinesiology department on performance-based issues. Still use CAPS for crisis issues and the sports psychologist on campus.

Traci Larsen works with Jarrod as well with nutrition issues. She also helps with disordered eating; there is a teams approach on this issue. A large group of professionals are available to meet with a student-athlete. Moving forward, goals include getting a diversity of therapists, some are former athletes, different ages, different sexes. Work on getting messages in front of the athletes. Chris asked Jarrod about percentage of student-athletes seeing therapists. Jarrod said right now it is about 30-40 athletes per month (about 10%). More females seek services.

Student-athletes that suffer concussions are often seen by Jarrod's group.

V. **Adjournment:** Sandra moves for adjournment and Jana seconds. Meeting adjourned at 15:44.

COA: <https://www.csulb.edu/academic-senate/committee-athletics-coa>

Recurring Zoom link: <https://csulb.zoom.us/j/84001105418>