

ILLINOIS HUMAN PERFORMANCE PROJECT



# SUMMER AT IL HPP!

## UPCOMING EVENTS

We can't wait for all of our upcoming in-person events this Fall! Although we've loved our online trainings and conferences, there is something special about meeting with our schools, chapters, and community in person!

Save the date for a Fall Kick Off event on September 23rd! Middle school and high school students are invited for pizza, games, and more! Stay tuned for more info. We are busy planning Coaches' Clinics, our Mid-Year event, a Student Leadership Committee, and other exciting ways for you to get involved with the IL HPP Team. To stay up to date, visit our website: [ilhpp.org](http://ilhpp.org)!

## CONFERENCE HIGHLIGHTS

Thank you to everyone that came to our summer conference! We were joined by students and chapter advisors from Barrington, Buffalo Grove, Conant, Grayslake North, and Libertyville. We had an incredible three days packed with speakers, interactive activities, leadership training, and more.

We kicked off the first day of conference with a presentation about stepping up and taking risks with M&P Presentations. We then learned about the foundations of nutrition with Bailey Jones. Our virtual second and third days of conference included icebreaker activities with Tim Woodrome, a presentation about digital wellness and sleep with Annemarie Sampson, and leadership development training with John Woods. Thank you to all who attended. Watch our recap [VIDEO](#) to learn more.



Lunchtime at the Be The Change Conference

## NEW TEAM MEMBER

Please welcome our newest team member, Haley! She has a background in communications, graphic design, and social work. Haley is responsible for maintaining the website, managing our social media platforms, and creating digital and print content and materials. She will also assist with outreach and marketing to the community! Haley is excited to collaborate with the IL HPP team and utilize creative marketing strategies to grow our program! If you would like to contact Haley, email [haley@ilhpp.org](mailto:haley@ilhpp.org).

## PROGRAM SUCCESSES

Despite living through a pandemic, the IL HPP Team was still able to have many successful and positive experiences, thanks

to all of you! While we are still finalizing our numbers for this past school year, we have been able to reach over 139,000 individuals through social media, events, trainings, our website, and our schools and partners sharing and spreading IL HPP messaging and materials. This is such a huge accomplishment! We were successfully able to provide resources, education, and materials to 63% of our target counties as well! The IL HPP Team worked hard to adjust programming, events, and trainings to continue to fit the needs of changing policies and protocols due to COVID-19. We look forward to continuing to provide high-quality support and resources to you this coming school year and make a positive impact in the lives of so many!