



CHOOSE OPTIMAL • TAKE THE LEAD • ACHIEVE TOGETHER

# TRAINING & SUPPORT CATALOG

This catalog provides information about the Illinois Human Performance Project, calendar of events, training topic opportunities, as well as, materials and resources for students, adults, chapters, and schools involved with the program.

***\*This document is subject to change***

2023-2024 SCHOOL YEAR



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# WHAT IS *IL HPP?*

The Illinois Human Performance Project (IL HPP) is a chapter housed within the national program, Life of an Athlete Human Performance Project (LOAHPP). John Underwood, founder of the national program, teaches how lifestyle decisions can impact your mental and physical performance. Through scientific research we know that sleep, blue light, nutrition, drugs, alcohol, mood, and mindset all play a large role in how our bodies perform. LOAHPP developed this program in collaboration with veteran US Navy SEALs and founders of Applied Performance Sciences (APS) whose primary focus is leadership development.

Through the combination of scientific research and leadership development we are able to provide education to students, parents, and school personnel about enhancing their performance by identifying ways to build accountability and make healthy lifestyle choices.

Although the national program was originally designed for athletes, IL HPP targets all students, not just athletes. Students are challenged to empower their peers to set positive standards in health and leadership to achieve optimal performance. The implementation of the Human Performance Project may look different in every school. The power of this project is the way it can be adapted to fit the needs of each individual school and community that chooses to get involved with promoting a positive, healthy culture.

This catalog will provide further insight in to the types of programs, trainings, and opportunities IL HPP can provide to best support students, staff, and our communities. We look forward to connecting and providing our services!





# IL HPP STUDENT LEADERSHIP COMMITTEE (SLC)

Helping student leaders work together and collaborate with others to make a greater impact in their communities.

## ABOUT THE COMMITTEE

This Student Leadership Committee serves as one voice from all participating IL HPP chapters, schools, and individuals. Participating students will gain new insights to inspire others, influence the direction of events and messaging, and increase their leadership skills to impact their school and community. The SLC will be driven by IL HPP's core values: excellence, leadership, and commitment.

### EXCELLENCE

*Become the best version of yourself so you can encourage your community to do the same!*

### LEADERSHIP

*Increase your leadership opportunity to share your impact with others!*

### COMMITMENT

*Commit to being a part of this group, participating, and collaborating at each meeting!*

## 2023-2024 MEETING DATES:

September 6th, 2023 7:00 - 8:00 PM (Hybrid)

November 1st, 2023 7:00 - 8:00 PM (Virtual)

January 10th, 2024 7:00 - 8:00 PM (Virtual)

March 6th, 2024 7:00 - 8:00 PM (Virtual)

May 1st, 2024 7:00 - 8:00 PM (Hybrid)

All virtual meetings will be hosted on Zoom. All hybrid meetings will be hosted on Zoom as well as at the OMNI Buffalo Grove office located at 1111 Lake Cook Rd. Buffalo Grove, IL 60089.



**SIGN UP HERE!**



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**CONTACT IL HPP:**  
training@ilhpp.org  
visit [ilhpp.org](http://ilhpp.org)



# UPCOMING EVENTS

## INTRODUCTORY CALLS

If you would like to learn more about the IL Human Performance Project, we invite you to join our Introductory Call via Zoom. This is a great opportunity if you are interested in starting a chapter at your school or partnering with us! These calls will take place in September 2023 and March 2024.

Learn more here: <https://ilhpp.org/events/introductory-call>.

## ADULT *IMPACTORS*/ CHAPTER ADVISOR CALLS

IL HPP is now offering 2 faculty/chapter advisor calls this school year to provide a time and space for involved adults to network, discuss chapter challenges and successes, and for IL HPP to share relevant and important information. These calls are optional but strongly encouraged! The calls will take place in November 2023 and May 2024.

Learn more: <https://ilhpp.org/events/chapter-advisor-calls>.

## OPTIMAL PERFORMANCE TRAININGS

Join the Illinois Human Performance Project for our Optimal Performance Trainings featuring expert speakers on topics that range from leadership, mood & mindset, sleep, nutrition, and chemical health. Keep an eye out on our website for more information on upcoming Optimal Performance Trainings in November 2023 and March 2024.

## LEADER ADVOCACY WORKSHOP

This year the IL HPP team is going on the road this year and we want to come to your school! We are excited to be planning and hosting mini conference style events with expert speakers at local high schools in our regions in northern and central Illinois. Be sure to follow us on social media and check out our website for more information to be released!

Interested in us hosting an event at your school?

Reach to us at [info@ilhpp.org](mailto:info@ilhpp.org).



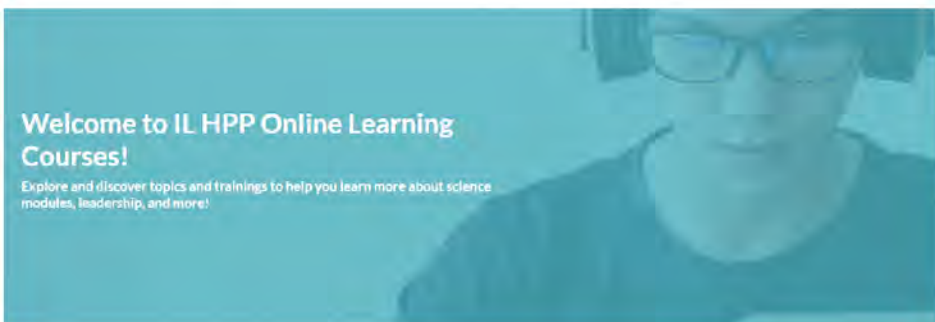
# LEARN WITH US

## “WHAT’S THE MOOD WITH ILHPP?” PODCAST

Join us for monthly interviews with guests and experts as we discuss topics such as nutrition, chemical health, mood and mindset, sleep, leadership, and more!

A new podcast is released every second Monday of the month, but be sure to also look out for bonus episodes called “Playing It Safe with The Prescription Playbook.”

[LISTEN HERE](#)



### All Online Courses

Click on a course below to get started!

Rx Toolkit  
Safe Disposal of Prescription Medications  
14 Lessons Free

Rx Toolkit  
Safe Storage of Prescription Medications and Stimulants  
10 Lessons Free

Rx Toolkit  
Safe Use of Prescription Medications and Stimulants  
11 Lessons Free



## IL HPP ACADEMY

Explore and discover topics and trainings to help you learn more about our five modules at any time.

Visit [academy.ilhpp.org](http://academy.ilhpp.org) to access over 10 free courses that focus on leadership, mood and mindset, sleep, nutrition, and chemical health.

You can take these courses individually or as a group at your own pace. Look out for new courses throughout the year!



# HUMAN PERFORMANCE PROJECT

Illinois

EXCELLENCE • LEADERSHIP • COMMITMENT

## A Partnership With IL HPP

The ultimate goal of the Illinois Human Performance Project (IL HPP) is to create a culture where positive lifestyle choices are the norm in your school and community. Developing a partnership with IL HPP will depend on your individual school's needs and interests. A partnership could be as simple as IL HPP providing informational posters to promote a healthy lifestyle or as involved as IL HPP team members presenting wellness topics to a group of students. The IL HPP team can provide resources to combine with an existing leadership model at your school or help you establish a new leadership initiative. We are here for you and want your school chapter or club to be what your student body needs!

## IL HPP Chapter Model Checklist

*A structured IL HPP program in your school includes a chapter. This program is not just a chapter though... it's a lifestyle!*



2-3 staff supporters/chapter advisors



Scheduled meetings throughout the school year focused on our core modules (sleep, nutrition, chemical health, mood and mindset, and leadership)



6 or more student leaders in the chapter



Student leaders in the chapter who are a part of our Student Leadership Committee, where they connect with student leaders throughout Illinois



Awareness and prevention activities that offer ways to create immediate positive change and get students excited about information that can help optimize their performance



SCAN FOR  
2022-2023 TRAINING  
CATALOG



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# TRAINING TOPICS



## CHAPTER DEVELOPMENT

Whether you are a brand new IL HPP Chapter or have been operating for several years we can provide chapter specific trainings to student leaders and chapter advisors. Some topics can include: fundraising, staple programs (i.e., brown bag lunch, 5th quarter events, etc.), facilitating meetings, obstacles and challenges of having an IL HPP chapter, and more!



## ATHLETIC PERFORMANCE

This category can be an option for both adults and students as we explore further in depth how the core science modules (sleep, nutrition, mood and mindset, and chemical health) impact our athletic performance. We can also provide information on building a successful team, training and recovery, coaching strategies, mental conditioning and preparation, and motivation.



## CREATING A CULTURE

Creating a culture of excellence is a phrase that IL HPP values and advocates for all of our participating schools. How do you get there? What does it take to build and create a culture that is positive, uplifting, encouraging, and aspires to lead by example of healthy decision making? We'll talk about strategies, planning, goal setting, and expectations to help get you to the results you're looking for!



## SCIENCE MODULES

IL HPP focuses on four core science modules: sleep, nutrition, mood and mindset, and chemical health. During these trainings we will provide in depth, scientific factual information about the importance of all of these modules and how those factors can impact your performance mentally, socially, academically, and physically.



## TEAM BUILDING

IL HPP strongly believes in team building to better the relationships and success of a group of people. We provide hands on, interactive learning opportunities to develop and strengthen your team as well as discuss the importance of commitment and accountability. We will also review the different roles within team building activities and how to de-brief after an activity.



## COMMUNICATION

Communication is essential in all the hats and roles we wear. Topics include: conflict management, confrontation and conflict resolution, presentation skills, listening skills, tools and techniques for effective communication.

## AND MORE...

Not finding what you're looking for? Complete this form to inquire about additional topics and IL HPP will be in touch about how we can accommodate your needs.





# TRAINING & SUPPORT LOGISTICS

**TIMING:** IL HPP trainings can be adaptable to fit the needs of each inquiring program. Typically, trainings are prepared in 45-60 minute increments. If you require more or less time, please talk with an IL HPP Team member and we discuss how to adapt our content and activities to better fit your training needs.

**LOCATION:** IL HPP can present in a wide variety of formats including but not limited to meetings, events, conferences, and assemblies. Our content and activities can be adjusted to fit small or large group settings. We can provide in-person trainings as well as virtual and online options.

**SERIES:** If you are looking for multiple trainings or are interested in several training topics, we can create a custom schedule to fit your needs. For example, we can create a six hour training with multiple topics, or make multiple visits during a period of time to break down several trainings.

**AUDIENCE:** All of our trainings and modules can be adapted to fit a variety of audiences. We have provided programming to middle school and high school students, faculty, staff, administrators, coaches, preventionists, community members, parents, social workers, and other similar professions. Please let us know when inquiring about a training which audience(s) we will be presenting to and how many people you anticipate attending.

**To schedule or inquire about a training, please complete this form.**

**TRAINING & EVENT INQUIRY**



# CONNECT WITH US



ILHPP.ORG



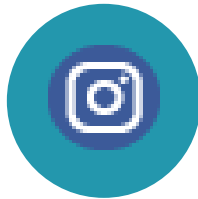
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