

ILLINOIS HUMAN PERFORMANCE PROJECT



# A TIME OF GROWTH AND CHANGE

## VIRTUAL SUMMIT

We are so thankful to all of our 150 attendees for participating in our first Virtual Summit on our social media platforms June 9-11. We had a variety of students, staff, and community members participate. These three days were jam packed with various keynote speakers discussing resiliency, time management, athletic training, and adapting to our current times as we all navigate this pandemic. After the speaker sessions, some schools chose to have debrief video calls with their students and staff to discuss the sessions and how they can integrate this information into their chapters. We also offered some fun challenges and giveaways during the summit! If you were unable to attend or would like to replay the speaker sessions, you can find them on our [YouTube channel](#) or IGTV. We look forward to continuing to provide with you trainings and content on our social media throughout the rest of the summer.

## ATHLETIC TRAINING RESOURCE

Recently our IL HPP Rx Playbook Team has put together a new resource, The Athletic Trainer's Clipboard. Within this resource, Athletic Trainers can learn more about opioids, prescription drugs, and the role they play when working with their athletes. Talking about opioids and prescriptions can be challenging for some people, so this resource has a checklist, tips, and strategies to guide Athletic Trainers on how to engage in appropriate and safe conversations around safe use, safe storage, and safe disposal of their medications with athletes and families. Create a free account on our [website](#) to download the full resource.



IL HPP Team members hard at work running and coordinating the IL HPP Virtual Summit 2020 at the office.

## IL HPP EXPANSION

The IL HPP Team is excited to announce that we are expanding! We have recently been awarded a grant to now service the central region of Illinois, which expands our reach to nineteen counties across the state. We are looking forward to growing and expanding our resources to more schools and communities to spread the messages of leadership and healthy decision making and how that impacts human performance. Due to the expansion, we are also growing our team! As we begin the school year, you may be introduced to a few new faces - and we are very excited to bring them on board the IL HPP Team! Please contact [info@ilhpp.org](mailto:info@ilhpp.org) for any questions about our exciting news!

## 2020-2021 SCHOOL YEAR

As we inch closer to the upcoming school year, we still plan to provide trainings, resources, and content to all of our schools and engaged partners. We will base our ability to be in-person by the state guidelines, to ensure the safety and well-being of all. If you are looking for resources or trainings on leadership topics, science modules, or opioid education and awareness - please contact us at [training@ilhpp.org](mailto:training@ilhpp.org) to set-up a call to discuss how we can support your needs. We are also open to your suggestions as to what additional resources, programs, or trainings you feel we can provide. As an example, we are considering offering a chapter advisor call multiple times a year to provide the opportunity to network and collaborate!