



It's that time again!! Mark Dreibelbis, Assistant Commissioner of the NCHSAA, would like to extend an invitation to your athletic department to participate in our Coach & Captain Retreat Saturday, October 4, 2014 through Sunday, October 5, 2014.

The retreat will once again be held at the Radisson Hotel in Research Triangle Park. A wide variety of topics will be covered, including

- emphasis on leadership qualities,
- effective communication about issues that affect teams or groups, and
- understanding ways to prevent substance abuse and violence in athletics.

After attending the retreat, you can expect your team to return to school and put their leadership in action. Examples of leadership activities are creating a "drug free" bulletin board in your school, designing a handbook for your school using a "good sportsmanship" theme, or planning a Fan Appreciation Day, to name just a few. Accepting the invitation to the Coach & Captain Retreat carries with it the special responsibility of continuing to develop leadership among young athletes.

The Coach & Captain Retreat is an excellent opportunity for student athletes to discuss ways to make "more of a difference" in their various schools and communities. This retreat also brings together East and West, providing a rare opportunity for sharing of ideas. Because we want this retreat to make an impact, we pack lots of sharing time and networking into the retreat schedule.

What can you do? Make copies of the enclosed information and share it with your coaches. Then, encourage them to register and attend the retreat.