



"Always Have an Attitude of Gratitude"



Edition 7, Vol 9 | November 2022



Dear Friends,

I hope this message finds you and your teams healthy and ready to charge into the championship portion of the fall season. We are about six weeks away from the National Athletic Directors Conference (NADC). This year we are returning to the fabulous Gaylord Opryland Resort and Convention Center in Nashville, Tennessee. It is one of my favorite locations for our conference.

Stacey and I are preparing to host the NIAAA Coach Education Committee Meeting on Saturday, December 10 from 12:15 – 2 in Room 210 CC. We believe it is important that every Sectional Representative attends. Please feel free to invite your state liaisons and anyone who may be interested in learning more about our mission. The success of Coach Education over the years can be directly attributed to the efforts and initiatives of our committee members.

We are looking forward to seeing everyone at the National Conference. We wish you a very Happy Thanksgiving and safe travels to Nashville.

Yours in Coaches Education,
Dr. Ted D' Alessio, CMAA, CIC / Chair

The Importance of Professional Development for Athletic Directors

<https://onlinemasters.ohio.edu/blog/the-importance-of-professional-development-for-athletic-directors/>



The program works in collaboration with the NIAAA to prepare graduates for certification.

NFHS Learn Update

A new school year has begun and the opportunity for schools & coaches to complete professional development through NFHS Learning Center coursework continues. Make sure you apply so that your school may be recognized for this national achievement for the 2022-23 school year.



CMAA Certification: Embrace the Challenge & Enjoy the Journey (NIAAA) Certification

[Digital IAA](#)



What's ahead for 2022-2023

RECORD TURNOUT EXPECTED AT THE NADC IN NASHVILLE, TN

Schedule 2022



PUMPKIN BREAD

INGREDIENTS

2 cups all-purpose flour, spooned into measuring cup and leveled off
½ teaspoon salt
1 teaspoon baking soda
½ teaspoon baking powder
1 teaspoon ground cloves
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
1½ sticks (¾ cup) unsalted butter, softened
2 cups sugar
2 large eggs
1 15-oz can 100% pure pumpkin (I use Libby's)

INSTRUCTIONS

Preheat the oven to 325°F and set an oven rack in the middle position. Generously grease two 8 x 4-inch loaf pans with butter and dust with flour (alternatively, use a baking spray with flour in it, such as Pam with Flour or Baker's Joy).

In a medium bowl, combine the flour, salt, baking soda, baking powder, cloves, cinnamon, and nutmeg. Whisk until well combined; set aside.

In a large bowl of an electric mixer, beat the butter and sugar on medium speed until just blended. Add the eggs one at a time, beating well after each addition. Continue beating until very light and fluffy, a few minutes. Beat in the pumpkin. The mixture might look grainy and curdled at this point – that's okay.

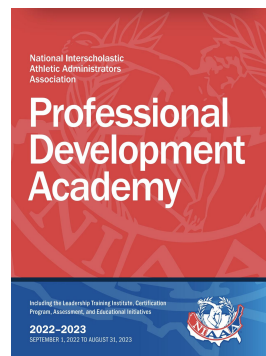
Add the flour mixture and mix on low speed until combined.

Turn the batter into the prepared pans, dividing evenly, and bake for 65 – 75 minutes, or until a cake tester inserted into the center comes out clean. Let the loaves cool in the pans for about 10 minutes, then turn out onto a wire rack to cool completely.

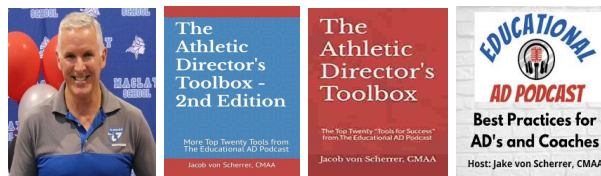
Fresh out of the oven, the loaves have a deliciously crisp crust. If they last beyond a day, you can toast individual slices to get the same fresh-baked effect.

Quote: “ The Thanksgiving Holiday is not wrapped around anything secular, no gifts are exchanged, it is not stressful, there are no expectations and it is truly just about getting together and sharing our love with family and friends.” "Have a Wonderful Thanksgiving.”

Professional Development Academy



This month we would like to highlight [Jake von Scherrer, CMAA](#). Former President of the FIAAA, National Faculty Member & Retired AD at The Maclay School. Jake continues to serve ADs around the country. Both of his published books were the #1 new release on Amazon and his [AD Podcast](#) shares Best Practices for ADs and Coaches. Congratulations.



2022-2023 Section Representatives

Section 1: Ted DAlessio, Ed.D, CMAA, CIC - Chair

Section 2: *Matt George, RAA - Jan. 23, 2023

Section 3: *Dan Talbot, CMAA - Jan 23, 2023

Section 4: Brittany Spencer Grant, CMAA

Section 5: Casey Miele, CAA

Section 6: Stacey Segal, CMAA, CIC - Vice Chair

Section 7: Caesar Smith, CMAA

Section 8: Jaime Cabral

Past Chair: Bobby Guthrie, CMAA

NFHS Education Director: Dan Schuster, CMAA, CIC

NIAAA Board Liaisons: Karen Higel, CMAA, Jeryl

Fischtziur, CMAA, and Mike Mossbrucker, CMAA

*Thank you Jeannie Prevosto and Daniel Mitchelson whose terms are expiring, or have expired. We appreciate your service to the committee. You will be missed.