

Resources for New Assistant/Associate Directors

2023 NFHS Summer Meeting
Seattle, Washington

HELLO!

LeVar Ridgeway Assistant Director

Wisconsin Interscholastic Athletic Association
lriddgeway@wiaawi.org

- Boys Soccer
- Girls Soccer
- Boys Hockey
- Girls Hockey
- Softball
- Middle Level



HELLO!

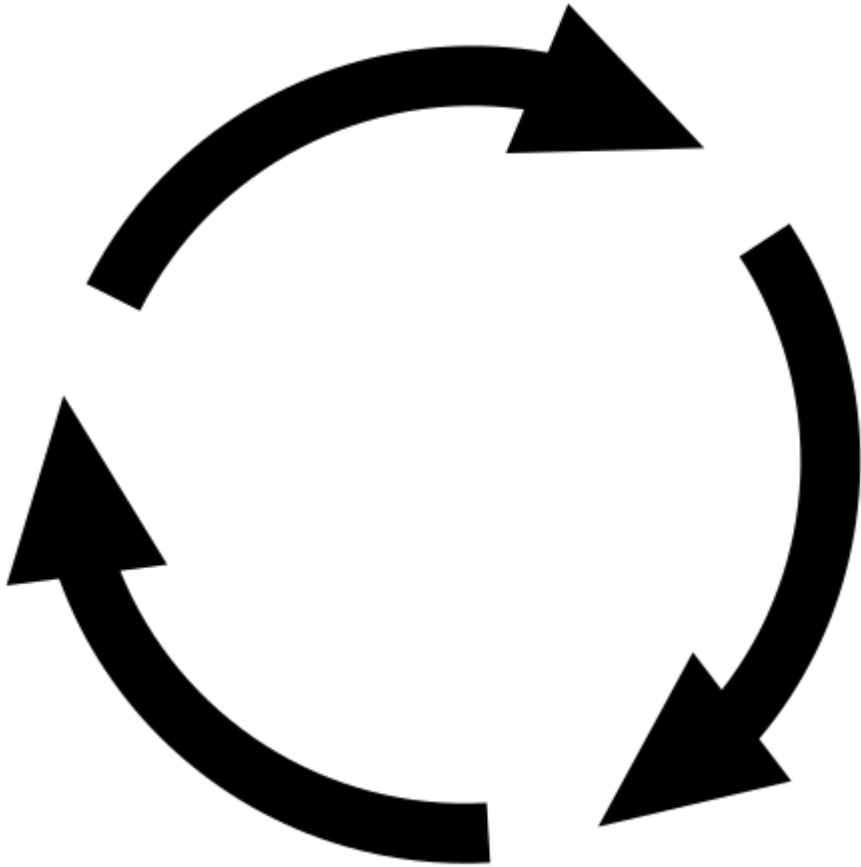
Lisa Quednow **Associate Director**

Minnesota State High School League
lquednow@mshsl.org



- Volleyball
- Softball
- Girls Basketball
- Dance
- Eligibility
- SMAC
- Student Leadership

Embrace the rotation



- Don't make major changes prior to first year of sport
- Build relationships with coaches and association members
- Look for “easy wins”
- Reevaluate after year one
- Collect feedback from all stakeholders to make informed decisions



Use your Rookie Card

Don't be afraid to
“ I don't know” but
be willing to get the
information needed
to answer any
questions.

Choose your allies wisely



- Similar beliefs and mission
- People you can trust
- People that have respect of
- “We” instead of “me” mental

Measure Twice...Cut Once



- Ask questions or clarification in decision making
- Connect with peers in decision making
- Email/call with questions

You are the calm in the sto



- Lead with confidence
- Work your plan
- Support your workers
- Make decisive decisions

Work Life Balance



- Make time for family
- Take time after championships to relax
- Involve family in work activities when allowed
- Create a schedule for “me time”

**365 days later, what
lessons have we
learned?**

Year One = Survival

- Listen and learn
- Make time for what is important in your personal
- Avoid procrastination

**THANK
YOU!**