



**Summit
Schedule**



National Federation of State High School Associations

2023

NFHS National Student Leadership Summit

July 29 – 31, 2023

Indianapolis Hilton Hotel and Suites | Indianapolis, Indiana

Hotel Ground Transportation to Airport Instructions

Departures 7/31 and Beyond

Please plan to leave two hours prior to your departure. There will be shuttles and other vehicles available in the front of the hotel for your convenience.



NFHS National Student Leadership Summit

Adult Ambassador Expectations

Adult ambassadors must participate in all conference sessions and make sure that the student ambassadors do the same. You will have an important supervisory presence throughout the three days. Please monitor the conduct of your student ambassadors in the hotel and during the Unified Event at Plainfield High School. When needed or appropriate, please serve as a liaison between the students, college/adult facilitators and conference staff. **Students are to sleep in rooms to which they have been assigned. Visiting a room assigned to the opposite gender is not permitted.** You will be asked to conduct bed checks to ensure that your student ambassadors are in their assigned rooms by the announced curfew each night.

Safety/Supervision

Approximately 60 college facilitators, adult ambassadors and conference staff will serve as advisors and chaperons as they oversee the student ambassadors from their respective states. These staff members will reside in the hotel and will be available to help the students with any questions or concerns they might have during the three days. Hotel security will also be available 24 hours a day for any safety and security needs. In addition, members of the Indianapolis Metropolitan Police Department (IMPD) will be on site July 30th during the dinner/dance.

Certified Athletic Trainer

A certified athletic trainer will be on site throughout the conference. The trainer station will be located in the Leadership Lounge (Indianapolis Ballroom, 2nd Floor) during the day.

Code of Conduct/Conference Policies

Participants are expected to act in a responsible manner that will reflect well on themselves, their schools, their state associations and the NFHS Student Leadership Summit. Participants are expected to respect the facilities, each other and themselves while following the rules of the summit. Cell phones must be put away and set to silent during conference sessions unless otherwise instructed. The use of alcohol, tobacco and drugs is strictly prohibited. Participants are not permitted to leave the hotel without an adult. Participants who violate any of the conference policies will be asked to leave immediately at their own expense and without a refund. A list of participation expectations, responsibilities and other important items to remember are included below for reference.

Points of Emphasis

- Wear the NSLS name badges at all times during the summit. Those not wearing the name badges will be challenged by summit staff, NFHS staff, hotel staff, security staff, IMPD.
- Encourage the students to participate in their sessions and think about the best way to implement what they learned back at their schools.
- Serve as a liaison with the summit "expert" staff, hosts and hostesses,
- Follow all NSLS ground rules (including leaving all facilities in as good or better condition than when they arrived).
- Facilitate and support actionable effort of the student ambassadors to accomplish the state's/province's action plan and further develop the student leadership initiative.
- Be respectful of, able and willing to work with students of diverse backgrounds (such as race, cultural, socio-economic levels, academic achievement levels, physical, emotional and mental challenges).
- Be willing to make a commitment to the NFHS qualities and behaviors expressed in the way the NSLS is conducted. Those beliefs are respect for self and others, positive values, personal accountability, perspective, sportsmanship, teamwork, healthy lifestyles, servant leadership and self-evaluation.
- Carry oneself as a positive role model for fellow adult ambassadors.
- Be willing to commit the time and effort to accomplish the summit tasks, including the above-mentioned expectations.
- Possess a sincere interest and desire to help others.

- Adhere to all summit expectations. In the event of a violation, parents/guardians of a student ambassador will be notified, and the student will be sent home. All expenses incurred will be the responsibility of the parent/guardian.
- Be early to all sessions. Make sure you arrive to each session before it starts, not after the facilitators have started their instructions.
- Cell phones must be put away and set to silent during summit sessions unless otherwise instructed.
- Do not allow student ambassadors to leave the hotel without adult accompaniment.
- You should always be mindful not to be alone with a student unless you are in the presence of another adult.
- Do not use tobacco, alcohol or other drugs. All prescribed medications must be on file with the summit trainer.
- Wear appropriate clothing that your school would approve. No hats inside, no sagging pants, no bare midriffs, no clothing that promotes tobacco, alcohol or drug use, or other negative behaviors.
- Respect the summit curfews.
- Your presence at this summit is a privilege. You were chosen out of many student and adult applicants and have a responsibility to participate as fully as you can, to learn and share ideas, and to take action when you return home. We will support you!

Emergency Contact Information

NFHS Summit Director

B. Elliot Hopkins 317-902-1369

Athletic Trainer

Patrick Miller 317-696-1924

NFHS National Student Leadership Summit (NSLS) Expectations

- Be on time (in fact be early).
- Be respectful of your fellow (student and adult) ambassadors, NFHS staff, experts, hotel staff and other hotel patrons.
- Be engaged.
- Ask questions – the more effort you put out the more benefits you receive.
- Challenge the content experts (and be prepared to be challenged). Make them teach you so you can bring that knowledge back home to your school and community.
- Be proud that you were selected to attend this summit.
- Being selected for this summit is a tremendous privilege and honor. Not everyone who applied was selected. You were chosen because of who you are and what you stand for. You represent the “best of the best” from your high school and state.
- Have fun!!!!!!



NSLS Schedule

Friday, July 28

1:00 p.m. – 5:00 p.m. Early Registration (Rooms only)
(Student and Adult Ambassadors Rooms Only) check in at the front desk of the hotel.

Saturday, July 29

1:00 p.m. – 4:00 p.m. Registration and Room Assignment
(Student and Adult Ambassadors)
[Food and Refreshments will be provided]

4:15 p.m. – 5:25 p.m. Opening Ceremony, Summit Objectives,
Expectations and Directions

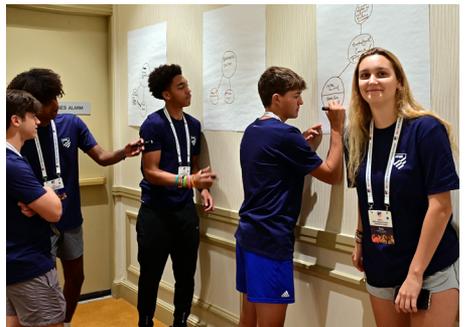
5:30 p.m. – 6:00 p.m. Opening General Session Speaker –
Ivy Watts, (book signing before and after session)

6:20 p.m. – 7:05 p.m. Dinner

7:15 p.m. – 8:30 p.m. Student Ambassador Session 1

7:15 p.m. – 8:30 p.m. Adult Ambassador Session 1
(Summit Q & A, Objectives and Expectations)

8:45 p.m. – 9:15 p.m. State Meeting #1
(Leadership Lounge is open until 11:30 p.m.)



Sunday, July 30

7:00 a.m. – 8:00 a.m.	Breakfast
8:15 a.m. – 9:30 a.m.	Student Ambassador Session 2
8:15 a.m. – 9:30 a.m.	Adult Ambassador Session 2 (Select a Student Breakout Session to observe)
9:40 a.m. – 10:55 a.m.	Student Ambassador Session 3
9:40 a.m. – 10:55 a.m.	Adult Ambassador Session 3 (Select a Student Breakout Session to observe)
11:05 a.m. – 12:20 p.m.	Student Ambassador Session 4
11:05 a.m. – 12:20 p.m.	Adult Ambassador Session 4 (Recap and Group Project)
12:30 p.m. – 1:15 p.m.	Lunch & Announcements
1:15 p.m. – 1:45 p.m.	Group Photo/Load Buses
1:45 p.m. – 2:15 p.m.	Travel to Plainfield High School for Unified Sports Experience with Indiana Special Olympians
5:45 p.m. – 6:15 p.m.	Pizza Dinner at Location
6:30 p.m. – 7:00 p.m.	Load Buses, return to the Hilton
7:15 p.m. – 8:15 p.m.	College Student Panel Discussion
8:00 p.m. – 11:30 p.m.	Dance (Food, Refreshments and Sundae Bar) (Leadership Lounge is open until 11:30 p.m.)

Monday, July 31

6:30 a.m. – 7:50 a.m.	Breakfast
8:00 a.m. – 9:45 a.m.	Closing General Session Speaker – Harvey Alston

Group Rotation Schedule

	Group 100	Group 200	Group 300	Group 400	Group 500
Session 1 Saturday, July 29 7:15 p.m. – 8:30 p.m.	Circle City Room 14 (14th floor)	Corydon (2nd floor)	Victory Ballroom (9th floor)	Vincennes Ballroom (2nd floor)	Circle City Room 10 (10th floor)

Session 2 Sunday, July 30 8:15 a.m. – 9:30 a.m.	Corydon (2nd floor)	Victory Ballroom (9th floor)	Vincennes Ballroom (2nd floor)	Circle City Room 14 (14th floor)	Adults Pick a Student Session to Attend
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Session 3 Sunday, July 30 9:40 a.m. – 10:55 a.m.	Victory Ballroom (9th floor)	Vincennes Ballroom (2nd floor)	Circle City Room 14 (14th floor)	Corydon (2nd floor)	Adults Pick a Student Session to Attend
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Session 4 Sunday, July 30 11:05 a.m. – 12:20 p.m.	Vincennes Ballroom (2nd floor)	Circle City Room 14 (14th floor)	Corydon (2nd floor)	Victory Ballroom (9th floor)	Circle City Room 10 (10th floor)
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Speakers

Our Expert Content Speakers

Perspective and Inclusion



Dr. Tamika A. Pollins is the Director of Diversity, Equity, Access and Inclusion for the West Orange Public Schools in New Jersey. She is also the CEO of Pollins and Associates, Education Specialists LLC. Previously, Dr. Pollins served as the Director of Diversity, Equity and Inclusion and an Elementary School Principal in Hoboken, New Jersey and an Assistant Director of School Implementation and Educator Evaluation for Rutgers, The State University of New Jersey. Before joining the team at Rutgers, Dr. Pollins worked for the Rhode Island Department of Education as an Educator Quality Specialist. She led the design of the Student Learning Objective process that is currently being implemented as a part of the Rhode Island Educator Evaluation and Support System. Before her work in Rhode Island, she served in various roles – as an Academic Data and Assessment Specialist/Testing Coordinator and as a classroom teacher in Houston (Aldine Independent School District). Her career began in her hometown of Philadelphia, Pennsylvania where she taught in both urban (School District of Philadelphia) and suburban (North Penn School District) settings.

Dr. Pollins graduated from Martin Luther King High School in Philadelphia and played on the badminton team. She earned her doctoral degree from Northeastern University and her master's from Saint Joseph's University. She earned a Bachelor of Science degree from The Lincoln University of Pennsylvania (she is a proud HBCU graduate) in the area of elementary education. She is currently certified as a superintendent, principal and teacher.

Contact information: drpollins@pollinsandassociates.com

Relationship Building and Maintenance



Deb Hult, co-founder of Core Trainings, is a nationally recognized presenter in Relational and Motivational Leadership. With her contagious, positive, intuitive and authentic attitude, Deb has been enhancing and empowering thousands of adults and students in schools across the country for the past eight years. As a trainer and speaker, Deb takes the lead with dynamic hands-on workshops such as “Leadership for Ladies,” “Student to Student” Mentoring Programs, Administrative Team Training, Civility Training, Leadership Academies and Camps at middle schools, high schools, administration offices and colleges. In addition to the various workshops and seminars, Deb is contracted regularly with many schools in several states to monitor and coach programs that she has successfully implemented on various campuses. Deb was a three-sport athlete in high school and furthered her education in business at Burdett School of Boston, Massachusetts.

Contact information: debhult@comcast.net

Being a Better Communicator



Leslie Barnes joined the Duke University staff in July of 2006 and currently serves as Associate Director of Athletics for Student-Athlete Development. The Duke Athletics Student-Athlete Development program creates safe spaces that foster belonging and provide opportunities for education and growth. Through personal, leadership and career development, as well as service initiatives and opportunities, Blue Devil student-athletes are empowered to be inclusive difference makers and positive influences as they pursue success at Duke and beyond.

Barnes, who was Duke’s Director of Student-Athlete Development from 2006 to 2011 before being promoted to her current position, came to Durham after spending four years as life skills coordinator at The Ohio State University.

In July of 2018, Barnes was named to the newly-created Integrative Performance Excellence Group, a unit comprised of directors in the areas of Sports Performance, Athletic Medicine, Sports Nutrition and Behavioral Health, as well as individuals representing psychological services, team physicians and primary care physicians. The goal of this working group is to enhance the experience of Duke student-athletes by providing an integrative approach to the care of each individual athlete throughout his or her collegiate career while continuing to cultivate partnerships with the Duke

University Hospital, Duke Sports Science Institute, Duke Student Health and Duke Counseling and Psychological Services (CAPS) as part of its holistic approach to student-athlete health. In addition, Barnes currently serves as the senior sports administrator for the Duke Women's Tennis program.

Barnes previously was the coordinator of life skills for four years Ohio State. In addition, she has served as life skills coordinator/academic counselor at Utah State University, academic-athletic advisor/coordinator student-athlete recognition at Arizona State University and assistant academic counselor/intern at the University of Nebraska-Lincoln. She earned her bachelor's degree in from Nebraska Wesleyan in 1996 and competed as a tennis student-athlete. She received her master's from Springfield College in 1998.

Contact information: leslie.barnes@duke.edu

What do I do after High School? (A Strategy in Planning for the Future)



Omari Pearson is quickly becoming a sought-after leader in education-driven life skills and development. As an author, speaker, facilitator, mentor and consultant to high schools, colleges, universities and multi-national corporations, he seeks to provide hands-on experiences with young people to assist them in creating a road map to success. He is the president and founder of Passion To Purpose, LLC, an education-based life skills company equipping young people with the necessary knowledge, skills and tools to empower them to be effective, accountable and productive members of the global society. Omari shares his life experiences as a high school, college and professional athlete.

Contact information: olpearson@passtopurpose.com

General Session Speakers

Ivy Watts



Ivy Watts, a former All-American student-athlete who appeared to have it all together, graduating Summa Cum Laude and a top 30 finalist for the NCAA Woman of the Year Award, on the inside struggled daily with anxiety, self-worth and depression. After finally seeking help, Ivy, who is Mental Health First Aid Certified, promotes mental wellness and reduces stigma around mental health by sharing her story through public speaking and her blog, Beautifully Simply You. Ivy empowers others to speak their truths, know that they are not alone, learn the beauty of self-love and find strength to keep fighting for their tomorrows. Ivy is also the author of, "You Are Worth Fighting For," a book that will help you find the tools to look within and find tools for mental wellness, self-care and self-love. Ivy earned her bachelor's degree in Psychology from University of New Haven and her masters in Public Health from Boston University. Ivy has empowered more than 20,000 students and 10,000 administrators/coaches, parents and employees to practice mental wellness for themselves and others.

Contact information: social media handles for FB/IG/Twitter: @ivywattsspeaks

Harvey Alston



Harvey has taken his personal proven message "Be the Best" to literally millions of people. His unforgettable words of individual responsibility for achievement have improved spirits, spurred growth, changed lives. Harvey's powerful, soul-searching presentation uplifts people to a higher standard – to a level where people strive only for the BEST.

Considered one of the most dynamic, "high octane" speakers in America, Harvey Alston has been a full-time speaker since 1989. He has spoken to millions of people throughout the United States who have benefited not only from his knowledge, but also from the wisdom that he brings to the finish line.

Alston believes in solitary achievement, shared accomplishment and the dignity of human beings. As one of the most in-demand speakers in America, Alston's career has spanned positions from head football coach of Columbus East High School in Ohio in 1968, to assistant director of student financial aid at the university level. As an educator he's taught English, biology, health, life sciences and math curricula.

Over the years, Alston has received numerous awards, including Ohio's Finest Citizens from the Ohio House of Representatives, Harvey Alston Day from the City of Columbus, DECA Hall of Fame, National Federation of State High School Associations Outstanding Service Award, and Ohio High School Athletic Association's Sportsmanship, Ethics and Integrity Award. He was commissioned a Kentucky Colonel, and has received numerous national recognitions and awards.

Alston's enterprise is called Best Inc., based on his philosophy and his book titled *"Be the Best."*

Alston is the coordinator of the Ohio High School Athletic Association's Student Leadership Conference, the largest athletic conference in the country, and he serves on advisory boards for the NFHS, the Upper Valley Joint Vocational School and many civic boards, panels and commissions. He is a writer and photographer for the *N2Publishing Magazines*, and a member of the National Speakers Association.

Contact information: h.alston@att.net



More Scenes From Previous Student Leadership Events



National Federation of State High School Associations

PO Box 690 | Indianapolis, IN 46206

Phone: 317-972-6900 | www.nfhs.org