

Conference 2023-2024 Connections

Looking for a way to kick-start student engagement—consider hosting a Conference Connections workshop.

The Conference Connections program is structured as a student leadership workshop. Through the partnership of the IHSAA and its sponsors, there is no cost to bring Conference Connections programming to your activity conference.

We typically work with 30-80 students from one or more schools in a given activity conference. Some events have included all of the member schools in the conference. The programming is specifically aimed at students in multiple activities to help develop their leadership skills. The workshops also provide students the opportunity to explore issues they have in common: stress management, overcoming obstacles, sportsmanship, communication, and leadership development.

According to recent surveys, more than 30% of all teenagers have experienced heightened levels of stress or anxiety in their high school experience. Students need to learn the difference between good stress and distress and how to manage those situations. **A continued focus of the 2023-2024 Connections program will be on student mental health awareness and self-care.**

Open spaces such as a gym, multi-purpose room, or large classroom are ideal for the workshops. The workshops are interactive and tied directly to the principles of leadership and communication in the context of skills for the 21st Century.

To learn more about Conference Connections, please contact Chad Elsberry, IHSAA Assistant Director at celsberry@iahsaa.org or call 515-432-2011.



Chad Elsberry, Iowa High School Athletic Association