

**Committee on Athletics Meeting Minutes - DRAFT**  
**Wednesday, Dec. 15, 2021 Meeting #4 - Zoom**

**Present:** Chris Karadjov, Gary Metzker, Michael Solt, Portia Resnick, Sandra Shirley, Jana Fogaca, Ulices Pina, Ivan Morales, Andy Vaca, Corrinne Garthoff, Jarrod Spanjer, Jose Raya Perez, Becca Seguancia, Mike Habura.

- I. **Call to Order at 15:02.** Agenda approved by Portia. Seconded by Michael.
- II. **Approval of minutes from Nov. 17, 2021:** Minutes approved by Andy. Seconded by Portia.
- III. **Announcements:** None added
- IV. **Agenda**

**Item A: Mike Habura, assistant athletic director, facilities, operations and event management** – report on facilities, game-day setup and procedures.

Mike has a team of four full time staff including a grounds manager at Blair Field. There are also five to six interns that are recruited from the campus. The sports management class is a feeder to Mike's group. They get professional experience. There are also 120-130 students that support operations, like set ups and conversions in the Pyramid.

On top of athletic events, they support student events on and off campus with staff and equipment. They also host 100 events that are not related to LBSU. Notable projects: finishing a new sound system in the Pyramid; at Blair they are adding new lights in able to host NCAA events. Adding lights to softball field to add night games and more crowds.

Mike presented a power point about mega-events and new protocols from the county of Los Angeles. Before you purchase tickets online, a pop-up instructs ticket buyers what they need to know before entering the Pyramid.

Chris complimented Mike on accessible seating and the great effort they have done.

Chris added that Jeff Scott will offer committee members two complimentary tickets to any athletic event. The vaccine process was very smooth. Just email Jeff and mention the committee.

**Item B: Jarrod Spanjer, associate director of student-athlete wellness & sports medicine** – report on mental health, wellness and nutrition.

This is Jarrod's 10th year at Long Beach State. At beginning, mental health was discussed. It was a hot topic of discussion but all we had was CAPS. There was a two-to-three week wait. Started looking at a relationship with sports psychologist Bob Core. He started on a per diem level but mainly advising on policy and how to move forward. He was a great resource to assist our athletes moving forward. Moving forward we have five psychologist; they are not

performance based. They do individual counseling, team bonding, how to communicate with the coach. Large age gaps between coach and player. We also work with family therapists. Could be life and coping skills. Even gender identity issues are discussed. Also work with kinesiology department on performance-based issues. Still use CAPS for crisis issues and the sports psychologist on campus.

Traci Larsen works with Jarrod as well with nutrition issues. She also helps with disordered eating; there is a teams approach on this issue. A large group of professionals are available to meet with a student-athlete. Moving forward, goals include getting a diversity of therapists, some are former athletes, different ages, different sexes. Work on getting messages in front of the athletes. Chris asked Jarrod about percentage of student-athletes seeing therapists. Jarrod said right now it is about 30-40 athletes per month (about 10%). More females seek services.

Student-athletes that suffer concussions are often seen by Jarrod's group.

V. **Adjournment: Sandra moves for adjournment and Jana seconds. Meeting adjourned at 15:44.**

COA: <https://www.csulb.edu/academic-senate/committee-athletics-coa>

Recurring Zoom link: <https://csulb.zoom.us/j/84001105418>