

SCCDAT NEWS

Our mission: To combine efforts within the community to prevent and decrease drug use, and to increase the known factors that help to reduce the risk for drug, alcohol and tobacco use in youth.



Sumner County Community Drug Action Team

December 7, 2015

John Underwood Returns to Kansas

If you have not had the opportunity to hear John Underwood speak this is your chance. He will be at Wellington High School on January 26th and 27th. For those who don't know him he is the Director/Founder of the Life of an Athlete Program. A former NCAA All American International distance runner for the Oregon Track Club and the NYAC, a World Masters Champion, was coached by legendary Bill Bowerman. John has trained or advised more than two dozen Olympians including many World and Olympic Champions. He studied Human Performance at the Sport Institute of Finland/ Vierumaki/. He holds three International Olympic Solidarity diplomas for coaching and has been a crusader for drug-free sport at all levels. John is an internationally recognized human performance expert, specializing in recovery, peaking training and lifestyle impact on mental and physical performance. John has worked extensively with Olympic and professional sport and with nearly all sport federations including the National Federation of High School Athletics, NCAA, NHL, NFL and the NBA

SCCDAT is sponsoring the event at no charge to you, your coaches, your students, or their parents. We would like to invite and encourage you make plans now to attend.

- **Tuesday - January 26th is for parents and students.** From 6:30-8:30 pm at the Wellington High School Auditorium. John will address such topics as drug and alcohol use, sleep, nutrition, diet, recovery, and injury prevention.
- **Wednesday - January 27th John will present his Comprehensive Coaches Clinic** from 8:30 AM - 2:30 PM. Again there is no charge for this clinic.
 - Tentative topics of the coaches clinics: Age related trainability, general endurance and skills, warm up/ warm down, periodization, planning workout sessions, peaking training, action Plan, 5 bio-motor skills, mixing training types, do's and don'ts.
 - **TEAM LEADERS:** choosing team leaders, setting expectations, building team unity, positively confronting behaviors of concern
 - **RECOVERY METHODS:** post training nutritional recovery, power back diet, time, duration, intensity & purpose, optimizing performance, SWOT Analysis, scientific feedback without high level technology, etc...

**JOHN UNDERWOOD
JANUARY 26 & 27, 2015**



STICKER SHOCK 2015

Buying alcohol for a minor can come with a hefty price.

Not only can it buy you a \$200 fine, but you can end up with a misdemeanor on your record. That's a lot to pay for one trip to the liquor store.



Sumner County Community Drug Action Team, Inc.
KDADS - Partnership for Success Project
www.SCCDAT.org



On October 27, 2015 the Wellington High School SADD organization and the Sumner County Community Drug Action Team partnered to bring the Sticker Shock 2015 campaign to Wellington Darin Goodrum (SCCDAT Community Mobilizer) and Officer Jim Yunker (USD 353 SRO and SADD Sponsor) took 20 students to eight different retail locations for Sticker Shock 2015 in conjunction with Red Ribbon Week. Students were responsible for obtaining permission to put the stickers and bottle hangers on the products. All business contacted were happy to participate. Stickers and Bottle hangers were supplied by the Sumner County Community Drug Action team with USD 353 providing the transportation. This is the first time SCCDAT and SADD have partnered in any kind of activity. If you would like more information about the Sticker Shock campaign, please feel free to contact us at the SCCDAT office.



SCCDAT—Serving all of Sumner County

UPCOMING EVENTS -

- December 9, 2015 - Sector Rep Meeting at 12 Noon - WHS IDL Room
- End of 1st Semester - December 18 - Post Survey's for Semester only classes should be completed
- January 13 - Sector Rep Meeting at 12 Noon - WHS IDL Room
- January 26 & 27 - John Underwood at WHS
- Oxford - Life of a Wildcat meets every Tuesday & Thursday during Seminar

Sumner County Schools - Let us know what's coming up in your schools. We would like to put you in the newsletter and share your success with others! Email us at sccdat@usd353.com

Contact Us

Give us a call or send us an email for additional information about our activities & programs.

Sumner County
Community Drug Action Team (SCCDAT)
PO Box 505
Wellington, KS 67152

(620) 326-4310 Ext. 236
sccdat@usd353.com
www.sccdat.org
Like us on Facebook

