

Senate Athletic Recreation Committee

Meeting Minutes

Minno Conference Room/Virtual

March 28, 2024

Members in Attendance: Mike Epitropoulos, Chair,,, Amy Aggelou, Katelyn Allison, Sue Wesmiller, Amy Bowser, Elizabeth Nagle, Blaire Ford, Juan Manfredi, Rich Depsky, Katelyn Allison, Jesse Mullen, Chris Hoppe, Felix Proessel, Stephanie Mock, Toby Chapman

I. Introductions

- A. Mike introduced Director of Sport Science Felix Proessel and Head Strength & conditioning coach Stephanie Mock.
- B. Discussed the Student Athlete Research Consortium and consider Pitt leaders in Research & Sports.

II. Sport Science program

- A. Considered Data Driven and includes Sports Medicine, Mental Health, Nutrition, Strength & Conditioning
- B. Take a Wholistic approach vs. silos (Video)
- C. Discussed how the data is harnessed & used by the teams.
- D. Presented Academic Collaborations & opportunities for students to help (Fellow, M.S. UG,) Pitt only has 2 full time staff
- E. Outcome to create holistic student athlete development
- F. Collaborate with companies
- G. Funding comes through internal/external partnerships
- H. Continuing education

III. Future

- A. Increase staff
- B. Grow Infrastructure
- C. Increase internal/external partnerships
- D. Victory Heights will increase exposure

IV. Next meeting April 11, 2024

