

## Health & Nutrition

### Mitzi Dulan

**Mitzi Dulan, RD, CSSD, is a highly-regarded expert in the field of nutrition, exercise, and wellness.** A frequently requested speaker, she is a Registered Dietitian, Board Certified Specialist in Sports Dietetics, and Certified Health Fitness Specialist through the American College of Sports Medicine. Mitzi is co-author of *The All-Pro Diet* (Rodale, 2009) with NFL future Hall-of-Famer Tony Gonzalez. Mitzi was in private practice in San Francisco for several years specializing in sports nutrition, personal fitness, and wellness. She now resides in Kansas City. Mitzi is currently the nutritionist for the **Kansas City Chiefs Football Team** and the **Kansas City Royals Baseball Team**. She has been a sports nutrition consultant to the **Golden State Warriors Basketball Team** and the **San Jose Sharks Hockey Team**. Mitzi was also the **University of California, San Francisco Sports Nutritionist** and the Director of Nutrition Services for **The San Francisco Bay Club**. In Kansas City, Mitzi acts as a media spokesperson and provides nutritional counseling from CEOs to stay-at-home moms and professional athletes. She also travels throughout the country speaking to organizations who want to help their employees improve their health and performance.

As America's Nutrition Expert<sup>®</sup>, Mitzi has conducted over two hundred television interviews. She has appeared on the Emmy Award-Winning television show "Starting Over" as the nutrition expert for the houseguests. She has also frequently been seen on the nationally syndicated "Dr. Dean Edell" segments and across the country on **CBS, NBC, ABC, and FOX** affiliates in major media market cities like Los Angeles, Houston, and Philadelphia. Mitzi has also been seen on **Discovery's Science Channel** and on "in-flight" video for **United Airlines**. She has appeared on television in Paris, France. She has also been heard on **National Public Radio**. Mitzi has served as media spokesperson for several clients including: **The National Honey Board, Hass Avocado Board, Fiji Water, Sambazon, Back to Nature, Buitoni, Horizon Organic, Reynold's Wrap, Cherry Marketing Institute, Wild Blueberries, Aerogrow, Bausch and Lomb, Green Giant, Baker's Inn, Cranberry Marketing Committee, and the Olive Oil Association**. She has been quoted in the *The Wall Street Journal, Newsweek, Family Circle, Men's Fitness, Maxim, Glamour, Fitness, Walking Magazine, the San Francisco Chronicle* and the *San Jose Mercury News* and online at *ESPN.com* and *Glamour.com*. She has consulted for public relations companies including **Edelman** (New York), **Ogilvy** (New York), **Publicist Dialog** (Seattle), **Weber Sandwich** (Chicago), **Boasberg/Wheeler Communications** (Kansas City), **Fineman Associates** (San Francisco), and **The Kotchen Group** (Hartford).

## Recruiting

### College Coaches Network (CCN) Tips on Marketing to obtain a Scholarship

College Coaches Network (CCN) started in 2006 with a simple problem... It can take thousands, sometimes tens of thousands, of dollars and endless hours on the road for a

college coach or recruiter to find the right athlete for their program. Bottom-line, recruiting can be expensive, tough, and time consuming.

To find a solution, we started asking questions and listening to hundreds of college coaches, recruiters, scouts, athletes, parents, high school and AAU coaches from all over the country to find out what we could do to help in the effort of promoting college sports, student athletes, and easing some of the burdens that are inherent to recruiting.

We've accepted their mandate and our mission to deliver the realization of a collegiate athletic opportunity to student athletes by effectively connecting the athlete, parent, and coach with college recruiters.

Leveraging the power of the Internet with the experience of some of the nation's top scouts and recruiters, we combine hi-tech with common-sense to create the tools and information needed to streamline the recruiting process and provide fundamentally better support to our customers through a range of innovative technologies, education, prospect packaging, and networking.

Today, from the largest universities, to the smallest junior colleges, coaches and recruiters actively seek student athletes through the network that many of them have helped to shape.

### **What College coaches are looking for when recruiting?**

#### **Rodney Perry**

Perry joined 68's staff directly from Western Illinois University where he was assistant coach during the 2007 – 08 season. Prior to his most recent stint, Perry served for three seasons as assistant coach for Duquesne University. His college experience has also included a season (2002-03) as assistant coach at Southwest Baptist (MO) University.

The Forth Smith, Ark., native began his coaching career in 1994 as an assistant in the Missouri high school system. He coached at Willard High School and Springfield Central High School before landing the Head coaching position at Purdy High School in 2001-02. He led Purdy to its best record in 10 years before jumping to the collegiate ranks.

In 1994, Perry began the Springfield Rockets AAU program and was named national AAU Coach of the year after leading his team to the 1995 AAU national championship. In 10 years under Perry, the Rockets produced 42 players who went on to compete at the collegiate level.

Perry, who attended Fort Smith Northside High School, played two years at the University of Arkansas-Fort Smith before transferring to Missouri State where he helped the Bears to a pair of postseason appearances. In 1992, he was part of Spoonhour's 23-8 NCAA Tournament team, and in 1993 he served as co-captain for a team that posted a 20-11 mark and advanced to the quarterfinal of the NIT. Perry led the team in steals both

seasons and was a two-time selection to the MVC All-Defensive Team. He was named to the Missouri Valley Conference All-Tournament team after helping Missouri State to its first postseason MVC tournament title in 1992.

Perry has worked with a number of players from the Kansas City area such as Reggie Chamberlian (Wichita State), Rahmon Fletcher (Wisc. Greenbay), Justin Hurt (Tulsa), Jared Cole (Iowa), George Goode (Louisville), Matthew Webb (UMKC), and coached Spiece Mo\*Kan AAU 17u team this past summer with players such as Ivo Batic, Alec Burks, Neil Watson, Shaun Adams, Josh Gibbs, Dillon Starzl, and Will Spradling.

## **ACL Prevention**

### **Dr. Tony Phillips**

Dr. Anthony Phillips graduated from Cleveland Chiropractic College in 1995. He completed a sports injury diplomat program in 1997 from Logan College. Dr. Phillips has been the guest speaker at the Kansas Athletic Trainers Sports Medicine Seminar in 2001, and served as a sports injury consultant for The Barnstormers Baseball Academy. Dr. Phillips has been a member of the medical staff for a Division-1 athletic program and was on staff with the Kansas City T-Bones Baseball Club. He has served as a team physician for the Shawnee Mission South football since 1998. His clinic now presides at 11301 west 88th street in overland Park, KS.

## **ACT/SAT Preparation**

### **Alex Knapp**

Alex has been teaching in the Kansas City Kaplan Center for the past three years as one of our top rated Pre-College, and GRAD instructors. He attended Worcester Polytechnic Institute earning a B.S. with High Honors in Biochemistry. Alex went on to attend Law School at the University of Kansas where he earned his J.D. in 2004. Alex enjoys helping our students achieve test day success and is very highly rated by his students.

### **Kaplan Center**

We serve students of all ages, from first-graders learning to read to professionals seeking postgraduate training. We are your partner in lifelong learning and are committed to helping you achieve your goals.

Once a small test prep company, Kaplan has pioneered new territory in online higher education, K12 services and professional training with innovation and imagination. Through new technologies and a personalized approach to learning, we are opening doors to educational opportunities and inspiring people to strive for their personal best.

Throughout our 70-year history, we have helped students unlock their talent by providing student-centered, outcomes-driven educational programs that help individuals reach their goals. We succeed when our students succeed.

### **Four areas of focus**

Our educational services span four major areas:

- Programs for kids and schools
- Test preparation
- Higher education
- Professional training

### **Fast facts about Kaplan**

- Over 600 locations in more than 30 countries
- More than one million students each year
- 31,000+ employees worldwide
- Largest and fastest-growing division of our parent company, The Washington Post Company

### **NCAA Academic Requirements**

#### **Jim Huber**

Jim Huber is a graduate of St. Thomas Aquinas where he was a three year varsity starter earning honorable mention All-State honors his senior year. He then went on to play at Allen County Community College and Avila University. He earned a Bachelor of Science in Communication with an emphasis in Business and an MBA in Marketing from Avila. After playing in college, Jim began to coach men's basketball on the college level at Avila University. He was assistant basketball coach for 3 years and head basketball coach for 2 years while serving as assistant athletic director. Jim then served as an assistant men's basketball coach on the UMKC staff for 3 years. At both UMKC and Avila, Jim worked with developing players in individual workouts. Jim currently coaches an elite summer high school basketball team and various youth teams.

#### **Strength & Conditioning**

##### **Billy Long**

Billy served as the Kansas City Chiefs assistant strength and conditioning coach. He came to the Chiefs following a nine year stay at Southern University where he was the strength and conditioning coach and offensive line coach. Prior to coming to Kansas City, Long served as a longtime consultant to the St. Louis Rams organization and was there for the 1999 Super Bowl championship season. Long has over 20 years of coaching experience at the collegiate level as he has coached the offensive line at the University of Arkansas and played collegiately at Alabama State.

## **Speed & Agility**

### **Evan Adams**

Evan attended William Jewell College graduating in 2008 with degrees in Psychology and Coaching. Evan is a USA Weightlifting Certified Sports Performance Coach. Since joining 68's Inside Sports in January 2008 Evan has trained athletes from professionals to beginners. Evan currently holds group training for High School and youth athletes of all sports, as well as personal training for athletes and non-athletes of all ages.

Evan is from Parsons, KS where he was a three-sport athlete, competing in football, basketball, and track. From there he attended Coffeyville Community College on a football scholarship. Evan graduated from Coffeyville with an Associate of Arts degree and as an Academic All-American. In 2005 he transferred to William Jewell College on both Athletic and Academic Scholarships. Evan finished his senior football season in 2007 with All-Conference honors as wide receiver.

## **Skill Development**

### **Tim Blackwell, Rodney Perry and Jim Huber**

Blackwell grew up in Cameron, MO. At Cameron HS, he was a 3-time, 1st Team, All State selection and is currently the school's all-time leading scorer. Tim attended the University of Missouri at Kansas City (UMKC), where he was a four-year starter. He is currently 9th on the All-Tim scoring list and one of nine people to score at least 1,000 career points.

He graduated with a Bachelor of Liberal Arts and has traveled as far as Treviso, Italy, to play professionally. He also spent some time in the NBA Developmental League, where he was drafted by the Dakota Wizards. He had a short period with the Indiana Pacers during training camp, where he was coached by long-time NBA coach, Jim O'Brien, and one of the NBA greatest legends, Larry Bird.