

TeamEph



The TeamEph program is specifically designed for the first-year fall student-athlete. By maximizing the benefits of pre-season training and orientation programming, TeamEph leaders help participants discover how to juggle the rigors and joys of being a student-athlete while also becoming part of the larger Williams and Williamstown community.

As leaders, TeamEphers participate in a series of leadership programs ranging from the DiSC Behavioral Assessment, which helps leaders learn how to effectively communicate with others, attending Bystander Intervention programming, and planning First Days for incoming first-year fall student-athletes.

Through their leadership training, TeamEphers are committed to creating a relaxed and comfortable environment that helps incoming student-athletes build lasting and diverse relationships as well as thrive in the general Williams community.

Symposia, Workshops, and Speakers

The Ephs Leadership Academy brings influential and inspiring leaders to speak to our student-athletes about what it means to be a leader and how leadership can be applied to their lives on and off the court or field.

Past speakers have included:

Nancy Clark

Sports Nutritionist & Author

Dr. Chris Carr

Sports and Performance Psychologist

Tracy Gilbert

Allies & Bystanders Against Prejudice

J.B.Spisso

Elite Leadership Training Specialist

Derek Greenfield

Speaker, Educator, Author

Michael Dunphy

Professional Trainer, Facilitator, and Educator

Sue Enquist

11-time Softball National Champion-player and coach

And many more...

Ephs Leadership Academy
THE WILLIAMS WAY

Captains Training

Captains Training is geared for emerging and existing team leaders of all sports. As part of the leadership academy, we offer a two-day workshop that includes effective communication, developing your team culture, recognizing the tools necessary for a growth mindset, and going over scenarios that as captains, will likely face as leaders on their teams.

All in all, the two-day workshop shows captains how to best develop their leadership skills, what to be prepared for, and allows them to partner with one another to create a strong leadership team.



Student-Athlete Advisory Committee

SAAC functions as a liaison between student-athletes and the athletic department. The presidents work in conjunction with an Executive Board as well as representatives from all varsity sports. Together they address the roles of student-athletes both off and on campus. Last year the committee tackled a variety of matters including sexual assault prevention, breast cancer awareness, and community outreach. This year, SAAC intends to build on last year's success to have an even greater impact in the community. That said, SAAC plans to keep the spotlight on sexual assault awareness and prevention by using sports teams as channels to raise awareness and offer strategies for recognizing and preventing instances of sexual assault. Furthermore, SAAC will be bringing back the 32 for 32 campaigns, which in past years presented a goal: to get all 32-varsity teams involved in community service projects. From hosting Team Impact players and mentoring local middle and high school students, to working at the Youth Center and organizing fundraising and awareness campaigns, SAAC's teams' community involvement extends far across the community.

Emerging Leaders Academy

Open to all sophomore student-athletes at Williams College. The Emerging Leaders program is designed to provide future leaders with insights, strategies, and skills necessary to become effective leaders.

Emerging leaders will:

- Develop an understanding of leadership skills.
- Build a strong sense of self-awareness and discover how that impacts one's leadership style.
- Learn to communicate effectively with members of your team and coach.
- Develop skills and confidence when responding to problems or concerns.

