

Fram Focus volume 5:5 - December 2019

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Focus on Athletics: RIT Athletics provides an exemplary structure to grow critical thinking for performance through many opportunities:

- The **Student-Athlete Advisory Committee (SAAC)**, legislated by the NCAA, operates as a representative group advocating for the welfare of student-athletes at each Division I, II, or III institution. RIT’s SAAC goes beyond its mission to promote events, perform community service, propose programming, and respond to emerging issues and legislation at the national, regional, and local level.
- **Leadership Luncheons** are developed and scheduled regularly to provide a platform for captains and emerging leaders to be exposed to campus and community leaders. Student-athletes are provided with an opportunity to learn about different leadership styles and examine their own as well.
- **Team Building Exercises** are provided via the use of outside sources such as performance management experts. Last year, a nationally renowned performance expert spoke to RIT’s entire student-athlete population on achieving excellence. Each year a variety of performance coaches work with teams on topics such as focus, resilience, confidence, and consistency. These sessions are popular among coaches and student-athletes.
- **Strength and Conditioning (S&C)** is a key element in the athletic performance equation. RIT’s S&C coaches provide smart programming, which includes sport-specific routines. Through the use of performance data, coaches are able to measure athletes’ progress towards goals. For RIT students, this is very beneficial because it provides quantitative feedback on a continuous basis.

Learn more about RIT Athletics [HERE!](#)

Cosponsored Events

Gray Matter Discussion: "Adulting: Do Parents Help Us or Get in the Way?"

Date: Friday, December 6, 2019

Time: 12:00 – 1 p.m.

Place: MOSAIC Center (SAU 2510)

Gray Matter is a monthly discussion series at RIT designed to promote critical exploration of provocative topics related to higher education and the RIT campus community. The discussion is great. The refreshments are free!

A Few Thoughts

With this issue of the Fram Focus, we meet one of RIT's notable critical thinkers, Lou Spiotti.

Lou Spiotti began his 40th season as the Executive Director of Intercollegiate Athletics at RIT in the fall of 2019. He is one of a few directors in all of college athletics—Division I, II and III—to serve in that position for 40 years.

Spiotti joined RIT in 1974 as the head football coach and was named athletics director in 1980. Under his leadership, the athletics program has experienced unprecedented growth and development.

In December's Staff Excellence article, Spiotti shares how he helps coaches and student-athletes develop critical thinking skills and how he teaches them to operate in a highly competitive environment. Learn more [HERE!](#)

From Gene Fram

"Continuous Learning: A Leader Should Also Be A Student Forever" by Div Manickham, Forbes Councils Member. Read more [HERE!](#)

