

Who can attend SASI?

Student athletes must be rising sophomores, juniors, or seniors. A school sends at least 2 students plus an adult mentor, preferably a coach. There is a \$125 registration fee for each participant. Schools are asked to use Safe and Drug Free Schools' money or other school funds to pay for the students.



SASI Regions by County

Central

Anson
Bladen
Brunswick
Cabarrus
Columbus
Cumberland
Harnett
Hoke
Lee
Montgomery
Moore
New Hanover
Richmond
Robeson
Scotland
Stanly
Union

Mountain

Alexander
Alleghany
Ashe
Avery
Buncombe
Burke
Caldwell
Catawba
Cherokee
Clay
Cleveland
Davie
Gaston
Graham
Haywood
Henderson
Iredell
Jackson
Lincoln
Macon
Madison
McDowell
Mecklenburg
Mitchell
Polk
Rutherford
Surry
Swain
Transylvania
Watauga
Wilkes
Yancey

Piedmont

Alamance
Caswell
Chatham
Davidson
Durham
Edgecombe
Forsyth
Franklin
Granville
Guilford
Halifax
Nash
Northampton
Orange
Person
Randolph
Rockingham
Rowan
Stokes
Vance
Wake
Warren
Wilson
Yadkin

Southeast

Beaufort
Bertie
Camden
Carteret
Chowan
Craven
Currituck
Dare
Duplin
Gates
Greene
Hertford
Hyde
Johnston
Jones
Lenoir
Martin
Onslow
Pamlico
Pasquotank
Pender
Perquimans
Pitt
Sampson
Tyrell
Washington
Wayne

NCHSAA Student Services



**Athletics, Leadership,
Academics**

Student Athlete Summer Institute

The Student Athlete Summer Institute (SASI) program is a prevention program that targets teams of student athletes enrolled in grades 10, 11, and 12 in North Carolina's public high schools. The curriculum includes activities centered on leadership development, effective teamwork, and lifelong skills for healthy living. Athletes are selected by their coaches and teachers and participate in a summer residential program followed by a variety of leadership activities held during the school year. Students selected should have leadership potential and an average or above academic record. A coach sponsor assumes responsibility for the SASI team.



Where is your SASI Region?



Contact Information

Central SASI

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Goal

To help student-athletes develop leadership skills to serve as peer educators about alcohol, tobacco, and other drugs abuse, as well as develop mentoring skills.

SASI participants will learn about the following:

- Detrimental effects of alcohol and other drugs
- Peer empowerment
 - Methods of empowerment with anticipated outcomes
- Positive role model influence
 - Group discussions of how to be a positive role model with young children and peers
- Effective leadership skills
 - Instruction in leadership skills with activities for applying skills
- Appropriate peer interactions in a variety of settings, and
- Goal setting and planning
 - Opportunity to design an action plan to take a stand against risk behaviors at home, school, and in the community.

NCHSAA STUDENT SERVICES

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