



DAN FRANCIS

Elite Athletics Series for Aspiring Athletes

Hosted by Dan Francis

Dan Francis is an elite athlete in his senior year at Mount Allison University in Sackville, New Brunswick, Canada. Dan's studies will lead him to a degree in Sociology in June of this year. His passions include working with youth and, of course, Varsity Football. Dan finished his varsity career as Running Back for the Mount Allison Mounties. As he prepares for the next leg of his journey, Dan has merged his passions into the info-series presented here.

This series is intended to provide an opportunity for aspiring athletes to learn from and interact with Elite Athletes, coaches and other team officials as they present seven live episodes. Topics will revolve around the information that athletes need to know as they move to the elite level in pursuit of their own passions.

Sessions will be live, and archived. The link provided below will provide access to registering for the live sessions as well as access to the archived sessions. There is no fee to register or to stream the archives.

Guest Speakers



SEAN SQUIRES

Strength and Conditioning Coach - Mount Allison Mountie Football



JORDAN GRANT

Defensive Line Coach - Mount Allison Mountie Football



DAVE LAVEY

Athletic scout - Queens University Football



ALLISON BROOKS

Teacher, Principal and former QB Mount Allison Mounties

Feb.24, 2022 - 7:00pm

SESSION 1: *What it Takes To Be an Athlete*

Dan will introduce and interact with **Guest Speaker: S/C Coach Sean Squires** who will discuss the benefits and purpose of Strong Focus Training (Physically & Mentally). This will include the characteristics of commitment and discipline required to realize "The Full Spectrum of Being a Student-Athlete" through his devised program of "Unlimited Potential Athletics."

March 3, 2022 - 7:00pm

SESSION 2: *Staying Elite During Setbacks*

Covid-19 and its variants have had an unprecedented impact on sports at all levels. Dan discusses the discipline required to adjust to being an elite athlete despite setbacks and challenges beyond our control. Continuing training, staying mentally engaged with your sport/athletics, continuing to grow and promoting yourself. thru new found technology (Hudl, Youtube, Instagram, Twitter, TikTok, Twitch). **Guest Speaker: Jordan Grant, Defensive Coach Mounties Football.**

March 10, 2022 - 7:00pm

SESSION 3: *What Opportunities Next Level Do I Have?*

Dan will address: a) Post-Secondary Athletics Opportunities! Other Possibilities such as (12B, CEGEP, College/University, JrA, OHL, CJFL, and Adult Leagues). b) How do you become "found?" c) "How important is it to determine which one?" and d) "Managing Expectations!"

Guest Speaker: Dave Lavey, an athletic recruiting scout. What exactly do they look for? What are the characteristics that make an athlete stand out when it comes to recruiting?

March 24, 2022 - 7:00pm

SESSION 4: *Recognizing Your Passions While Setting Your Sights*

Dan will lead an open chat about passion driven outcomes. Regardless of your sport, passion and purpose, motivation and determination are keys to success. These things allow us to overcome life challenges, stay true to goals and outwork the competition. When you love what you do, What looks like work to others is simply an enjoyable activity. Committed athletes the first to practice and the last to leave. **Guest Speaker: Allison Brooks, Educator, Principal and former QB. Mount Allison Mounties.**

March 31, 2022 - 7:00pm

SESSION 5: *What Coaches Wish You Knew Before Coming Up*

Dan will share his experience as a student-athlete as well as what he's learned about what coaches expect players to know before arriving.

Guest Speakers



ZAK COLANGELO
Assistant Coach/
Defensive Coordinator -
Mount Allison Mountie
Football
Head Coach - Mount
Allison Varsity
Basketball



JOHN AGETTE
Mount Allison Football
Rookie of the Year 2021



LUCAS CORMIER
Mount Allison Football
Rookie of the Year
2020. AUS two time All
Star.



MICHAEL ASIBOU
Defensive player -
Concordia University
Football. CFL draftee.

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SESSION 5 Cont'd.

Guest Speakers: Mounties Football Defensive Coordinator/Assistant Coach Zak Colangelo and Mounties Basketball HC Coach. They will discuss what We'll let them talk about what coaches and scouts look for in a potential elite athlete. What can candidates do to stand out?

April 7, 2022 - 7:00pm

SESSION 6: *Realities and Responsibilities of Being an Elite Athlete*

Dan will explore the realities and responsibilities of being an elite athlete with selected elite athletes from University sport. **Guest Speakers: John (Jet) Agette.** Mount Allison 2021 Rookie of the Year, Senior Athlete and NB Native **Lucas Cormier Mount Allison 2020 Rookie of the Year and AUS Two time All-Star**

April 14, 2022

SESSION 7: *So, You've Been Recruited. Now What?*

Preparing to head to university, what to expect. **Guest Speaker: Michael Asibou** Defensive player from Concordia University who's been drafted into the CFL. Will speak to experiences as an elite athlete from minor football to professional sport

Registration:

Follow the link below. The link below will direct you to a website where you can join any of the sessions as they are occurring or, alternatively, you may access an archived stream of a previous session. The site will remain active for the duration of the sessions schedule. Following that the videos will be available on YouTube.

<https://authenticd.com/EliteAthletics.php>

Prior to joining the sessions, please familiarize yourselves with the procedures to ensure everyone has a positive experience.

1. Test Audio and video before joining
2. Set your microphone to mute (Bottom Left side of your screen).
3. Hold the space bar down to un-mute your microphone.
4. Although the format is one of an open chat, kindly raise your digital hand or use the chat feature to ask questions or comment.
5. Remember that if your microphone is on, making any noise will default everyone in the session to your camera feed.
6. If you don't want to be seen, you may turn you video off (bottom left of your screen).

Dan Francis - Vital Stats

- Born - Miami Florida, Hometown - Niagara Falls
- Mount Allison University - BA. SOCI - Sr. Team Football Captain | 2018-22
- Mohawk College - Ontario College Diploma - Former Men's Rugby | 2017-18
- Steel City Patriots - Northern Football Conference - ROY & 2nd Yr Captain | 2017-18
- St. Michael's HS - Student-Athlete (Football, Wrestling, Lacrosse & Baseball) | 2011-16



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