

# USM athletic director honored by KCAC

USM News Service

Vice President of Athletics Rob Miller has been named the 2024-25 Kansas Collegiate Athletic Conference Athletic Director of the Year.

“I’m truly honored to be recognized as the KCAC Athletic Director of the Year,” Miller said. “This award is a reflection of the incredible work of our coaches, staff, and student-athletes who represent the University of



Rob Miller

Saint Mary with excellence every day. I’m proud to be part of a community that values both character and competition.” Miller presided over

a successful year for the Spirees. USM claimed seven conference titles, including:

- Men’s cross country (12th consecutive)
- Women’s cross country (5th consecutive)
- Men’s basketball conference tournament champions
- Women’s indoor track and field champions
- Men’s wrestling champions
- Competitive cheer champions
- Competitive

dance champions Saint Mary finished fourth in the 2024-25 KCAC Commissioner’s Cup Standings, marking the third consecutive year in which they have earned a top-four ranking. The institution also finished 19th in the NAIA Learfield Directors’ Cup Standings, the best finish out of any KCAC school, and their best finish in the past three years. The Spirees also had seven teams named as the Team of Character

for their sport, including women’s soccer, men’s and women’s swimming and diving, men’s and women’s bowling, women’s flag football and women’s outdoor track and field. “As USM’s Vice President of Athletics, Rob personifies the five core values of the NAIA’s Champions of Character program,” University President Sister Diane Steele said. “Our teams routinely earn Five-Star Champions of Character honors, and Rob insists

on and nurtures integrity and sportsmanship among student-athletes.” In addition to presiding over success on the playing field, Miller also serves on the KCAC Conduct in Competition Committee, the NAIA National Administrative Council, the USM President’s Administrative Council and the USM Mission Council. He previously received the KCAC Athletic Director of the Year award in 2017.

# Be careful when enjoying summer fun in the water

Wire report

Fun in the sun often involves playing in the water. Whether you’re soaking up some rays in a backyard pool, catching some ocean waves on a surfboard or sliding your way across a Slip ‘N Slide, there’s no shortage of ways to incorporate water into warm weather recreation.

Water-based recreation makes especially warm days more comfortable, but caution must reign supreme when engaging in water play. The National Drowning Prevention Alliance offers the following safety tips to lower the risk of water recreation accidents.

- Brush up on your swimming skills. The NDPA reports that learning how to swim can reduce drowning risk by 88%. Adults and children alike are urged to go over the basics of swimming before getting in the water to ensure their skills are up to the task. If possible, practice the basics in the shallow end of a pool to reacclimate your body to swimming. Parents can keep a watchful eye on their young swimmers to ensure they haven’t forgotten how to swim since last season.
- Never swim alone. Swimming with a partner is a fun way to stay safe. The buddy system ensures someone is there to look after swimmers and offer help if a swimmer is struggling. A buddy also can call for help by alerting a lifeguard when swimming in a public place such as a beach, lake or community swimming pool.
- Stick to designated swimming areas. The flag system is often employed at parks, beaches and lakes to indicate when and where it’s safe to swim. A red flag typically symbolizes swimming is unsafe, whereas a green flag means conditions are welcoming for swimmers. Stick to areas designated as safe. The NDPA notes it’s always preferable to swim under the supervision of a lifeguard.
- Err on the side of caution. The NDPA notes it’s best to get out when in doubt.



Safety must be the utmost priority when having fun in the water. Submitted

If water conditions don’t feel right, exit the water. Falling rain, rough currents, muscle cramps, and/or physical fatigue can quickly transform a fun swimming session into a dangerous situation. Get out of the water at the first sign of doubt. You can always return later if your physical condition and/or the conditions in the water change.

- Be an educated swimmer. Savvy swimmers know to check the local forecast, including water conditions, before getting their toes wet. The NDPA notes

it’s unsafe to swim in the rain, particularly if there is thunder and lightning. That’s true whether you’re swimming in an ocean, a lake or a backyard pool. A wetsuit can help keep the body warm when water temperatures are low, but the NDPA notes such swimming sessions should be brief. In addition, the NDPA notes that swimming in a wetsuit when water temperatures are between 75 and 80 degrees could lead to heat exhaustion.

- Don’t swim after consuming alcohol.

Swimming and alcohol are a bad mix, as the NDPA notes that alcohol impairs balance and coordination, each of which are vital for swimming. Alcohol also increases the likelihood of risky behavior, which can be hazardous when in the water. Water-based recreation helps make warm weather seasons even more fun. But safety must be the utmost priority when having fun in the water. Additional water safety strategies can be found at ndpa.org.

## Youth

Continued from A8

A little closer to Leavenworth County, Major League Soccer’s Sporting Kansas City has a host of events scheduled throughout the region, beginning with the Sporting KC Youth Summer Camp Boys’ Homegrown Experience from June 16-19. Touted on the organization’s website as the team’s “most exclusive summer camp,” the Homegrown Experience is open to boys of all skill levels from ages 7-14. Taking place at Children’s Mercy Park, Compass Minerals Sporting Fields, and Compass Minerals National Performance, the camp puts your player in direct contact with Sporting KC players, as well as receiving training from Angel Rivillo, head coach of the Sporting KC U-16 Academy. Price for the experience is \$419. For more information, and other Sporting youth clinics and camps, or to register, visit SportingKCYouth.com/camps.



KC Current



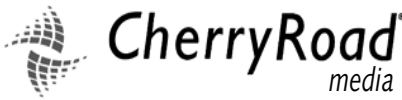
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