

CMAC Football Leadership Conference

Connecting Our Past, Building Our Future

A transformative one-day event uniting players, coaches, and community leaders across the Cincinnati Metro Athletic Conference (CMAC) football program.



Purpose & Vision

Our Mission

To inspire, educate, and equip CMAC athletes with essential tools for success both on the gridiron and in life beyond football.

The Vision

Understanding our history shapes our future. Every player who takes the field carries forward a legacy of excellence, determination, and community pride that defines CMAC football.



The Documentary: **Da Haven**

Now Streaming on
Tubi

Da Haven isn't just entertainment—it's living history that captures what it truly means to play CMAC football across generations.

Every School's Story

While following one team's journey, this powerful story reflects the spirit and challenges of every player and school in the CMAC. See yourself in this legacy.

Summer Camp Integration

Coaches will showcase episodes during 2026 summer camps, sparking discourse and reflection about our shared heritage and future aspirations.



DA HAVEN

THE GREATEST FOOTBALL STORY NEVER TOLD

NOW AVAILABLE ON

tubi

THE ONLY COLUMBUS CITY LEAGUE FOOTBALL TEAM TO WIN A STATE CHAMPIONSHIP

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"This is a must-see documentary! It exceeded my expectations. It was organized, had great interviews, and highlighted so much of what went right in the city of Columbus."



Panel Discussion: Lessons from the Past



Legacy of Excellence

Former players and coaches share stories of CMAC's proud tradition of developing champions on and off the field.



Brotherhood & Leadership

Building lasting bonds and leadership skills that extend far beyond the final whistle, creating lifelong connections.



Overcoming Adversity

Real stories of triumph through challenges, demonstrating the resilience that defines the CMAC's character and spirit.



Breakout Sessions Overview

"Breakout sessions designed to spark ideas, sharpen strategies, and deliver big insights that move the game forward on and off the field."

1 Recruiting 101

Navigate the college recruitment process with confidence and strategic planning.

2 Social Media Smarts

Build your brand while avoiding digital pitfalls that could derail your future.

3 The Mind of an Athlete

Address social and emotional needs essential for success in today's competitive landscape.

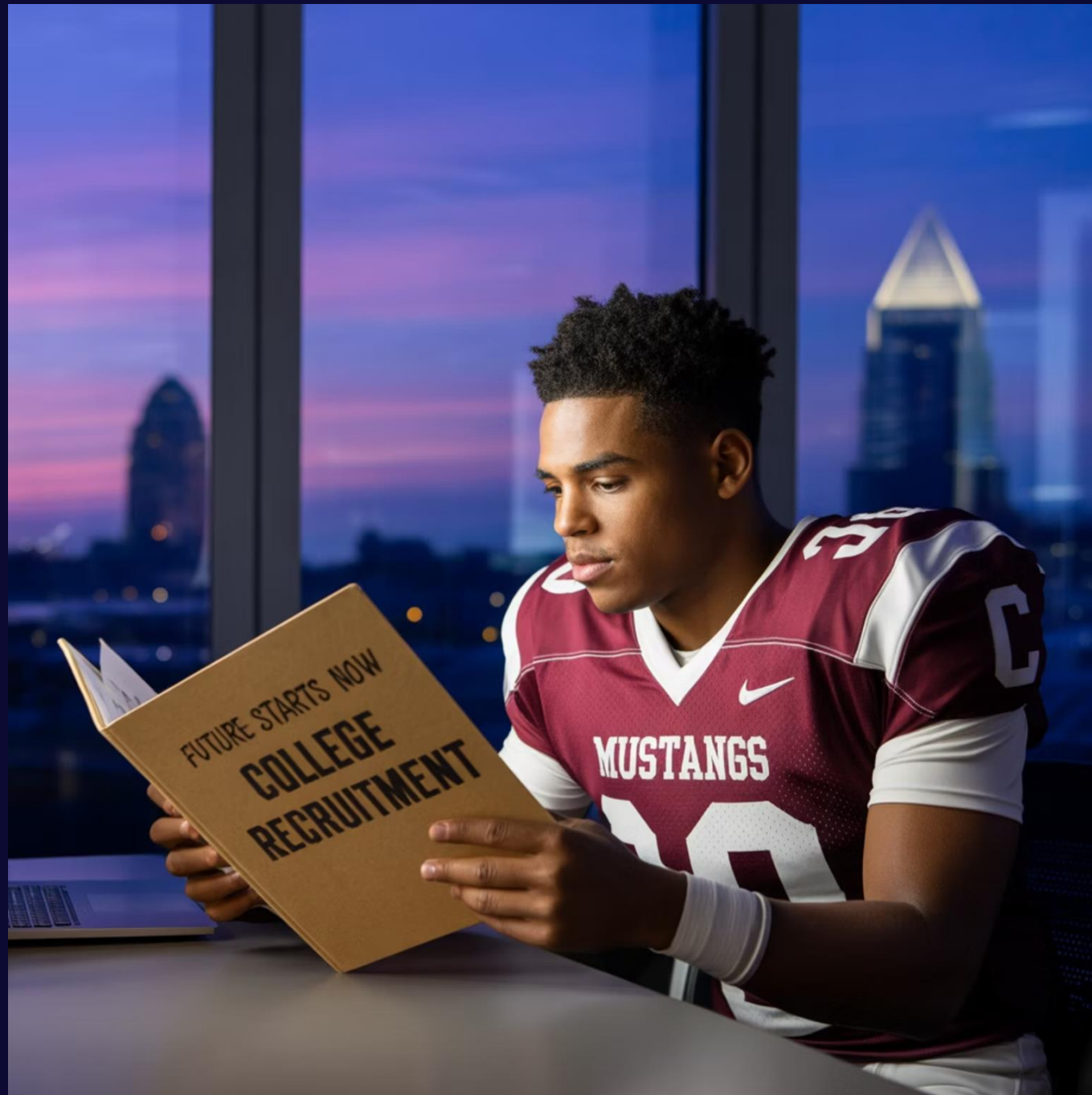
4 Strength & Conditioning

Master fitness, recovery, and nutrition for peak athletic performance.

5 Life After the Game

Develop financial literacy and explore career pathways beyond football.

Breakout Session: Recruiting 101



NCAA Rules & Timelines

Master the complex world of recruitment regulations and critical deadlines that shape your college journey.

Standout Highlight Reels

Learn the art of creating compelling video content that captures coaches' attention and showcases your unique talents.

Academic Excellence

Understand how GPA and classroom performance directly impact your recruitment opportunities and scholarship potential.

Team Partnership

Build effective collaboration between coaches, parents, and players throughout the recruitment process.

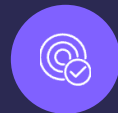


Breakout Session: Social Media Usage



Protect Your Reputation

Learn strategies to safeguard your digital footprint and avoid posts that could jeopardize future opportunities.



Recruiting Visibility

Leverage social platforms strategically to increase your visibility to college scouts and coaches nationwide.



Real-Life Impact Stories

Hear from athletes whose online choices dramatically altered their career trajectories—both positively and negatively.



Breakout Session: Social & Emotional Development



Mental Health & Resilience

Build emotional strength and develop healthy coping strategies for handling pressure, setbacks, and competitive stress.



Smart Decision-Making

Navigate peer pressure and develop critical thinking skills for making choices that align with your goals and values.



Leadership & Accountability

Cultivate leadership skills that translate from the locker room to the classroom, creating positive impact wherever you go.



Resources & Mentors

Connect with valuable resources and mentors who can provide guidance throughout your athletic and academic journey.

Breakout Session: Fitness & Performance



Year-Round Conditioning

Develop comprehensive training programs that maintain peak fitness throughout all seasons, maximizing your athletic potential.



Injury Prevention

Master recovery strategies and prevention techniques that keep you healthy and performing at your highest level.



Nutrition & Hydration

Fuel your body properly with evidence-based nutrition strategies that enhance performance and accelerate recovery.



Position-Specific Training

Learn specialized drills and techniques tailored to your position that give you competitive advantages on game day.



Closing & Call to Action

Reaffirm Our Legacy

The CMAC's tradition of greatness continues through each player who commits to excellence both on and off the field.

Coaches' Commitment

Our coaching staff pledges to integrate **Da Haven** into summer camps, fostering meaningful discussions about our shared heritage.

Players' Promise

Today's athletes commit to carrying forward this legacy with unwavering excellence, integrity, and community pride.

From History to Destiny – You Are Next in Line