

All AFCWA events are held at JW Marriott unless otherwise noted; Event times and locations subject to change. AFCWA members are welcome at all AFCA events; however, you MUST wear your AFCWA name badge to enter.

MONDAY, JANUARY 13, 2026 • 9:00 AM - 9:50 AM

Waccamaw
4th Floor JW

Championship Communication - Bryan and Jonell McKenzie

This session will provide *championship communication principles* to enhance understanding and oneness with your spouse.

Catawba 4th
Floor JW

X's and O's with a Woman's Touch - Mary Helen Haskill

Come enjoy a lively, hands-on session that makes football finally make sense! Mary will break the game down in a fun, relatable way and give you practical tips for creating a Women's Clinic of your own. You'll learn the lingo, understand the plays, and never feel lost when the "football talk" starts again. We will wrap up with a Q&A featuring coaches as your live models!

Roanoke 4th
Floor JW

Success For Safety - Sheriff Irwin Carmichael

This course will provide information on the profile of an attacker, based on high profile criminal interviews Sheriff Carmichael has conducted over his 35+ years in law enforcement. He has interviewed serial killers, police killers, rapists, and child pedophiles to find out the proactive ways to protect yourself and your family. He will also share the laws and legalities of self-defense.

MONDAY, JANUARY 13, 2026 • 10:00 AM - 10:50 AM

Waccamaw
4th Floor JW

Seasoned Wives Encouragement and Wisdom Panel

A panel of experienced coaches' wives will provide insight into life both in-season and out-of-season, including managing family routines, supporting children during demanding game weeks, keeping kids emotionally connected to Dad, and practices that have strengthened their marriages. They will also discuss navigating relocations with children and will openly address your submitted questions with honesty and transparency.

Catawba 4th
Floor JW

Building a Successful Business as a Coach's Wife: Integrating AI for Flexibility and Growth - Honor Garrett

Are you a coach's wife juggling the demands of raising kids, managing the household, and supporting your husband's busy schedule—all while trying to build a successful business or side hustle? Join us for this empowering talk designed specifically for women like you! We'll help you identify your unique God-given strengths, choose the right business that fits your family, and show you how to use AI to maximize efficiency so you can spend more time with your loved ones. Learn how to balance family, football, and business while overcoming self-doubt, getting your family involved, and building a legacy that creates lasting impact. Discover practical, easy-to-implement AI tips that will help you get organized, take action, and enjoy more freedom in your life. Don't miss this chance to make your side hustle thrive!

Roanoke 4th
Floor JW

The Gift of Stretching - Danielle Drew

This informative session will share the physical and mental benefits of stretching and myofascial release. The session will review proper guidelines and techniques to stretch your body from head to toe. We will finish the session with a guided stretch and myofascial release that can be done right from your seat or the football stadium at the next game.

MONDAY, JANUARY 13, 2026 • 11:00 AM - 11:50 AM

Waccamaw
4th Floor JW

Game Planning your Finances – CCR Wealth Management

Join us for a welcoming and insightful discussion on how to get financially organized and take control of your financial future. We'll explore thoughtful ways to save for your child's education, share practical budgeting strategies, and guide you through managing your prior retirement accounts during coaching and life transitions. This is a great opportunity to help you feel more confident and empowered in shaping your financial plan.

Catawba 4th
Floor JW

Fill up Your Cup without the Guilt – Honor Garrett

"The Playbook For Self-Care: Filling Your Cup Without the Guilt" is an engaging, relatable, and humorous talk designed for busy football coaches' wives juggling households, kids, and side hustles during football season. Learn why prioritizing your well-being is essential to your health, happiness, and your family's success. Through fun stories, metaphors, and practical tips, you'll discover how to "fuel your engine," "clear the clutter," and "fill your cup" without guilt. Walk away with your own self-care "playbook" and the encouragement to take better care of yourself, so you can show up stronger for everyone else.

Roanoke 4th
Floor JW

The Silent Epidemic "Suicide" - The Jason Foundation, Inc.

In our presentation, you will learn about the impact of suicide on our communities. We will share available resources and programs designed to assist you with building a successful prevention campaign within your family, schools, and community. This session will show you how to make lives better and save lives too!

Safety



Extra Point

