

## Breakout Sessions

### *Janna Fonseca, Director of Health, Safety, and Wellness*



#### **Life Beyond Sports: Taking Ownership of your Health & Wellness as a Young Adult**

Janna Fonseca joined the NCHSAA in September of 2022 after several years at Duke in a variety of administrative roles. She has been a licensed athletic trainer in the state of North Carolina since 2005 and a certified athletic trainer by the Board of Certification since 2002.

At the NCHSAA, Janna is responsible for supporting member schools' compliance in all areas of student-athlete health and safety. She also holds other leadership roles with the North Carolina Board of Athletic Trainer Examiners, the Board of Certification, and serves as an AT Spotter for the Carolina Panthers.

As the parent of two young student-athletes, she recognizes the importance of balancing academics, physical activity, and general well-being. When not working, she can be found on the sidelines of a sports field cheering on her kids and their teammates.

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### *Omari Pearson, Passion to Purpose*



**Life Beyond Sports:** Omari Pearson has become a sought-after leader in education-driven life skills and mentoring. As an author, speaker, and consultant, he seeks to empower a generation with direction to attain their life goals through education and mentoring. He is the Founder and President to Purpose, an education-driven life-skills and mentoring company that equips middle school, high school, and college students with the necessary knowledge to empower themselves to be effective and productive members of society.

Omari serves as a consultant and trainer to the National Federation of State High School Associations (NFHS), several state high school athletic and activity associations including: Massachusetts, New Hampshire, Kentucky, Ohio, Indiana, Connecticut, Hawaii, South Carolina, and North Carolina.

Being based in the Washington, DC area, Omari works with Montgomery County Public Schools, Baltimore City Public Schools, and Baltimore County Public Schools. Collegiately he works with Morgan State University and Howard University. Additionally, he works with several CUNY Colleges including: Medgar Evers College, Brooklyn College, John Jay College of Criminal Justice, and New York City College of Technology.