



# The South Campus Times

## Mock Rock Maintains Mental Health Focus

By Allison Skaggs, *Water Polo*

The time has finally come for the annual student-athlete Mock Rock show, where Michigan Athletics' finest hang up their cleats and equipment for a pair of dancing shoes! On Tuesday, February 21, Student Athlete Advisory Committee (SAAC) will put on its student-athlete variety show to raise money for this year's beneficiary, Fresh Start Clubhouse.

Over the past 18 years, Michigan's Mock Rock fundraiser has raised over \$250,000 for local charities. Last year's event was a huge success, as the show raised money for Athletes Connected and also started community wide conversation about the importance of mental health in

the athletic community.

Lauren Pryor, the 2016 Mock Rock Chair, emphasizes the importance of de-stigmatizing mental health and reiterating the purpose of Mock Rock 2016, "We wanted to help student-athletes understand that there are resources available, and that you don't have to have a clinical condition to seek help."

Building on last year's mental health theme, Mock Rock 2017 hopes to generate similar results in order to help a deserving organization, Fresh Start Clubhouse, spread awareness for mental health and provide student-athletes the opportunity to make a tangible impact in the community.

Mock Rock 2017 will feature a

panel of esteemed judges including: Summer Berman, the Director of Fresh Start Clubhouse, Jim Harbaugh, the head coach of the Michigan Football team, and Sarah Harbaugh, an active humanitarian in the Ann Arbor community. The judges will be responsible for commenting on each performance and deciding the overall winner at the end of the show.

The performing acts will include performances from popular University of Michigan Varsity and Club teams such as: women's lacrosse, women's rowing, wrestling, ice hockey, the dance team, and more!

The show will take place on February 21, at the Power Center from 7:30-10 p.m.

## Meet The Beneficiary: Fresh Start Clubhouse

By Sarah Zieve

*Women's Cross Country*

Mental health awareness has become an increasingly salient issue on college campuses throughout the country. At the University of Michigan, the Athletic Department has become a leader in addressing the unique mental health challenges that student-athletes face.

Beginning last year, the Student-Athlete Advisory Committee (SAAC) joined the cause by featuring Athletes Connected as the 2016 Mock Rock beneficiary. This year, SAAC leadership worked diligently to find a community-based beneficiary, akin to Athletes Connected, that provides mental health services in the Ann Arbor area. That beneficiary for this year's Mock Rock show

is Fresh Start Clubhouse.

"By featuring Fresh Start as this year's beneficiary, we hope to continue raising mental health awareness within the greater Ann Arbor community," explained this year's Mock Rock Chair, Claire Borchers.

Fresh Start Clubhouse is a working community for adults living with mental illness. Their mission, to create a place of acceptance and empowerment for people living with mental illness, is achieved by providing employment, education, housing and wellness programs.

Members of Fresh Start Clubhouse live with a variety of mental illnesses. The primary purpose of the Clubhouse is to help their members participate in, and contribute to the community.

The funds raised by this year's Mock Rock show will enhance the services and care that the Clubhouse is able to provide. Specifically, the Clubhouse hopes to use the money raised from the Mock Rock show to increase the number of people they can help in Washtenaw County.

Additionally, members of the Clubhouse and their staff will participate in this year's Mock Rock show as judges and performers. Fresh Start director, Summer Berman, will serve on the judges panel with Jim and Sarah Harbaugh.

Leading up to the February 21 show, SAAC members will have the opportunity to spend an evening working with Fresh Start members at a career services workshop.



# Five Tricks For A Successful Mock Rock Performance

By Lauren Pryor

*Women's Lacrosse*

*This year's Mock Rock show is quickly approaching! Our beneficiary, Fresh Start Clubhouse, is a Ann Arbor based organization that enables us as student-athletes to make a tangible impact in the mental health community. Fundraising, sponsorship deals and event organization is underway but have YOU done your part to prepare a performance for the show? Here are a few tips to ensure you have a successful Mock Rock performance for the 2017 show:*

**1. Many of you may be sick of this word, but PRACTICE is key!**

Just like practicing before a big competition, the more practice you put in before the show, the more natural the big moment will feel.

**2. Don't be shy.**

If you're someone who has a bit of stage fright - no problem! The more you put yourself out there on stage, the less you will think about being in front of people.

**3. Get the whole team involved.**

It's great when teams pair up and put all of their strength together -- we absolutely encourage it!

**4. Mix it up!**

In the past, many teams have done choreographed dances to a popular song. Costumes can be a great addition and take pressure off the actual performance.

**5. Think about the judges.**

Think outside the box. Consider, what does Coach Harbaugh want to see?

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## Meet The Mock Rock Judges

By Mary Kate McNamara

*Women's Track and Field*

*This year's Mock Rock variety show will feature an extraordinary three-person judges panel! This year's judges are Summer Berman, the director of Fresh Start Clubhouse and Michigan's very own head football coach Jim Harbaugh and his wife Sarah Harbaugh.*

*Unlike years past, where voting was done through text or Twitter, this year the performances will be scored and the winners will be determined by the judges. Read on to learn more about our judging panel and what it will take to impress them!*

**1. Summer Berman, Director of Fresh Start Clubhouse.**

As the director of Fresh Start Clubhouse, Summer has been actively involved in planning this year's Mock Rock show. This is her first year attending the Mock Rock show and will be looking for unique and entertaining performances!

**2. Sarah Harbaugh, Wife of Head Coach Jim Harbaugh**

Sarah will be looking for creative performances on par with her famous Dockers Dad Pants commercial. Any references to stopping the #DadPants phenomenon or Harbaugh's characteristic enthusiasm will likely bring up your team's score from Sarah. For inspiration from Sarah herself, check out the Dockers "Dad Pants" commercial she was featured in with her husband.

**3. Jim Harbaugh, Head Football Coach**

Coach Harbaugh will look for the same "enthusiasm unknown to mankind" that he expects from his players from the performers in this year's Mock Rock show. Simon Cowell, er, um, Coach Harbaugh may prove the strictest judge on the panel especially for any football related performances.

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### South Campus Times Credits

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