

My name is Jolisa Castell, and I am an LCSW, currently enrolled in my doctorate in social work, scheduled to complete it in December 2026. I am a former athlete who had the pleasure of playing volleyball, basketball, and running track. I was fortunate to have mentors and coaches pour into my life on my journey as a young athlete, and I want to do the same for generations to come. I joined ASWIS in 2023 as I wanted to be part of a community driven by dedication and purpose. From day one, I felt the passion of this group and the commitment each member brings to supporting athletes and the systems around them. Thus far, ASWIS has given me knowledge, connections, and inspiration, and I am eager to continue growing with this community while contributing in a meaningful way.

The ASWIS mission to promote individual and community well-being through partnerships between social work and athletics reflects exactly why I am committed to this field. Our vision to lead the integration of social work practice into all realms of sports speaks to both where we are and where we are headed. I believe deeply in this direction. As Member at Large, I will work to support and protect these goals, honor our bylaws, and help ensure that our values guide every step we take.

I have been practicing independently since 2021, and my passion has always lived at the intersection of sports and mental health, especially for youth. That passion led me to create Basketball Meets Mental Strength and the Flagging Your Emotions flag football camp. These programs give young people a space to build confidence, express themselves, and understand that mental strength matters as much as physical skill. It also allows parents to access resources to develop and sustain mental strength on and off the field, in the classroom, and for their youth, and, lastly, to foster community connection and conversations. They remind me why this work is necessary.

As a member at large, I will help advance the strategic plan by strengthening engagement, building connections, and expanding opportunities for our members. When we maintain integrity with this plan, we can open doors to new resources, inspire current and future practitioners in this growing subfield, and draw local, state, national, and global attention to the well-being and functioning of athletes. This is how we will continue to grow our impact and make our work visible throughout the sports world and beyond.

Last year, I had the privilege of serving as co-chair on the Symposium Planning Committee. We saw a record number of proposal submissions, demonstrating the energy and innovation our members bring. I would be honored to serve again and help push those numbers even higher, along with increasing attendance and collaboration for our 2026 Symposium in Los Angeles.

I see myself as a leader, a teammate, and a lifelong learner. I love connecting with others and creating space where everyone feels seen and heard. Serving as Member at Large would allow me to support our members, strengthen community ties, and help ASWIS continue to move forward with purpose.

Thank you for considering my candidacy. I am ready to serve.