



Athlete Representative I Capstone Practicum

Congratulations on successful completion of Athlete Representative (AR) I at Athlete Leadership University.

Directions:

- Each AR I attendee must complete three of the following leadership opportunities in order to:
 - Receive an Athlete Representative I Practicum Certificate.
 - Receive eligibility to attend Athlete Representative II.
- Each athlete must complete their Capstone Practicum within one full calendar year
- A report form must be filled out immediately following completion of the leadership opportunity and sent to ALPs Coordinator, Jordan Schubert, at jschubert@specialolympicspa.org.
 - The report form is available on the SOPA website under the Athlete Leadership tab.
 - URL: <http://www.specialolympicspa.org/special-programs/initiatives/athlete-leadership>

Leadership opportunities include, but by no means are limited to:

1. Serve on local program management team:

- Responsible for representing all program athletes as a member of the local program management.
 - Contact your local program manager for more information on this leadership opportunity.

2. Create or join an Athlete Leadership Team:

- Committee of program athletes serving as part of a local program management team, providing direct athlete input.
 - Contact Athlete Leadership Coordinator and / or your local program manager for more information on this leadership opportunity.

3. Serve on a games organizing committee for a local, invitational, sectional and/or state competition:

- View list of games organizing committees for sectional and state events by section below:
- **East:** Contact Eastern Competition Director, Morgan Muñoz at mmunoz@specialolympicspa.org, for more information on this leadership opportunity.
 - **Eastern Bowling Sectional**
 - DeSales University, Allentown, PA
 - **Eastern Spring Sectional**
 - Kutztown University, Kutztown, PA
 - **Eastern Fall Sectional**
 - East Stroudsburg University, East Stroudsburg, PA
 - **Fall Festival**
 - Villanova University, Villanova, PA
- **Central:** Contact Central Competition Director, Michael Daley, at mdaley@specialolympicspa.org for more information on this leadership opportunity.
 - **State Floor Hockey Tournament**
 - Bald Eagle Area High School, Bellefonte, PA
 - **Central Bowling Sectional**
 - Harrisburg, PA
 - **Central Spring Sectional**
 - St. Francis University, Loretto, PA
 - **Summer Games**
 - Penn State University, State College, PA
 - **Central Fall Sectional**
 - Juniata College, Huntingdon, PA

- **West:** Contact Western Competition Director, Mike Ermer, at mermer@specialolympicspa.org for more information on this leadership opportunity.
 - **Winter Games**
 - Seven Springs Resort, Seven Springs, PA
 - **Western Bowling Sectional**
 - Erie, PA
 - **Western Spring Sectional**
 - Carnegie Mellon University, Pittsburgh, PA
 - **Western Fall Sectional**
 - Slippery Rock University, Slippery Rock, PA

4. Volunteer at a local, invitational, sectional and/ or state competition

- If you are not competing, you can volunteer at a competition. Volunteer duties include but are not limited to: set up/break down, distribute food and beverages, etc.
- You may find details regarding sectional and/ or state competitions on the SOPA website under the Event Calendar tab.
 - URL: <http://www.specialolympicspa.org/events-calendar/month.calendar/2015/02/04/>
 - For State/Sectional competitions, contact the section Competition Director for more information on this leadership opportunity.
 - For Local/Invitational events in your local program, contact your local program manager for more information on this leadership opportunity.
 - For Local/Invitational events outside your local program, contact the section Field Director for more information on this leadership opportunity:
 - **East:** Jack Hasson, jhasson@specialolympicspa.org
 - **Central:** Eden Gilligan, eqilligan@specialolympicspa.org
 - **West:** Jim Binz, jbinz@specialolympicspa.org

5. Facilitate an Athlete Input Council at a state competition:

- At each state competition, Athlete Input Councils take place to allow athletes the opportunity to provide feedback about their experiences.
 - Contact Athlete Leadership Coordinator for more information on this leadership opportunity.

6. *Attend Athlete Congress:

- Hosted every two (2) years, is a forum for Athlete Representatives to present recommendations to the SOPA Board of Directors for organizational change.
 - Contact your local program manager for more information on this leadership opportunity.

7. *Being elected onto the Regional Input Council:

- Athlete Representatives wanting to run for RIC must submit their nomination form for Local Program Manager/Director approval.
- During the biennial Athlete Congress, those athletes seeking election are required to give a one minute speech stating why they should be elected to the position.

8. *Being elected as Athlete Congress Chair:

- During the biennial Athlete Congress, those athletes seeking election are required to give a one minute speech stating why they should be elected to the position.

9. *Being elected onto the Board of Directors.

- There are two ways to be elected onto the Board of Directors:
 - Be elected by the BOD.
 - Be elected Athlete Representatives during Athlete Congress.

*Opportunity not available every year