



Athlete Representative II Capstone Practicum

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

Directions:

- Each AR II attendee must complete three of the following leadership opportunities in order to:
 - Receive a degree in Governance from Athlete Leadership University.
- 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 Athlete Leadership 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/specialprograms/initiatives/athlete-leadership>

Important Notice:

- Following the completion of AR I, you were given a broad range of projects to pursue to become eligible to take AR II. Now that you have completed AR II training, you will be expected to take on larger leadership roles where you will be providing action and not just input.
- In this document is a list of projects to help get you started, but by no means is restricted to just these projects. If you are planning on completing a project that is not on this list, please call Athlete Leadership Coordinator, Jordan Schubert, at 610-630-9450 ext. 236 before beginning your project to determine whether it would be appropriate to use towards your AR II Practicum.

Leadership Opportunities:

1. Set up personal e-mail account and have a minimum of 10 contacts in your address book.

- Communication is often the biggest struggle between athletes, the local program and state office. By creating a personal e-mail account, you will help eliminate the communication barriers that exist.
- You must have 10 contacts in your address book, check and respond to emails at least once a week.
 - 8 athletes in your local program.
 - Local program manager.
 - Athlete Leadership Coordinator.
- Please work with your mentor to set up and manage a personal e-mail account.

2. Create an ALT Directory.

- Once an ALT has been started an ALT in your program, the next important thing is being able to maintain consistent communication with each member.
- Creating an ALT Directory will help you and your mentor stay in contact with each member and share ideas, questions or concerns between meetings.
 - If ALT applications were used, confirm with each member that the contact information (email and phone) is still current.
 - If ALT applications were not used, gather contact information (email and phone) before, during or after a meeting.
 - Once a directory has been created, ensure ALT members, local program management team and Athlete Leadership Coordinator receive a copy.
- Please work with your mentor and ALT members to collect contact information and put together a directory.

3. Lead ALT in project.

- In addition to providing input, an ALT is expected to take on additional projects.
- With the support from the ALT Chair and members, you can lead a project. Some examples of projects can include, but are not limited to: fundraising, recruiting; etc.
 - Please discuss with your ALT Chair and members what projects they want to take part in and how to implement.

4. Attend sectional ALT meeting.

- As part of the 2016-2020 strategic plan, SOPA will be hosting sectional ALT meetings (East, Central and West).
 - Contact Athlete Leadership Coordinator and / or your local program manager for more information on this leadership opportunity.

5. Chair an Athlete Leadership Team (ALT) for at least a full calendar year.

- ALT is to be chaired by the Athlete Representative who serves on the management team.
 - Contact your local program manager for more information on this leadership opportunity.

6. Shadow on local management team (in a position other than an Athlete Representative).

- ALT Chairs who have successfully served for at least a year have the ability to shadow a Management Team member in a position they're eventually interested in assuming.
 - Contact your local program manager for more information on this leadership opportunity.

7. Serve on local management team (in a position other than an Athlete Representative).

- ALT Chairs who have successfully shadowed a Management Team member for at least a year are able to pursue that position.
 - Contact Athlete Leadership Coordinator and / or your local program manager for more information on this leadership opportunity.

8. Serve in a lead role on a Games Organizing Committee (GOC) for a local, invitational, sectional and/or state competition.

- Athlete Representative who have successfully served as a GOC for a local, invitational, sectional and/or state competition, may pursue a lead role.
- Some examples of a lead role on a GOC can include, but are not limited to: serving as a co-chair for a sub-committee, serving as a co-event director; etc.
 - To learn about lead roles you can pursue on a local/invitational GOC, please contact your management team.
 - To learn about lead roles you can pursue on sectional/state GOC, please contact the Competition Director for the following events:
- **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

- **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**
 - Saint Francis University, Loretto PA.
 - **Summer Games**
 - Penn State University, State College, PA
 - **Central Fall Sectional**
 - Juniata College, Huntingdon, PA

- **East:** Contact Eastern Competition Director, Morgan Munoz, 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

- 9. ***Serving full term on the Regional Input Council (RIC).**
 - Being elected to the RIC can serve towards completing the Athlete Representative I practicum.
 - For Athlete Representative II, if you are elected and serve full term, you can use that towards your Athlete Representative II practicum.

- Contact Athlete Leadership Coordinator for more information on this leadership opportunity.

10. *Serving full term on the SOPA Board of Directors (BOD).

- Being elected to the SOPA BOD can serve towards completing the Athlete Representative I practicum.
- For Athlete Representative II, if you are elected and serve full term on the SOPA BOD, you can use that towards your Athlete Representative II practicum.
 - Contact Athlete Leadership Coordinator for more information on this leadership opportunity.

11. State, National and International ALPs opportunities.

- Starting in 2016, Athlete Leaders who complete Athlete Representative II training will be put into priority consideration to be hand selected by the state office for any ALPs opportunities within Special Olympics Pennsylvania (SOPA), Special Olympics North America (SONA) and/or Special Olympics International (SOI).
 - If selected, you may complete a report form of your experience to use towards your degree.

*Opportunity not available every year