



Global Messenger II Capstone Practicum

Congratulations on successful completion of Global Messenger (GM) II at Athlete Leadership University.

Directions:

- Each GM II attendee must complete three of the following leadership opportunities in order to:
 - Receive their degree in Communications from Athlete Leadership University.
- Each athlete must complete their GM practicum within one full calendar year.
- A speech 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/specialprograms/initiatives/athlete-leadership>

Important Notice:

- Following the completion of GM I, you were given a broad range of speeches that you could give to become eligible to take GM II. Now that you have completed GM II training, you will be expected to not only deliver speeches, but also use your communication skills to take part in meaningful leadership roles while sharing knowledge with other athletes and volunteers.
- In this document is a list of speeches/projects to help get you started, but by no means is restricted to just these speeches/projects. If you are planning a speech or 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 GM II Practicum.

Leadership Opportunities:

1. Create a Special Olympics biography.

- There are hundreds of Global Messengers throughout Pennsylvania and that number continues to grow each year.
- A Special Olympics biography will serve as a reference for the local program and state office when selecting potential Global Messengers.
- Here are some things to help you get started in creating your Special Olympics biography:
 - Picture
 - Preferred audience size
 - Additional speaking opportunities you would to be selected for in the future.
 - Additional Athlete Leadership roles you're involved with (Athlete Representative, Management Team member, Athlete Leadership Team member/chair, Games Organizing Committee, Coach, Athlete Leadership University instructor, etc.)
- Please work with your mentor to create a Special Olympics biography and once created, ensure local program management team and Athlete Leadership Coordinator receives a copy.

2. Public Speaking Workshop.

- Not every member of an Athlete Leadership Team (ALT) has to be a trained Athlete Leader; however as a Global Messenger for your program, you want to pass your knowledge onto other athletes to help them become strong speakers like you.
- During an ALT meeting, you and your mentor can lead a Public Speaking Workshop and share what you learned in both GM I and GM II.
 - Contact ALT Chair for more information on this leadership opportunity.

3. Speaking at local program management team meetings.

- Each local program is required to have at least one trained Athlete Representative on their management team. At the same time, other Athlete Leaders should have the opportunity to interact with the management team in person as well. When speaking to your local program's management team, you can discuss the following: what opportunities would you like to pursue as a Global Messenger in the future, why should your local program send other athletes to ALPs University to be trained as Athlete Representatives, Global Messengers; etc.
 - Contact your local program manager for more information on this leadership opportunity.

4. Conduct an Athlete Input Council and/or Athlete Input Survey for a local or invitational competition.

- Following each sectional and state competition, SOPA's competition staff and the GOC receives feedback from athletes that participated in or volunteered at the event from an Athlete Input Council and/or Athlete Input Survey.
- For local and invitational competitions, their GOC may not receive any feedback. You can help the GOC receive feedback one of two ways:
 - Conduct an Athlete Input Council at the conclusion of the event by inviting all participating athletes to share what they liked and how to improve the event. Your mentor can serve as the recorder and share notes with the GOC.
 - If you're not competing, you and your mentor can go to each competition venue throughout the event and conduct Athlete Input Surveys throughout the day. At the conclusion of the event, you can share all completed surveys with the GOC.
- Contact your local program manager for more information on this leadership opportunity.

5. Speak at a Games Organizing Committee (GOC) meeting for a local, invitational, sectional or state competition.

- Members of a GOC are volunteers who may or may not have prior experience with Special Olympics. Whether for a local, invitational, sectional or state competition, you can speak to the GOC and talk about the Special Olympics mission and history, as well as explain why they should continue to volunteer at other SOPA events.
 - To learn about speaking at a local/invitational GOC meeting, please contact your management team.
 - To learn about speaking at a sectional/state GOC meeting, please contact the Competition Director:
- **West:** Contact Western Competition Director, Mike Ermer, at mermer@specialolympicspa.org for more information on this leadership opportunity.
- **Central:** Contact Central Competition Director, Michael Daley, at mdaley@specialolympicspa.org for more information on this leadership opportunity.
- **East:** Contact Eastern Competition Director, Morgan Muñoz at mmunoz@specialolympicspa.org for more information on this leadership opportunity.

6. Radio/Print/TV interview.

- One of the biggest takeaways from GM II is how to appropriately interact verbally and non-verbally in public. Being interviewed via radio, print and/or television media allows you to continue to develop the speaking skills you learned in GM I, as well as start incorporating the etiquette you learned in GM II.
 - To express interest in being interviewed by media personnel in your local program, please contact your local program's Public Relations Coordinator.

7. Helping your local program set goals.

- In the past, you may have given speeches at fundraisers and/or recruitment events. Now that you have completed GM II, whenever your program asks you to speak at a fundraiser or an event to recruit athletes and/or volunteers, you should set goals on how much money you want raised from a fundraiser and/or how many athletes and/or volunteers you want to recruit.
 - To help you decide a realistic number, you and your mentor should work with your local program's Fundraising Coordinator, Volunteer Coordinator and/or Outreach Coordinator.

8. Promoting Wellness.

- As a follow up to the 2014 Athlete Congress priority of improving athletes' health, nutrition and fitness, each local program is encouraged to have a Health and Fitness Coordinator. The Health and Fitness Coordinator is an athlete in your local program who is mentored by a coach/unified partner and is in charge of planning fitness activities, menu selection at local events and promoting better overall wellness throughout the local program.
- The Health and Fitness Coordinator however is not required to be a trained Athlete Leader and may not have any public speaking experience. If your local program's Health and Fitness Coordinator struggles with public speaking, you can offer a one on one training session to help them gain confidence when giving presentations about better overall wellness.
 - If you are not sure who is/if you're interested in becoming your local program's Health and Fitness Coordinator, please contact your local program manager.

9. State, National and International Athlete Leadership opportunities.

- Starting in 2016, Athlete Leaders who complete Global Messenger II training will be put into priority consideration to be hand selected by the

State Office for any large Athlete Leadership opportunities within Special Olympics Pennsylvania (SOPA), Special Olympics North America (SONA) an/or Special Olympics International (SOI).

- If selected, you may complete a report form of your experience to use towards your degree.