



Athlete Leadership University Registration Information

Saturday, October 14th – Sunday, October 15th at the Best Western Plus in Lewisburg, PA.
Courses being offered are Athletes as Coach and Healthy Lifestyles.

The Special Olympics athlete is capable of pursuing leadership opportunities beyond competition. All athletes have the ability to become a Certified Coach and Health and Fitness Coordinator.

Athlete Leadership University will model a typical university progression. PLEDGE is required for all majors (i.e., Sports and Health are “majors”). When PLEDGE is completed, the course does not need to be repeated for another major. If your Athlete Leadership University attendees have not yet completed PLEDGE, they should be attending on Saturday morning from 10:00 AM-12:00 PM

All Athlete Leadership University attendees require a mentor to attend. The cost for each local program will be \$150.00 per team (1 athlete and 1 mentor) to help offset the costs of training. Local programs will be billed at the completion of the Athlete Leadership University session. If a local program cancels after 12:00 PM on Tuesday, October 10th, they will still be billed.

Registration Form Link (*It is highly recommended to fill out this registration form in Google Chrome*):

https://docs.google.com/forms/d/1VZzk6u8mMqXIMTqEJB1FcfefiWITb_tJ4uW4DQmlayl/prefill

Registration Form Deadline: Friday, September 29th at 5:00 PM (available on a first come, first serve basis)

Tentative Schedule:

Saturday, October 14 th	
PLEDGE	10:00 AM - 12:00 PM
Lunch	12:00 PM - 1:00 PM
Mentor Training	1:00 - 1:30 PM
Healthy Lifestyles	
Athletes as Coaches	
Healthy Lifestyles	1:30 - 5:30 PM
Athletes as Coaches	
<i>Room check in and un-pack vehicle*</i>	

Dinner	6:00 - 7:00 PM
Team Building Activity	7:00 - 9:00 PM
Sunday, October 15th	
<i>Room check out and pack vehicle*</i>	
Breakfast	8:00 - 9:00 AM
Healthy Lifestyles	9:00 AM - 12:00 PM
Athletes as Coaches	
Lunch	12:00 - 1:00 PM
Closing Session	1:00 - 3:00 PM

Attire:

- Sportswear (active wear)
 - Example: Athletic shorts / sweatpants, polo and sneakers.
 - Athletes and Mentors are highly encouraged to wear a Special Olympics Pennsylvania / local program polo.

Lodging Accommodations:

- All lodging will take place the Best Western Plus in Lewisburg, PA:
 - 7701 Westbranch Hwy, Lewisburg, PA 17837
- Lodging will be assigned by SOPA with the Housing Policy strictly adhered to.
- If you have housing requests such as early arrival or preferred roommate, please indicate within the Registration Form. These requests are not guaranteed...
- You will receive confirmation of lodging assignment at the close of Registration.

Meal Accommodations:

- All meals will take place at the Best Western Plus and are buffet style.
- If you have dietary requests, such as gluten free or vegetarian, please indicate within the Registration Form. These requests are not guaranteed...
- Saturday: lunch and dinner.
- Sunday: breakfast and lunch.

Course Descriptions:

- **PLEDGE:** This is a broad introduction to Athlete Leadership and Athlete Leadership University.
 - Personal
 - Leadership
 - Education
 - Development
 - Growth
 - Empowerment

- **Mentor:** Whether you're an experienced mentor or this is your first time mentoring an Athlete Leader, this training will help you learn and understand your role in helping athletes reach their full potential as a leader within your Local Program and SOPA.

- **Sports Major- Athletes as Coaches:** A non-sports specific training to help athletes that currently are or want to become certified coaches make the transition from competitor to a coach.
 - Expectations following course completion: Following course completion, each athlete is expected (not required) to undertake a two year commitment to seek Special Olympics coach certification at the highest level. The following levels of continuing education are available:
 - Attend a Training School to receive Skills Certification
 - Take an online course called "Continuing Education Training" every three years to maintain certification
 - Once certified, athletes will work with their mentor to develop goals to gradually gain more responsibilities in the sport(s) they coach.

- **Health Major- Healthy Lifestyles:** This not only focuses on the Healthy Athlete initiative offered at State Competitions, but also training athletes to promote better health and wellness in their local program and education on personal bests.
 - Expectations following course completion: Following course completion, each athlete is expected to become a Health and Fitness Coordinator within their local program. A Health and Fitness Coordinator and mentor are responsible for:
 - Creating a year round fitness club
 - ❖ Example: Walking club at a local park led by athletes for athletes, unified partners and families

- Helping the local program partner with health and fitness organizations
 - ❖ Example: Local YMCA with reduced rates
- Providing healthy menu input at local competitions
- It is highly recommended for the Health and Fitness Coordinator to be an active member on the Athlete Leadership Team (ALT) within their local program.
- The Health and Fitness Coordinator is not a member of the local program management team, however may be asked to report out on an as needed basis.

Athlete Requirements:

- 18 years of age or older.
- Year round involvement with local program and SOPA.
- Responsible individuals with good behavior.
- Ability to communicate interpersonally with local management team, other athletes, mentors and SOPA.
- Ability to be attentive during instruction.
- Represent SOPA professionally in manner and appearance.

Mentor Requirements:

- 18 years of age or older.
- Year round involvement with local program and SOPA.
- Class A Registered Volunteer with valid background checks, general orientation and protective behaviors training.
- Parents are acceptable mentors, please keep in mind this is a growing experience for athletes. We do not want the athlete to hold back or to feel limited while exercising independence with a parent's presence.
- Good role model who is patient and supportive.
- Allow the athlete to take the lead, develop and grow.
- Represent SOPA professionally in manner and appearance.
- Ability to travel and to provide athlete with transportation.
- Represent SOPA professionally in manner and appearance.