



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:
 - Advance to the next stage of Athlete Leadership University.
- A report form must be filled out immediately following completion of the leadership opportunity via the Special Olympics Pennsylvania [Online Portal](#).
 - Each Athlete Representative must be logged into their profile, not their Mentor's.
 - If struggling to log in, please click, "[Trouble Logging In](#)" to access your account or select "Password Reset" to get a new password sent to you instantly.
 - Once logged in, please go to the "My Information" tab and select "Athlete Representative I Practicum Report Form".
 - When entering your project, please provide as much detail as possible explaining why YOU believe your project is appropriate for Athlete Representative I, especially if it's not one of the recommended projects below.
 - All report forms must be submitted separately.

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. Contact Senior Competition Director, Bruce Bach at bbach@specialolympicspa.org if interested in this opportunity:
- **East:** Contact Senior Competition Director, Bruce Bach at bbach@specialolympicspa.org if interested in this opportunity:
 - **Eastern Bowling Sectional**
 - Allentown, PA
 - **Eastern Spring Sectional**
 - Kutztown University, Kutztown, PA
 - **Eastern Fall Sectional**
 - DeSales University, Allentown PA
 - **Fall Festival**
 - Villanova University, Villanova, PA
- **Central:** Contact Senior Competition Director, Bruce Bach at bbach@specialolympicspa.org if interested in this opportunity:
 - **Indoor Winter Games**
 - York, 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 if interested in this 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.
 - 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 your section's Field Director*:
 - East, Gina Reid: greid@specialolympicspa.org
 - Central, Kristen Lenig: klenig@specialolympicspa.org
 - West, Jim Binz: jbinz@specialolympicspa.org
 - *If you live in an already established region, contact your region's Executive Director unless you are interested in volunteering at an event in a Local Program outside of your region.

5. Facilitate an Athlete Input Council at a local/invitational competition.

- Just like at State Competitions, Athlete Input Councils take place to allow athletes the opportunity to provide feedback about their experiences.
 - Contact your local program manager 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. Attend SOPA's annual Leadership Conference:

- Leadership Conference is SOPA's largest non-competitive event, attended by Athlete Leaders, Local Program Volunteers, SOPA Staff and Board Members to share best practices and learn the direction the organization is heading.
 - Contact your local program manager for more information on this leadership opportunity.

8. *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, or every three years within an established region, those athletes seeking election are required to give a one minute speech stating why they should be elected to the position.

9. *Serving on Regional Athlete Leadership Team:

- As SOPA continues its state-wide re-organization, an expectation for all regions will be to have their own Regional Athlete Leadership Team.
 - This team will be made up of the Athlete Leadership Team Chairs from each Local Program (which will then be referred to as “Teams”) and led by the Regional Representative on the Regional Input Council.

9.10. *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 by Athlete Representatives during Athlete Congress.
 - The Athlete Representative that finishes runner up in this election is named the Vice-Chair of the RIC.

*Opportunity not available every year