

ATHLETE LEADERSHIP



Introduction to Athlete Leadership

Participant Workbook



**ATHLETE
LEADERSHIP**

lesson 1: overview of special olympics

objectives

In this first lesson, you will:

- 1** Discuss what a mission statement is and review the Special Olympics Mission Statement
- 2** Review what makes Special Olympics unique
- 3** Learn important facts about Special Olympics

Special Olympics Mission Statement

To provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in the sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

What makes Special Olympics unique?

- 1** Special Olympics provides a variety of sports opportunities for **all ability levels.**
- 2** For competitions Special Olympics groups athletes by ability through a process called **divisioning.**
- 3** **Awards** are provided to all participants who compete.
- 4** Special Olympics **does not charge a fee to athletes** or their families to train or compete.

Special Olympics facts ★



SPECIAL OLYMPIC GLOBAL DATA (2019 DATA)

More than athletes

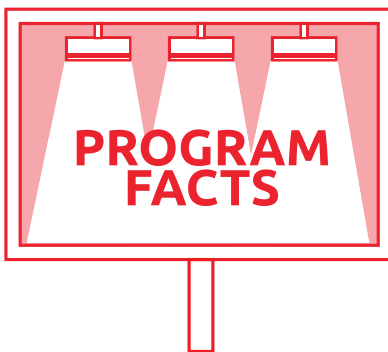
Over young athletes

..... competitions

Over Athlete Leaders in meaningful roles

Almost Youth Leaders

.....



More than million athletes

..... Young Athletes

..... competitors

..... Athlete Leaders

..... Youth Leaders

WRAP UP REFLECTION

Now that you know more about the Special Olympics movement...

What value do you bring as an individual to your community or Program?



What areas of Special Olympics interests you as an Athlete Leader?



How does Special Olympics impact your community?



What have you gained from participating in Special Olympics?



Lesson 2: definition of athlete leadership

objectives

In this lesson, you will:

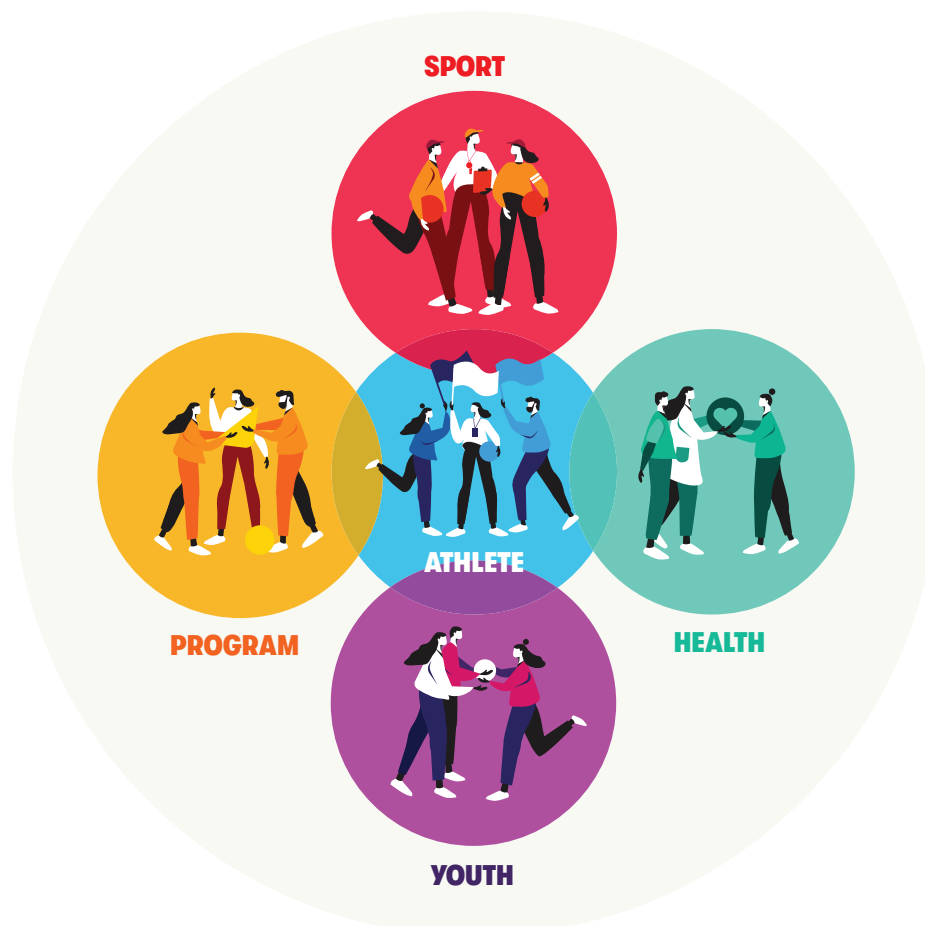
1 Learn the 3 guiding principles of Athlete Leadership

2 Learn Special Olympics approach to leadership development called Unified Leadership

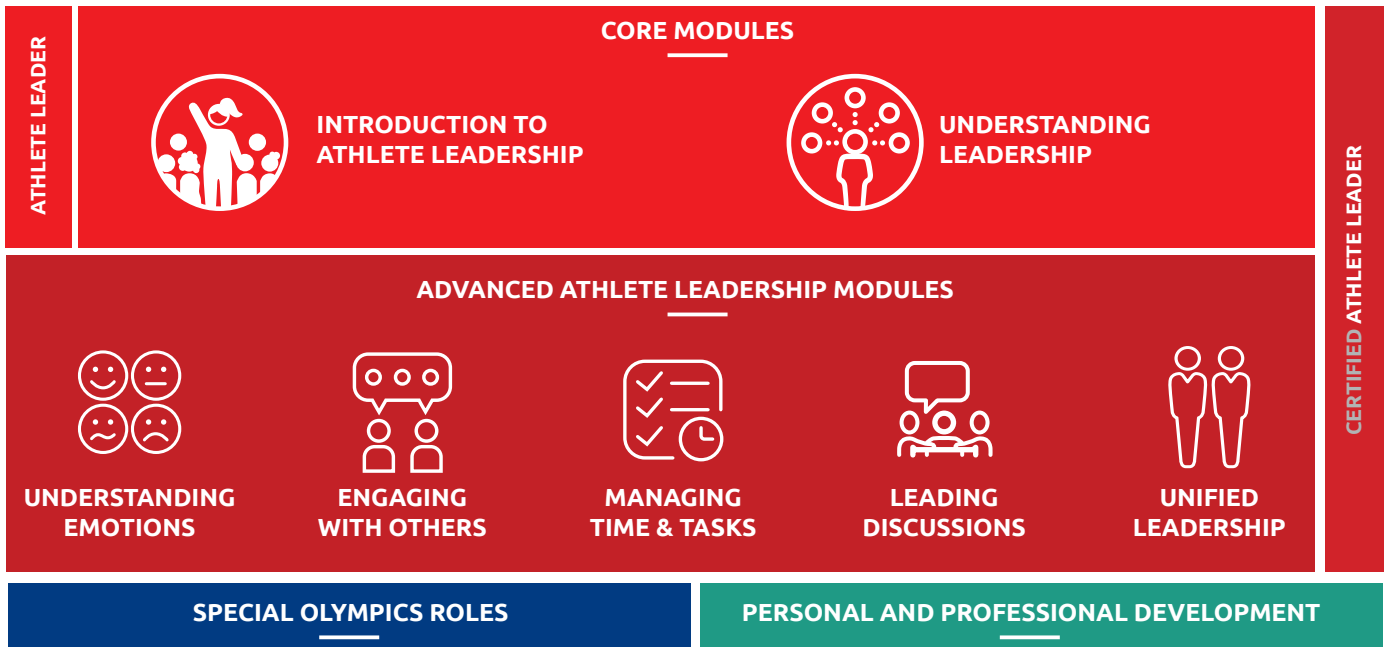
Guiding Principles of Athlete Leadership

There are **three guiding principles** of Athlete Leadership.

1 Education and awareness building. This is done through the Unified Leadership approach to developing leaders. The definition of Unified Leadership is Building from sport, Unified Leadership teaches leaders without disabilities to value and learn from people with ID to make changes and create environments where people with ID get opportunities to have meaningful jobs and roles.



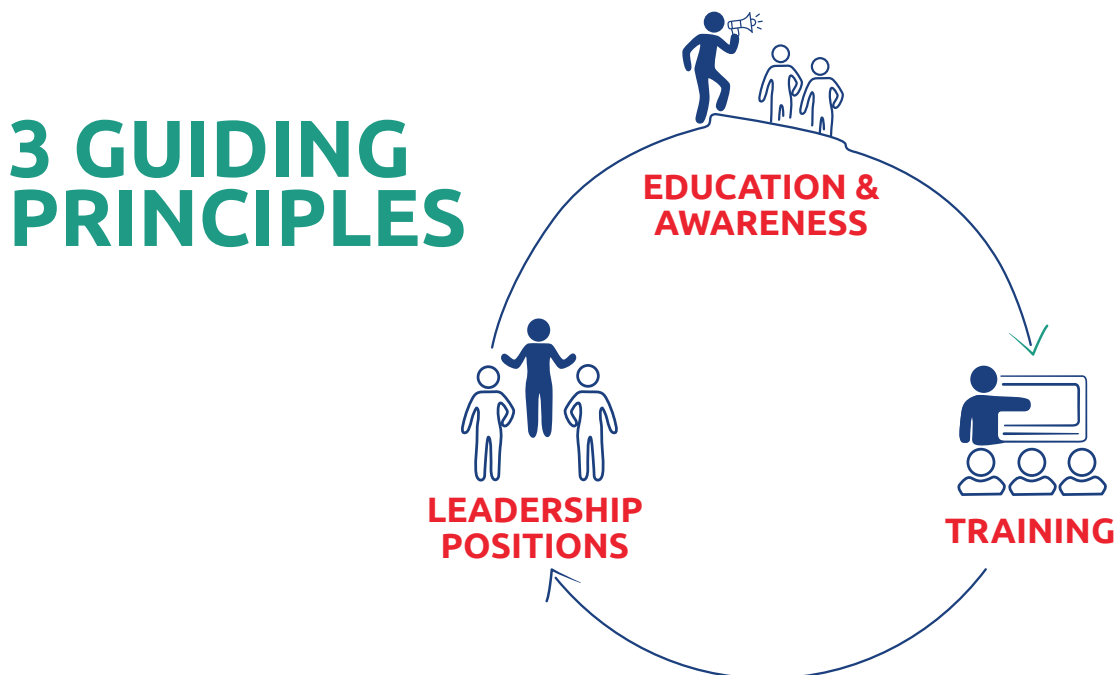
2 Athletes **have a choice** in how and where they lead in Special Olympics. They need to be **trained in the knowledge and skills** to be successful in whatever they choose.



3 Create **meaningful positions of influence and leadership** throughout the organization and community for people with intellectual disabilities. The organization will become athlete led where athletes help determine policy, set direction, and lead programming.

Organizational Shift

The Athlete Leadership principles are very important and when effectively working together increase the number of opportunities for athletes in leadership roles. This results in an organizational shift where athletes lead the movement and represent Special Olympics.



lesson 3: athlete leaders

objectives

In this lesson, you will:

- 1** Explore specific roles available to Athlete Leaders
- 2** Assess your strengths and opportunities for development
- 3** Write your personal mission statement
- 4** Start an action plan or next steps for your leadership journey

Roles for Athlete Leaders

In Special Olympics Athlete Leadership, we have 5 categories:



ATHLETE REPRESENTATIVE



EVENT COORDINATOR



HEALTH MESSENGER



SPORTS LEADER



GLOBAL MESSENGER

Strengths and Opportunities Reflection

What are my greatest strengths?

What things are most important to me?

How can I best contribute to Special Olympics?

What areas or characteristics do I want to improve?

Leadership Characteristics

ADAPTABLE	APPROACHABLE	ACTIVE LISTENER
AUTHENTIC	BRAVE	CARING
CHARISMATIC	COMPASSIONATE	CONFIDENT
CONSISTENT	CREDIBLE	CURIOUS
DEDICATED	DETAILED	EMPATHETIC
EMPOWERING	ENGAGED	HONEST
HUMBLE	INCLUSIVE	INSPIRING
INNOVATIVE	LOYAL	MOTIVATING
OPTIMISTIC	ORGANIZED	OUTSPOKEN
PASSIONATE	PRO-ACTIVE	PERSUASIVE
RESPONSIBLE	RESPECTFUL	SKILLED
SMART	SUPPORTIVE	TRUSTWORTHY

Personal Mission Statement



MY IDEAS

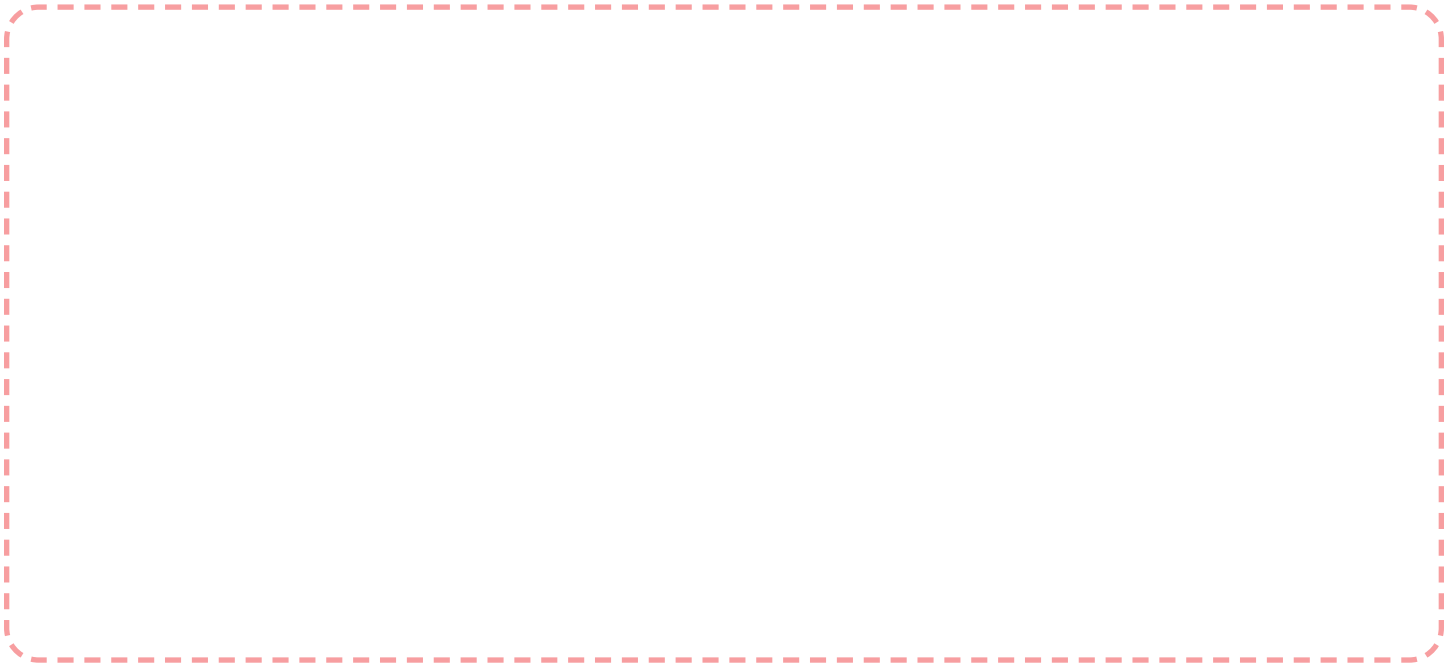
What LEADER do I want to BE?

A large, empty rectangular box with a dashed red border, intended for writing a response to the question "What LEADER do I want to BE?".

HOW will I do it?

A large, empty rectangular box with a dashed red border, intended for writing a response to the question "HOW will I do it?".

WHY do I want to do it?



I WANT TO



What LEADER do I want to BE?

I CAN DO THIS THROUGH



HOW will I do it?

MY GOAL IS TO



WHY do I want to do it?

ACTION PLAN

1 PEOPLE I NEED TO TALK TO:

2 RESOURCES I MAY NEED:

3 CHALLENGES AND POSSIBLE SOLUTIONS:

4 QUESTIONS I HAVE:

5 POSSIBLE VOLUNTEER OPPORTUNITIES:

6 WHAT COURSES OR TRAINING DO I NEED TO TAKE NEXT:

**TRAINING
EVALUATION
FORM**

