

!IMPACT

Leadership

2018 INFORMATION PACKAGE

WORKSHOP FOR HIGH SCHOOL STUDENT SPORT LEADERS AND ADVISORS



**POSITIVE VALUES
TEAMWORK**



**SPORTSMANSHIP
RESPECT**



**MAY 15, 2018
OLDS, AB**



LEADERSHIP TRAINING FOR HIGH SCHOOL STUDENTS AND ADVISORS

High school student sports leaders and advisors are invited to a workshop that will address the topics of leadership, teamwork, sportsmanship, respect, and positive values. **The registration fee for this workshop is \$50 per person.** This includes training materials, t-shirt, and lunch. Accommodations are available for any schools wishing to travel down the night before at the expense of the registering school. Please consider registering participants from your school early as space for this workshop is limited; the first 25 schools to register will be accepted.



REGISTRATION FEE = \$50 PER PERSON



EVENT SCHEDULE

8:00 AM - 4:00 PM

**"STUDENT ATHLETES
HAVE THE CAPACITY
TO BE STRONG,
ETHICAL LEADERS IN
YOUR SCHOOL"**

Enhance the effectiveness of their leadership reach by involving them in this excellent opportunity.

John Paton
ASAA
Executive Director

8:00 AM - Check In

8:30 AM - Keynote

9:10 AM - Breakout #1

10:20 AM - BREAK

10:35 AM - Breakout #2

11:45 AM - LUNCH

12:40 PM - Workshop #1

1:40 PM - BREAK

1:50 PM - Workshop #2

2:50 PM - BREAK

3:00 PM - Introduce Action Planning

3:15 PM - Action Planning



POSITIVE VALUES AND PERSPECTIVES

BREAKOUT SESSION #1

It's hard to know what values are most important because there are so many positive values that leaders are expected to hold and demonstrate. In this session, delegates will come to consensus about the positive values they collectively hold. They will gain a better understanding of the pivotal role they play in upholding positive values and learn how keeping perspective can help them more consistently demonstrate their positive values. They will learn tips for finding balance between their own values and others' expectations.

SPORTSMANSHIP AND RESPECT

BREAKOUT SESSION #1

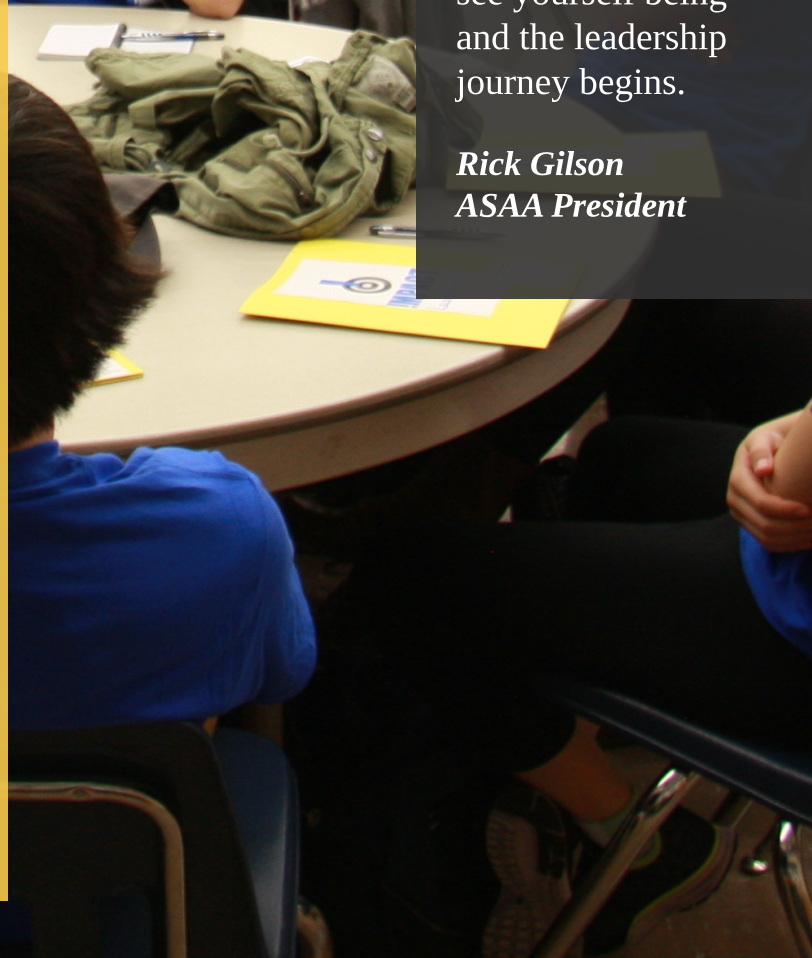
Respect is a key ingredient to being a good citizen. Demonstrating good sportsmanship is an important way those involved in high school activities can show respect, especially for others. This session will help delegates expand their understanding of what good sportsmanship entails and how it relates to showing respect outside of school activities.



"EACH OF US HAS A CAPACITY TO LEAD, IT STARTS BY LEARNING HOW TO LEAD YOURSELF."

Align your actions, your conversations and your thoughts with the person you see yourself being and the leadership journey begins.

Rick Gilson
ASAA President



MIND THE GAP

WORKSHOP OPTION #1

When you think about the very best you can be it's important to embrace that you can be even better than that. One key to being your very best is committing to defining the gap(s) between where we are and where we can be. Let's explore together how to work toward closing the gap and helping each other be the best version of ourselves today.



SPORT PSYCHOLOGY FOR ATHLETES

WORKSHOP OPTION #2

Sport Psychology is most often referred to as the missing piece when it comes to performance levels. More often than not, athletes miss the mental preparation that needs to take place before, during, and after an athletic event. This session will help to shed light on the realm of Sport Psychology, mental focus, and self-talk. Athletes will leave the session with tools and resources to help better prepare them for athletic performance.

THE BENEFITS OF MENTORING: FOR YOU AND OTHERS

WORKSHOP OPTION #4

Mentors can play an important role in our lives and in the lives of others. This workshop will look at different types of mentoring and the benefits gained from both being a mentor as well as being mentored yourself. Come and learn through discussion and activities, how you can make a difference in the life of someone else and how a mentor may enhance yours, in school, in your chosen sport and also as you look beyond high school.

FUELING YOUR BODY FOR ATHLETIC COMPETITION

WORKSHOP OPTION #3

Come learn how to eat properly to optimize performance! Leave this workshop with a healthy snack and a better understanding of how to fuel your body.



SELECTION CRITERIA

STUDENT DELEGATES

- Maximum of two athletes from current Grade 10 and two from Grade 11 (4 athletes in total)
- Leadership skills
- Responsible
- Able to relate to students from a variety of social groups
- High motivation and enthusiasm
- Friendly and well-liked by other students
- An ability to interact well one-on-one with small groups of students
- Seen as a positive role model in your school

ADVISOR DELEGATES

- Maximum of 2 advisors
- Good supervisory skills
- Work well with young adults and adolescents (friendly and well-liked)
- An ability to interact well one-on-one or with small groups of students
- Willing to take conference information and skills back to local school and communities to disseminate to others
- Responsible
- Able to relate to students from a variety of social groups
- High motivation and enthusiasm
- Experience with high school student leaders and high school activities





INTERESTED IN TRAVELLING DOWN THE NIGHT BEFORE?

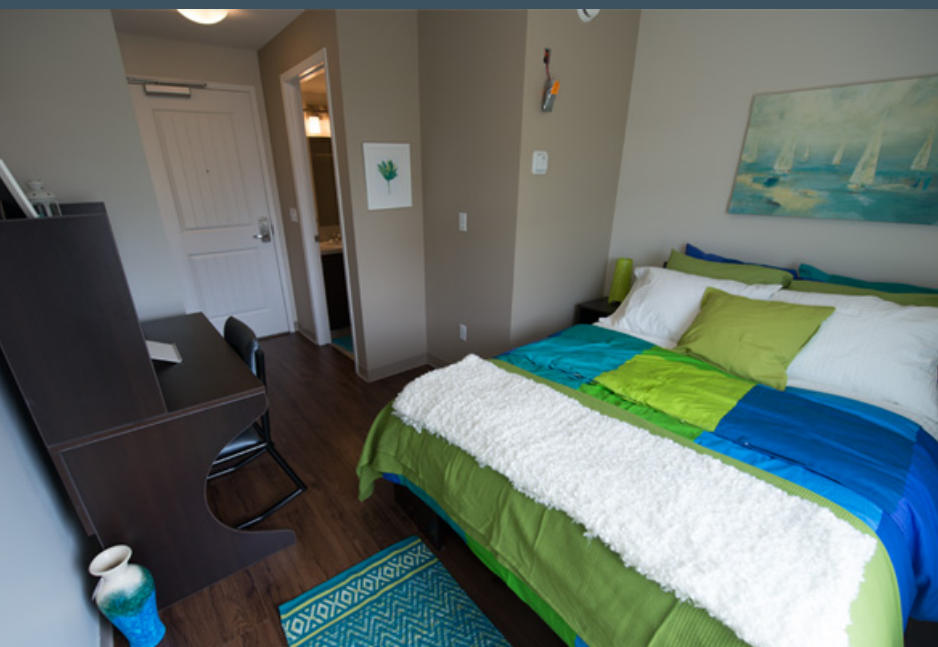
BOOK OVERNIGHT ACCOMMODATIONS

Overnight accommodations are available at the Olds College Centennial Village Student Housing for any schools wishing to travel down the night before.

Room rates and capacities are as follows:

- 1 double bed, single occupancy = \$70 + GST + 4% tourism tax
- 1 double bed, double occupancy = \$80 + GST + 4% tourism tax
- 1 double bed + single cot, triple occupancy = \$90 + GST + 4% tourism tax

NOTE: Accommodations are additional fees booked at the expense of the registering school. These rates are NOT included in the event registration fees.



BOOKING ROOMS

Please complete the accommodations section of the event registration form to request rooms. You will be contacted by the event coordinator with more information following the submission of your registration. For additional questions on accommodations, please contact Deanna Metro.

REGISTRATION AND CONTACT INFORMATION

To register for the 2018 !MPACT workshop, visit the ASAA [website](#) and complete the registration steps:

1. Download and complete the **Registration Form**
2. E-mail the registration form to deanna@asaa.ca
You will receive a confirmation e-mail.
3. Please ask all student delegates to complete the **Workshop Preferences Form**. There are 4 afternoon sessions that students may register in and they will have the opportunity to attend 2. Workshop assignments will be established based on student preference and first come, first serve registrations. Each session has capacity for 25 attendees.
4. The ASAA will send your school an invoice for the registration costs. Accommodation payments will be directed to Olds College.

If you have any questions, please contact:

Deanna Metro
ASAA Assistant Director
(780) 427-8182
deanna@asaa.ca

