



!IMPACT
Leadership



Leadership Training

April Session: 8:30 am – 4 pm, Monday April 25, 2016 at Olds High, Olds

For High School Sports Leaders and Advisors

In preparation for the spring sports season, high school 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 \$35 per person (includes training materials, t-shirt, and lunch). Please consider registering participants from your school early as space for this workshop is limited; the first 25 schools to register will be accepted.

BREAKOUT SESSIONS INCLUDE:

Positive Values and Perspectives

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

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.

WORKSHOP OPTIONS INCLUDE:

Communication and Mentorship

This interactive workshop will help you work on your communication skills in order to be a great leader in all aspects of your life. Activities will focus on communication styles and fun team building games which will guide you as you work toward becoming a great leader and mentor on and off the court.

Fueling Your Body for Competition

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.

Relationship Building for Leaders

This interactive workshop will push you to think about your own leadership and how building relationships can make you a better leader no matter what type of personality you have. Be prepared to take risks and move outside your comfort zone. Come have some fun and learn more about how you interact with others!

Sport Psychology for Athletes

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.



ASAA Leadership Training

Selection Criteria

Student Delegates:

- Two athletes (one of each gender) from current Grade 10 and Grade 11 (4 athletes in total)
- Leadership skills
- Willing to take workshop 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
- Friendly and well-liked by other students
- Capable of being an effective presenter and/or facilitator
- An ability to interact well one-on-one with small groups of students
- Seen as a positive role model in your school

Adult Delegates:

- 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

Responsibilities

Student Delegates:

- Attend all conference sessions for student delegates
- Participate in all conference activities
- Take conference information and skills back to others in their local school communities
- Follow all conference ground rules (including leaving facilities used in as good or better condition than when they arrived)

Adult Delegates:

- Ensure that high school students selected fit the criteria for selection and can meet the responsibilities required of them
- Travel to and from the Conference with designated student delegates
- Participate in all advisor sessions and other activities.
- Ensure that designated high school student delegates participate in sessions and are prepared to disseminate conference information and skills to local schools and communities
- Serve as a liaison between student delegates, session facilitators and staff who oversee conference sessions and other conference activities
- Follow all conference ground rules (including leaving facilities used in as good or better condition than when they arrived)
- Facilitate and support actions to be taken back to local schools and communities



Materials and resources have been modified with great thanks from our partners at the National Federation of State High School Associations (NFHS)