



# Athlete Leadership Programs Practicum Form

Form must be turned in to your **CLASS INSTRUCTOR FIRST!** Their contact information should be in your class handbook. They will sign off on your homework and then pass along to SOMO for final approval.

Athlete-Leader Name \_\_\_\_\_ Area \_\_\_\_\_ Program Name \_\_\_\_\_  
 Address \_\_\_\_\_ Email \_\_\_\_\_ Phone \_\_\_\_\_

Mentor Name \_\_\_\_\_ Area \_\_\_\_\_ Program Name \_\_\_\_\_  
 Address \_\_\_\_\_ Email \_\_\_\_\_ Phone \_\_\_\_\_

Date of Class: \_\_\_/\_\_\_/\_\_\_ Instructors: \_\_\_\_\_

What class is this practicum form for? (Only mark **ONE** below. Each class an athlete-leader took needs a separate form.)

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Intro to ALPs            | <input type="checkbox"/> Input Councils            | <input type="checkbox"/> Photography      |
| <input type="checkbox"/> Global Messenger I       | <input type="checkbox"/> Boards & Committees       | <input type="checkbox"/> Professionalism  |
| <input type="checkbox"/> Global Messenger II      | <input type="checkbox"/> Coach: General Session    | <input type="checkbox"/> Finances         |
| <input type="checkbox"/> Internet/Email           | <input type="checkbox"/> Sport Lessons             | <input type="checkbox"/> Problem Solving  |
| <input type="checkbox"/> Google Slides/Powerpoint | <input type="checkbox"/> Sport Psychology          | <input type="checkbox"/> Videography: BtC |
| <input type="checkbox"/> Internet/E-mail          | <input type="checkbox"/> Lifetime Health & Fitness | <input type="checkbox"/> Capstone II      |
| <input type="checkbox"/> Engaged Storytelling     | <input type="checkbox"/> Social Media/Blogging     | <input type="checkbox"/> Exercise Science |
| <input type="checkbox"/> Job Skills               | <input type="checkbox"/> Health Messengers         | <input type="checkbox"/> Nutrition & You  |

**Practicum completed (see back for full description of requirements):**

Date	# of hours	Description of what you did and how it went (use an extra sheet if more space is needed)

What are some of the things you learned from these experiences?

What other training do you need to be an even better athlete-leader?

# Practicum requirements

ALL practicum work must be completed AFTER the ALPs University class is finished and three weeks before the NEXT ALPs University. Presentations and time spent in class do not count toward completed practicum. You must fill out a form for EACH class you take **(ie: if you take 3 classes, you'll fill out 3 separate forms and turn them in to the appropriate instructor of that class.**

## **Regular classes:**

### **Intro to ALPs**

Complete 10 hours of volunteering for your local Special Olympics program, watch the SOMO Volunteer Orientation video and complete the Online Protective Behaviors training. Send proof of OPB training to Brandon.

### **Global Messenger I**

Complete five speeches about Special Olympics and keep detailed notes from each speaking engagement. See your class handbook for more details.

### **Global Messenger II**

Complete six speeches about Special Olympics and keep detailed notes from each speaking engagement. See your class handbook for more details.

### **Boards & Committees**

Attend and participate in five meetings at the local or state level, which can include games management and other committees and keep detailed notes from each meeting. See your class handbook for more details.

### **Input Council**

Attend and help facilitate five athlete-led input council meetings at the local or state level OR start a local athlete-led input council if one is not offered and keep detailed notes from each meeting. See your class handbook for more details.

### **Internet/Email**

Complete 10 Internet/email-related tasks. See your handbook for examples.

### **Google Slides/Powerpoint**

Create a Google Slide presentation with a minimum of 10 slides and present that to a target audience. Complete the other requirements as assigned by the instructors.

### **Photography**

Label parts of a camera and take a variety of photos and write captions. See class handbook for more details.

### **Job Skills**

Complete homework in your handbook (pages 35-40). Check with your instructor for more details.

### **Health Ambassadors**

Complete the form on page 25. Mail in reports (pgs. 26-27) to Adam and Carol Griffin. Volunteer at a Healthy Athletes event (work with Carol to get this set up).

### **Videography: Behind the Camera**

Work a SOMO TV Show taping and a SOMO competition. See class handbook for more details.

### **Sport Psychology**

One journal session per month, follow-up performance profile sheet, speak to your team about sport psychology, fill out a one-time performance feedback sheet and choose one of the following: a goal-setting session with one person OR explain self-talk and positive thinking to one person.

### **Social Media & Blogging**

Complete 6 social media/blogging-related tasks. See your class handbook for more details.

### **Social Etiquette/Professionalism**

Complete a variety of social skills-related tasks including journaling for 30 straight days about your mood and mindset.

### **Coaching: General Session/Principles of Coaching**

Attend 10 hours of any sports practice with a certified SOMO coach and keep detailed notes from each sports practice. See your class handbook for more details.

### **Exercise Science 101**

Record your nutrition and exercise habits for two weeks and report back AND present an informal program of what you learned from this class to a group of people (must send proof to instructor). See class handbook for details.

### **Lifetime Health & Fitness**

Choose one of the following: Create and maintain an exercise regimen for one month OR create a video of you exercising explaining what you're doing and why it helps your health. See class handbook for details.

### **Nutrition & You**

Choose between three options: Create a PSA; record your meals for two weeks/analyze; or create a recipe book of health meals. See class handbook for details.

### **Engaged Storytelling for Active Performers**

Put on a performance at the end of class for all ALPs University attendees. Do ONE of the following: Choose at least three teammates and teach them "Yes, and..." OR lead an improv game at a SOMO event. See class handbook for details.

## **Leadership Capstone:**

### **Governance:**

Projects could include: teaching an introductory governance course to athletes, planning and facilitating a new input council, establishing an athlete led congress to review and influence changes in policy, shadow or intern with a group who teaches Roberts Rules of Order, plan and implement a Capitol Hill day or local legislative day.

### **Technology:**

Projects could include: host a local or area introductory technology course for athletes, create a documentary detailing the benefit of ALPs or Special Olympics, create a set of template PowerPoints for new Global Messengers to use, design a new technology course for ALPs University.

### **Communications:**

Projects could include: hosting a local introductory Global Messenger course, enroll with a local public speaking group (e.g. Toast Masters Intl.) and attend regular classes, serve as a peer mentor to a new Global Messenger, host regular shows about Special Olympics on public access radio or television, work with a local sponsor or school to be regular presenter at meetings.

# APPROVAL

Must be signed by the athlete-leader AND mentor. Then send to your class instructor so they can sign and pass on to Brandon.

\_\_\_\_\_  
*Signature of Athlete-Leader*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Signature of Mentor*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Signature of class instructor*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Signature of ALPs U Manager (Brandon)*

\_\_\_\_\_  
*Date*