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.

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<th>Athlete-Leader Name</th>
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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.)

- [ ] Intro to ALPs
- [ ] Global Messenger I
- [ ] Global Messenger II
- [ ] Internet/Email
- [ ] Google Slides/Powerpoint
- [ ] Internet/E-mail
- [ ] Engaged Storytelling
- [ ] Job Skills
- [ ] Coaching Etiquette
- [ ] Input Councils
- [ ] Boards & Committees
- [ ] Intro to Coaching
- [ ] Sport Lessons
- [ ] Sport Psychology
- [ ] Lifetime Health & Fitness
- [ ] Social Media/Blogging
- [ ] Health Messengers
- [ ] Photography
- [ ] Professionalism
- [ ] Finances
- [ ] Problem Solving
- [ ] Videography: BtC
- [ ] Capstone II
- [ ] Exercise Science
- [ ] Nutrition & You

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

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<th>Date</th>
<th># of hours</th>
<th>Description of what you did and how it went (use an extra sheet if more space is needed)</th>
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What are some of the things you learned from these experiences?

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

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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 (OPB) training. Send proof of OPB training to Brandon.

**Communications: Global Messenger I**
Complete five speeches about Special Olympics and keep detailed notes from each speaking engagement. See your class handbook for more details.

**Communications: Global Messenger II**
Complete six speeches about Special Olympics and keep detailed notes from each speaking engagement. See your class handbook for more details.

**Communications: 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.

**Governance: 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.

**Governance: 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.

**Technology: Internet/Email**
Complete 10 Internet/email-related tasks. See your handbook for examples.

**Technology: 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.

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

**Technology: Videography: Behind the Camera**
Work a SOMO TV Show taping and a SOMO competition. See class handbook for more details.

**Technology: Videography – In the Studio**
Talk to your instructor for details on your practicum.

**Technology: Social Media & Blogging**
Complete 6 social media/blogging-related tasks. See your class handbook for more details.

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

**Health: 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.

**Health: 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.

**Health: 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.

**Coaching: 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.

**Coaching: Intro to 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.

**Coaching: Etiquette**
Talk to your instructor for details on your practicum.

**Job Skills**
Complete homework in your handbook (pages 35-40). Check with your instructor 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.

**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, or starting a group who teaches Roberts Rules of Order, plan and implement a Capitol Hill day or local legislative day.

**Technology:**
Projects COULD 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 could include: hosting a local introductory Global Messenger course, enroll with a local public speaking group (e.g. Toast Masters Int'l) 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 class instructor          Date

Signature of ALPs U Manager (Brandon)          Date