

# GUIDING PRINCIPLES

There are three guiding principles for Athlete Leadership. These principles provide strategic direction and outline what components are necessary to ensure athletes are leading the way.



## EDUCATION AND AWARENESS BUILDING:

Building from sport, Unified Leadership teaches leaders without disabilities to value and learn from people with ID, and make changes that create environments where people with ID get opportunities to have meaningful jobs and roles.

## TRAINING:

To empower athlete leaders to forge their own path and pursue their fullest potential, SOMO is ensuring they have access to key tools and skills to succeed.

## LEADERSHIP POSITIONS

The Leadership & Skills curriculum for Athlete Leadership is designed to provide athletes with leadership training as well as personal and professional development that they can apply to leadership roles in their Program, community, and workplace.



“**ATHLETE LEADERSHIP IS LIFE-CHANGING.**

I am a stronger and more confident person.”

- Anna McDaniel,  
President, Athlete Leadership Council

Focusing on leaders without disabilities – the dominant group – is critical. The key to unlocking real change in organizations and local communities is when leaders without disabilities:

**VALUE:** See people with ID as contributors, leaders, people to learn from.

**INCLUDE:** Adapt behaviors and processes to create environments where people with ID have meaningful roles and jobs.

**ENABLE:** Let go – share or transfer power to people with ID and let them lead.

Special  
Olympics  
Missouri



ATHLETE  
LEADERSHIP



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[www.SOMO.org/ALPs](http://www.SOMO.org/ALPs)



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## WHAT IS ATHLETE LEADERSHIP?

To create a more inclusive world, Special Olympics Missouri (SOMO) is turning to those who are already leading the way – the athletes themselves. Through Athlete Leadership programming, SOMO is creating opportunities for people with intellectual disabilities (ID) to develop and demonstrate their abilities in leadership roles both inside and outside the organization.

Athlete Leadership partners with people with ID (Special Olympics athlete leaders) to ensure they are set up to succeed in meaningful leadership roles. This is done by providing training in knowledge and inclusive environments.



Below is a **very tentative** course plan that shows all of the potential majors and electives athlete-leaders can take at an ALPs University. It is subject to change in the future.

The first for everyone will be **Introduction to ALPs**. At the conclusion of the Intro to ALPs course, athlete-leaders will select a major that they will follow for at least the next year and a half. Some majors have specific classes that athlete-leaders must take in order (ie: in “Communications,” athlete-leaders must take **Global Messenger 1** first) while other tracks such as “Leadership for Life” are all electives and they can take any classes they want in any order.

In order to graduate, athlete-leaders will need to complete 16 hours of coursework in addition to the **Intro to ALPs** and **Leadership Capstone**.

Athlete-leaders are allowed to make their electives any small-block course from another major if they so choose (ie: A Communications major can take **Powerpoint/Google Slides** as an elective even though it’s in the Technology track and because it’s a small-block course).

At the end of each class, there is a “practicum/homework” for the athlete-leaders to complete, which puts what they learned in class to work.

