

# Special Olympics BC Volunteer Professional Development Series

**Special  
Olympics**  
British Columbia



# Housekeeping

This webinar will be recorded so it can be accessed later

Please mute yourself if you are not speaking.  
Thank you

**Special  
Olympics**  
British Columbia



# Upcoming Webinars

SOBC Awards and Year of Service Pins

Registration info coming soon!

Please stay tuned and check our Calendar for other events.

**Special  
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British Columbia



# Land Acknowledgement

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Stz'uminus

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Stó:lo

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Hul'qumi'num Treaty Group

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Musqueam

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Tsleil-Waututh

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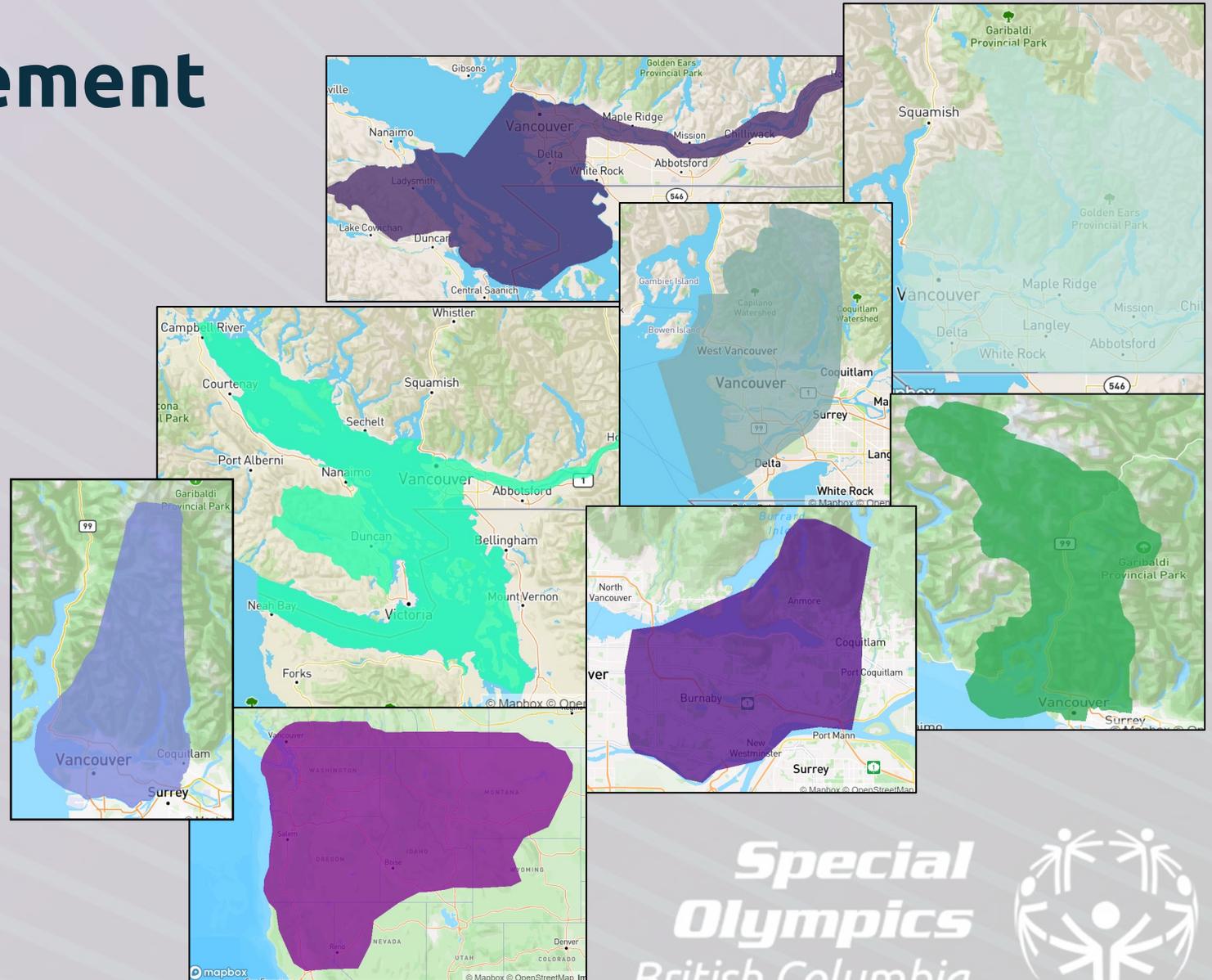
Qayqayt

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Squamish

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Cayuse, Umatilla, Walla Walla



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# ATHLETE LEADERSHIP

## Athlete Leadership Academy Information Session

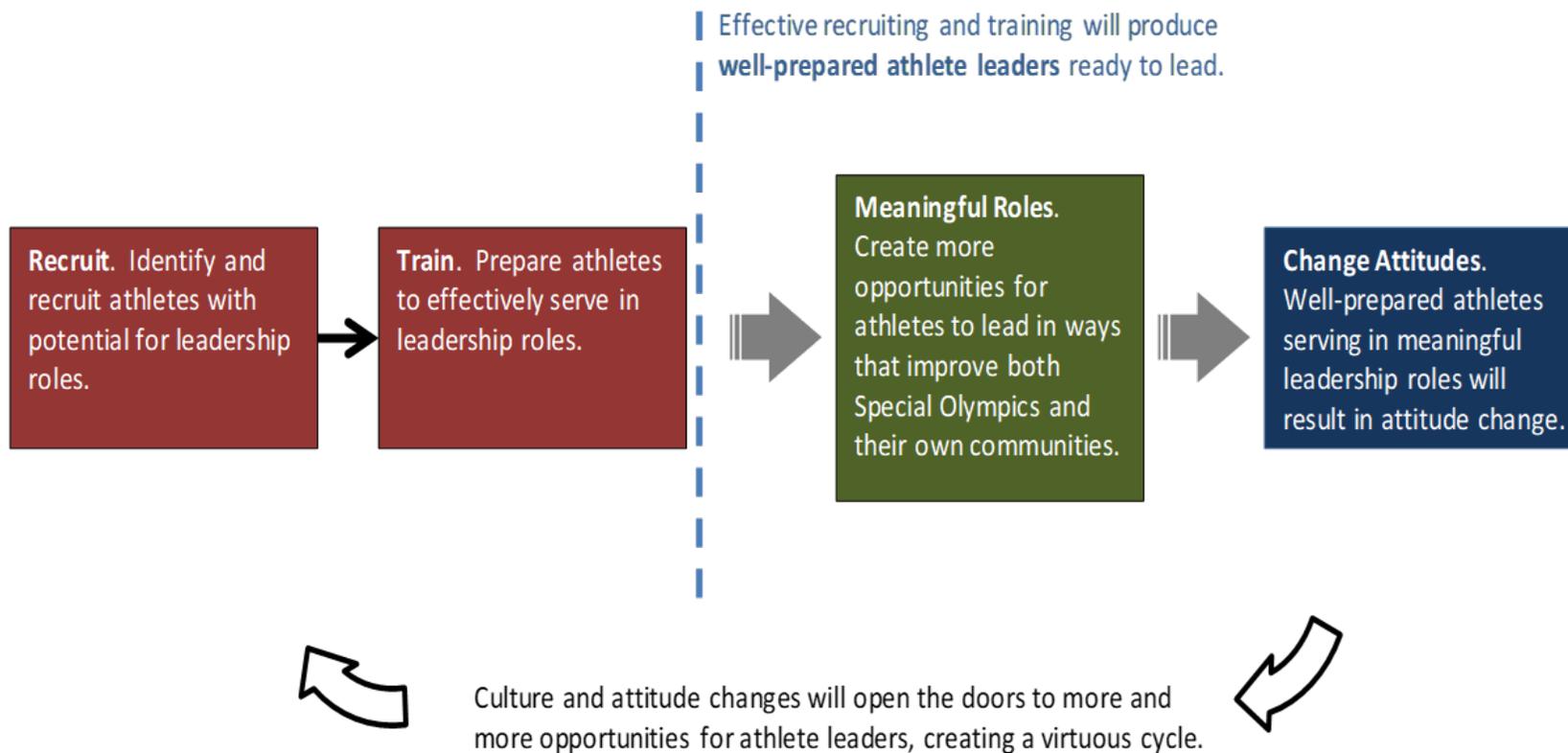
**Jasmine Webster**

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# Global Vision of Athlete Leadership





# ATHLETE LEADERSHIP



**Health** – Health Messenger



**Input** – Athlete Input Council



**Awareness & Public Speaking** - Athlete Speakers Bureau 1 & 2 and Athlete Reporter



**Sport**



**Electives** – Additional courses outside of the core four



# ALA Streams



## Athlete Leadership Academy Streams

| STREAM   | AWARENESS AND PUBLIC SPEAKING   | INPUT   | SPORT  | HEALTH   |
|--|---|---|--|--|
| <b>Ideal for</b>                               | Athletes who want to give speeches, advocate, and share their story and those of others in the Special Olympics family  | Athletes who want to help shape SOBC by serving on committees to share their insights | Athletes who want to volunteer in sport programs | Athletes who are passionate about health and want to proactively share health information with fellow <a href="#">athletes</a> |
| <b>Introduction (required for all streams)</b> | <a href="#">Special Olympics International's 7 self-directed virtual modules for athlete leaders</a><br>-Introduction to Athlete Leadership<br>-Understanding Leadership<br>-Understanding Emotions<br>-Engaging with Others<br>-Managing Time<br>-Leading Discussions<br>-Unified Leadership |   |  |  |
| <b>Level 1</b>                                 | Complete technology and awareness courses such as Athlete Reporter or Building a PowerPoint   | Complete the Safe Sport Anti-Bullying Workshop  | Complete the Safe Sport Anti-Bullying Workshop   | Complete SOBC personal health education courses <a href="#">e.g.</a> SOBC Health Education Series, Healthy Athletes events     |

# ALA Streams Continued



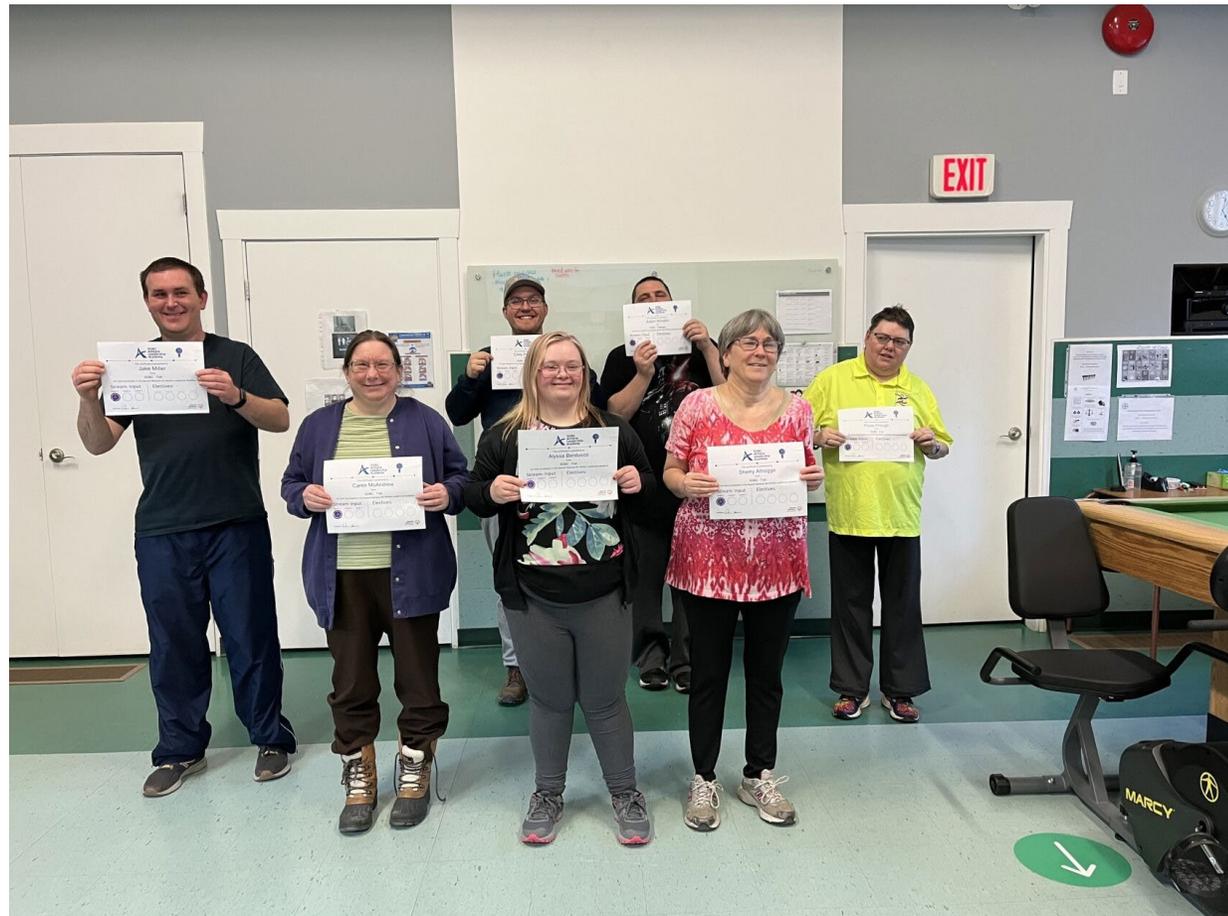
| STREAM         | AWARENESS AND PUBLIC SPEAKING  | INPUT   | SPORT  | HEALTH   |
|----------------|--|---|--|--|
| <b>Level 2</b> | <p>Complete the Athlete Speakers Bureau 1 course</p> <p>Complete the Athlete Speakers Bureau 2 course</p>  | <p>Complete the Athlete Input Council training</p> <p>Serve on a committee</p>  | <p>Complete an Athletes as Peer Mentors course</p>   | <p>Complete the Health Messenger course</p>  |
| <b>Level 3</b> | <p>Show your skills and commitment by doing at least one of the following:</p> <ul style="list-style-type: none"> <li>&gt;Give at least one speech about your story and your Special Olympics experiences</li> <li>&gt;Complete at least one SOBC Athlete Reporter assignment</li> </ul> | <p>Show your skills and commitment by doing at least one of the following:</p> <ul style="list-style-type: none"> <li>&gt;Serve on a Local, Regional, or provincial leadership group</li> <li>&gt;Develop or be part of an Athlete Input Council in your Local</li> </ul> | <p>Show your skills and commitment by doing at least one of the following:</p> <ul style="list-style-type: none"> <li>&gt;Volunteer as a Peer Mentor in one of your Local's programs</li> <li>&gt;Introduce a program in your Local that you can volunteer in</li> </ul> | <p>Show your skills and commitment by doing at least one of the following:</p> <ul style="list-style-type: none"> <li>&gt;Complete your Health Messenger practicum</li> <li>&gt;Volunteer in at least one health advocacy or leadership opportunity (e.g. info booth)</li> </ul> |



## Input – Athlete Input Council (AIC)

The Athlete Input Council course has been offered throughout the year to groups of athletes within Locals that wish to create an AIC for their Local.

AIC Training can also be offered to groups of individual athletes wishing to be an Athlete Representative on their Local Committee. This requires approval and support from the Local, before a training can take place





# BC Athlete Input Council

## About the SOBC Athlete Input Council

- The SOBC Athlete Input Council advises SOBC on important ideas and issues. They gather and share feedback from fellow athletes.
- The SOBC Athlete Input Council has athlete representatives from each Region around the province, serving two- or three-year terms (staggered to ensure continuity for the council). The council members all have Athlete Leadership experience from previous courses and roles.
- **All members of the SOBC community are welcome to contact their respective Regional representatives to share their suggestions and ask for Athlete Input Council feedback and leadership on Special Olympics initiatives and ideas!**
- The SOBC Athlete Input Council meets virtually five to six times a year.
- This is the provincial Athlete Input Council. Locals and Regions can have their own Athlete Input Councils as well. SOBC provides Athlete Input Council training to interested athletes.





# Health – Health Messenger & Health Heroes

Special Olympics **Health Messenger** training is designed to help athletes learn to serve as health and wellness leaders, educators, advocates, and role models within Special Olympics programs and communities. Health Messengers empower fellow athletes and advocate for the health needs of people with intellectual disabilities. After completing their Special Olympics training course, each Health Messenger is required to do one health and wellness-focused practicum in their community or virtually within one year of their training, to put their health and wellness into practice.

## Special Olympics BC's trained Health Messengers are equipped to:

- Understand how to live a healthy lifestyle and be a positive role model to others
- Learn about healthy activities that can be done at home or virtually
- Develop skills to help them lead in their community and advocate for the health of people with ID
- Develop skills to lead on their teams and in their communities to help others establish healthy lifestyles
- Think about how they can best use their leadership skills for action
- Leave feeling empowered to lead SO athletes in health and fitness





# Awareness & Public Speaking

## Athlete Speaker's Bureau 1 & 2

- **Athlete Speakers Bureau 1 (ASB1):** This course provides public speaking training to help athletes share their stories and create awareness, inclusion, and support for Special Olympics in their communities!
- **Athlete Speakers Bureau 2 (ASB2):** The second level of athlete speaker training, furthering your skills in public speaking and creating speeches. Gaining more confidence speaking to large groups and memorizing your speech!





# Awareness & Public Speaking

## Athlete Reporter's Training

A chance to learn new skills, showcase your fellow athletes, and share the amazing stories of Special Olympics BC with the public. Learn how to write reports and assist in documenting the action of sport. Learn about how to best use social media, share stories online, take pictures and videos and conduct interviews by creating and asking questions. Help to raise awareness about Special Olympics!

This training is a two-part workshop, below is an example of the work that is done between sessions!

- **Your assignment**

At one of your Special Olympics practices this week, please interview a fellow athlete, or a coach, about their Special Olympics experience! Please tell them you are training to be an SOBC Athlete Reporter, and the interview will be shared on Special Olympics BC's website and social media.

Questions:

- 1. What is one of your favourite Special Olympics moments or achievements? How did it make you feel?
- 2. What are your goals for this sport season?
- 3. What do you like most about Special Olympics?



## Sport – (Previously) Peer Mentor

This has been a highly requested course in SOBC, as we have many athlete's that would make strong leaders in their sport programs. Special Olympics Canada is making some changes to this course to determine how we can best offer this course as a Chapter.

SOBC is working to develop a course that teaches athletes how to be Mentors in Youth Programs, so they can work with children that also have intellectual disabilities. Please stay tuned for more information on this!



# Electives

**Safe Sport Anti-Bullying Workshop:** To help athletes identify and address bullying and harassment. To ensure everyone feels they have the tools to recognize and help stop incidences of bullying and harassment in sport. This training also talks about online activities, hoping to help everyone stay safe in online conversations. It aims to help everyone ensure our sport programs stay safe, encouraging, and fun for all.

**Personal Education Courses (SOBC Health Education Series, Healthy Athletes Education Sessions):** Various courses that teach athletes about personal health such as hygiene, sexual health, mental health, emotional health and more.

**Health Education (Sun Safety, Nutrition, etc.):** Learn about health in various areas to act as a Healthy Athletes representative at different events, to teach others about health in sun safety, nutrition, hydration, and more!



# Selection Criteria & Process

- Special Olympics BC athletes will have the opportunity to apply by submitting an Athlete Leadership Academy commitment form outlining their desired stream and their support information.
- There will be periodic intake times during the season. At those times, membership commitment forms will be reviewed by the SOBC Athlete Leadership Academy Management Team.
- Courses will be offered when there are enough interested athletes, and available facilitators. They will be offered throughout the end of October to the beginning of March, and end of March to the beginning of August. SOBC will make every effort to ensure courses are offered regularly enough for athletes to complete their stream in the required time period.

## **To be considered for selection, athletes and mentors must:**

- Be registered with Special Olympics BC and be a member in good standing;
- Complete an application and submit all information before the deadline;
- Be at a point in their individual development where they can commit to the program and help create a quality experience and positive learning environment;
- Be at least 12 years of age (athlete) and 19 years of age (mentor) – considerations will be given on a case-by-case basis in consultation with the athlete, mentor, family, and staff.
- Mentors must commit to providing ongoing support, as required, that will develop and empower the athletes to succeed in Special Olympics and their communities.



# Application Process

## Athlete Commitment Form:

[SOBC Athlete Leadership Academy - Athlete Commitment Form \(office.com\)](#)

## Mentor Commitment Form:

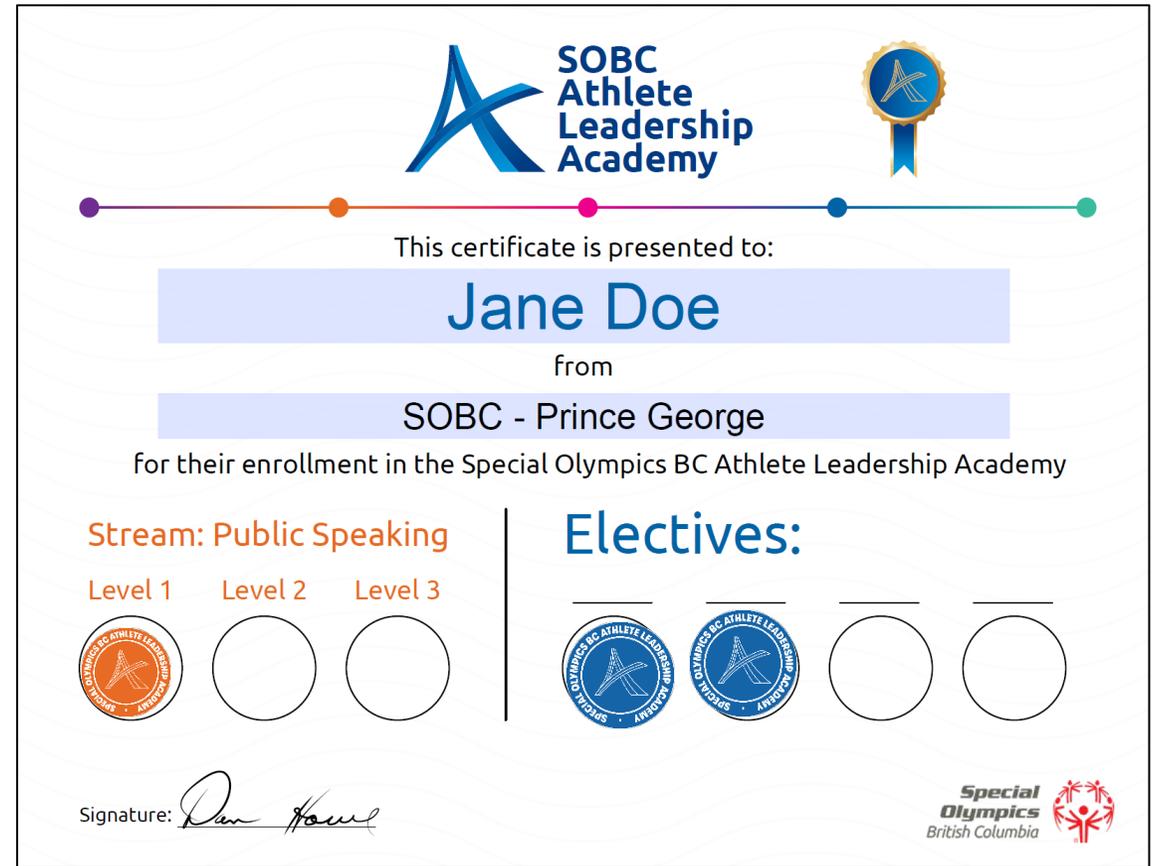
[SOBC Athlete Leadership Academy - Mentor Commitment Form \(microsoft.com\)](#)



# Certification Process

When athletes take their first course in ALA, they will receive a certificate that looks like the below (specific to the stream you are in). After each course completion, you will receive stickers to indicate the levels you have completed.

Once completed, Athletes will be given an Athlete Leadership-branded polo when they communicate to the Athlete Leadership Academy Management Team that they have scheduled their first engagement opportunity following a workshop. Athletes are encouraged to wear this clothing during any opportunities throughout their practical experiences.





# ATHLETE LEADERSHIP

## Mentors!

- Who & How?





# Who can be a Mentor?

- Parents
- Coaches
- Teachers
- Siblings

## Requirements:

- Must be 19 years old
- Must be a registered member and in good standing with SOBC
- Must be able to commit to supporting the athlete through their courses





# Stages of Mentorship?

**Athlete leaders** benefit from the support of a volunteer.

**Mentor** some athletes may need regular or occasional support throughout their career as a leader. Others may quickly be able to serve in leadership roles independently. At all times, the mentor should reserve their own opinions, while supporting the athlete leader's involvement and ability to make decisions.





# How do Mentors support Athlete Leaders?

- Help athlete learn and interpret the mission and philosophy of Special Olympics
- Help athlete learn and interpret Special Olympics rules and policies
- Help athlete interpret printed material so they can explain materials to their peers in their own words
- Ensure athlete has information needed to make informed decisions prior to AIC meeting. What are the Pros and Cons?
- Review & discuss minutes of the past AIC or committee meeting
- Help athlete leader identify issues/project/ideas for the next meeting
- Gives continuous encouragement
- Assist with practicum requirements, presentations and volunteer assignments
- Ensure athlete has transportation to meeting
- Promote Athlete Leadership in business, school, clubs or agency
- Help recruit new mentors and athlete leaders
- Does not always attend meetings with athlete; but helps prepare athlete



# How to find Mentors?

## Highlights of the Role:

- Less of a commitment than coaching weekly sport programs
- Great opportunity to work with Provincial Staff
- Flexible for students and those with changing schedules
  
- Reach out to universities! Connect with sport teams, leadership groups, on-campus clubs, specialized programs (ie. PDP program for teachers, or ECE/ECESN programs)
- Facebook community pages – local sports teams, volunteer groups
- Career and volunteer engagement fairs, chamber of commerce
- Ask your local committee or CDC for ideas!



# How to find Mentors?

## Reminders for Mentors:

- Show restraint
  - Allow the athlete to express them self - help only if needed
  - Listen – people want to know what the athlete thinks, not the ideas of the mentor
- Acts as a leadership “coach” – share stories and examples
- Be Patient
  - Give athletes time to respond to questions, don’t jump in
- Encourage - always
- “Let Go”
  - Allow athletes to attend committee meetings without you. It’s like any coach. You prepare your athletes, but you are not allowed on the playing field to help.



# ATHLETE LEADERSHIP

## Meaningful Engagement for Athlete Representatives

- **How & Examples**





# Athlete Representative

## Job Description

Responsible to: Local Coordinator

Commitment: 1 Year term (no limit to the number of terms)

### **General Responsibilities:**

- Actively gather information from fellow athletes within the SOBC Local.
- Voice the concerns/questions of the athletes to coaches and/or the SOBC Local Committee.
- Report important information to fellow athletes within the SOBC Local.
- Attend monthly committee meetings.



# Athlete Spotlight!

## Meet AIC Members in Prince George!

Barbie, Darcie, Adrian, Marinka & Adam

- Take turns as the Athlete Rep on their Local Committee
- Mentor and AIC facilitator supports with the preparation for their athlete update
- Inclusion Fair hosted by PG AIC to spread awareness about SOBC programs.





# Athlete Spotlight!

## Meet Claire!

- Health Messenger in Region 1 from Creston
- Active in 'SOBC Wellness Challenges' on Facebook
- This was Claire's Health Messenger presentation on 'Strong Bones'
- Shares Health Updates and Information at Club Fit practices





# Athlete Spotlight!

## Meet Torben!

- BC AIC Rep for Region 7 from Smithers
- 2023 Global Athlete Congress presenting his powerful inclusion project called ‘Shine Together’
- 2023 SOBC Athletic Achievement Award winner



# Athlete Spotlight!

## An Athlete's Guide to Unified Leadership in Your Community

By Torben Schuffert

[SOBC\\_UnifiedLeadershipAthleteGuide\\_TorbenSchuffert-Final.pdf](#)



# ATHLETE LEADERSHIP

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# Question Time!





# Registration Form Questions

I'm interested in learning how to find athlete leaders and mentors who have same interests; I find some athletes have potential but don't have the support.

- Post-secondary sports teams, leadership groups/clubs in schools, Facebook community groups, specialized programs at universities.

What skills would be good to practice during monthly meetings?

- Note-taking, public speaking, preparation ahead of time to give an update to a committee (ie. On behalf of AIC or a sport team), practicing asking for support or financial requests (ie. Support with Tim's campaign).

How to identify possible athletes and what requirements and expectations would they have?

- Athlete's who are seeking to be more involved, interested in speaking about SOBC and it's impacts more publicly, athletes who are looking to gain more confidence. We would expect that they can commit to taking the courses in the stream they are registered for and know that it may be a couple years process so they have to commit to wanting to complete.



# Registration Form Questions

How best to encourage leadership in the Special O community.

- Connecting with other Athlete Leaders in SOBC, Facebook is a great place for athletes to connect across the province.

I have an athlete who wants to get involved. Who should he speak to?

- Awesome! Interested athletes can submit an application online [LINK](#), and send any questions to Jasmine at [athleteleadership@specialolympics.bc.ca](mailto:athleteleadership@specialolympics.bc.ca)

We have lots of leaders in basketball, how do we give them all a chance?

- That's great! Are there any group leadership activities several athletes could work on together? Perhaps making signs for upcoming Tim Horton's donut campaign or gathering a group to participate in the Polar Plunge.

I am curious as to what types of Leadership Role activities happen in other regions of the province? What kind of leadership activities are other athletes participating in?



# Registration Form Questions

When are the next Athlete Leadership Academy courses?

- **Health Messenger/Health Hero**
  - **Mon-Thurs, Feb 12, 13, 14, 15 @ 6:00-8:00PM PST**
- **Athlete Speaker's Bureau 1**
  - **Sunday, Feb 25<sup>th</sup> @ 2:00-6:00PM PST**
- **Athlete Speaker's Bureau 2**
  - **Sunday, late-March (keep an eye out!)**

Stay Tuned for more info on the SOBC Calendar → [Events | Special Olympics British Columbia](#)



# ATHLETE LEADERSHIP

Questions? Reach out!

**Jasmine Webster**

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- [athleteleadership@specialolympics.bc.ca](mailto:athleteleadership@specialolympics.bc.ca)





# ATHLETE LEADERSHIP

## Thank you!

- For your time and participation.
- For helping to strengthen our Athlete Leadership Academy.
- For bringing great questions and ideas.
- For supporting our amazing Athlete Leaders in your community!

