



Athlete Leadership Programs (ALPS)

What is Athlete Leadership?

As Special Olympics athletes gain confidence and feel empowered, they often seek new challenges.

Special Olympics Canada provides Athlete Leadership Programs, which equip athletes with the tools to undertake positions of leadership within their community and the broader movement. This allows athletes to explore opportunities beyond sports training and competition. These leadership roles can include public speaking, being a member of an Athlete Input Council, being a Peer Mentor and taking on positions as Board and Committee Members.

These roles give athletes a voice in shaping the Special Olympics movement, and a chance to spread the word about the transformations Special Olympics can bring to individuals and families. Athlete Leadership also provides a way for athletes to showcase and utilize their talents, interests and expertise.

Special Olympics encourages athletes to take part in leadership training programs so they can have a voice within their own communities, and become representatives of Special Olympics in Canada, Special Olympics NL and all over the world.

Through involvement with Athlete Leadership Programs, athletes can:

- Learn to speak persuasively and comfortably
- Interview with the media
- Mentor other athletes
- Assist with fundraising events
- Discuss their opinions on policy, governance, and all SO related topics
- Feel empowered to speak out on behalf of their peers and themselves



Courses being offered at the NL Athlete Leadership Summit;

****ATHLETE SPEAKER TRAINING:** This program is designed for athletes who are looking for speaking experience and would like to learn speaking skills, speech writing and speech delivery. During this training, athletes will write their own speech with the help of their speech coach (Mentor), as well as deliver the speech they wrote in front of their peers. Athletes are the best ambassadors for Special Olympics and having them speak at Community, Provincial/Territorial and National events assists with public awareness and fundraising initiatives.

ATHLETES ON COMMITTEES AND INPUT COUNCILS: This course is for athletes who wish to learn more about sitting on committees and input councils. Athletes are being invited more and more to sit on committees and to be members of input councils and in this course, they learn how to work together, share their opinions, be leaders and speak on behalf of fellow athletes.

POWERPOINT TRAINING: This training focuses on using and building PowerPoint presentations. This course includes explaining how to use all of the functions and buttons within the PowerPoint software and the athletes are given the opportunity to create their own presentation to present it to the group. Presentation skills are also taught in this training and feedback is given following each athletes' presentation. Athletes must be able to bring their own laptop and have power point installed for this training. If an athlete needs assistance with this, please contact our office.



The Athlete Leadership program continues to grow each year, our goal is to have athletes from each club involved in Athlete Leadership. These programs are proven to have a lasting benefit to participants by increasing confidence and self-esteem as well as providing input and insight into athlete issues – a valuable resource to Special Olympics Canada and Special Olympics Newfoundland and Labrador

Athlete Leadership empowers athletes to develop leadership skills and utilize their voices and abilities to undertake meaningful leadership roles, influence change in the Special Olympics movement and create inclusive communities around the world.

****Athlete Speaker Training may not be offered during this summit; this will be confirmed at a later date. You may let us know if you have athletes and mentors interested in this course to assist us in gaging interest. Thank you.**