



NL Athlete Leadership Summit
April 12th – 14th, 2019
Lion Max Simms Memorial Camp

Special Olympics
Newfoundland & Labrador



FRIDAY, APRIL 12th, 2019

5:00 PM	Dinner (In cafeteria)
6:00 PM	Welcome (Kim)
6:15 PM	Ice Breakers and Introductions (Kim, Matthew, Heather)
6:45 PM	Introduction to the Athlete Leadership Program (Kim/Matt)
7:00PM	Introduction to Canadian Athlete Leadership Council (Heather)
7:45 PM	Free Night

SATURDAY, APRIL 13th, 2019

8:00 AM	Breakfast (In cafeteria)
9:00	Athlete Speaker Workshop (Matthew)
9:00 – 9:30	Welcome, Overview and Introductions
9:30 - 9:45	Target Your Audience/Speech Outline
9:45 – 10:00	Opening Your Speech
10:00 – 10:15	<i>Break</i>
10:15 – 10:30	Body of Speech Overview
10:30 – 10:45	What is Special Olympics?
10:45 – 11:00	5 W's and an H
11:00 – 11:15	Discuss National Sports / Your Own Local Sports / Sports that you Compete in
11:15 – 11:40	Brainstorm Why is Special Olympics great?
11:40 – 12:00 PM	Write the Body of your Speech
12:00 – 1:00	Lunch (In cafeteria)
1:00 – 1:30 PM	Closing Your Speech
1:30 – 1:45 PM	Speech Preparation Time
1:45 – 2:15 PM	How to Deal with Questions
2:15 – 2:30 PM	Presentation Tips
2:30 – 2:45 PM	<i>Break</i>
2:45 – 3:00 PM	How do you feel?
3:00 – 3:15 PM	Personal Appearance and Social Situations
3:15 – 4:00 PM	Final Preparation and practice
4:00 – 5:00 PM	Free Time
5:00 PM	Dinner (In cafeteria)
6:30 PM	Paint Night (In gymnasium)
10:00PM	Lights Out



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SUNDAY, APRIL 14th, 2019

8:00 AM	Breakfast (In cafeteria)
9:00 – 9:30	Checklist for Speech/Goal Sheet/Evaluation Form (Matthew)
9:30 – 9:45	Athlete Personal Profiles
9:45 – 11:45	Athlete Speeches/Questions from the Audience
11:45 – 12:00 PM	Odds and Ends/Course Evaluation
12:00 – 12:15	Recap from Mentors and Athletes (Breakout session)
	Mentors – Review their duties and assignment (Main Lounge)
	Athletes – Review their duties and assignment (Gymnasium)
12:30 PM	Departure

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