

Building Leadership Capacity in Student Athletes

A Collection of Resources

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In partnership with

Oregon Association of Student Councils

10+ Ways to Build Student Leadership

1. Leaders Develop a Mission and Core Values
2. Leaders Set Goals
3. Leaders Communicate: #ICANHELP
4. Leaders Build Capacity: Student Athletic Director Development
5. Leaders Build Capacity: Identifying and Developing Captains
6. Leadership Labs
7. Leaders are Learners: Books, TED Talks, etc.
8. Leaders Count Their Wins
9. Leaders are Involved
10. Leaders are Developed
11. Leaders are Champions of Character

Leaders Develop a Mission and Core Values

EQ: What is it we believe about Tiger Athletics (Basketball, Volleyball, etc.)?

Step 1: Individual Biases/Thoughts/Ideas/Beliefs (Answer the question. 5 min)

Step 2: Idea Share (No filter... share it all. List all ideas on chart paper. 15 min)

Step 3: Clarify and Join Ideas (Ask questions, elaborate, add, or delete. 15-20 min)

Step 4: Prioritize (Sticker Vote for Top 5 items - Vote at SAME time 10 min)

Step 5: Establish Core Beliefs of Programs/Teams (Select top 3-4. 10 min)

Step 6: Write Your Mission (25 words) and Vision (7 words) (Collaborate 30 min)

LCSD Collaborative Mission and Values

Mission of LCSD Athletics and Activities

We believe athletics and activities in the Lincoln County School District focus on encouraging all programs to create a positive culture and community by developing character, sportsmanship, work ethic, and pride for all participants.

Core Values:

Character Development

Sportsmanship

Work Ethic

Pride

Community Involvement

Leaders Set Goals (Coaches Monitor)

When teams set goals, does every player know their role, set a goal, and value it just as much as the player sitting next to them?

Timely (Off Season vs In Season Goals)

Everyone plays a role (Individualized to Team)

Attainable (Can they do it? Will success be celebrated)

Monitored/measured (Leaders support - coaches coach)

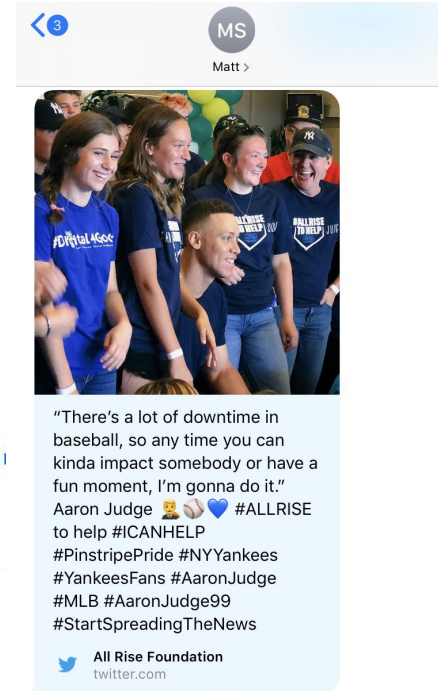
SMART (specific, measurable, achievable, realistic, and timely).

Leaders Communicate: #ICANHELP

<https://www.icanhelpdeletenegativity.org/>

Taft 7-12 has partnered with #ICANHELP for the last five years. Student-athletes have used the organization to learn more about deleting negativity online and activated the #ICANHELP network to help a student who had been impersonated and feared losing his soccer scholarship offers.

Founders are former college athletes and coaches.



Leaders Build Capacity: Student Athletic Directors

An opportunity for student-athletes to earn an elective credit that will give them real-world experience.

The class can be articulated for students to earn dual credit.

- Students should be two or three sport athletes.
- Students need to complete an application that includes recommendations from coaches and teachers.
- If there are multiple applicants, students will go through an interview process.
- Student Athletic Directors work within the Athletic Department to help promote a unified school athletic program.

Leaders Build Capacity: Identifying Captains

Team Choice:

Pros-

- Student-athletes choose their own leaders.
- Shows the team you respect their opinions.

Cons-

- Ring-leader vs. leader
- Popularity vs. best choice.



Activity with dual input::

1. Have the team collectively identify what makes a good leader.
2. Team members nominate teammates who resemble those characteristics.
3. The team votes by ballot and then the coach identifies the captain.



Coach Choice:

Pros-

- Coaches identify who they want to work with.
- It doesn't become a popularity contest.

Cons-

- Student-athletes may not respect the captain.

Leaders Build Capacity: Developing Captains

Student-athletes must have their leadership capabilities developed. The coaches and athletic administration are KEY in that development.

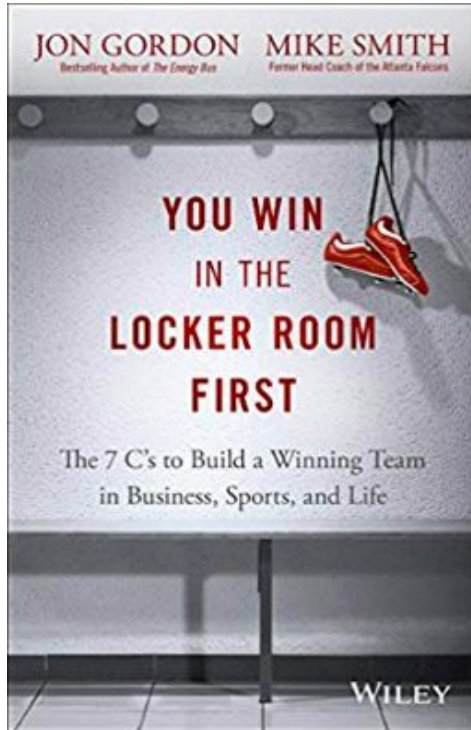
1. Make sure they know what your expectations are for them in the role of captain.
2. Get their input.
3. Give them time for team building activities.
4. Have regular meetings/check-ins with the captains.
5. Provide them opportunities to lead.
6. Support and advise them.

Leaders Attend Leadership Labs

- Monthly or bi-monthly meetings during lunch or before school.
- Leadership topics are covered through activities and discussions. Topics should support the core values of developing student-athletes:
 - integrity
 - sportsmanship
 - Respect
 - responsibility
 - servant leadership *
- Captains are required to attend, but all student-athletes are encouraged to attend.
- Provide opportunities for student leaders to lead the labs.

*These are the core values outlined in the NAIA Champions of Character

Leaders are Learners: Books, TED Talks, etc.



Culture
Commitment
Contagious
Consistency
Communication
Connect
Care

Leaders Count Their Wins

Leadership Speaker: Jeff Eben - How Many Wins Foundation

<https://www.howmanywins.com/media>

<https://www.youtube.com/watch?v=TyHd2yAyTMw>

1. I cut down my number of turnovers.
2. I shot 90% from the line.
3. I'm passing all of my classes.
4. I helped do dishes and my mom didn't yell at me last night.
5. I called a parent and they didn't yell at me.
6. I kept my feet planted during every at bat and sat on the change.
7. What's your win? What is your student-athlete's idea of a win?

Leaders are Involved (in more than themselves)

1. Leaders attend events as a team outside of their own sport.
2. Leaders participate in community service.
3. Leaders fundraise for others.
4. Leaders are in clubs, multiple sports, and serve.
5. Leaders clean.
6. Leaders thank, congratulate, and celebrate.
7. Leaders present around the community.
8. Leaders are unified.
9. Leaders are available.
10. Leaders are connected with other leaders.



Leaders are Developed

OASC

Student leaders in Oregon are changing what it means to be a leader. They are getting more involved in their communities through service, figuring out ways to make effective changes in their schools, and developing skills to be resilient to trials and learning efficient ways to accomplish their goals.

OASC has spent 60+ years creating activities that will help students become the best leader they can be. The skills learned at OASC Summer Leadership Camp help students develop their own passions, strengthen communication skills and learn how they can make an impact on those around them. OASC Summer Camp is not just for students in ASB. Any student interested in developing and refining their leadership skills can attend camp.

<https://www.youtube.com/watch?v=zgmgyymAYS0>

Leaders are Champions of Character

Create opportunities to celebrate the student-athletes who are true leaders. The NAIA uses a program called Champions of Character that promotes the core values of integrity, sportsmanship, respect, responsibility and servant leadership.

- Encourage each sport to recognize a Champion of Character at their end of season banquet.
- Celebrate examples of positive student-athlete leadership amongst the school and community.
- Celebrate coaches and volunteers who are positive examples of character to students.

Questions?

Feel free to contact us with any questions or request any of our resources:

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