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**Athlete Representative I Capstone Practicum**

*Congratulations on successful completion of Athlete Representative (AR) I at Athlete Leadership University.*

**Directions:**

* Each AR I attendee must complete three of the following leadership opportunities in order to:
	+ Receive an Athlete Representative I Practicum Certificate.
	+ Receive eligibility to attend Athlete Representative II.
* A report form must be filled out immediately following completion of the leadership opportunity and sent to Athlete Leadership Coordinator, Jordan Schubert, at jschubert@specialolympicspa.org.
	+ The report form is available on the SOPA website under the Athlete Leadership tab.
	+ URL: <http://www.specialolympicspa.org/special-programs/initiatives/athlete-leadership>

**Leadership opportunities include, but by no means are limited to:**

1. **Serve on local program management team:**
* Responsible for representing all program athletes as a member of the local program management.
	+ Contact your local program manager for more information on this leadership opportunity.
1. **Create or join an Athlete Leadership Team**:
* Committee of program athletes serving as part of a local program management team, providing direct athlete input.
	+ Contact Athlete Leadership Coordinator and / or your local program manager for more information on this leadership opportunity.
1. **Serve on a games organizing committee for a local, invitational, sectional and/ or state competition:**
* View list of games organizing committees for sectional and sate events by section below:
* **East:** Contact Senior Competition Director, Gina Reid, at greid@specialolympicspa.org for more information on this leadership opportunity.
* **Eastern Bowling Sectional**
	+ Allentown, PA
* **Eastern Spring Sectional**
	+ Kutztown University, Kutztown, PA
* **Eastern Fall Sectional**
	+ DeSales University, Allentown PA
* **Fall Festival**
	+ Villanova University, Villanova, PA
* **Central:** Contact Central Competition Director, Teresa Amaturo, at tamaturo@specialolympicspa.org for more information on this leadership opportunity.
* **Indoor Winter Games**
	+ York, PA
* **Central Bowling Sectional**
	+ Harrisburg, PA
* **Central Spring Sectional**
	+ St. Francis University, Loretto, PA
* **Summer Games**
	+ Penn State University, State College, PA
* **Central Fall Sectional**
	+ Juniata College, Huntingdon, PA
* **West:** Contact Western Competition Director, Mike Ermer, at mermer@specialolympicspa.org for more information on this leadership opportunity.
* **Winter Games**
	+ Seven Springs Resort, Seven Springs, PA
* **Western Bowling Sectional**
	+ Erie, PA
* **Western Spring Sectional**
	+ Carnegie Mellon University, Pittsburgh, PA
* **Western Fall Sectional**
	+ Slippery Rock University, Slippery Rock, PA
1. **Volunteer at a local, invitational, sectional and/ or state competition**
* If you are not competing, you can volunteer at a competition. Volunteer duties include but are not limited to: set up/break down, distribute food and beverages, etc.
* You may find details regarding sectional and/ or state competitionson the SOPA website under the Event Calendar tab.
	+ URL: <http://www.specialolympicspa.org/events-calendar/month.calendar/2015/02/04/->
	+ For State/Sectional competitions, contact the section Competition Director for more information on this leadership opportunity.
	+ For Local/Invitational events in your local program, contact your local program manager for more information on this leadership opportunity.
	+ For Local/Invitational events outside your local program, contact the section Field Director for more information on this leadership opportunity:
		- **East:** Penny Coup, pcoup@specialolympicspa.org
		- **Central:** Kristen Lenig, klenig@specialolympicspa.org
		- **West:** Jim Binz, jbinz@specialolympicspa.org
1. **Facilitate an Athlete Input Council at a local/invitational competition.**
* Just like at State Competitions, Athlete Input Councils take place to allow athletes the opportunity to provide feedback about their experiences.
	+ Contact your local program manager for more information on this leadership opportunity.
1. **\*Attend Athlete Congress:**
* Hosted every two (2) years, is a forum for Athlete Representatives to present recommendations to the SOPA Board of Directors for organizational change.
	+ Contact your local program manager for more information on this leadership opportunity.
1. **Attend SOPA’s annual Leadership Conference:**
* Leadership Conference is SOPA’s largest non-competitive event, attended by Athlete Leaders, Local Program Volunteers, SOPA Staff and Board Members to share best practices and learn the direction the organization is heading.
	+ Contact your local program manager for more information on this leadership opportunity.
1. **\*Being elected onto the Regional Input Council:**
* Athlete Representatives wanting to run for RIC must submit their nomination form for Local Program Manager/Director approval.
* During the biennial Athlete Congress, those athletes seeking election are required to give a one minute speech stating why they should be elected to the position.
1. **\*Being elected as Athlete Congress Chair:**
* During the biennial Athlete Congress, those athletes seeking election are required to give a one minute speech stating why they should be elected to the position.
1. **\*Being elected onto the Board of Directors.**
* There are two ways to be elected onto the Board of Directors:
	+ Be elected by the BOD.
	+ Be elected by Athlete Representatives during Athlete Congress.

\*Opportunity not available every year