



## YOUTH LEADERS LIFE OF AN ATHLETE (LoA) TASK LIST

Name	
School	
Sport	
Gender	
Year	

STEPS	Completed	Not Completed	Comment
Attended annual statewide Youth Leadership Training hosted by New Hampshire Athletic Directors' Association (NHADA)			
Attended local and/or regional Youth Leadership Training hosted by the New Hampshire Interscholastic Athletic Association (NHIAA)			
Incorporated Life of an Athlete (LoA) into weekly team meetings			
Used Team Dynamics to productively confronted behaviors of concern when an issue became apparent			
Mentored younger athletes			
Modeled healthy behaviors			
Encouraged teammates to complete pre-post survey each season			