



STUDENT LEADERSHIP

Steps for an Athletic Director or LoA Designee¹ Implementing Student Leadership

STEP 1: RECRUIT YOUTH

Work with coaches to ensure youth leaders are chosen based on their leadership abilities rather than solely on their popularity by using the 5 Cs of an Effective Leader (Competence, Character, Civility, Citizenship, Chemical Health) to assess potential youth leaders.

STEP 2: CONDUCT INITIAL MEETING

Meet with youth leaders to:

- Reinforce why they were chosen to be leaders on the team
- Stress the importance of setting and living up to a high standards for the entire team
- Work with youth to assess team dynamics

STEP 3: CONDUCT TRAINING

Schedule a student leadership training with the NHIAA's Life of an Athletes (LoA) staff to review:

- The impact of lifestyle choices on performance
- How to address behaviors of concern
- How to regularly discuss lifestyle choices with teammates
- How to create messaging about lifestyle choices

STEP 4: SEND YOUTH LEADERS TO STATE-LEVEL CONFERENCE

Use the 5 Cs of an Effective Leader to choose your team of students to send to the statewide student leadership conference.

STEP 5: CONDUCT WEEKLY MEETINGS

Schedule weekly meetings for youth leaders from all sports to:

- Monitor the pulse of all teams
- Teach team dynamics
- Address team issues
- Discuss the impact of lifestyle choices
- Plan mentoring activities for younger athletes
- Plan community service projects
- Plan traditional and social marketing campaigns
- Allow for roundtable discussion



¹LoA designee is a person appointed by the Athletic Director, Principal, Superintendent and/or School Board to act as an advisor to oversee implementation of the program