



STUDENT LEADERSHIP

Common Challenges and Solutions to Implementing Student Leadership

⚠️ CHALLENGE: I don't have anyone with the time to coordinate all this work.

✅ PROPOSED SOLUTIONS:

- Student leadership reduces time spent reacting to a crisis when potential issues are identified and addressed before they are able to destroy team moral and unity.¹
- It is important for schools to avoid staff becoming overburdened by forming a diverse team to delegate roles and responsibilities.
- If possible, utilize school board, athletic, prevention, or booster funds to provide a stipend to an Life of an Athlete (LoA) designee.²

⚠️ CHALLENGE: I have found that choosing captains is a popularity contest which works and nobody wants to change it.

✅ PROPOSED SOLUTIONS:

- Stress the importance of selecting the right person to enhance:
 - Team dynamics
 - Team performance
 - Relationships between teammates and coaches
 - Leadership
- Use the 5 Cs of an Effective Leader to assess the team and choose leaders.

⚠️ CHALLENGE: I don't have a lot of buy-in or follow-through from the youth.

✅ PROPOSED SOLUTIONS:

- Educate student athletes on compelling messages from the program on how the impact of alcohol, tobacco and other drugs (ATOD) affects their performance right now, rather than later in life.
- Incentivize youth to get excited about Life of an Athlete:
 - Link to school pride by creating 'Life of (your mascot)' such as 'Life of an Owl' or 'Life of a Crusader'
 - Stress that participation reflects well on college applications
 - Offer food, clothing, prizes
 - Offer extra credit

³Black, D. R., Tobler, N.S., & Sciacca, J.P. (1998). Peer helping/involvement: an efficacious way to meet the challenge of reducing alcohol, tobacco, and other drug use among youth? *The Journal of School Health*, 68, 87-93. doi:10.1111/j.1746-1561.1998.tb03488.x)

⁴LoA 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