



LIFE OF AN ATHLETE NEW HAMPSHIRE

STUDENT LEADERSHIP CURRICULUM

OBJECTIVE

Participants will learn skills to:

- Address teammates' behaviors of concern.
- Model healthy behavior
- Mentor younger athletes
- Promote the impact of lifestyle choice on performance.

TOTAL TIME

Student Leaders

2 Day Training

120 minutes per day

Total time: 240 minutes

MATERIALS

Captains Guide

Powerback Diet

5Cs for Assessing Student Leaders

Team Leader Job Description

Evaluation

Promoting Messages Instructions

Prizes

Notepad, markers, projector, A/V

Web-trainings

PREPERATION

Schedule training with NHIAA staff

METHOD

DAY 1

➤ *Welcome (5 minutes)*

➤ *Icebreaker (15 minutes)*
Poster Activity

➤ *Lifestyle Choices (30 minutes)*

Present on the impact of Lifestyle Choices on Athletic Performance using the LoA PPT which covers:

- Pre and during training/competing nutrition
- Alcohol
- Recovery
- Tobacco
- Hydration
- Marijuana
- Sleep
- Prescription Drugs
- Energy Drinks
- Performance Enhancing Drugs

➤ *Break (5 minutes)*

➤ *Addressing Behaviors of Concern*

Introduce scenarios activity to the entire group

(5 minutes)

Break students into groups of 4-8. Each group will receive one scenario to discuss and come up with ways they would respond to their scenario.

(10 minutes)

Bring the whole group back together to report out on their scenario and how they responded

Optional: If there is more than 2-3 minutes per group for reporting, ask other groups to add to the list.

(20 minutes)

➤ *Team Dynamics*

Activity on board/notepad looking at relationships within a team and how to address situations as team co-captains

(15 minutes)



Recruit groups of 10-35 student leaders by working with coaches and using the 5Cs document. (If student group is larger can split training groups up into morning/afternoon groups). Ensure students will attend both days

- *Creating Messaging (20 minutes)*
Introduce activity to the entire group **(5 minutes)**

Break students into groups of 4-8. Each group will create an action plan to promote messaging using social/traditional messages. **(10 minutes)**

Bring the whole group back together to report out on their action plan and vote on activity to implement.

Create next steps for students to help guide them on the implementation of their media messaging. **(5 minutes)**

DAY 2

- *Welcome (5 minutes)*
- *Optional: Ice Breaker(15 minutes)*
- *Recap creating messaging from Day 1 training (10 minutes)*
- *Leadership (15 minutes)*

Break students into groups of 4-8. Each group will come up with their top 3 leadership characteristics.

Write top 3 leadership characteristics from each group on the board and have students vote on their top 3 choices.
- *Leadership (10 minutes)*
Present on topics on leadership using the LoA PPT which covers:
 - 5 C's of leadership(compare with their top leadership characteristics)
 - Leading by example
 - Mentoring younger athletes
- *Modeling Healthy Behavior (30 minutes)*
Introduce agree/disagree activity to the entire group **(5 minutes)**



Break students into groups of 4-8. Each group will fill out document individually and then discuss each statement in the group.

(15 minutes)

Bring the whole group back together to report out on their statements and how they responded

(10 minutes)

➤ *Break (5 minutes)*

➤ *Mentoring Younger Athletes (25 minutes)*

Present brief powerpoint on what other student leaders are doing around the state/country and discuss with students what is being done, if anything, at their school.

(5 minutes)

Break students into groups of 5-10. Have students brainstorm ideas of mentoring with younger students. Have students develop an action plan.

(15 minutes)

Bring the whole group back together to report out on their action plan and vote on one to follow up on and implement.

(10 minutes)

➤ *Wrap Up (5 minutes)*

Discuss next steps with students on social/traditional media messaging and mentoring activities.