

# Athletes As Leaders



## Session 1: Introductions & Group Agreements

### Make sure you have:

- Dry erase board or poster paper (with markers) to write group agreements
- Beach ball with written questions (see “Warm Up” below)
- Technology to show YouTube video

### Warm Up

#### Introduce presenters and athletes (3-10 min).

Get to know who is in the room. If you do not know the group, or the group does not know each other well, do introductions or facilitate an ice breaker activity. A great way to do this is to have each athlete introduce themselves in 3rd person, sharing their first name and two things they love to do (ex: “This is Kayla. She loves to go bowling and bake cakes for friends’ birthdays.”).

Another idea for an icebreaker: Pre-write questions on a beach ball (e.g.: “What is something you are looking forward to?” And “What is your favorite food?”) Ask athletes to toss it across the circle to a teammate, and then the person who gets the ball should say their name and answer the question closest to their left thumb. If the group is already acquainted you can keep this part short.

#### Introduce the Program (1 min).

*We are starting a new program for girls’ sports called Athletes As Leaders.*

*Our goals are to promote healthy relationships, leadership, a culture that is more supportive of women and girls, and one that is equitable to all genders. Because so many athletes will be involved, many of whom are well connected with peers on the team and outside of the team, this has the potential to spread the positive messages far and wide.*

*These groups are going to be about 20 minutes once a week, on [day] at [time] in this room.*

Each week we will follow a general agenda:

- » We will watch a video related to the topic
- » We will discuss the topic as a group
- » We will create a group expectation/ team commitment related to that topic.

### Introduce & Show Video (4 min).

We are going to watch a video and hear from athletes who have gone through the program to learn more about Athletes As Leaders.

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"Athletes As Leaders Program Video" (3:04)  
<https://youtu.be/YRbIRuClyhM>

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## Work Out

### Create Group Agreements (5-10 min).

We will be talking about some sensitive topics that might be personal to some, and also how to build a strong and safe community. We want everyone to feel like they are able to participate freely, so the next thing we will do is come up with some group agreements that we can all stick to for our discussions this season.

#### Facilitator Notes

You can have volunteers come up and write on the board or write them yourself. You can also create a poster to display at every session.

During group sessions, we agree to...

#### Facilitator Notes

Try to re-frame most group agreements into positive, affirmative statements if possible. For example, instead of "Don't talk over someone," you could write "One person speaks at a time."

Some questions that can help prompt group agreements:

- ① *Think about a group where you felt very comfortable expressing yourself. What helped you be able to participate fully in that group?*
- ② *What do you need from yourself or your teammates in order to make this a safe space?*

Examples of group agreements include:

Come ready to participate	*One person speaks at a time
Show respect to those who are speaking. (Avoid using cell phones or side talk.)	**What's said in here stays here (confidentiality). What's learned in here leaves here.
*Step up or step back. (If you want to speak but you are shy, challenge yourself. If you are talking a lot, allow some space for others to talk.)	Respect differences of opinion
It's your choice if you want to share	

\*These ground rules are critical, so if they are not brought up by the group, then you can bring them up and add to the list.

\*\*It's okay to share concepts learned in the group, but not okay to share personal things about people or mention names. When confidentiality is mentioned, it is also important to note the exceptions to that, e.g. if you are a mandated reporter and what specifically you must report. (For more information on mandatory reporting and to find out your state's requirements, see the Recommended Policies on the program website).

#### Facilitator Notes

To get the group's commitment to follow the agreements you can have participants sign the poster or just raise their hand to indicate they agree.

### Cool Down

*Thanks everyone for attending today. I'm really excited to have these discussions with you this season! I appreciate the thought you put into coming up with our group agreements. We will have our next session on \_\_\_\_\_.*

#### Facilitator Notes

Take pictures of the group agreements so you have a record of them and can refer back to them if needed.

**Optional:** You can make a poster with the group agreements to bring each week.

