

Athletes As Leaders



Session 10: Celebrate Our Successes

Make sure you have:

- Copies of post-survey for every athlete
- Pens/pencils for every athlete
- If possible, provide snacks or treats

Warm Up

Introduce topic: (1 min)

Welcome! Today is our last day and we would like to celebrate and acknowledge our success this season!

Last session we talked about how to create a culture that is more supportive to women and girls. We discussed how to shift jealousy into admiration and about the importance of mentorship.

Work Out

Conduct recognition circle: (8-15 min, depending on group size)

This is our final session of the program and we want to take time to recognize our teammates. [Explain how & who to pair up with, or have small groups]. I would like you to come up with at least one thing that you admire or appreciate about your teammate. It could be:

- » *Something about their athletic skills or something that they contributed to the team*
- » *One aspect of their personality that you like*
- » *Something you admire about them*
- » *An accomplishment you want to recognize*
- » *Something they said during our groups, or maybe a time that they helped you or someone else*

Facilitator Notes

Decide ahead of time how to structure this activity considering your team size and group dynamics. You may want to choose the pairs or small groups for this activity. This way you can help athletes branch out from their close friends.

You get the idea! It should be something beyond their physical appearance. In Athletes As Leaders, we've talked about challenging the idea that a girl's value is in the way she looks. This is one way of practicing that, by focusing on all the amazing things about you all. I am going to give you a few minutes to chat with your partner.

Give athletes a few minutes to prepare, socialize, and eat snacks. Then go around the circle and ask each person to share with the group one thing that they appreciate about their teammate. You can tell them that there may be many things they admire about their teammate, but to only share one thing (for the sake of time).

[When finished with recognition circle]: *Thank you so much for recognizing your teammates and showing your appreciation. It was so inspiring to hear. Now that the season is coming to an end, think about how you can bring this type of teamwork and positivity to other relationships with friends and other groups at school.*

Cool Down

Pass out post-survey to athletes. (1 min)

I would like to ask for your feedback on Athletes As Leaders this season. This survey will take about 5 minutes to complete. Please do not write your name. Your responses are very helpful for us to know how the program impacted you, and what we can do to make it better for future teams.

Allow time for the surveys to be completed & collect them (5 min)

Final words (1 min)

Thank you all for engaging in our discussions this season. It really shows your leadership skills and your great ideas. One of our top goals for Athletes As Leaders is to promote athletes on girls' teams to be leaders at ____ High School. We've talked about many ways to do that, like challenging gender stereotypes about women and men, and promoting a culture of consent and positivity. I know your team has committed to treat other people with respect, even during a competition. If you feel safe to do so, you can speak up when someone is causing harm. You can speak out when something is unfair or unequal. You can support someone who facing challenges. You can be a role model for respect, both in person and online. By doing so, you are doing your part to create a community that is safe, inclusive, and welcoming to everyone.

Close the circle with a team cheer.