

Athletes As Leaders



Session 10: Celebrate Our Successes

Prep Before Final Session:

Make Sure You Have:

- If you are administering the survey, bring:
 - Copies of post-survey for every athlete
 - Pens/pencils for every athlete
- If possible, provide snacks or treats
- If possible, plan for extra time, especially for large groups

Review Key Messages:

- Today we want to celebrate some of our successes and reflect on what we have learned.
- Our leadership and work can continue.
- (If conducting evaluation): We want to understand the impact of this program on our team.

Warm Up

Introduce Topic: (1 min)

Welcome! Last session we talked about how to create a more inclusive and supportive community.

Today is our last day and we would like to celebrate and acknowledge our successes this season! We also want to reflect on what we have learned.

Work Out

Conduct Recognition Circle: (8-15 min, depending on group size)

This is our final session of the Athletes As Leaders program and we want to take time to recognize our teammates!

[Explain how to split up pairs or small groups]. Please think of 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 you learned from them, or maybe a time that they helped you or someone else

You get the idea! 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. If you are short on time, mention that while there may be many things they admire about their teammate, please only share one thing with the large group.]

Debrief:

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 connection to other people and groups.

[Add your thoughts of appreciation/ recognition to the team as a whole].

Facilitator Notes

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

Cool Down

Pass Out Post-Survey and Give Instructions: (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 Survey Completion: (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' leadership at _____ High School.

We've talked about many ways to do that, like challenging harmful stereotypes and promoting a culture of consent and inclusion. I know your team has committed to treat other people with care and empathy. 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. I appreciate how you have engaged in these conversations this season. I hope that the dialogue and community work we have started here does not stop here. There is still so much work to do!

Let's close today with one final cheer!

Close the Circle with a Team Cheer.