



## **Fitness Captain Mentor Program 2019**

**Vision: To build a sustainable foundation of athlete leaders and coaches who are educated and mentored so they are able to lead their peers in changing health behaviors and attitudes.**

**Goal: Identify, train, and assign mentors to fitness captains in order to encourage healthy lifestyle behaviors, nutrition, and fitness.**

**Introduction and training for Athlete Fitness Captains will take place in the Fall in preparation for our Winter season.**

### **Role of a Mentor:**

1. Help facilitate and encourage healthy behaviors by modeling the way.
2. Be flexible and adaptable.
3. Encourage and value your athlete's opinions and preferences.
4. Help keep athlete accountable.
5. Attend initial training then attend 3-4 practices over the course of a season and help guide fitness captain's leadership styles while also determining modifications for their team.
6. Provide fun, new drills – strength, conditioning, stretching, etc...
7. Assist with formulating an additional practice or get together focusing on fitness. For example: walking/running clubs, stretching, nutrition, sharing healthy recipes. This is your chance to get to know the team and get creative in starting something they can continue!
8. Educating captains and teams on WHY healthy attitudes and behaviors are important and necessary.
9. Assist in ensuring that 80% of athletes on team set personal wellness goals.
10. Insure athletes attend free Healthy Athlete screening.
11. Be a trusted partner.

### **Basic Qualifications:**

1. Must be 21 years of age or older.
2. Must be an approved Class A Volunteer (background check, protective behavior class online).
3. Commit to being a mentor for 6 months but preferably for 1 year.

If interested, please contact us at [socofitnesscaptain@specialolympicsco.org](mailto:socofitnesscaptain@specialolympicsco.org)