

**Athlete Health Leader Workshop**

Register for Special Olympics Wisconsin’s **Athlete Health Leader Workshop**:

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* Saturday, April 13, from 11:30 am – 5:00 pm
* Wakanda Elementary School

1801 Wakanda Street NE, Menomonie, WI 54751

* Return Registration by **Friday, April 5, 2019**
* Contact Jeanne Hrovat, Director of Special Projects jhrovat@specialolympicswisconsin.org

608-219-0492 (cell)

Learning about Fit Five curriculum

* Trainers will include:
	+ Danny Cox and Tyler Wigington, SOWI Athlete Health Leaders
	+ Deb Moore-Gruenloh, SOWI coach and certified clinician
	+ Tom Pezzi, SOWI Volunteer Athlete Leadership Coordinator

*“As part of athlete health leadership we learn about self-advocacy. Through wellness and fitness we gain self-esteem, self-determination, self-control, self-motivation, self-worth and self-discipline. We learn to be and feel like our best self.” – SOWI athlete Martha Hill*

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Nutrition Education

Physical Wellness Activities

**Athlete Leadership - Athlete Health Leader Workshop**

**Goal of Workshop**: To provide athletes with the additional skills necessary to become an effective ambassador for the health and wellness movement in Special Olympics; understand more about self-health and wellness; become an advocate for health and wellness programs.

**Athlete Health Leader Job Description –one year commitment.**

1. Participate in a five hour training on Special Olympics’ health strategy and the role athlete leaders have.
2. Promote health and fitness on Special Olympics teams and at events.
3. Teach others about Special Olympics and Fit 5 curriculum including Nutrition, Hydration and Physical Wellness education.
4. Continue working with SOWI staff as needed.
5. Be a self-advocate around health.
6. Collect health stories from Special Olympics athletes.
7. Advocate for peers, teammates and others with intellectual disabilities and help them become health leaders as well.
8. Be a role model to other SO athletes by leading a healthy lifestyle.
9. Utilize social media to promote good health.

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10. Mentor and collaborate with other athlete leaders and share ideas about how to improve as an athlete leader in health.

**Current Athlete Health Leaders**

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Team Milwaukee Dec 2017

Portage July 2017

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Manitowoc 2018



**Athlete Health Leader Workshop**

**DATE:** Saturday, April 13, 2019 Registration deadline is Friday, April 5, 2019.

**TIME:** 11:30 am – 5:00 pm (We will have sub sandwiches for lunch)

**LOCATION:** Wakanda Elementary School. 1801 Wakanda Street NE, Menomonie, WI 54751

**CLINICIANS:** Deb Moore-Gruenloh, Tyler Wigington and Tom Pezzi

**DRESS:** Dress to participate!

Jeanne Hrovat, Director of Special Projects, Special Olympics Wisconsin,

2310 Crossroads Drive, Ste 1000, Madison, WI 53718, jhrovat@specialolympicswisconsin.org

800-552-1324 ext 5666 (or “0” for operator) Fax – 608-222-3578

**ATHLETE** NAME:      AGENCY:

ADDRESS:      CITY & ZIP:

DAY (Cell) PHONE:      EMAIL:

Shirt Size: \_\_\_\_\_ Dietary Needs: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you require any disability-related accommodations, such as written materials in an alternate format, sign-language interpreter, wheelchair accessibility, etc.? [ ]  Yes [ ]  No

If yes, please describe:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are you on Facebook and will you join a SOWI Athlete Leadership Group?­­­­­\_\_\_yes\_\_\_\_\_no

Are you a registered Class A Volunteer for Special Olympics Wisconsin? [ ]  YES [ ]  NO

Have you completed the on-line General Orientation Training? [ ]  YES [ ]  NO

**MENTOR** NAME:      AGENCY:

ADDRESS:      CITY & ZIP:

DAY (Cell) PHONE:      \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ EMAIL:      \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are you a registered Class A Volunteer for Special Olympics Wisconsin? [ ]  YES [ ]  NO

Have you completed the on-line General Orientation Training? [ ]  YES [ ]  NO

To be successful Athlete Health Leader, please communicate your wishes to your Agency Manager.

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