



The Impact an Athletic Leadership Class will have on Your School Community

Bringing a Student-Athlete Leadership Team (SALT)
or a Captains Council to Your School

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Our *WHY*



Jeremy Adams



Troy Urdahl

**“Leadership is one of the most
observed and least understood
phenomena on earth”**

James MacGregor Burns

Others definitions of leadership ...

“A good leader takes a little more than his share of the blame, a little less than his share of the credit.” - Arnold Glasow

“The supreme quality for leadership is unquestionably integrity. Without it, no real success is possible, no matter whether it is on a section gang, a football field, in an army, or in an office.” - Dwight D. Eisenhower

“The secret to success is good leadership, and good leadership is all about making the lives of your team members or workers better.” - Tony Dungy

“He who thinks he leads, but has no followers, is only taking a walk.” - John C. Maxwell

“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.” - John Quincy Adams

Value of developing student leaders

- Developing student leaders.
- Builds relationship between student leaders and the AD, giving insight into student culture and experiences and staying connected to students.
- Models leadership development for coaches.
- Grows student leadership culture for future leaders.
- Maximizes AD influence as a leader of teaching and learning, demonstrating the difference between leader and manager for leadership team and community.
- Positive impact at events and with student behavior.

Value of developing student leaders

- Being a team leader is a choice, an honor, and a privilege
- If student-leaders are left without a job description, they will write their own
- Developing team leaders can improve your school's climate and culture
- Leadership is a mindset shift from *being served* to *serving others*!

Develop your Strategy

- Who will you invite?
 - Who are the students you need in the room to establish your culture? (captains, other leaders, superfans)
 - They are the eyes and ears of the student body
- When will you conduct your sessions?
 - What time, how often, which day of the week?
- Communication strategy
 - How will you invite your students? What reminders will they receive?
 - How will other stakeholders know about this valuable opportunity?
- Develop your sessions
 - Consider partnering with your coaching staff, students or other colleagues
 - Make sure you share what you are teaching with your coaching staff so they can reinforce the lesson/key takeaways within their team culture



Why Have a Leadership Class in Your School Community?

**Jeremy Adams
Cherokee High School
Georgia**



“Even if you move into school leadership,
you don’t have to miss kids”- Jimmy Cassas

WHY SALT?

CORE BELIEFS



The Big
Three

Value in
Self

Value in
Others

Add Value
to Others



How We Do it at Cherokee?

- Selection Process
- 1st Year Students- Chick- Fil A Leadership Academy
- Graduates of Academy

What Does a Particular Meeting Look like?

- Theme for the day (ex. communication). Usually start with an inspirational video
- Turn and Talk Solution Teams: Mix Young and Old
- 1) Where do I see this impacting me personally?
2) Where do I see this impacting my team?
3) How will I use this to impact me personally?
4) How will this impact my team?
5) How do I use this to impact my community?





Impact Through Action

- Kickoff Service Project
- Thanksgiving Project
- Christmas Project
- Impact Project

Student-Leaders Leading Student-Leaders



- “Blitz” days
- Reading Buddies
- Mentor Programs

Why SALT from the Students?



“My Favorite part about SALT is how it brings all our teams together..”

“SALT opened up the bubble I lived in and shown me how big of an impact I can help make on my community..”

“SALT gives me a sense of belonging and encourages me to do more for myself and others...”

“SALT has given me many heart filling opportunities through service and has helped me build lasting relationships.”

2024 CCSD Volunteers of the year





Leading Your Student-Leaders

**Troy Urdahl
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Minnesota**

Four Components to Leading Your Captains

- 1. Introduction to leadership - why are we here?**
2. Develop Relationships
3. The Session Learning Experience
4. Closing Activity

1. Introduction to leadership

- Prime the pump!
- Motivate and Inspire
- Model leadership behaviors
 - Our *Why*
 - Vulnerability
 - Authenticity

Use Short Videos



Examples

- Kid President
- How You Livin'? (Rick Rigsby)
- Start with Why (Simon Sinek)
- The Butterfly Effect
- Be a Mr. Jensen (Clint Pulver)
- “Good” (Jocko Willink)



What great videos do you recommend?



Four Components to Leading Your Captains

1. Introduction to leadership - why are we here

2. Develop Relationships

3. The Session Learning Experience

4. Closing Activity

2. Develop Relationships

- Start with an activity to develop relationships, mix the room up and expand student-leaders' comfort zones.
- Build new connections and strengthens relationships.
- Can be fun, serious, or both!

Think, Pair, Share

- What are the attributes of an effective leader
- Who is a leader you respect - and why?

Digging for Gold

- In pairs
- One minute to discover how many things they have in common
 - e.g. Both have a dog, both are 17 years old, both enjoy skydiving, etc.
- See which pair came up with the most commonalities in one minute

Speed Dating

Rules:

- You must introduce yourself before starting each round
- You should not meet with someone from your own sport
- One minute of talking - one minute of listening
- Don't switch who talks / partners until instructed to do so

Speed Dating

Example Question:

- What do you hope to accomplish as a student-leader this year?

Other Ideas

- Paper, Rock, Scissors
- Tic, Tac, Toe (Nine Squares)
- Minute to Win It
- Hardship, Highlight, Hero
- BINGO!

Four Components to Leading Your Captains

1. Introduction to leadership - why are we here
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- 3. The Session Learning Experience**
4. Closing Activity

3. Meaningful Learning Experience

Lessons for life or character ed stories and messages

3. Meaningful Learning experience

Pick-a-Side

- Leader asks a question
- Student leaders move to one side of the room or other based on their opinion
- Group debriefs each after question

Coaches should monitor the social media accounts of their athletes



Create a Captain Job Description

EXAMPLES

- Lead drills, warm-ups, etc.
- Set the mental and emotional tone for the team
- Keep the coaches informed about team issues
- Provide input on team decisions
- Talk with struggling teammates
- Handle conflicts within the team
- Plan team activities
- Be liaison between coaches and team members

Discussion / Reflection Topics

EXAMPLES

- Captains should do *this* today lists
- Top mistakes captains make
- *Benefits* and *Risks* of being a team captain
- Sportsmanship in HS sports
 - In competition
 - In the bleachers

Examples of Resources

- *InSideOut Initiative* - Joe Ehrmann and Jody Redman
- Jeremy Boone
- Jeff Janssen
- Craig Hillier
- Cory Dobbs
- Jamy Bechler

Four Components to Leading Your Captains

1. Introduction to leadership - why are we here
2. Develop Relationships
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- 4. Closing Activity**

4. Closing Activity

- Purpose-Based Message
- Motivational Message
- A Share-Out
- Demonstration of Gratitude



Closing Message

Recipe for a happy life

- Be thankful for what you have.
- Focus on your strengths.
- Celebrate the strengths of others.



Closing Message

A simple thank you



1. Open up a text message
2. Identify a person you wish to thank
3. In the next minute, write and send a thank you to this person - and hit send!

And then what ...

Why do this work?

It will ...

Lift your leadership

It will ...

Lift your student-leaders

It will ...

Lift your school

It will ...

Lift your community

It will ...

and create “forever” ripples

It will ...

Make this world a better place!

And that's why we do this work ...

THANK YOU!

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