



## Program Curriculum

The Active Living Leadership ALL Stars program will provide education, hands-on experiences, and mentorship to a cohort of 20 ALL Star Student-Athletes through a series of in-person and virtual learning opportunities over the course of 10 months. Through active participation in the program during their senior year, the ALL Stars will earn a \$2,500 scholarship. Additional scholarship awards will be available, so there is opportunity to earn more than \$2,500.

**Program Objective:** Engage a team of local scholar-athletes in educational and experiential opportunities related to active living in our community in an effort to build a network of future active living leaders.

**Sub-Objective:** Identify reasons it is important for scholar-athletes to play a role in active living in their communities.

**Sub-Objective:** Identify what contributes to and the benefits of an active living community.

**Sub-Objective:** Connect scholar-athletes to active living organizations and the corporate, government, and non-profit organizations that contribute to an active, vibrant community.

**Sub-Objective:** Explore and identify active living inequities.

**Sub-Objective:** Make a direct impact on active living opportunities in our community through volunteerism and completion of a capstone project.

**Sub-Objective:** Provide mentorship to scholar-athletes to support them throughout the program and during the transition into college

**Sub-Objective:** Award scholarships that scholar-athletes earn through active participation in the program throughout their senior year.



**EDUCATE** – The program will host 5 in-person sessions between July of 2023 through March of 2024. ALL Stars must attend and actively participate in at least 4 of these educational opportunities.

**Orientation Session** – July 29, 2023 10am – 5pm at Sports Backers with option to attend Squirrels game, which starts at 6:05pm afterward.

This mandatory session will be the first opportunity for ALL Stars to connect with each other, meet their mentors, and get an in-depth understanding of the Active Living Leadership Program. Lunch and snacks will be provided.

**Active Living 101** – Sunday, September 17, 2023 3pm – 5pm at Stonebridge Recreation Center (230 Karl Linn Drive North Chesterfield, VA 23225)

This session will help the ALL Stars learn what contributes to an active, vibrant community. ALL Stars will learn the role that the non-profit, business, and government sectors play in creating an active community, as well as explore the career and volunteer opportunities that exist in the active living arena.

**Active Living Inequities** – Sunday, November 5, 2023 3pm – 5pm

This session will explore the active living inequities that exist in our community and across the country. The Institute for Public Health Innovation will present during this session, followed by a facilitated discussion to explore how ALL Stars can contribute to more equitable access to active living opportunities.

**Making a Difference Through Advocacy** – Sunday, January 14, 2024 3pm – 5pm

This session will focus on using advocacy to make a difference in our community. Students will learn how to use story telling to advocate for active living initiatives. The staff of Bike Walk RVA will present a case study on how everyday citizens can make a difference in their community.

**Beyond Sport** – Sunday, March 17, 2024 3pm – 5pm with optional social to follow

This session will feature a panel of college athletes that will explore how sports has impacted their lives and their choice in careers. ALL Stars will be challenged to identify how to use their love of sport for the greater good.



**ENGAGE** – ALL Stars will work together and with their assigned mentors to cover relevant program content, such as articles, videos, and podcasts. During orientation, the students will be assigned to their crews and each crew will be assigned at least one mentor. Crews and mentors can meet together either virtually or in-person. ALL Stars are expected to meet with their crew, outside of already scheduled education sessions, at least 4 times between July 2023 and May 2024.

**Crew** – The overall cohort of ALL Stars will be split into smaller crews that work together throughout the program. There will be assigned reading materials, videos and podcasts that each ALL Star will complete that will provide the crew with great discussion topics when getting together. The crew will also work together to complete a capstone project (see next page for further details).

**Mentor** – Each crew will be assigned at least one mentor that will provide support throughout the program. Mentors are all former scholar-athletes or have relevant experience. Mentors serve as an extension of the program director, as they are familiar the program and will support the students in meeting program requirements. Mentors will lead and document participation in the crew meetings. During the capstone project, mentors will play an active role in supporting their crews. The mentors' primary role is to help the ALL Stars be successful in the program to maximize their experience and earn the scholarship. Mentors may be willing to support students outside of the program, such as with the college application process and advice related to school and sports, but support beyond the program is not required.

**Program Content:** There will be articles, videos, and/or podcasts that will be assigned at each educational session. These materials will be related to the content of the educational session in which it was assigned or the upcoming educational session. Each ALL Star should review these materials ahead of their scheduled Crew meeting so that the content can be explored and discussed. These materials are available on the student resources section of the program webpage.



**EXPERIENCE** – ALL Stars will have the opportunity to experience active living initiatives first-hand through participation, volunteerism, and completion of a capstone project. ALL Stars are expected to participate in at least one active living opportunity, volunteer with at least one active living organization, and actively contribute to their crew’s capstone project.

**Participation** – There are many organizations in our region that are focused on active living. During orientation, ALL Stars will become familiar with many of these organizations and will learn how to identify initiatives that may be suitable to get out an experience. Examples include attending a Sportable basketball game, visiting a Kids Run RVA run clubs, participate in Fitness Warrior classes, or going on a run with Black men Run. ALL Stars should play an active role in seeking out these opportunities and should plan to participate in an active living initiative between August – October of 2023.

**Volunteerism** - ALL Stars will be required to volunteer their time with at least one active living organization. ALL Stars should plan to volunteer between October of 2023 – February of 2024, although they can certainly volunteer before and after that time.

**Capstone Project** – ALL Stars will work within their crew, with the support of their mentor, to utilize what they have learned to address an identified need in the active living community. The capstone project will be completed between February – April of 2024 and presented during graduation.

The Capstone Project proposal will need to be approved but can include, but is not limited to, initiatives such as renovating an active living space, creating a social media campaign, developing content, fundraising, or researching and developing a prototype for an active living organization.

Each crew can be awarded up to \$500 in financial support to help complete their capstone project. This funding will need to be requested at the time of submitting the capstone proposal and is subject to approval.



## Program Timeline

	EDUCATE	ENGAGE	EXPERIENCE
July 2023	Orientation 7/29 10am – 5pm	Social – Squirrels Game 7/29	
August 2023	Review assigned materials.	Crew Meeting	Participate in at least 1 Active Living initiative
September 2023	Active Living 101 9/17 3pm – 5pm		
October 2023	Review assigned materials.	Crew Meeting	
November 2023	Active Living Inequities 11/5 3pm – 5pm		Volunteer with at least 1 Active Living organization
December 2023	Review assigned materials.	Crew Meeting	
January 2024	Active Living Advocacy 1/14 3pm – 5pm		
February 2024	Review assigned materials.	Crew Meeting	Work with crew to submit Capstone proposal. Once approved, complete Capstone project.
March 2024	Active Living Beyond Sport 3/17 3pm – 5pm	Social – TBD 3/17	
April 2024	Review assigned materials.	Crew Meeting	
May 2024	Graduation & Capstone Presentation Date & Time TBD		

## Program Links

ALL Stars Program Webpage	ALL Stars Activities Form
<a href="http://www.sportsbackers.org/program/all-stars/">www.sportsbackers.org/program/all-stars/</a>	<a href="https://bit.ly/ALLStarsActivities">https://bit.ly/ALLStarsActivities</a>
	