



## Program Curriculum

The Active Living Leadership ALL Stars program provides education, hands-on experiences, and mentorship to a cohort of student-athletes through a series of 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 August of 2024 through March of 2025. ALL Stars must attend the orientation session and actively participate in at least 3 of the 4 scheduled educational opportunities.

**Orientation Session** – Sunday, August 25, 2024 2pm – 6pm at Sports Backers.

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.

**Active Living 101** – Sunday, October 6, 2024 2pm – 5pm

This session will help the ALL Stars learn what contributes to an active, vibrant community. Through a panel discussion with local leaders, ALL Stars will learn the role that the non-profit, business, and government sectors play in creating an active community.

**Active Living Inequities** – Sunday, November 10, 2024 2pm – 5pm

This session will explore the active living inequities that exist in our community and across the country. Caitlyn Berry, with Sportable, 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.

**Active Living Advocacy** – Sunday, January 12, 2025 2pm – 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.

**Active Living Beyond Sport** – Sunday, March 16, 2025 2pm – 5pm

This session will feature a panel of current and former 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 a mentor. Crews and mentors will be given opportunities to meet at the end of scheduled sessions whenever possible but will also need to meet outside of sessions, preferably in-person. ALL Stars are expected to attend and actively participate in at least 4 of the 5 scheduled crew meetings between August 2024 and May 2025.

**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 discussion topics when getting together. The crew will ultimately work together to complete a capstone project.

**Mentor** – Each crew will be assigned a 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 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 select sessions. These materials will be related to the content of the educational session in which it was assigned or the upcoming educational session. These materials are available on the student resources section of the program webpage.



## EXPERIENCE

ALL Stars 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 and experience. Examples include attending a Sportable basketball game, visiting a Kids On The Move club, participate in Fitness Warrior classes, get in an early morning workout with November Project, 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 at least one active living initiative before February of 2025.

**Volunteerism** - ALL Stars will be required to volunteer their time with at least one active living organization. ALL Stars should plan to complete at least one volunteer opportunity before February of 2025, although they can certainly volunteer 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 2025 and presented during the ALL Star Awards Show in May.

The Capstone Project proposal will be due in February of 2025 and should 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.



### Important 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/24-25ActivitiesForm">https://bit.ly/24-25ActivitiesForm</a>
	