



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 2025 through March of 2026. Attendance at the orientation session is mandatory. Participation in all four additional sessions is also required; however, an exception for one session may be granted in cases of extenuating circumstances. Active participation is expected at all sessions.

Orientation Session – Sunday, August 24, 2025 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 5, 2025 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, December 7, 2025 2pm – 5pm

This session will explore the active living inequities that exist in our community and across the country. Staff from Sportable will present during this session, followed by a presentation on health disparities that exist in the Richmond region.

Active Living Advocacy – Sunday, January 25, 2026 2pm – 5pm

This session is designed to help ALL Stars learn about and develop their advocacy skills. Bike Walk RVA will lead students through an Advocacy 101 presentation, following which students will work in small groups on an assigned topic and will be tasked with developing a pitch to local elected officials.

ALL Stars Invitational – Sunday, March 15, 2026 2pm – 5pm

This session will feature a panel of college athletes, as well as professionals in collegiate athletics, and will explore topics such as time management, NIL, athlete mental health, and the transition to life after sport. ALL Stars will be provided with practical advice from those who have experienced what they are about to go through, as well as an opportunity to network with college athletes and other professionals. Each ALL Star will be encouraged to invite a fellow student-athlete to this session.



ENGAGE

ALL Stars will work within their assigned crew, with the support of a mentor, throughout the program. Students will be assigned to their crews and each crew will be assigned a mentor during the program orientation. Crews will be given opportunities to meet at the end of scheduled sessions whenever possible but will also need to meet outside of sessions, as needed, as they work to complete program requirements. Throughout the program, students are also encouraged to attend program socials to strengthen relationships within and beyond their crew.

Crew – The overall cohort of ALL Stars will be split into smaller crews that work together throughout the program. Crews will meet up throughout the program. These Crew Meet Ups will happen at the end of Education Sessions, as Participation and Volunteer Meet Ups, and ultimately to plan and prepare for the completion of the crew’s capstone project.

Mentor – Each crew will be assigned a mentor that will provide support throughout the program. Mentors are all former student-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 plan and offer Meet Ups that help the students meet their participation and volunteer requirements. 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.

Social – Throughout the program, students will be invited to social events to build relationships with other ALL Stars, program alumni, mentors, and program staff. Past socials include bowling, University of Richmond basketball game, Riverfront Canal Cruise, Richmond Squirrels baseball game, and Swaders Sports Park.



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. Mentors will host Participation Meet-Ups that allow students to participate in a local active living initiative and students can also seek out their own participation opportunities. Examples include visiting a Kids On The Move club, participating in Fitness Warrior classes, getting in an early morning workout with November Project, or going on a run with Black Men Run. ALL Stars should participate in at least one Participation Meet-Up before February of 2026.

Volunteerism - ALL Stars will be required to volunteer their time with at least one active living organization. Mentors will host Volunteer Meet-Ups that allow students to volunteer with a local active living organization and students can also seek out additional volunteer opportunities. ALL Stars should participate in at least one Volunteer Meet-Up before February of 2026, although they can certainly continue to 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 2026 and presented during the ALL Star Awards Show in May.

The Capstone Project proposal will be due in February of 2026 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
www.sportsbackers.org/program/all-stars/	https://bit.ly/ALLStarsActivityForm
	



Program Timeline

Date	Program Obligation	Notes
8/24/25 2pm – 6pm	ALL Stars Session: Program Orientation	Location: Sports Backers Participation: Mandatory
10/5/25 2pm – 5pm	ALL Stars Session: Active Living 101 *Social following the session	Location: Sports Backers Participation: Required
12/7/25 2pm – 5pm	ALL Stars Session: Active Living Inequities	Location: TBD Participation: Required
December Date TBD	Winter Social	Location: TBD Participation: Encouraged
1/25/26 2pm – 5pm	ALL Stars Session: Active Living Advocacy	Location: TBD Participation: Required
February	Capstone Proposals Due Minimum Participation & Volunteer Meet-Up Requirements Fulfilled	Participation: Mandatory
3/15/26 2pm – 5pm	ALL Stars Session: ALL Stars Invitational	Location: TBD Participation: Required
March/April Date TBD	Additional Scholarship Application Due	Participation: Encouraged
April Date TBD	Capstone Projects Completed & Presentations Due	Participation: Mandatory
5/11/26 5pm – 8pm	ALL Stars Awards Show	Location: The Hippodrome Participation: Required

Participation Explanations:

Encouraged – To get the most out of the program, you should consider participating.

Required – You must attend this program activity but we will consider an exception, for an extenuating circumstance, for one required activity. You should not plan on missing any required program activities.

Mandatory – In order continue in the program and be eligible for the scholarship, you must complete these program obligations.