



**SASO Swimming  
Leadership Group-Info Meeting**

- Information for athletes regarding SASO Leadership program
- Establish a group of individuals who will participate
- Create a Culture
- Team Goals
- Team Events
- Community Service and Volunteer Opportunities

[Leadership Training](#)

**What will I be most proud of when this is all over and we return to sports?**

***Find your why and reconnect with your love of sport:*** remember that first time you played, that little boy or little girl who fell in love with your sport? Reconnect with him or her! Fall back in love with the process. Some of you need an inspirational book, and some need time away to reassess. Whatever it is, look inside and see that this is just a part of the journey, and that journey is not about scholarships or trophies. You are much more than that.

***Be healthy and train smart:*** sleep as much as you can, eat well, train hard and smart. Great athletic performance is not about maximizing everything, but optimizing everything. No matter what your sport, I can promise you that you will never have a better time to do yoga or other movement training to build flexibility, suppleness, balance, and strength. Be ready when the time comes to step back out there.

***Be a teammate who gives:*** reach out and connect with your teammates. Check in on those who may be struggling. Drop someone a quick text to say that you miss them and appreciate them. Set up a training challenge to inspire others. Ask your coach “what can I give right now to help my teammates?” Be a servant leader!

***Invest in your Inner Game:*** Every game is played on a five-inch field between your ears. Once you realize that, so much else will start to make sense. This is a great time to start a daily meditation habit, and learn about visualization and mindfulness.



## **Session #1**

### **What You Need to Know as a Leader**

- Assist the athletes in arriving at a definition of effective leadership that includes the principles of positive peer modeling, communication, motivation, and team cohesion.
- Assist the athletes in conducting a brief self-analysis of their leadership skills.
- Assist the athletes in devising strategies for developing the 4 domains of effective leadership in themselves and others (i.e., positive peer modeling, communication, motivation, and team cohesion).
- Show the athletes that there is a range of tough situations that they should be prepared to face as a leader or captain. (being a team leader is more complex than wearing a "C").
- Assist the athletes in developing strategies for coping with and resolving these difficult situations.

## **Session #2**

### **Handling Common Team Problems**

- Assist the athletes in developing strategies for coping with and resolving difficult leadership situations.
- Difficult questions/scenarios commonly associated with being a captain (e.g., how do you motivate unmotivated teammates?)
- Group discussion on how to address each difficult question/scenario based on things that worked for the athletes in the past, things they have seen work for others, strategies discussed in the first session, the student-athlete guide, and facilitator input.

## **Session #3**

### **Planning for the Future**

- Prepare the athletes, coaches, and athletic directors for collaborating in the closing session.
- To answer any remaining questions.



### **SASO Vision Statement**

SASO's vision is to improve individuals and Solano County through the sport of competitive year round swimming. SASO teaches individual swimmers to progress in a team environment through commitment, enthusiasm and hard work.

### [Mission Statement](#)

### [Leadership Questionnaire](#)

Fill out by Friday, May 15

1. For what do you want this SASO to be known? Describe the reputation you want for this team?
2. How can the leadership of SASO be more meaningful toward improving the team?
3. What do you need to be successful at SASO?
4. What is one goal you believe that SASO needs to focus on?

### **Ten Leadership and Questions (small group discussions)**

Communication  
Delegation  
Trustworthiness  
Feedback  
Commitment

Motivation  
Positivity  
Creativity  
Responsibility  
Flexibility