

SONM FITNESS CAPTAIN

THE VISION OF SPECIAL OLYMPICS NEW MEXICO'S FITNESS CAPTAIN PROGRAM IS TO BUILD A SUSTAINABLE FOUNDATION OF ATHLETE LEADERS WHO ARE ABLE TO LEAD THEIR PEERS IN CHANGING OR REINFORCING HEALTH BEHAVIORS AND ATTITUDES.

ROLES & RESPONSIBILITIES

Fitness Captains have the following responsibilities:

- Leading warm-up exercises before each practice
- Talking with their team about the healthy tips of the month that focus on a variety of areas including but not limited to: nutrition, fitness, and healthy lifestyle behaviors
- Leading a group activity outside of practice (yoga, hiking, cycling, walking, cooking)
- *Mentors and coaches are critical to the success of this leadership program*

DESIRED QUALITIES

Fitness Captains must:

- Have a positive influence with their teammates
- Be reliable, dependable, and respectful at all times
- Show great sportsmanship in all circumstances and have a great attitude
- Be great team members and genuinely care about those around them
- Effectively be able to communicate both verbally and through email, phone, text
- Have a passion for fitness, exercise, and healthy behaviors and can model this for their teammates



ATHLETE NAME: _____

ATHLETE EMAIL: _____

ATHLETE PHONE: _____

SPORTS THEY PLAY: _____

TEAM(S) THEY ARE ON: _____

WHY THEY ARE BEING NOMINATED: _____

NOMINATING COACH: _____