



*STUDENT ATHLETE LEADERSHIP ACADEMY*

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Dear Student-Athlete:

**CONGRATULATIONS!** You have been accepted into the Student Athlete Leadership Academy sponsored by UPMC Sports Medicine. The event will be held on **Friday, August 7<sup>th</sup> at Robert Morris University** and will bring together over 250 athletes from schools throughout the Pittsburgh area. This initiative is supported by Lincoln Investments and is endorsed by the WPIAL, the Pittsburgh Public Schools, and the Pittsburgh Steelers.

We would like to thank you for representing your school at the 5<sup>th</sup> annual Student Athlete Leadership Academy. You have been identified as a leader both in your sport and in your school, and we are looking forward to helping you further develop your leadership abilities.

Throughout your day at the Academy you will have the opportunity to interact with leaders throughout the Pittsburgh sports and business communities. They will teach you skills that will help you to be successful in sport and life. The purpose of the Academy is to enhance the leadership skills you already have and to instill in you the importance of developing a culture of respect and responsibility towards others.

As an attendee, you will also be part of the Student Athlete Leadership Network. This will enable you to communicate with student leaders from other schools and provide you with an outlet to share concerns, to create new ideas, and to assist others in becoming better leaders.

This packet contains all the information you need to plan your day at the Student Athlete Leadership Academy, including:

- **Directions/Parking/Registration Information**
- **Schedule of Events and Workshop Topics**
- **Other Important Academy Day Information**
- **Things to Bring**

Should you have any questions please contact:

Aimee C. Kimball, PhD

(412) 432-3777

[kimballac@upmc.edu](mailto:kimballac@upmc.edu)

UPMC Center for Sports Medicine  
3200 South Water Street  
Pittsburgh, PA 15203



## STUDENT ATHLETE LEADERSHIP ACADEMY

### IMPORTANT ACADEMY DAY INFORMATION

*\*\*\*Please read carefully before attending the Academy\*\*\**

#### DRESS INFORMATION

- You will be given a T-shirt at registration to wear during the academy.
  - The t-shirt represents your group color. Please do not exchange shirts with other students.
  - You may want to wear a shirt to the academy that can be worn under your new Academy shirt.
- Wear comfortable sneakers.
- Wear shorts or pants (you will be running and participating in games and activities throughout the day).
- If rain is in the forecast, you may want to bring an umbrella as you will be walking outside.

#### COMMUNITY SERVICE PROJECT

During registration we will be collecting school supplies (pencils, pens, folders, binders, highlighters, paper, rulers, etc.) to be donated to needy families and schools throughout the Pittsburgh area. Attendees are asked to bring at least two items to donate to this cause. Your contribution to this charity is a great service to your local community and is truly appreciated.

#### DIRECTIONS TO ROBERT MORRIS UNIVERSITY

##### MOON TOWNSHIP CAMPUS

##### From the North

Take I-79 south to Exit 66 (Sewickley/Emsworth). Follow Route 65 toward Sewickley. At the third light, turn left and cross the Sewickley Bridge. At the end of the bridge, turn right on University Boulevard. Follow 1.5 miles to the second light. Turn left into RMU.

##### From the South

Take I-79 north to the Airport-Route 22/30 west exit. Follow Route 22/30 west to Route 60 north. Take Exit 3, Business Route 60 (Moon). At the second light, turn right on University Boulevard. Follow 1.5 miles to the fourth light. Turn right into RMU.

##### From the East

Take I-376 west toward Pittsburgh. Follow I-376 to I-279 west toward the Pittsburgh International Airport. Proceed on Route 22/30 west to Route 60 north. Take Exit 3, Business Route 60 (Moon). At the second light, turn right on University Boulevard. Follow 1.5 miles to the fourth light. Turn right into RMU.

##### From the West

Take the Pennsylvania Turnpike to Exit 10 (New Castle). Follow Route 60 South 24 miles to Exit 8, Business Route 60 (Moon). Proceed four miles and turn left on University Boulevard. Follow 1.5 miles to the fourth light. Turn right into RMU.

##### From Downtown Pittsburgh

Take I-279 west toward Pittsburgh International Airport. Proceed on Route 22/30 west to Route 60 north. Take Exit 3, Business Route 60 (Moon). At the second light, turn right on University Boulevard. Follow 1.5 miles to the fourth light. Turn right into RMU.

#### PARKING:

Once on campus, make a right at the first stop sign and park in this lot.

#### REGISTRATION:

Walk directly across the street and up the stairs into the Charles Sewall Center Arena. Proceed to the sign-in table to register.

*Registration opens at 8:15. Breakfast snacks and drinks will be provided.*



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**STUDENT ATHLETE LEADERSHIP ACADEMY  
ROBERT MORRIS UNIVERSITY  
8:15 AM - 4:30 PM**

**SCHEDULE OF EVENTS - AUGUST 7<sup>th</sup>, 2009**

8:15-9:00	Sign-In and Breakfast (Sewall Center)
9:00-9:15	Welcome (Sewall Center) Presentation of Lincoln Investment Planning, Inc. Scholarship
9:15-9:40	Keynote Speaker
9:45-10:10	Team building with team captains
10:15-12:25	Morning Workshop Sessions (Hale Hall) Session 1: 10:15-10:55 Session 2: 11:00-11:40 Session 3: 11:45-12:25
12:30-1:15	BBQ Lunch (Sewall Center)
1:15-2:00	Steelers Team Challenge (IM Fields)
2:15-3:40	Afternoon Workshop Sessions (Hale Hall) Session 4: 2:15- 2:55 Session 5: 3:00-3:40
3:40-3:55	Planning for the school year (Hale Hall)
4:05-4:30	Closing Remarks (Sewall Center)

**ACADEMY WORKSHOP TOPICS**

- Developing a Leadership Plan
- Communication and Conflict Resolution
- Team Building
- Stress management/decision making
- Open session- 10 questions for captains, life skills development, open discussion



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### *LINCOLN INVESTMENTS SCHOLARSHIP SELECTION PROCESS*

The Lincoln Investments Student Athlete Leadership Award is designated for at least one male and one female athlete who represent their school in an interscholastic sport.

To be considered, the student athlete must be **completing their senior year in high school** and have **successfully participated in the 2009 Student Athlete Leadership Academy**. Their high school must be a member school of the WPIAL or Pittsburgh Public Schools.

The scholarship must be used for educational purposes. The award amount will be determined each year.

The recipients of this award should be representative of the highest ideals of the student athlete. They should make a significant contribution as a leader in their sport and in their school and have demonstrated their dedication to their teammates.

The following criteria will lead to the selection of the student athletes who have distinguished themselves as leaders throughout the school year.

***To be eligible student athletes must have:***

- Demonstrated outstanding leadership in their sport and be good examples of a true student athlete.
- Demonstrated outstanding leadership in their school and served as a role model to their peers.
- Demonstrated commitment toward academic achievement.
- Contributed to their community through service.
- Demonstrated sportsmanship and respect both on and off the field. (A history of ejection from sport or of school suspension will cause the individual to be ineligible for the award).
- Positively impacted their team and school through their leadership skills.
- Distinguished themselves as leaders during the Leadership Academy.
- Be attending college next year.

***To apply the student athlete must:***

- Submit a 2-3 page essay describing their leadership contributions to their sport, school, and community. Additionally, they must describe in detail how they have applied the lessons learned at the Leadership Academy throughout the school year.
- Submit a detailed statement from either the athletic director or their head coach supporting their role as a leader.
- Submit a resume demonstrating their commitment to academics and to the community and their roles as a leader in these areas throughout their high school career.
- Submit any other materials which they feel demonstrate their leadership abilities.
- Make sure the applicant's contact information (email, phone, & mailing address) are included in a cover letter or on the resume.

**Three copies** of all materials must be submitted by **March 31, 2010**. The winners will be announced at the end of May. Awardees will be given the opportunity to speak at the Leadership Academy the following year.

*Completed applications should be sent to:*

*Aimee C. Kimball, PhD  
UPMC Center for Sports Medicine  
Director of Mental Training  
3200 South Water Street  
Pittsburgh, PA 15203  
(412) 432-3777*