



# 2020

# LEADERSHIP CONFERENCE

## Inclusion into Focus.

**Special Olympics**  
Wisconsin



### Fundraising & Finances

Presenter: TBD

Description: Fundraising is necessary to support Special Olympics Wisconsin programs. Find out what events are available for you to be a part of and for some, receive a percentage of proceeds. Learn how to enroll your school or agency to be eligible for proceeds. Hear how other groups, stores and companies can also support all groups in our efforts.

### Unified 101

Presenter: Erin Muehlenkamp & Jahlieh Henderson

Description: Breaking down what it means to be unified. Understand and learn how you can positively affect your community by promoting inclusion. Join us on learning how you can make a difference and include unified in your area.

### Emotional Wellness

Presenter: Amy Yonker, Strong Minds Clinical Director

Description: Learn about emotional wellness by developing adaptive coping skills for not only competition, but also in everyday life. The Healthy Athletes Strong Minds Clinical Director will walk participants through activities including thinking positive thoughts, releasing stress, and connecting with others. The goal is to increase awareness of active coping strategies, provide resources on good coping, and start conversations about stress, coping, and emotional wellness.

### Aging Athletes

Presenter: Mark Wolfgram & Carla Lieb

Description: Learn about our Aging Athletes Taskforce that is working on creating opportunities for our older athletes. Topics covered will include Special Olympics North America committees, the direction SOWI is taking, and potential sporting events.

### Website & Social Media

Presenter: TBD

Description: coming soon!

### Envisioning the "you" in Unified Leadership

Presenter: Erin Muehlenkamp & Jeanne Hrovat

Description: Special Olympics has for many years shown how to bring people with and without disabilities together to play, learn and live Unified. The time has come to go even further to 'Lead Unified'. Join us for this interactive session where we will learn about different leadership competencies and everyone will share their gifts.

### Coaching Basics

Presenter: Brittany Hoegh, Don Wigington, Jason Blank

Description: Learn about the basic elements of coaching including the certification process, tournament and medical paperwork, and practice guidelines and tips. Additional tournament information will be discussed including the divisioning process, sportsmanship and more. SOWI staff will also update attendees on future games opportunities for athletes nationally and worldwide.

### Better Money Habits

Presenter: TBD

Description: Developed specifically for SOWI athletes, this session is for anyone who wants a better understanding of their own personal finances. Learn how to develop better spending and saving habits by understanding your needs and wants, having a savings goal, and making a saving and spending plan.

### Networking

Description: All SOWI constituents will be able to meet with their peers to discuss current concerns, successes, and other needs. The purpose is to understand what other agencies/groups are experiencing and brainstorm ways to handle the situation.

### **Dealing with Negative People**

Presenter: Dr. Michael Weber

Description: Learn how to deal with negativism and increase your own positive approach toward other people in everyday challenges. Also, learn how to improve the overall atmosphere of your work and home environment and increase the positive energy in any organization.

### **Recruitment & Outreach**

Presenter: TBD

Description: Learn different tools for recruiting new athletes, coaches, unified partners, and other agency volunteers. Group discussion will be encouraged during the session and various resources will be provided to all attendees.

### **UCS to Traditional: Making the Transition**

Presenter: Erin Muehlenkamp

Description: We will go through the developed step-by-step plan starting at Young Athletes all the way to post-school aged athletes and unified partners. Join us while we talk more about how this transition can help communities gain more athletes, coaches, unified partners and volunteers.

### **Making an Athlete: Incorporating Fitness into Sports Training**

Presenter: Brittany Hoegh

Description: Learn how to incorporate fitness into their sport practices as well as how to promote at-home fitness training. Participants will learn basics around physical activity, nutrition, hydration, goal setting, motivation, and more. The goal is to increase awareness of fitness strategies, provide resources on fitness at home, and start conversations about health and wellness.

### **Improv**

Presenter: Jahlieh Henderson

Description: Unified leadership is about everyone having a genuine opportunity to contribute. In this interactive group session, we will build off each other's words and strengths to all become better communicators and leaders.

### **School Staff Training**

Presenter: Erin Muehlenkamp, Jenna Lang, Jahlieh Henderson

Description: Learn more about the Unified Champion Schools program for the 2020-2021 school year. There will be information on how to expand and strengthen an existing program, as well as getting information to a brand new school staff interested in the program. Topics include Unified Sports, Unified Clubs, Unified Fitness, Young Athletes, and how to market and fundraise for your program.

### **Coaches Training: Team Basketball**

Presenter: TBD

Description: Coaches will learn the basics on Team Basketball rules, equipment/uniforms, practice structure, drills, and more. Dress to participate and come with questions for our expert clinician.

### **Coaches Training: Athletics (Track & Field)**

Presenter: TBD

Description: Coaches will learn the basics on Athletics (Track & Field) rules, equipment/uniforms, practice structure, drills, and more. Dress to participate and come with questions for our expert clinicians.

### **Athletes As Table Officials**

Presenter: Linda Dahl, PJ Lynch and Chad Oeftger

Description: This workshop will provide athletes and their mentor the opportunity to learn the duties needed to be a Basketball Table Official including organization of table, duties of the Timekeeper and Scorer and understanding Referee signals. A 1:1 mentor is required for an athlete to train and serve as a Table Official for SOWI basketball competitions

### **Athletes-as-Coaches for Young Athletes**

Presenter: Jenna Lang

Description: Who better to train and mentor our 2-7 year old athletes and their families than our current Athlete Leaders. Athletes will learn the basics about the Young Athletes program and how to introduce basic sports skills, like running, throwing and catching. The practicum for this session is volunteering at a Young Athletes site.