

Unified Sports Co-Team Captain Leadership Cards



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About These Cards

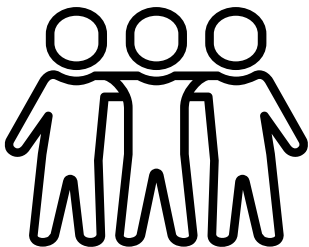
What is inclusive youth leadership?

Inclusive Youth Leadership means that students, both those with and without disabilities, work together to make decisions. It's about respecting everyone, no matter their background or ability, and encourages teamwork. It allows everyone to share their ideas and strengths, creating a supportive and respectful environment.

Who are these cards for?

The cards are for Co-Unified Team Captains.

These are students, both with and without intellectual disabilities, who are chosen to lead the team for a certain period of time.



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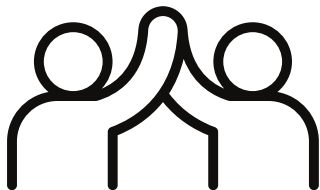
About These Cards

Why do we have these cards?

We know that young people can be great leaders, especially on Unified Sports teams. However, figuring out how to be a good leader can be challenging. These cards help the Co-Unified Team Captains learn how to lead effectively, both as individuals and as a team.

How do you use these cards?

The Co-Captains can use the cards during different times, like on the way to a game, while warming up, or during team discussions. The cards are there to guide them in leading their team to Live Unified, Play Unified, and Be Unified.



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Communication

**Share your Unified
story with your
group**



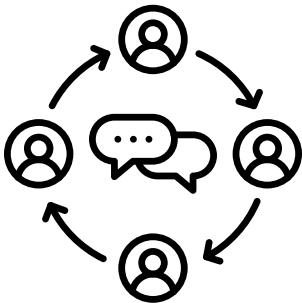
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Communication

**Example: Break up
into groups of 2-4
and share why
Unified Sports is
important to you.**



Inspire Teammates

Create a “Shout-out Wall” where teammates can leave notes recognizing the efforts of others.



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Inspire Teammates

Example: Put up a board where others can put sticky notes recognizing their teammates.



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Conflict Resolution

**Ask your team
questions that
prevent conflict and
promote resolution.**



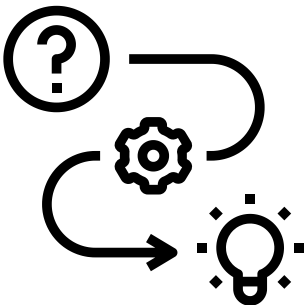
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Conflict Resolution

Example: “What steps can we take to make sure everyone feels included and heard?”



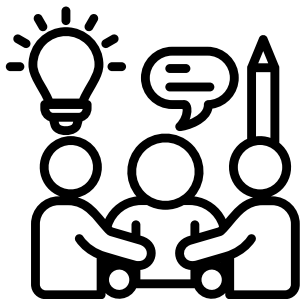
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Lead by Example

Pair with a new teammate to mentor them during practice, demonstrating leadership through guidance and inclusion.



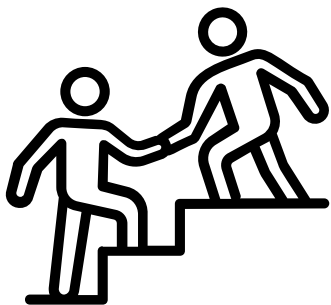
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Lead by Example

Example: Reach out to a new member of the team and get to know them better



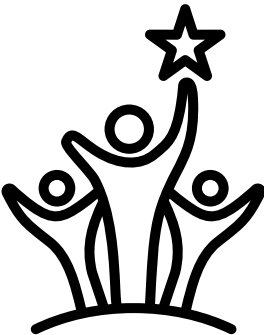
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Leadership

Rotate leadership roles during practice so everyone gets a chance to experience being in a leadership position.



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Leadership

Examples: Warm-up leader, equipment manager, etc.



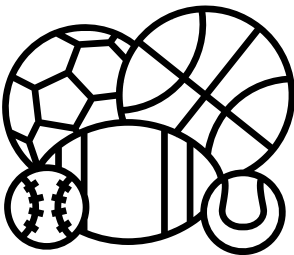
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Team Activities

Ask the team for activities they think would be fun and implement them throughout the season.



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Team Activities

Examples: Sharks and minnows, hula hoop competition, etc.



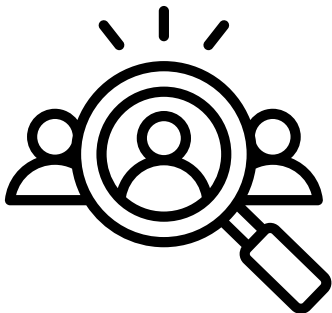
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Recruitment

**Spread the word
about Special
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Recruitment

**Example: Create
flyers for games,
partner with other
clubs, etc.**



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Represent

**Develop a team
mission statement
that reflects
inclusivity and
sportsmanship.**



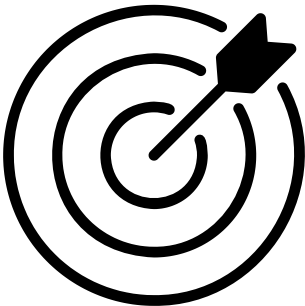
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Represent

**Example: Promote
inclusion and
teamwork by uniting
athletes of all abilities**



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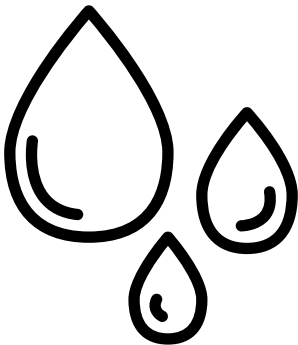
Responsibility

Create a shared task list for game days or events and assign roles so everyone has a job to do.



Responsibility

**Example: Carrying
water, setting up
equipment, etc.**



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Put the Team First

Recognize and reward actions that reflect putting the team first, like helping a teammate during practice or cheering for others during games.



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Put the Team First

Example: Thank teammates for their support, give shout outs to teammates who went above and beyond, etc.



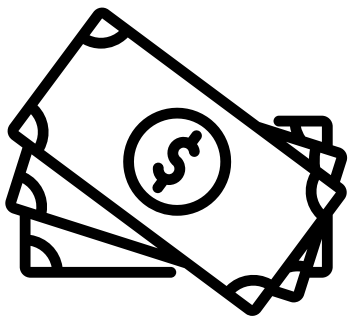
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Fundraising

Brainstorm different avenues to fundraise for your team.



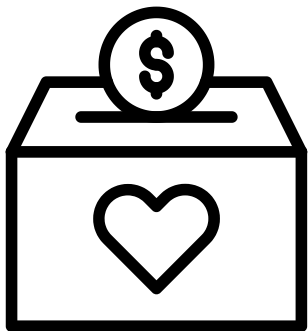
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Fundraising

**Examples: Polar
plunge cool school
challenge,
boosters, etc.**



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