

# POWER TEAMS PLAYBOOK

**POWER IN BODY. POWER IN MIND. POWER IN NUMBERS.**

## Forward

In the spring of 1998, just 3 years out of college, I became the head football coach at Spring Valley High School in Western Wisconsin. I had been an assistant coach for 3 years and was taking over a program that had not been to the playoffs in 17 seasons. I was young and inexperienced, but the coaching staff made up for it with enthusiasm and creativity. That spring, Tom Johnson (my offensive coordinator and close friend) and I began to brainstorm ways to engage our players in the off-season. I'll be honest: when we started out, we just wanted kids to get in the weight room. There had been very little participation in any off-season opportunities, and we knew we had to do something to create a spark. Tom had a friend from out west who tried to form some motivational teams and had experienced some success getting players to invest. This was before email and the Internet were easy resources, so we just knew a few details that Tom remembered, and we went from there on our own. As a coaching staff, we focused on building ways to encourage positive peer pressure. We had some hard-working kids who we felt could be good leaders, and knew if we mentored them, they could do great things.

Our master 3-Year Plan was pretty simple:

- Year 1: Get kids in the door of the weight room. Make it THE place to be during the summer. We were more concerned with culture than everything.
- Year 2: Keep the kids coming to the weight room AND actually get them to work hard.
- Year 3: Keep them coming and keep them working.

We received our first leadership applications and chose our leaders, but then our staff met with those leaders and formed a lot of what is now called Power Teams. What started as a plan to get kids working out, changed shape to also get kids working in the classroom and serving others. The fall of year 1, we placed 2nd in the conference and made the playoffs. We lost a close game in level 3...just two games away from the state championship. The next summer, our weight room attendance increased, parents thanked us for their players changing their academic attitudes, and the number of kids involved steadily grew. By year 3, we had nearly 80 kids in football (our high school enrollment was about 250) and most players were actively involved in our "Lifting" Teams (as they were originally called). Although I won't make any guarantees for your team, our year 3 and 4 seasons turned out to be pretty special. We were fortunate enough to win state championships in 2000 and 2001 and set multiple state records along the way. The success on the field was great, but we were most proud of the impact that was made within the athletes involved. The culture the teams had created was more than we ever expected.

Power Teams have evolved over the last 18 years. We have learned to include all athletes, both genders, and balance the focus beyond just lifting. My hope is that you find some value in the Power Teams Playbook that makes an impact on your programs in multiple ways.

-- Duane Jourdeans  
Rule of 5 Enterprises



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## **What are Power Teams?**

Power Teams are a systematic way to promote the personal and athletic development of all athletes in your school. The Power Teams Playbook offers athletes and coaches a way to organize and work towards a common goal...and have fun while they do it. In essence, athletes will be separated into teams and work towards what your athletic program values. This could be areas such as academics, community service, strength-training, plyometrics, camp attendance. How teams are organized, and what they work towards can vary.

### **3 “Power Categories” that **MUST** be included for total success:**

1. Power in Body: physical athletic development in and out of season
2. Power in Mind: academics and mental training
3. Power in Numbers: synergistic culture

### **4 Ways to Score Power Teams**

If you choose to score your Power Teams, the possibilities are limitless, but I encourage you to decide on what is important to your athletic program, and reward it with points.

#### ***(See sample scoring chart)***

1. Competitive Scoring:
  - Teams work to earn points through individual and team opportunities.
  - The team that finishes with the most points at the conclusion of your Power Team season is crowned the champion.
2. Collaborative Scoring:
  - Teams earn points towards one common goal.
  - Individual team scores are kept, but only for the purpose of
  - Why do it this way? If your program wants to focus more on producing a unified athletic program rather than competition between Power Teams.
3. Hybrid Scoring (Competitive & Collaborative):
  - Teams work to earn team points, but also work towards one common goal.
  - You can have an individual team champion and a common goal achievement
4. Social (No Scoring):
  - Teams do not earn any points. The Power Teams simply help build positive relationships between athletes and foster leadership. The teams also enhance a connection between athletes and coaches. Regular positive events can be planned and implemented.

#### **Scoring Tips:**

1. Score what you value. “What gets tracked, gets done.”
  - You can score GPAs, extra-curricular activities, lifting sessions, plyometric workouts, community service, camps attended, etc. Anything you want to be in your school or athletic culture, score it!

2. Plan your calendar scoring start date and finish date. There are multiple ways to start and finish your scoring, but if your teams involve all sports, I suggest the following:
  - **Start:** The first day of summer vacation. Have a fun kick-off event!
  - **Finish:** 4-8 weeks prior to the end of the school year. This gives you time to finalize scores, celebrate together, and set up new teams for the new Power Team season.
3. Let the athletes have some ownership.
  - If this is the first year of Power Teams (or even if it isn't), choose your team leaders and give them time to talk to teammates about potential scoring opportunities.
4. Decide if players or coaches will do the scoring.
  - Players tracking the team scores is both good and bad. It creates less of a burden for coaches, but needs to be closely monitored. Our most successful seasons were ones where players gave scoring information to the coaches to input on a spreadsheet. With today's technology like Google Docs, it becomes fairly easy for scores to be updated...and for the document to be shared among coaches or players.
5. GPA
  - Obviously, a player's GPA should not be posted. Our trick was to gather the GPA information from our school counselors, add it to the scoring spreadsheet, and turn the text white.
  - If you have players running the spreadsheet, a staff member would need to be in charge of figuring out the team average and reporting it to players.
6. Housing Your Scores
  - A spreadsheet is the best way to house and track your scoring.
    - **(see sample spreadsheet & bar graph)**
  - Someone in your school district is probably an expert in Microsoft Excel or Google Sheets. It most likely wouldn't take them very long to set up a scoring spreadsheet that features team totals... and even bar graphs!
7. Post Your Scores Physically and Online
  - The more students see the team scores, the better
8. Celebrate Milestones
  - Acknowledge teams that reach a certain milestone (500 points, a successful event, team GPA, etc.)
    - share via announcements, on school TV screens/programs, and on social media (remember to tag parents on social media).

### Considerations When Forming Teams

1. Are there coaches "drinking the kool-aid?"
  - This is essential for Power Teams to be impactful. You must have coaches who are excited to help with organization and mentoring.

2. Gender Specific or Co-Ed?
    - Your first task will be to decide if you want to have co-ed or gender-specific teams. There are benefits to both, so decide what your ultimate goal is as an athletic program.
      - Tip: If you choose Co-Ed, have a male & female tandem lead each team.
  3. How will you choose your leaders?
    - Having a process to choose leaders is essential. I've found that having leaders apply by a specific deadline is quite effective. If they apply, they must take the time to fill out the application and you know they are more invested than someone who is merely handed a leadership role.
  4. Do you invite the rising 9th graders?
    - I say yes. Get all the athletes that will be in your high school the next year on a team. No reason to wait. It helps forge relationships and gives great opportunities for the upperclassmen to become mentors/leaders.
  5. Will every athlete be assigned to a team, or will it be voluntary?
    - For Power Teams to have the most significant impact, my advice is to get all of your athletes involved.
  6. Size of teams?
    - There are multiple factors you must consider when deciding the size of your teams:
      - How many quality leaders do we have/can we develop?
      - How many coaches want to be involved?
      - How many players will be involved?
      - If you have plenty of leaders and coaches, teams should max out at 20-25 athletes. They can be smaller, but allowing them to be bigger puts your Power Teams at risk. Just remember, the larger the team, the less connection each player will have with his/her leader, teammates, & coach.
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## Power in Body

Power in Body includes all the athletic development players do in and out of season.

1. Choosing a Strength and Athleticism Program
  - There are a lot of great strength-training programs out there. The more multi-sport athletes you have, the more important it is to keep things streamlined between sports. In-season lifts can vary, but there is a benefit to having a basic, common program for athletes.
  - Utilizing a consistent injury prevention exercise regimen is invaluable. Ankle and knee injuries are becoming more and more prevalent with high school athletes. A great resource is [www.strongerteam.com](http://www.strongerteam.com). Alan Stein has a number of barefoot exercises that are beneficial to all athletes.

## 2. Keep it Fun

- No one likes monotony.
    - Changing up some of your lifts, exercises, and movements will keep things fresh for athletes.
  - Include creative challenges/activities.
    - Find ways to challenge your athletes beyond the norm. Tire flips, Ninja Warrior challenges (that are safe), plate holds, dips, ab contests, outdoor trail circuit, clap push-ups...you get the idea.
    - Check out team building resources for potential activities. One great book is [Team Building Through Physical Challenges](#) by Donald Glover & Daniel Midura. Another is [Successful Team Building](#) by Thomas L. Quick.
    - Let both coaches and athletes brainstorm ideas.
  - Celebrate Investment! Get Social!
    - Use Social Media to let everyone know how hard your athletes are working. Share pictures and video of your athletes having fun!
    - Create accounts on Facebook, Instagram, Twitter, and whatever else you can find. There are even some apps that let you post to everything from one spot. My favorite is called Hootsuite.
    - TAG PARENTS! One of the most powerful ways to share your content is to tag parents. The positive messages will spread fast.
    - Be sure to follow your school's guidelines for posting student images.
- ## 3. Keep Making it Better
- Again, creativity is key, but also effectiveness. As with anything, continually assess and improve.



## Power in Mind

Power in Mind involves supporting academic achievement and developing mental training.

- Academics
  - Academic Support Program
    - It is beneficial to have each Power Team offer academic support to their members.
    - What can it look like?
      - Step 1: Identifying who needs help
        - Leaders can check in with member athletes to see how they are doing. This could be done weekly, by mid-quarter, or by quarter.

- Mentors can check in via online grading software your school uses. Although grades cannot be released to other team members, leaders could be alerted to someone who may need some assistance.
  - Step 2: Confirm the student wants help
    - Make sure the student-athlete would like to accept help. You can't force someone to be involved with academic support if he or she doesn't want it.
  - Step 3: Support the team member
    - In a perfect world, there would be a team member able and willing to help a teammate with an area of struggle.
  - Step 4: Celebrate Success
    - When athletes make strides in the right direction, acknowledge their success. It can be as simple as a verbal "nice job" or a text message.
    - If possible, let the team leader know the athlete is improving. The leader can reach out and share some positive reinforcement.
- Mental Training In and Out of Sport
    - Many people consider sports to be at least 70% mental. Offering opportunities for athletes to grow in the areas such as self-talk, visualization, focus, mental toughness, & competition preparation is essential.
      - Self-talk
        - I firmly believe that a great place to start regarding mental training is in how we talk to ourselves. Self-talk is at the heart of all our attitudes and beliefs. Just becoming aware of our self-talk makes an impact.
      - Vision Card
        - Creating a Vision Card can help athletes mentally get on the right track. Thank you Joshua Medcalf!
          - ***(See Vision Card instructions and sample)***
      - Mental Training Resources:
        - Joshua Medcalf at [www.traintobeclutch.com](http://www.traintobeclutch.com) is an excellent resource.
        - Rainer Meisterjahn at [www.courtperform.com](http://www.courtperform.com) is also fantastic.
        - Feel free to check out my mental training blog at <http://www.ruleof5.com/mental-skills-training> for more information. Check back to find new presentations like ***Unstoppable*** that we will be offering soon!

## Power in Numbers

Power in Numbers involves creating an inclusive and supportive culture that fosters the development of your athletes and coaches.

- Ways to create a culture that attracts and produces positive student-athletes:
  - Promote Positive Peer Pressure (“Be a 5” mentality)
  - Create Inclusive Teams
  - Develop Leadership
  - Community Service
  - Reality Check
- “Be a 5”
  - Encourage athletes AND coaches to “Be a 5” (a person who makes positive choices AND pulls others to do the same).
    - “Being a 5” is based on our Influence Continuum
      - **(see attached poster)**
    - Host and or promote positive, safe events to counter illegal parties
      - Examples of successful events (all should be supervised by responsible adults):
        - bonfire
        - video game tournament
        - dodgeball or kickball tournament
        - pool party
        - camping
        - capture the flag
        - paintball
        - movie night at a home or a theater
      - **(see event form)**
- Creating Inclusive Power Teams
  1. Get Committed Coaches Involved
    - Meet to discuss what you want your teams and scoring to look like
    - Try to have coaches from a variety of sports involved
  2. Have a Meeting with Athletes: Explain and Invite
    - Have a meeting that explains what Power Teams are. Invite all your athletes to become involved.
    - Identify Potential Leaders
      - Have athletes who are remotely interested sign a sheet
        - **(see attached form: “I’m Interested in Being a Power Team Leader”)**



- 3. Putting Leaders in Place
  - Leader Applications
    - Have athletes apply to be leaders.
      - ***(See the attached Leader Applications)***
    - Athletes must WANT to be a leader. You may be able to push some athletes into the leadership role, but they need to be willing to learn and grow during the process.
    - Athletes must also understand they can be removed from their leadership position.
  - Leader Apprentice Option
    - If you have a large student population involved, or you would like to grow more leaders/future leaders, a leader apprentice option is beneficial.
    - Each leader would have an apprentice (or two) to assist in organizing, monitoring, and motivating the Power Team.
      - Caution: leaders should not give the apprentice all the “junk” jobs
  - Mentors
    - Each team should have at least one adult mentor. Ideally, these are your coaches who are involved
    - Keys to successful mentoring:
      - Face-time with leaders
        - Mentors should actually visit with his/her leader face-to-face weekly. Meeting, rather than just texting or emailing, creates a higher potential for success.
      - Check-in with leaders
        - It can be as simple as asking how things are going, if there are any celebrations in order, or if any assistance is needed for challenges or planning.
      - Don't do it all
        - Mentors should think of themselves as a resource for the leader. They can nudge the leader in the right direction, spark creativity, and be a resource for things like building reservations or community contacts. Help, but don't take over the team.
  - Developing Leaders
    - There are a lot of great leadership programs out there, and you may already have some you use within your school district or athletic program. Regardless, it is a great idea to give some training/resources to your Power Team leaders. My favorite has been The Team Captain's Leadership Manual from [www.janssensportsleadership.com](http://www.janssensportsleadership.com).



- Community Service
  - An excellent way to build team chemistry while providing value to others.
  - Feel free to share this website to promote service:
    - <http://www.onlinecollege.org/2012/06/27/12-reasons-community-service-should-be-required-schools/>
  - Some example service projects include:
    - physical labor for those who are limited (raking leaves, painting, shoveling snow, building a retaining wall)
    - visit a children's or veteran's hospital
    - volunteer at the Special Olympics
    - providing youth opportunities within a sport
    - an all-sport activity night
    - playing games with the elderly in nursing homes
    - clean-up after community event
    - clothing drives
    - care packages for soldiers
    - random act of kindness day
  - To easily track community service, leaders can fill out a service form.
    - **(see *Community Service form*)**
- Reality Check
  - The summer prior to our first state championship, a major contributor to our positive culture was a presentation my wife and I created called 'Reality Check.' It brought our parents, athletes, and coaches together with a unified stance regarding drug and alcohol use.
  - Go to [www.ruleof5.com/reality-check](http://www.ruleof5.com/reality-check) to learn more and find out how to schedule your own Reality Check presentation.



## Some Final Reminders

1. Make a poster with all scoring opportunities listed on it.
2. Be sure to have mentors.
3. Maintain consistent contact between leaders and mentors.
4. Get multiple sports involved.
5. Some leaders will not be very good. Have a plan to support them, but if they continue to underperform, you may have to replace them.
6. Remember to celebrate successes.
7. Have your athletic code/co-curricular code preside over Power Teams. For example, if a leader has a violation, there must be consequences.
8. Follow through with what you say you will do. You set the tone for the athletes.
9. Set aside time for collaboration between leaders, between coaches and leaders, and between coaches and coaches.

## Bonus Tips

1. One of the largest culture-killers is how athletes and coaches treat the uninvolved athletes when they decide to get involved.
  - Here's the scenario:
    - Rick hasn't been at any lifting sessions for the first 3 weeks of the off-season. Rick shows up the Monday of week 4. When he walks into the weight room, a leader says, "Well look who finally showed up to lift!" Other athletes and even a coach join in and share the same message with Rick. Rick finishes the workout and never comes back the rest of the off-season.
  - This situation could change drastically by coaching your leaders, and athletes, to use welcoming phrases:
    - "It's great to see you today, Rick!"
    - "I am so glad you are here today!"
    - Rick's here! Awesome!!!"
  - After the workout use these phrases:
    - "It was awesome to work out with you today! Let's get after it again tomorrow!"
    - "Thanks for being here! You did great! This is so huge for our season!"
    - "Tomorrow after our workout, we should all get breakfast!"
      - Instead of reminding the athlete of the past, these phrases point at the promising future.
        - Include something like a high-five with any of these phrases to make them even more effective.

2. Power Teams T-shirts can be an awesome addition to your culture. It could just be Power Teams shirt in general, but in addition, if individual teams create their own shirts (sometimes including their mottos), things can be very entertaining. I have been a mentor for teams such as the Kung Fu Monkeys, the Ptelekinetic Pterodactyls, and the Pain Train. The shirts the kids created were awesome!



Please look past the paint splatter on the Kung Fu Monkey Shirt. :)

These were two of my favorite player-created designs. I couldn't find the Pain Train shirt that had a cartoon Chuck Norris hanging out the window of a train he was driving.



The Ptelekinetic Pterodactyls had my favorite double-meaning: *Watch out for our Silent "P"!*

## **Conclusion**

I truly hope you find some value in the Power Teams Playbook. The teams have been fun to create, but it has been even more rewarding to continue to develop them over the years. If you have any questions, feel free to contact me at [duane@ruleof5.com](mailto:duane@ruleof5.com) or 715-220-7810.

Wishing You Success!

***Duane Jourdeans***

***Rule of 5 Enterprises***



# Power Team Scoring

<u>Item</u>	<u>Points Awarded</u>
GPA each quarter	Team Average x 100
Team Community Service	300 Points
Independent Community Service	2 pts/Hour
Individual Team Gathering	150 Points
All-Team Gathering	200 Points
Lifting/Plyometrics	1 pt for each full workout
Completed Goals & Commitments	25 Points
Typed Team Info & Turned in <ul style="list-style-type: none"> <li>● Captain</li> <li>● Roster</li> <li>● Team Name</li> <li>● Mascot</li> <li>● Motto/Chant</li> <li>● Song</li> <li>● Colors</li> </ul>	200 Points
Camp Attendance	50 Points/camp
Team Web Page/Social Media Page	200 Points
Team Newsletter	50/issue
Extra-Curricular participation	20 points each
Co-curricular Participation	10 Points each
SADD member	25 Points/member

## **Leader Cheat-Sheet**

### Information to share with your team:

- What Power Teams are:
  - They are a positive way to be involved in the \_\_\_\_\_ school district.
  - Earn points on an individual level and as a team
  - Winning Teams will have a plaque with names displayed in school
  - Teams have the opportunity to be competitive, but also work together to make a difference in the lives of many people
- How they earn points (see above)
- Expectations for Power Team membership:
  - Athletic code violation--1st is a warning, second is removal from Power Team

### Team Task to Accomplish

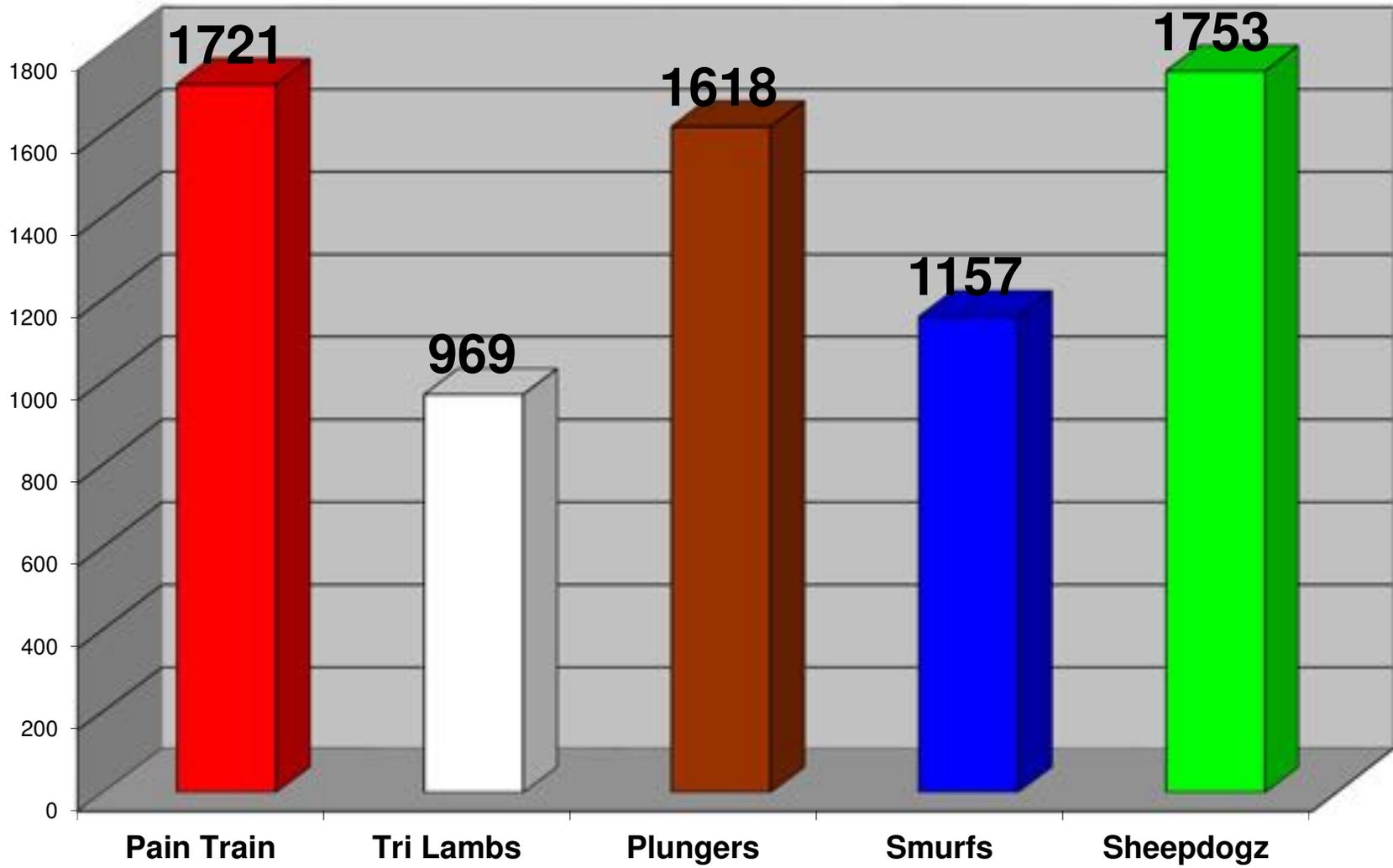
- Complete Team Information

### Responsibility before team meetings next \_\_\_\_\_:

1. **Create tangible invitations to give to your Power Team members**
2. **Personally deliver all the invitations to your members**
3. **Rehearse what you are going to say to your team members so you are well-prepared**



## Power Team Scores



## Key VISION CARD Questions:

- What is the vision for my life & what type of person do I want to be?

The purpose of the vision card is to keep you heading towards your dreams. You will face many obstacles in many forms. Some of them will be from exterior forces, but they also will be from within.

Below are descriptions of the different components of the card followed by a sample empty card.

### What are my keys to success? (at least 3)

(must be completely controllable; examples: sleep, daily gratitude, homework on time, breakfast, read 30 min. each day)

What are you committed to doing every single day to close the gap between where you are compared to where you want to be?

### Constructive Self-Talk Statements

examples: the next opp I get; that's not like me; "that's not like me, I always care about others first;" Is this beneficial for me?; Would I want my kids to act that way?

### Picture

of family, favorite place, positive role model; motivational picture

### Confident Situation

Best Game you ever played in/academic best/a very confident time

### Number: peak performance # (anxiety number)

Try to figure out where you play best. 10 = really jacked up and pumped. 0 = completely relaxed and calm. This takes some self-reflection and discussion with coaches or teammates in many cases. Once you decide on your number, come up with ways to get you to that number. If you need to lower it, what can you do? If you need to raise it, what can you do?

### jingle/lyric

to help you be positive/head in the right direction/do well

—"I believe I can fly" (a golfer who wants to make sure the ball is in the air)

BACK:

### Dispute Negative thinking

write down the negative thoughts that haunt you (Joshua Medcalf calls them Gremlins):

"I'm not good enough" "I'm a fake"

Write down hard evidence that disputes your negative thoughts.

"I won a writing contest." "I know I try my best."

<b><u>Vision Statement:</u></b>	Peak Performance #:
Keys to Success: 1.	Constructive Self-Talk (the next opportunity I get; that's not like me) 1.
Time of Confidence/Excellent Performance:	Inspirational Quote:
Paste Motivational Picture Here	Jingle:
Name:	

## Positivity & Defeating Negativity

Negative Thoughts:

1.

Evidence that Disputes Negative Thoughts:

1.

**Vision Statement:**

**I am becoming the most hard-working, caring, and selfless individual I can become.**

Peak Performance #:

**7**

In order to get amped up I will listen to motivational music. In order to drop down, I will breath 4 by 4 and listen to calming music.

**Keys to Success:**

1. I will get at least 8 hours of sleep each night.
2. I will read for 1 hour each day.
3. I will do one charitable action each month.
4. I will practice gratitude every morning.

**Constructive Self-Talk Phrases:**

1. The next opportunity I get, I will...
2. That's not like me. I always...

**Time of Confidence/Excellent Performance:**

During a basketball game against Princeton last season, I was playing without thinking. All my shots were falling, I played excellent defense, and the game was flowing to me.

**Success is doing the best you can, with what you have, where you're at.**



“You could be the greatest, You can be the best.”

*Hall of Fame* by The Script

Name: Joe King

**Positivity & Defeating Negativity**

Negative Thoughts:

1. "I'm not smart enough."
2. "The odds say I can't make it into the NBA"
3. "No one in my family is successful or helps me"

Evidence that Disputes Negative Thoughts:

1. "I study very hard for every test. My work ethic will get into college. My grades keep improving because of my hard work."
2. "I was invited to play for a select AAU team. Only a few kids were invited. My shooting percentage has improved %10 in the last year. I will continue to work hard, work smart, and work consistently."
3. "I am able to take control of my life. My work ethic is great and will carry me through tough times and I will succeed. I did it in Algebra last semester."

# **BEA5**

- 1. Negative Puller**
- 2. Negative Doer**
- 3. On the Fence**
- 4. Positive Doer**
- 5. Positive Puller**

## Power Teams Event Form

**Event Organizer:**

**Team Name:**

**Name of Event:**

**Date of Event:**

**Brief Description of Event:**

**Check the appropriate box (es):**

- One-team Event**
- All-inclusive Event**
- Community Service Event**

**(if checked, you must also fill out a community service form)**



# **Power Team Leader Application**

Fun Fact: Of people who know what to do to be the best they can, 95% of them will choose to not act. Only about 5% will engage in activity to improve themselves or their teammates. We want to be in that 5% on and off the court/field/mat etc., but it is not easy. It takes dedication, intensity, encouragement, accountability, and leadership...all characteristics that are important in every facet of our lives. Each of you (currently in grades 8-11) will have the opportunity to apply to become a Power Team Leader.

The Power Team Leaders will have the opportunity to help set the direction of our athletic programs. If you would like to be considered for a leadership position, **please complete and return this form to Coach X by Tuesday, May 4<sup>th</sup>.**

**If you wish to apply, keep the following in mind:**

## **Power Team Leaders must**

- FOLLOW THROUGH
- Follow the athletic code
- Lead through actions and words
- Be commitment-driven
- Have a tremendous work ethic during weight room and plyometric sessions
- Organize fun and valuable team events during the off-season
- Be willing to meet occasionally with the coaching staff to develop ideas and leadership skills
- Positively impact members of your Power Team to be excellent students, strength train, complete plyometric sessions, attend events, and make positive choices.

**You should not apply if you are not comfortable with these expectations.**

## Power Teams Leadership Application

1. Explain at least four reasons why you would be an effective Power Team Leader.

2. As a leader, how you would help make Power Teams a special group to be a part of?

# **Football Letter-winners:**



We will be organizing **Power Teams** again this year. If you are unfamiliar, each Power Team competes to earn points in areas such as lifting percentage, community service, GPA, and event hosting. Another major focus is positive peer pressure and healthy choices.

As a football letter-winner, you have the opportunity to be a team leader. If you would like to be considered for a Power Team Leader position, **please complete and return this form to Coach. X.** You are not obligated to apply, but you are encouraged. Approximately **FIVE** individuals will be chosen as team leaders by the coaching staff.

**If you wish to apply, keep the following items in mind:**

**A Power Team Leader must**

- Follow the athletic code.
- Have at least 80% attendance in the weight room
- Organize events in and out of the season
- Be willing to meet twice per month for a leadership development group with Coach X
- Be willing to encourage other members of your team to complete workouts, attend events, and make positive choices

**If you are not comfortable with these expectations, then you should not apply.**

Name:

Grade:

A brief statement as to why you should be a Power Team Leader. You may use the back of this sheet if you wish.

**Power Teams**  
**Community Service Form**

Team Name:

\_\_\_\_\_ completed \_\_\_\_\_ hours of  
community service.

Date(s) of service:

Brief description of the service activity:

Explain what you (or your team) learned from your service experience:  
(Be sure to focus on more than just task-related skills)