# Leadership Trainings

Spring 2022



### **INTRODUCTION TO ATHLETE LEADERSHIP**

- Learn the basics of leadership at SOWA and set leadership goals
- March 17th 5:00-6:00pm and March 19th 10:00am-2:00pm
- \*Required first training



#### UNDERSTANDING LEADERSHIP

- What makes a good leader
- March 17th 5:00-6:00pm and March 20th 10:00am-2:00pm
- \*Must have taken Introduction to Athlete Leadership



#### **GOVERNANCE**

- How to participate in and lead meetings
- Represent SOWA
- April 2nd 10:00am-2:0pm0 & April 3rd 10:00am-12:00pm
- \*Must have take BOTH Introduction to Athlete Leadership and Understanding Leadership

## **APPLY HERE!**

For more information, contact Leah Shaffner | lshaffner@sowa.org

