



# Road Map to

# BOLT Bettering Our Leaders of Tomorrow

BOLT activates young cheer and dance leaders to become strong peer role models who put the team first, fully commit to their All Star program and learn to make choices that lead to accomplishment. Developed and lead by alumni of the USASF Mentoring Leaders Program, BOLT will set young athletes on their path to success.



## WHAT IS BOLT?

BOLT is a personal development and leadership workshop designed for athletes who want to take their All Star experience to the next level. Participants explore their individual strengths to become effective and authentic leaders of tomorrow. Currently offering these workshops virtually, the USASF is dedicated to creating opportunities for as many All Star athletes as possible.

### Workshop Topics

- Integrity matters
- Defining your leadership strengths
- Understanding and navigating different communication styles
- Your role, relationships and responsibility
- Public speaking tips and tools for effectively communicating
- Your voice matters
- Creating your own path for personal success.

### Additional Opportunities

Completion of the workshop leads to next level opportunities such as:

1. Eligibility to apply to participate as an Athlete Presenter at the Regional Advisory Board meeting in their region the following spring.
2. Opportunity to apply to serve on the Athlete Advisory Council which provides the National Advisory Board members with insight and recommendations solely from the athlete perspective.
3. Opportunity to earn points toward the USASF Scholarship program.

## HOW TO GET THERE



### Registration

- Log in to your USASF athlete membership profile.
- From the dashboard, locate Upcoming Meetings
- Choose the workshop date that fits your schedule and register.
- You'll receive a confirmation email from your workshop leader with instructions on how to register and access the Zoom meeting.



### Prior to the workshop day

Set aside six hours on the virtual workshop day. Have these supplies with you and prepare this and that way.



### On the workshop day

Once the meeting starts, you'll meet athletes from all over the All Star Nation.

Here is other stuff you can expect during this virtual workshop

- We'll do this and that.
- Breakout into small groups.
- When we finish, you'll be ready for great things.



### Tell others!

Share your BOLT experience with others, more words here but you get the idea.



### Need help?

Reach out to Karen Wilson, [kwilson@usasf.net](mailto:kwilson@usasf.net)

