



MENTOR WORKBOOK

The Athlete Mentorship program is designed to build a foundation for young athletes striving to reach the Olympic level in their sport. The relationship between athlete and mentor will act as a partnership to benefit both participants. The athlete mentor will help teach important principles for a youth developing athlete to focus on during their career. These lessons will be life lessons that will help mature, and grow the athlete both in sport and out.

The goal is to develop strong goals for these talented athletes to achieve and to have the mentors reach down and teach up the next generation of athletes who dream of earning a college scholarship.

Olympic sport can help a student with critical thinking, Time management and more importantly has long-term health benefits. The Olympic movement enriches the spirit of Olympism, Enriching the will, Body and mind. Through education and programming, The movement blends sport with culture to create a standard of friendship, Solidarity and fair play.

The collective information will help guide these developing athletes to college scholarships and the Olympic Games. If used successfully the mentees will have access to insight from a professional athlete, and gain useful information to help guide them in pursuing their established and stated goals.