

2023

Leadership University

Nov. 3-5 | Orono High School



**Special
Olympics**
Minnesota



Special Olympics Minnesota
900 2nd Ave S, Ste 300
Minneapolis, Minnesota 55402
612-333-0999 | info@somn.org

SOMN.ORG

Event Details

Get ready to go back to school! Leadership University is a weekend-long learning retreat hosted by Special Olympics Minnesota. This fun-filled weekend features multiple majors, fun elective courses, and opportunities for athlete leaders to connect, build friendships and network.

When and Where

- 3 p.m. Friday, November 3 to 3 p.m. Sunday, November 5, 2023
(Registered students will receive a more detailed schedule in October)
- **Orono High School** (all meals and learning sessions)
685 Old Crystal Bay Rd. N., Long Lake, MN
- **Sheraton Minneapolis West** (optional overnight lodging)
12201 Ridgedale Dr., Minnetonka, MN
- Shuttles will be provided between the hotel and high school. Commuter students staying at home and driving to campus Friday, Saturday, and Sunday can register for a discounted and rate and park free at the high school.

Requirements

- All Special Olympics Minnesota athletes are eligible to register.
- Athlete leaders must attend Leadership University with a Mentor/Unified Partner
- Need help finding a Mentor/Unified Partner? Email us at leadership@somn.org

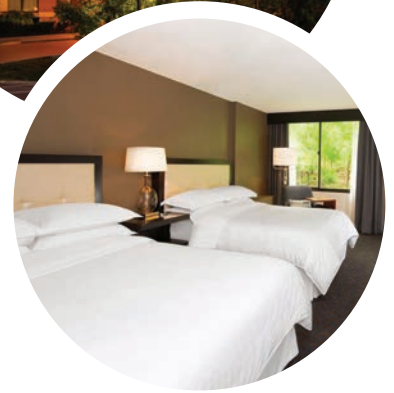
Cost

- Athletes and Unified Partners staying on campus for the weekend: \$100 per pair
This cost includes all courses, meals and lodging.
- Athletes and Unified Partners staying at home and driving to campus Friday, Saturday, and Sunday: \$30 per pair
- Students can pay the registration fee directly to Special Olympics Minnesota when they register, or delegations may cover students' registration fees (students should speak with their Head of Delegation)
- Need help with the registration fee? Scholarships are available! Email us at leadership@somn.org.

Event Details

Lodging

- Students and Unified Partners who register to stay on campus will stay in the Sheraton Minneapolis West. Special Olympics Minnesota will inform students of room and roommate assignments no later than Oct. 27, 2023.
- A shuttle will be provided between the hotel and the school morning and evening.
- Special Olympics Minnesota will NOT be providing overnight chaperones. Students and their Unified Partners must be responsible for themselves.
- All students have the option of registering as a commuter student. Commuter students can drive themselves to school Friday, Saturday, and Sunday for all classes, meals, and other activities throughout the weekend while staying at home Friday and Saturday nights.



Required Course Load

- Students have the option of registering for one of six majors, each of which will offer three two-hour classes.
- All students may also register for one of four hour-long elective classes.
- All students will be required to attend three hour-long general sessions.

Student Life

- Stay overnight Friday and Saturday at the Sheraton Minneapolis West.
- Friday dinner, Saturday breakfast, lunch and dinner, Sunday breakfast and lunch provided.
- Saturday night free time for studying (and partying 🎉)

Course Catalog

Learn more about the courses offered at Leadership University! All course offerings are subject to change. Majors and/or classes may not run if not enough students register. SOMN will confirm course selections with all students prior to Oct. 27, 2023.

General Sessions

There will be three General Sessions throughout the weekend where all students will gather to connect and learn about a new topic. General Sessions are required for all participants.

Special Olympics Health Programs

Students will learn about Special Olympics Minnesota's health programs and how they can use them to benefit their overall health and wellbeing.

Financial Literacy

Hosted by Trent Bowman, students will learn about finance basics from checking accounts to credit cards and everything inbetween! Generously provided by SOMN's proud partner: Bremer Bank

Trent Bowman serves as Bremer's VP-Community Impact Manager. In this role, he is responsible for leading efforts to educate first-time homebuyers and low- to moderate-income families in the Twin Cities, ensuring they feel informed and supported about the homebuying process before they begin working with a loan officer.



BREMER BANK

Trent is active in community organizations across the Twin Cities metro. He serves as the financial board co-chair for the Northside Residents Redevelopment Council, as co-chair for the LISC Twin Cities advisory council committee and serves on the board for KIPP charter school, where he chairs the community development committee. He formerly served as president and treasurer for the National Association of Real Estate Brokers (NAREB), where he continues to have an active presence.

Taking the Next Steps on Your Leadership Journey

Students will hear from current athlete leaders on how they used their training and experience to lead in Special Olympics and their communities.

Course Catalog

Majors

You can pick your own major! Each major will include three two-hour classroom sessions. Some majors may also include hands-on learning experiences outside of the classroom. All students must select one major when they register for Leadership University.

101 – Coaching Special Olympics Sports

Are you interested in exploring a new leadership role on your team? Have you ever wondered what it takes to be a great coach? If so, this course is for you! Athletes as Coaches gives participants the opportunity to continue their involvement with Special Olympics as a Coach! This course challenges students to step out of their comfort zone while teaching individuals valuable coaching skills. You will leave this course with the skills you need to lead your team!

102 – Volunteering

If you have a passion for giving back to your community, this is the course for you! Athletes as Volunteers focuses on what it means to be a great volunteer. Learn how to best prepare for volunteer experiences and explore various opportunities that match your interests. This course expands outside of Special Olympics and helps prepare you to make a difference in your community.

103 – Public Speaking

Do you want to step out of your comfort zone and learn how to communicate your thoughts and ideas? If so, this is the course for you! Beginner Global Messenger focuses on the basics of public speaking. This includes structuring a speech, defining a disability, preparing to present and practicing a speech. You will leave this course with public speaking knowledge and a speech in hand ready to give in your community!

Course Catalog

Majors

You can pick your own major! Each major will include three two-hour classroom sessions. Some majors may also include hands-on learning experiences outside of the classroom. All students must select one major when they register for Leadership University.

301 – Self Advocacy

Do you want to learn more about the disability justice movement and how to become a self-advocacy leader? Are you interested in personal empowerment? The disparity between the rights people with disabilities have, and the rights they exercise, continues to be a gap that we believe can and should be closed by empowering self-advocacy leaders with the skills and tools necessary for change. Self-advocacy is the fundamental step in closing the gap! Join Advocating Change Together (ACT), The Center for Disability Leadership, and learn about your personal power and voice. Learn how that power and voice connects to the history of the Disability Rights and Disability Pride movements. Learn about resources and spaces that are accessible as you embark on your journey to becoming a leader. Our classes are co-facilitated by allies and self-advocates. Join us to learn how to develop your self-advocacy skills and become part of the movement, as we strive to change the communities in which we live and work to be inclusive spaces for people with and without disabilities, side by side!

501 – Networking, Recruitment, & Fundraising

Super-charge your recruiting and fundraising! Are you a dedicated Polar Plunger who wants to get better at fundraising? Or maybe you want to find out how to recruit more volunteers to help run your Delegation? Students in this course will learn and practice ways to support fundraising efforts for their Delegations like the Polar Plunge, the Plane Pull, Move for Inclusion, and more — plus, networking tips, and how to talk about Special Olympics.

502 – Career Development

Unlock opportunities for meaningful, successful work with training from Minnesota Diversified Industries (“MDI”). Students will participate in interactive courses and explore topics such as personal mission statements, professional greetings, first impressions and appearance, developing an elevator speech, goal setting, communication, teamwork, problem solving, punctuality, attendance, and much more!

Course Catalog

Electives

You can pick your own elective! Each elective course is a one-hour classroom session. Some electives may also include hands-on learning experiences outside of the classroom. All students must select one elective class when they register for Leadership University.

104 – Working with Microsoft PowerPoint

Learn the basics for creating a clear and concise PowerPoint presentation to go along with your speech or proposal. Practice creating a blank presentation, choosing themes, inserting slides, changing slide layouts, adding and formatting text, and more!

Note: Special Olympics Minnesota has a limited number of laptops available for student use. Students who register for this course are strongly encouraged to bring their own laptop computers with PowerPoint in order to be able to practice.

105 – Exercise and Fitness

Have fun, build strength, and stay healthy! Students will learn and practice basic exercise and fitness skills they use to support their own wellbeing for life.

106 – Artistic Expression

Do you have a passion for art and a creative mindset? If so, this is the course for you! This art expression course will teach you how to use various art mediums to showcase your unique abilities, interests and passions. You will have the opportunity to explore what your artistic strengths are and learn how to express yourself through art

304 – Voter Prep

Your vote matters! Learn about all the important steps necessary to become an educated voter. This course will include bipartisan tips on how to research important issues and candidates. The course will also cover how to register to vote and what to do to prepare yourself for election day. Let this year be the year your voice gets heard more!

To learn more and register, visit:

sogn.org/leadership

You must register by September 30, 2023

We can't wait to see you there!

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50 YEARS
1973-2023