

Special Olympics Iowa Health Messenger Training Application



Special Olympics
Health
FOUNDATION
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Are you a Special Olympics Iowa athlete who...

- Is passionate about your health?
- Is committed to leading the charge in efforts to make your team and community healthier?
- Is interested in talking with health care providers or political leaders about the importance of quality health care for people with intellectual disabilities?
- Wants to learn more about what it really means to live a healthy lifestyle?

If you answered yes to any of these questions, then you should consider applying to be trained as a Special Olympics Iowa Health Messenger!

Athletes will be trained to:

- Present and interact at meetings with health partners and health influencers
- Act as health and fitness representatives for Special Olympics Iowa
- Motivate peers to maintain good nutrition, hydration and physical activity routines
- Deliver fitness and health lessons to other athletes and encourage them to set goals
- Lead by example and be health role models for teammates and community members
- Speak openly about mental health topics and share self-care strategies and techniques

Mentors will be trained to:

- Work with Health Messengers to accomplish their local goals
- Continue providing support to athlete leaders both locally and globally

SO Programs/Regions/Delegations will be expected to:

- Support the Health Messenger achieve their goals as health leaders when they come back to their Program
- Support any resource needs the Health Messenger has to activate from the training

Date: August 28-29, 2020

Location: Virtually via Zoom

Who: 10 athletes + 10 mentors

Expenses: All necessary resources will be covered and sent to you by Special Olympics Iowa



Health Messenger Trainee Qualifications:

- Active Special Olympics Iowa athlete
- Interested in health and committed to putting the training into action in your community and SO Program
- Available to attend the training on August 27-28
- Has identified a mentor to attend the training and to provide support going forward
- Willing to take on Health Messenger role for at least one year after training
- Has been approved by SO delegation for participation

Application Process:

Athletes and Mentor must answer and submit the following questions in one of these two formats:

1. Athlete and mentor will neatly handwrite the answers on paper in paragraph format and send in the mail to Kara Neustrom at the Special Olympics Iowa office (551 SE Dovetail Rd, PO Box 620, Grimes, IA 50111) along with the Athlete Applicant Information form
2. Athlete and mentor will create videos of themselves answering the questions and email it to kneustrom@soiowa.org along with a digital copy or picture of the Athlete Application Information form which can be found on soiowa.org under the Healthy Athletes tab

Athlete Questions:

- What are three reasons that we should choose you for the Health Messenger training?
- What does being healthy mean to you?
- What things do you currently do to try to lead a healthy lifestyle?
- Why do you think it is important for people with intellectual disabilities to receive the same quality of care when they go to the doctor as everyone else?
- What would you do to help other athletes become healthier?

Mentor Questions:

- What are three reasons that we should select this athlete for the Health Messenger training?
- What would you like to see this athlete get out of being trained as a Health Messenger?
- Why do you think it is important for athletes to be trained as health and fitness leaders?

Applications must be received no later than July 22nd for review.



ATHLETE APPLICANT INFORMATION

Name	
Sport(s) the athlete participates in:	
Athlete E-mail	
Athlete Phone Number	
Is the athlete available to attend training on August 28-29 via Zoom?	
Mentor Name	
Mentor E-mail	
Mentor Phone Number	
Mentor relationship to athlete	
Is the mentor available to attend training on August 28-28 via Zoom?	

PROGRAM INFORMATION

Special Olympics Program	
Program Contact Name (Coach or Delegation Manager)	
Contact E-mail	
Contact Phone	
SO Coach/Delegation Manager Signature	

Athletes will be notified by July 29th if they have been selected to attend the Health Messenger training. Additional information will be given to selected athletes and mentors at this time.

For questions, please contact: Kara Neustrom, Health and Fitness Coordinator, by email at kneustrom@soiowa.org.