



SPORTS LEADERSHIP ACADEMY

Building Leaders Through Sports

10 FEET to CHARACTER Program Overview & REGISTRATION FORM

The **10 FEET to CHARACTER** curriculum focuses on Character Education for Middle School students. The program will focus on the following 10 values & virtues: discipline, responsibility, respect, persistence, attitude, integrity, honesty, loyalty, selflessness and humility. Students will be presented 5 values & virtues per workshop and will work individually and in teams to complete exercises, activities and worksheets as they progressively add each value and virtue to their character profile.

Participating in Drexel's 10 FEET to CHARACTER Workshop is easy, fun and rewarding!

STEP 1: JOIN DREXEL'S 10 FEET to CHARACTER PROGRAM

Coaches sign their team up for the **10 FEET to CHARACTER** program. To register for the program, please contact Jen Valore: valore@drexel.edu in order to setup a workshop date. The official **registration form** can then either be emailed or mailed to the Drexel Sport Management Department:

Drexel University
Attn: Jen Valore
Sport Management
3001 Market Street, Suite 100
Philadelphia, PA 19104



STEP 2: THE PLAYBOOK

Upon entering the program, each student-athlete will be given a playbook which is designed around the sport of basketball and consists of all the activities and exercises that the student is to complete prior to attending the **10 FEET to CHARACTER** workshop at Drexel University. They will also be given a short pre-test used to determine their level of awareness of the concept of virtues and values.

The playbook consists of a series of lessons on each of the 10 virtues & values incorporated in the **10 FEET to CHARACTER** program. The first five virtues & values will be presented in the initial **10 FEET to CHARACTER** workshop. Activities will focus on the following:

- Awareness of the values & virtues
- Attention to the values & virtues
- Hard-work to make the values & virtues a part of the student's life

Each value & virtue lesson has two corresponding game sheets. Based on their interests and abilities students are to pick one of the game sheets to complete for each virtue and value.

For an example of the playbook lesson structure, please see the *lesson format outlined below*

*Coaches should encourage their players to complete the playbook and submit the completed books to them in a timely manner.

STEP 3: SUBMIT PLAYBOOKS TO DREXEL

Coaches will mail completed playbooks to Drexel prior to the **10 FEET to CHARACTER** workshop (please allow enough time for the playbooks to be reviewed prior to the students coming to Drexel). Playbooks should be mailed together in one package to the address listed above under *Step 1*.

STEP 4: VISIT DREXEL UNIVERSITY FOR THE 10 FEET to CHARACTER WORKSHOP

Coaches and players will attend a **10 FEET to CHARACTER** Workshop at Drexel University. After the workshop, students will celebrate with a pizza party and attend a Drexel varsity basketball game. All students will also receive a **10 FEET to CHARACTER** t-shirt to wear at the basketball game and take home with them.

If you have any questions about the **10 FEET to CHARACTER** workshop, please contact Jen Valore:

email: valore@drexel.edu

phone: 215.895.5967

LESSON FORMAT

Activities in the **10 FEET TO CHARACTER** playbook focus on:

- Awareness of the values and virtues
- Attention to the values and virtues
- Hard-work to make the value and virtues a part of the student's life



WARM UP:

In this section students are made aware of the value being explored and are presented with a definition of the value. The purpose of this component is to create a foundation of knowledge to build on throughout value specific activities.

TIP OFF:

In this section a text is displayed. The theme of the selection complements the value being explored. The purpose of this component is to provide a context within which the student can learn a lesson about the value. Various genres are offered to engage the student's interest.

DRIBBLING & PASSING:

In these sections students will complete activities which will have them:

- Respond
- Compare/contrast
- Create
- Draw

REBOUND:

In this section students are prompted to reflect on their understanding and importance of the value in a personal way. This section also emphasizes how the values have a way of coming back to you when you practice them.

SCOREBOARD:

In this section students are left with a quote from Bill Bradley, author of *Values of the Game*. The purpose is to create a lasting impression of the value on the students in the language of the game.

