



## **Special Olympics Montana CMR Area**

### *Roles of the Mentor*

- ❖ Know the athlete
- ❖ Understand Special Olympics
- ❖ Always give encouragement – especially before training or event
- ❖ Provide support as needed
- ❖ Allow athletes to express themselves
- ❖ Listen – people want to know what the athlete thinks, not the ideas of the mentor
- ❖ Commit to working with the athlete
- ❖ Act as a leadership “coach”
- ❖ Provide constructive feedback
- ❖ Ensure meaningful positions of leadership for the athlete
- ❖ Help athletes stay on task
- ❖ Help understand minutes of meetings
- ❖ Provide transportation if needed
- ❖ Value your athlete’s opinions and preferences
- ❖ Work in a one-on-one relationship with your athlete during each class and locally
- ❖ Commit to a partnership with your athlete to make his or her Input Council experience as meaningful and educational as possible
- ❖ Be an advocate for the athlete
- ❖ Represent Special Olympics professionally



# Special Olympics Montana CMR Area

## *Mentor Commitment Form*

**By signing below, each mentor agrees to the following:**

1. Always help your athlete develop and express his or her opinions. When serving as a Mentor, it is never appropriate to make your point. Doing so will often cause the athlete to adapt his or her views, or not express them at all.
2. Be encouraging and supportive. Make sure you respect athletes as equal partners in your Special Olympics experience.
3. The Mentor should be an advocate for the athlete, making sure the athlete leader experiences meaningful input, influence, and council leadership positions.
4. Remember that you are not the group leader.
5. Be willing to help the athlete stay on task while attending meetings, but understand that it is the athlete's responsibility to speak for themselves.
6. Ensure that the athlete understands the minutes from each meeting and is prepared for any questions or discussion that may arise from the minutes.
7. Attend athlete leadership training and sessions with your athlete and participate in the appropriate training. Work in a one-on-one relationship with your athlete during each class and during local input council.
8. Ensure that your athlete has transportation to and from Athlete Leadership training and any scheduled local input councils.
9. Agree to a one-year commitment to partner with your athlete leader to make their Athlete Leadership experience as meaningful and educational as possible.

\_\_\_\_\_  
Mentor's Name (Printed)

\_\_\_\_\_  
Mentor's Name (Signature)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name of Local Program (Team)