New ALPS training courses will include Steps 1, 2 & 3 with optional Skill Modules.

Step 1: Introduction to Athlete Leadership & Sports Personnel

Step 2: Special Olympics Roles (choose 1)
Athlete Representative, Sports Personnel, Health Messenger, Event Lead, Global Messenger

Advanced Leadership (choose 1)
Understanding Emotions, Managing Time and Tasks. Engaging with Others Facilitating and Leading Discussions

Step 3: Practical Experience

Optional Skill Modules: Digital Story Telling, Applying for a Job, Budgeting, Problem Solving, Basic Computer Skills, Professional Appearance Etc.