



HUDDLE UP YOUTH LEADERSHIP

Powered To Change me. Change Us. Change the World.

Inspired by the legacy of our founder, civil rights activist, educator, and scholar Dr. Richard Lapchick, the Institute for Sport & Social Justice (the Institute) believes sport is a powerful tool for social change and harnesses that power to create a safe, equitable, and inclusive world. Our early work in co-developing youth-centered leadership, conflict resolution, violence prevention, and diversity & inclusion models led them to be tabbed by Lou Harris, America's leading public-opinion analyst, as "America's most successful violence prevention programs" and former President Bill Clinton remarked that they were, "model violence prevention programs." One of these models was honored with the Peter F. Drucker Award as the most innovative non-profit program in the social sector.

Huddle Up Youth Leadership specializes in transformational change among young people through personal, community, and global leadership engagement. Huddle Up is based on three decades of work with professional, college, and high school athletes. During that time, we've learned how to drive impact by providing tailored content that helps young people understand their platform, passions, and purpose while developing the skills they need to live and lead in an increasingly complicated world. Through Huddle Up, we equip young people with the tools to become socially-conscious, globally-minded leaders who know their core values and can use their strengths to positively impact the world.



**OUR GOAL IN WORKING WITH YOUTH IS SIMPLE:
TO EMPOWER THE NEXT GENERATION OF LEADERS.**

There is a reason why this work is a necessity, not just the right thing to do. In the wake of the COVID-19 pandemic, our youth have shown alarming levels of depression, isolation, and declining mental health (NIMH, 2023). Research also tells us that this generation is hungry to learn the skills necessary to be a 21st Century Leader, to make a real impact in their local communities and in the global community. They report caring about a host of issues such as the environment, inequality, and brain health while also struggling to find mentors to show them the way. They long for authentic leadership, to have meaningful pursuits, and invest in their relationships (Focardi, 2021).



The following characteristics propel Huddle Up to be unusually effective:

- **Experience:** Huddle Up trainers have extensive experience working with a wide range of groups. We've worked with and impacted all of the major US professional sports leagues including MLB, NBA, NFL, MLS, WNBA, NHL, MLL, NASCAR, and USTA; over 300 college athletic departments; over 150 high schools; all branches of the US military, and the Australian Army.
- **Our Huddle:** Huddle Up is led by professionally trained educators who have an insider's understanding of sport culture combined with over 30 years of lessons learned on the most impactful strategies to connect with youth. The Institute team is a diverse group of former athletes, coaches, and staff. Our trainers have the unique ability to gain the attention & trust of athletes, coaches, staff, and leadership.
- **Dynamic Engagement through Active Learning:** Huddle Up trainings are dynamic experiences driven by active learning strategies that maximize interactive dialogue and enhance participant learning. Huddle Up trainings bring expert facilitation, relevant & thought-provoking content, targeting different learning styles, and focused on skill building impact.
- **Skill Building:** Huddle Up is an industry leader and has been on the cutting-edge since the early nineties, introducing the bystander approach to the gender-based violence (GBV) prevention field – having since developed a deep understanding of it through thousands of training sessions on a variety of topics. We teach concrete bystander skills for use in the most difficult situations.
- **Community Building & Belonging:** Every team or organization provides an opportunity to build culture and community. Huddle Up creates spaces of belonging for participants to learn from one another and grow together. Learning common language and expectations for each other empowers participants to live the values of the group.



How Does Huddle Up Work with Youth?

Huddle Up will use its extensive experience collaborating with high schools and community organizations to work with an institution on content, scheduling, and logistical matters. Huddle Up is flexible enough to work with you to determine the best strategy for your situation. We can work through schools, teams, after school organizations, travel teams, clubs, camps, and more.

What Topics Can Huddle Up Address with Youth Leaders?

Huddle Up will work with you to create the combination of leadership topics to accomplish your goals for youth leadership development. This is not a one-size-fits-all approach rather we will walk through the topic options and possible flow of content to fit your needs. Here are some of the topics we can provide:

- Inside Out Leadership
- Understanding & Developing Your Leadership Style
- Emotionally Intelligent Leadership
- Diversity, Equity, Inclusion, & Belonging (DEIB)
- Gender-Based Violence (GBV)
- Core Values
- Strengths Based Leadership
- Handle Hard Better: Building Resilience
- Effective Communication
- Growth Mindset
- Conflict Resolution
- Community Building
- Leadership Challenges
- Developing Habits to align with your Goals



"I'm stepping into that leadership realm with being a senior, trying to be a captain, and doing what's best for my team. So, having this leadership event was eye opening. I wanted to become a better leader, and I did that today."

- WESLEY, SENIOR, CHEYENNE HIGH SCHOOL



What Types of Trainings can Huddle Up for Leadership Development Provide?

The foundation of all Huddle Up trainings is leadership – challenging participants to step up, especially in difficult social situations. This foundational thread is woven into all Huddle Up trainings. Participants will also understand bystander intervention as a tangible strategy to operationalize their leadership.

Ongoing Leadership Group

Huddle Up Leadership groups are formed within an existing structure (schools, teams, afterschool organizations, sport camps, etc.) and allow for ongoing education. This ongoing education empowers learners to understand and develop their leadership style and mindset, and then utilize this knowledge to impact their community. Huddle Up will guide an institution through the process of selecting participants, determining the ideal group demographic, and the focus of your program.

- Up to 20 hours of education, organized in 90-minute segments
- Learners can be students representing the variety of sub-cultures within a school/community
- Leadership group sessions will facilitated by a mixed-gender, multi-racial team of experts from the Huddle Up team

Youth Leadership Events

Huddle Up Leadership Events convene leaders from across a district or region in the name of developing skills to positively impact their communities. These 1/2 day or 2/3 day events teach the value of being an inside-out leader. You must start by working on yourself, then use the strength you've gained through that process to teach and lead others.

- Includes dynamic keynote address & large group team building activities followed by small group breakout sessions to maximize learner engagement with their peers and the content



Sport Teams

Huddle Up can work with teams to build their cohesion, understand their roles on their team, and lead from where they sit. These can be in one session or multiple sessions over the course of a season. A best practice is working with a team during off-season team building time.

Train the Trainer (for adult educators working with youth)

The Train the Trainer Option trains adult educators working with youth to implement the Huddle Up for Leadership Development curriculum at their respective institutions. Huddle Up will provide follow up technical assistance for participants in the program implementation phase. Additionally, learners will benefit from the cohort of educators in their training class, aligned with the goal of empowering our young leaders.

- This 2-3 day intensive includes: educational pedagogy, hands-on practice in facilitating the curriculum, access to Huddle Up curriculum materials, Follow up technical assistance, Certificate of Completion, and more.

Global Engagement

For those groups looking to apply what they've learned during the Huddle Up Youth Leadership programming in a more tangible way, we've created international service-learning opportunities through global sports exchanges. By traveling outside the country, young people move beyond their comfort zones to experience growth in a new culture. By playing sports together, participants can experience firsthand the power of sport as a universal language and the shared humanity that binds us together.



"Recently, I've been stuck in this identity that I'm just a basketball player. I've been struggling with my mental [health]. I came here today to find out what else there is besides basketball. Like, who am I? I was really lost 2 to 3 days ago. Today helped me find the stepping stones of what I have to do to get started."

- TATUM, SENIOR, BASIC HIGH SCHOOL



Contact Information

For more information about our Huddle Up for Youth Leadership programming, please contact:

Dr. Shannon Spriggs Murdoch

Vice President for Training & Education
smurdoch@sportandsocialjustice.org.
617-953-6899 m

Spencer Bonahoom, MS

Director, Huddle Up
sbonahoom@sportandsocialjustice.org.
407-341-3108 m

www.sportandsocialjustice.org
