



## LEADERSHIP PROGRAM GUIDELINES

*This program will offer you opportunities to develop leadership skills to empower yourself & others.*

### PREREQUISITES:

- ❑ Minimum: 11 years old; Blue Belt (start at Stage 1)
  - If you are at least 18 years old OR 14 years old and a Black Belt, you begin at Stage 2
- ❑ Voted in by EMA Staff based on your current and potential Leadership qualities

### QUALITIES:

- ❑ You must possess a positive attitude
- ❑ You are passionate about helping others to be their best through martial arts.
- ❑ You are a dedicated team player & can work well with others
- ❑ You love to constantly learn and improve yourself, and are open-minded
- ❑ You are able to receive constructive feedback
- ❑ You live by example and are dedicated to doing your best to inspire others.
- ❑ You are reliable, dependable, and trustworthy

### REQUIREMENTS:

- ❑ You must be actively training and enrolled in our **2x or 3x/week** program
- ❑ You can commit to **assisting in 1 class** per week, based on yours and the Dojo's availability
  - You should plan to be on the mat 5 minutes before and after the class
  - You are responsible for your assigned class: if you cannot attend, use the calendar, call in, and/or arrange for coverage
  - Can do more than 1 class/week once you are at Stage 2 and based on availability
- ❑ You can commit to attending at least **9 of the 12** Instructor Training sessions, which are usually held on the first Saturday of every month (please refer to the Student gCalendar for specific dates). You should also not miss more than **2 consecutive** monthly sessions.
  - On your 3<sup>rd</sup> missed training, your participation will be placed on "hold" and you will not be an active Class Assistant until at least the next Instructor Training you attend
  - If you miss a Testing session, you will miss the ability to test to the next Stage at that time; you will need to wait until the next Testing session (Jan, May, & Sept)
- ❑ You can commit to volunteering at Dojo events (Parents Night Outs, Parent & Me Parties, Belt Tests, etc.) – requirements based on your Leadership Stage
- ❑ 3 "No Shows" = automatic drop from Leadership Program
- ❑ You can dedicate "homework" time off the mat to practice and memorize Dojo events, curriculum notes, and Mat Chats. You should keep a binder for all your Leadership Team materials
- ❑ If you are not meeting these above requirements, you will be asked to discontinue the Leadership Program.

### ONGOING COMMITMENTS:

- ✓ Be a student first - attend your curriculum classes
- ✓ Attend monthly Instructor Trainings
  - Progress & test for Leadership "Stages" as eligible
- ✓ Attend your weekly assigned class(es) for assisting
  - After each class, record your attendance on your tracking sheet
- ✓ Sign up for & participate in Special Events (sign up in office)
- ✓ Communicate with your Team Members & Dojo; remember to check your emails & reply