



How will ATLAS and ATHENA Programs work?

Coach and Squad Leader Training:

Coaches and student 'squad' leaders are trained in a 6 hour training to implement the programs with their high school teams. Coaches and squad leaders will learn about the problem of drug use in sports, review the program materials, and practice certain the activities.

Program Implementation:

There are ten, 45 minutes Sessions for ATLAS and eight, 45 minute Sessions for ATHENA. Coaches typically meet with their athletes once a week for during their sport season. One student for each 5-6 students is to be a Squad Leader. Student squad leaders teach the program with a coach or assistant coach facilitating the process by keeping time and keeping athletes on task. All activities are timed.

Materials:

Program materials are scripted like a playbook and easy to use. All student athletes receive a Workbook. The Workbook contains the lessons. The Squad Leader has a Squad Leader Manual to lead the activities in their small groups (5-6 students/group). Also, each athlete has an "Athletes Guide" with information about sports nutrition, supplements, drugs and strength training. Coaches have an Instructor's Manual, with background material, a scripted lesson plan to train squad leaders, and the lesson plans.

SI Schools will receive:

- Approximately \$25,000 worth of training and materials to implement the ATLAS & ATHENA Programs
- National recognition from Sports Illustrated
- T-shirts for all coaches and athletes who implement ATLAS and ATHENA

Visit our website at www.atlasprogram.com to learn more about the ATLAS and ATHENA Programs.

For more information about ATLAS and ATHENA or to become an SI School, please contact the Center for Health Promotion Research at OHSU: Sean Kolmer, 503-494-3727, kolmers@ohsu.edu.