Sample Unit Login Instructions for Student Athlete Program App

1. From your phone or tablet search the app store and install the Student Athlete Program app.
2. Log in with the following credentials:
   Username: cd&l (the last letter is a lower case L as in lion)
   Password: Leadership!1 (case sensitive)
3. You are now logged in as an athlete and will see the program from that perspective.
4. Select my courses and then choose student athlete program sample
5. Please select the following sample unit: Season 1: Week 1 (Positive Attitude)
6. From this sample unit, you will see 6 exercises that look like this.
   
   - **Weekend Task** – Student-athletes will complete short assignments to improve their individual and team performance.
   - **Monday Life Lesson** – Powerful pre-recorded life lessons delivered by nationally recognized coaches and athletes.
   - **Tuesday Sports Blog** – Dr. Hoedel will author a sports-based blog about current events related to character and leadership.
   - **Wednesday Role Model** – Students will read about a group of diversified sports-oriented role models that exemplify the traits covered in the program.
   - **Thursday Dilemma** – Students will respond to sports-oriented ethical dilemmas to teach decision-making skills and ethics.
   - **Friday Movie Clip** – Segments from character-based popular sports movies will be viewed and discussed.

7. Each exercise has a reflective question(s) at the end. Give it a test run. Imagine that you are an athlete at a school and received these exercises on a daily basis. Is it cool? Is it meaningful? Is it easy? Does it ultimately teach character, leadership and sportsmanship?