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?