WELCOME TO
SUPREME ATHLETE
HOME OF
SUPREME
ATHLETE™
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Agency/Program History

Supreme Athlete Mentoring Program, a nonprofit organization, was founded in 2012 in Hartford, CT by two grassroots community activists, Stanley Williams and Antwan Harris. Williams and Harris were brought together by a common belief that many youth in their community lacked meaningful academic and career guidance. Determined to make a difference, Williams and Harris convened a series of community meetings, brainstormed with community political leaders and concerned parents. With initial financial commitments from community members and local businesses, Williams focused on the legality demands while Harris developed the program. Williams MBA background proved beneficial as he founded Supreme Being Inc. as a nonprofit IRS 501(c)3 corporation. Harris was instrumental in developing one of the services provided by Supreme Being Inc. in Supreme Athlete Mentoring. Since opening its doors, Supreme Being Inc. has forged strong partnerships with the local businesses in the community, media, school districts, and other youth-serving organizations in the community.

Supreme Athlete Mentoring currently operates sports mentoring program, tutoring, and career exploration resource. Since its inception, Supreme Athlete Mentoring has served over 1500 youth.
A Letter from our CEO

Welcome to Supreme Athlete, home of Supreme Athlete. You are meant to have everything you love and desire. Your work is meant to be exciting, and you are meant to accomplish all the things you would love to accomplish. Your relationships with your family and friends are meant to be filled with happiness. You are meant to have all the Money you need to live a full, wonderful life. You are meant to be living your dreams – all of them! If you want to travel you are meant to travel. If you would love to start a business, you are meant to be a business owner. If you would love to be a professional athlete, a lawyer, an inventor, an entertainer, a parent, or whatever it is you would love to be, you are meant to be it! When you wake up each day, you should be filled with excitement because you know the day is going to be full of great things. You are meant to be #1 in the Nation at whatever it is that you Love. You are meant to feel strong and safe. You are meant to feel good about yourself and know that you’re invaluable. Of course there will be challenges in your life, and you are meant to have them too, because they help you grow, but you are meant to know how to overcome problems and challenges. You are meant to be victorious! You are meant to be happy! You are meant to be Supreme!

To our new and returning student-athletes.

All of our staff are delighted to have you back for another great year with Supreme Athlete. We are lucky to have you and want nothing but success for you academically, personally, and athletically. You are more than capable of having an incredible academic and athletic experience, while training at one of the State’s best facilities here at Supreme Athlete. This is our hope for you. Seize this once in a lifetime opportunity! Do not waste this moment in time. Every year nearly 200 high school and middle school students apply to join Supreme Athlete and desire to sit right where you sit. Only a small fraction (50 student-athletes) are admitted. You are the chosen few. Please avail yourself of all our resources, including our training staff, and counselors. Our job is to help. You are not alone ever. So please do not be afraid to ask for help. My hope is that you will have an amazing year in so many different ways. Go dominate the training, so you can dominate the opposition. Earn that scholarship to that top college program. Have a rich and rewarding year and let me know how we can make your Supreme Athlete experience the best it can be.

Stack Williams, CEO
Mission Statement
The Supreme Athlete mission is to serve communities by reaching and teaching our youth through academics and athletics. Our work focuses on the academic, social, and athletic development of student-athletes.

Supreme Athlete Philosophy
The mission of Supreme Athlete is to develop in our student-athletes a positive self-image by providing them with an environment of mentors, counselors, and support staff who not only believe in our student-athletes, but are also from the community and have successfully demonstrated the ability to excel at sports at the collegiate level while balancing family, education, and a social life. Our philosophy is to enhance the educational/athletic experience of all student-athletes. This program is an integral part of the overall vision of our parent company, Supreme Being Inc. The program supports the values of the corporation through its pursuit of the education and college access of student-athletes.

We encourage our student-athletes to embrace personal accountability which will enable social responsibility in our society. We invest in the mental, physical, financial, and the overall well-being to develop stronger student-athletes by reinforcing sound principles.

Supreme Athlete – Code of conduct
Being a student-athlete carries with it a whole set of privileges and responsibilities. Our programs create a great deal of public and media attention. This interest is obviously of tremendous benefit to Supreme Athlete and you. However, it also places upon all persons connected with the program a continuing responsibility to conduct themselves in an appropriate manner.

By joining Supreme Athlete, you become a representative of our culture although you’re still representing for your personal team(s). It is essential that you act responsibly and do nothing to jeopardize your opportunity to obtain maximum results from your experience. Your personal conduct is a direct reflection on your character and judgment. You are expected to behave both in and out the classroom.
Supreme Family Code
You are encouraged to review the following code and reflect upon the words as you say them to yourself...

No one is more Supreme than I. I am a Supreme Athlete. As a Supreme Athlete I realize that I am a member of a universal family which is known as athletes. I am proud of Supreme Being Inc. for providing the greatest sports mentoring program in the country. I will at all times conduct myself in a Supreme manner; paying homage to my Supreme family when necessary.

Greatness is my watchword. My two basic responsibilities will always be uppermost in my mind, which are the accomplishment of my determined idea and the welfare of my community. I will strive to remain wise and righteous in all I do. I will be proficient in the studies of my craft and education. I will always be conscious of my role as a Supreme Athlete. I will fulfill my responsibilities inherent in that role. All people are entitled to outstanding guidance and leadership, which I will provide that guidance and leadership every chance I get. I know myself and will constantly strive for self-improvement. I will be a true and living role model for the others to emulate and will always be truthful to them.

Education is a key factor in building any nation. I will utilize this factor while maintaining excellent academic standings. I will be dedicated to the staff and my peers. I will exercise initiative by not waiting for opportunity, but rather creating and taking advantage of it. I will never compromise the truth of who I am or my integrity regardless of whom or what.

I will not forget, nor will I allow my Supreme Family to forget that WORD is BOND and that WE ARE SUPREME!

Culture and Expectations

<table>
<thead>
<tr>
<th>CULTURE</th>
<th>EXPECTATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Determination</td>
<td>4.0 GPA</td>
</tr>
<tr>
<td>• Be Positive</td>
<td>15 Minute Early</td>
</tr>
<tr>
<td>• Work Ethic</td>
<td>Greet Everyone</td>
</tr>
<tr>
<td>• No Excuse</td>
<td>“Say it with your Chest”</td>
</tr>
<tr>
<td>• Lead</td>
<td>Be Coachable</td>
</tr>
<tr>
<td>• Respect Time</td>
<td>Make Eye Contact</td>
</tr>
<tr>
<td>• Be Committed</td>
<td>Ask Why?</td>
</tr>
<tr>
<td>• Self-Driven</td>
<td>BE A COACH!</td>
</tr>
</tbody>
</table>
• Self-Mastery
Be Ready!

• Confidence/Know You Can
“Check your baggage at the door”

• Supportive
Finish your breakfast!

• Focused
CARE!

• Inspire
Brag about your experience!

Scholarships/Tuition

Tuition: TBD and reviewed annually by Program Director and Staff

<table>
<thead>
<tr>
<th>Scholarship</th>
<th>Eligibility Requirements</th>
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| Asaph D. Schwapp: Asaph Schwapp touched many lives. He grew up in a poverty stricken environment, but his life was symbolic to a rose growing from the concrete. Although he grew up in a very dangerous community, he was able to overcome those conditions as evidenced by his Supreme academic and athletic accomplishments. Asaph attended what most considered the worst public schools in Hartford, CT and was able to earn and maintain a 3.5gpa in the classroom, and be recognized as one of the best Football players in the Country. Asaph dominated high school sports and earned a full scholarship to the Univ. of Norte Dame. During his Undergrad years at Norte Dame, he continued to keep his grades high as he maintained a 3.0gpa. Asaph ended his courageous battle with cancer at the age of 26 on Wednesday, May 8, 2013. This scholarship embodies Asaph’s self-discipline, ambition, personal accountability, and love toward all human beings. Grant amount $1,000 – $5,000. (Available Feb to April of current School year) | - Male/Female  
- Hartford Resident  
- Demonstrate academic achievement (minimum 3.5 cumulative GPA on a 4.0 scale)  
- Demonstrate financial need  
- Athletic achievement (All-State) in respective sport |
| Supreme Being Inc.: Supreme Being represents the highest manifestation of a human being. To be Supreme, one must focus a great deal on the highest achievement in a specific area. Students who demonstrate high moral character through their community service will be | - Proof of minimum 200 community service hours  
- Male/Female  
- Connecticut Resident  
- Demonstrate academic achievement (minimum 3.0 cumulative GPA on a 4.0 scale)  
- Demonstrate financial need |
strongly considered. Students serving the community while being active in leadership roles represents a Supreme Being. Students must demonstrate community service in the areas of mentoring, tutoring, assisting the homeless and elderly. Grant amount $500 – $2,500

<table>
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<tr>
<th>Program Scholarship</th>
<th>Each criteria is worth ($25) discount</th>
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<tbody>
<tr>
<td></td>
<td>1. Interview</td>
</tr>
<tr>
<td></td>
<td>• Formal</td>
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<td></td>
<td>• Panel of four representatives (3 staff members and 1 student of supreme)</td>
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<td></td>
<td>1. Essay on why student-athlete want to be involved with Supreme Athlete (reviewed by at least 3 staff or board members)</td>
</tr>
<tr>
<td></td>
<td>2. 3.0gpa or equivalent (most recent grades)</td>
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<td></td>
<td>3. Athletic achievement (referral from coach if youth) (if HS student, must have made at least all conference)</td>
</tr>
</tbody>
</table>

If you are a student-athlete receiving athletic aid, we recruited you here and awarded you with an athletic scholarship because we believe you can be successful both academically and athletically, that you intend to graduate, and that you will represent Supreme Athlete in a manner that we will all be proud to call you a Supreme Athlete for Life.

Remember that our primary goal is to help you achieve all your goals at Supreme Athlete, especially your academic goals. There may be some other, more individual instances when we might be able to support you. If something comes up and we can find a way to help you, we will do that. But our ability to help will depend on two things: First, you must demonstrate that you are serious about your education by maintaining excellent academic standings. Second, you must make an attempt to be committed to your training as evidenced by your attendance. In the event that you are unable to be present during the scheduled agreed upon times, you or a (parent) will notify staff.

We want to help you reach your goal of graduating from HS and earning a scholarship to college and to get the most out of your time at Supreme Athlete. Our philosophy on athleticism encourages student-athletes to pursue more than one emphasis, not just one sport but two sports. It’s what Supreme Athlete calls Dual-Sport Athlete. In many ways, you’re already doing that by combining your athletic goals with your academic goals. If you’re interested in focusing on a second sport, please discuss this with us. We will help you determine if you can do this and stay on track academically.
What Your Scholarship Covers

- A full Scholarship includes: Tuition, Meals, Facility Usage, SAT/ACT prep access, Online resources, and a Mentor
- A full Scholarship does NOT include, for example: Camp Fees, Showcase Fees, and Tournament Entry Fee
- A financial award given to a student-athlete based upon athletic ability or sports performance is considered an athletic scholarship and vice versa for academic achievement.

Refund Policy

There are absolutely NO refunds, or credits for membership. No matter the circumstance (which also includes, but is not limited to illness and injury)

Athletic Compliance

For updates, forms, questions or to get a copy of the C.I.A.C Handbook go to:

http://www.casciac.org

Supreme Athletes Policy on Student-Athlete Grievances

Supreme Athlete is committed to treating all student-athlete equitably and fairly. Consequently, in its interactions with student-athletes, we do not differentiate between students on the basis of race, color, religion, gender, gender identity, sexual orientation, national origin, or medical condition. Likewise, in creating and maintaining a learning environment that promotes academic and athletic excellence one element of maintaining such an environment is ensuring that student-athletes are free from the effects of misconduct by other members of the Supreme Athlete community, including faculty members.

Definition: A grievance arises when a student-athlete believes, based on established administrative policies and procedures, that he or she has been treated in an arbitrary, capricious or discriminatory manner by a representative of the program.

Parents Attending Sessions

All sessions are closed to parents unless otherwise notified. The time allocated for training is short and all attention needs to be on the task. Due to the intense focus and nature of teaching required in the facility, only student-athletes and staff will be allowed on the floor or film room. Also, due to limited space parents will not be able to go into the computer lab during study hours. However, when student-athletes are not occupied in these areas parents are welcomed to sit in and observe.

Parent Expectation

1. Encourage the student-athlete and give positive statements about their progression.
2. Show respect for each student-athlete, staff, other parents, and the program.
3. If a problem or concern arises, notify the staff, or the program director. It is recommended you wait a minimum of 24 hours “cooling down period” after an incident before contacting a staff to express concerns. The parent, student-athlete, and coach will often resolve the conflict and learn from the experience. We highly recommend you contact the staff directly, however if you are uncomfortable contacting the staff directly, contact the Program Director or CEO. Contact information is available inside handbook.
4. Model community values.
5. Assist with team activities; driving, fundraising, etc.
6. Assure players arrive on time (15 min. early for session), and are picked up on time.
7. Parents are encouraged to attend competition events when possible.
8. Contribute to the program a minimum of 6 hours of scheduled volunteer time for each child enrolled.
Strength & Conditioning Policies and Procedures

Hours of Operation
The Hours of Operation vary per season. Updated schedules will be provided to student-athletes and parents directly.

Programs
- Walk-On (Developmental/exploratory)
- All - Conference (Some experience/intermediate)
- All - American (Advanced level of play and understanding)

Dress
- Athletic Shoes must be worn and tied
- T-Shirt or Tank Top with Supreme Athlete logo that is visible must be worn
- Shorts, Tights (Full or Half Length), or Sweat Pants must be worn

Storage (Backpacks, Personal Items)
All Backpacks should be placed inside the locker area and locked up. All personal items such as CELL PHONES, IPODS, watches, jewelry, etc. are stored in your backpack.

Scheduling
- Any sport team planning to use the Facility must schedule through the Program Director.
- All strength training days and times are scheduled with the strength and conditioning staff.
- Each sport team is expected to attend their scheduled strength training session.
- All scheduled teams will have priority of weight room space and equipment along with the field turf.
Audio
Strength and Conditioning Staff controls the music selection and volume of the Weight Room and Field Turf area.

Performance Nutrition Center
The Nutritionist or Strength and Conditioning Staff distribute all Nutrition products only. All (Nutrition/Hydration/Recovery) products are consumed and immediately disposed.

Offices
Student-Athletes are not permitted to use computers, fax machines, copiers, TV’s, or telephones located in the weight room offices without permission.

Safety Policies
- All barbell exercises performed have a safety clip on them.
- Barbell squatting and pressing movements are performed with a spotter present.
- Dumbbells are never dropped to the floor after performing the exercise.
- All Barbells, Dumbbells, Plates, Bumpers, Kettlebells, clips, etc. are returned to their specific storage space immediately after use.
- Thumbs are wrapped around the bar or dumbbell during use.

Injuries
Student-Athletes must report all injuries to program director or physical therapist prior to attending their scheduled strength training session.

Weight Room Orientation
All Student-Athletes must attend a one hour Weight Room Orientation that will be offered at the beginning of each semester. Weight Room access will only be granted to Student-Athletes that complete this one-hour orientation.

Former Student-Athletes
- Any former Student-Athlete that left our program in good standing (exhausted eligibility and graduated) will have access to the Weight Room and Field Turf depending on program director schedule/availability.
- Any former Student-Athlete that is a current member of a professional team will have access to the Weight Room and Field Turf depending on program director schedule/availability.
- All former Student-Athletes must apply for access to the weight room and upon approval must sign a waiver and a weight room rules and policies form.

Friends and Family
Friends and Family members of Student-Athletes are not permitted to use the Weight Room and Field Turf Area without permission or being enrolled.
Etiquette
- Student-Athletes are held accountable to Supreme code and conduct
- No Outside Food and Drink
- No Horseplay
- No Spitting.
- No Sitting or lying down unless exercise requires you to do so.
- Throw away all water cups.
- Wipe down cardio equipment after use.

Meal Plans

The dining program offers a wide range of options to ensure that your experience is an enjoyable one. All meals are provided by our community partner, which is an outside service provider.

Supreme Knowledge Center Rules
- Absolutely NO FOOD or DRINKS are allowed near the computers.
- When using the computers please:
  - Respect fellow student-athletes.
  - Do not engage in any disruptive behavior.
  - Set cell phones to vibrate or silent or turn them off.
  - Use headphones and set the volume so that only you can hear it.
  - Speak quietly.
  - Log out of the computer after finishing a session. Supreme Athlete is not responsible for any work that was lost.
Schoology
Sign-in and complete assignments and stay ahead of the competition. Usernames and passwords will be provided to all student-athletes -
https://www.schoology.com/home.php
Commitment to Academic Development

Academic Development of our student/athletes is the life blood of our programming. Our staff are college grads and understand the importance of implementing effective strategies to mitigate the possibility of losing focus on the numerous tasks that school may present. Student athletes assigned to a mentor will gain access to on-line SAT/ACT courses through our “Schoology” web based program. The areas of focus are as follow:

1. Study Habits
2. Test Taking Strategies
3. College Prep
4. SAT/ACT Prep access
5. College Applications
6. “Schoology” (On-Line courses) coming soon

Here at Supreme Athlete we place an emphasis on academic standing before athletic achievement. All student-athletes who commit to a minimum of 3 or more months will be placed on our monitoring list. The student-athletes who are monitored will be expected to provide a copy of their class schedule, progress report, report cards, and their instructors email/contact info. This will allow staff to stay updated on student-athlete progression in the class room.
Commitment to Personal Development

*Personal Growth & Development* focuses on the overall well-being or life management of the student-athlete. Our staff will cover a wide range of essential elements to the evolution of the student-athlete. Areas of focus are below:

1. Personal Responsibility
2. Career Planning
3. Time Management
4. Adaptability
5. Leadership
6. Accountability
7. Presentation
8. Communication
9. Media Prep/Interview Skills
10. Character Building
11. Civic Duty/Engagement

Commitment to Athletic Development

*Athletic Development* is a holistic approach towards achieving the greatest impact of our student/athletes. Each athlete possess a base level skill-set. It isn’t until their Supreme ability is edued from within. Our staff have extensive knowledge in sports science and the overall maintenance of the body which is why we have decided to focus on the most crucial aspects of an athlete development. See below:

1. Physical Condition
2. Body Management
3. Nutrition
4. Vision
5. Mental Fortitude
6. Recruiting
7. Camps
8. Social Media/Film
9. NCAA Compliance

Student Recognition

**Awards:** Student-athlete will be awarded for athletic and academic achievements by staff. An example would be honors/high-honors or player of the week and post season awards (all-state, all conference etc...)

**Interviews:** Student-Athlete will be highlighted for academic or athletic achievements via newsletter, website, and social media updates.

**Luncheon w/CEO/President:** After each semester admin will select 3 student-athletes who were the greatest representation academically and athletically.

**Commencement Celebrations:** Student-Athletes who successfully graduate from HS and Supreme Athlete will receive a gift of appreciation and placed on wall of fame (Supreme Team)
Nutrition

Nutrition is a vital piece for optimizing a student-athlete’s performance. Proper fueling before and during competition can give you that competitive advantage needed to succeed. Learning how to fuel your body correctly before and after workouts and throughout the day will enhance your body's ability to recover from training and maximize your physical development. A student-athlete’s schedule can be very busy between practices, classes, and schoolwork so it can be challenging to figure out when and what to eat. Having a plan is crucial, which is why making an appointment with our nutrition staff is important.

**Nutritional Services:**

1. Can work with you to give you a structured individualized meal plan based on your sport and your goals. They will design a plan that includes eating pre and post-game meals.
2. Provides a grocery list as well as easy inexpensive recipe ideas.
3. Can help you with ideas on how to stay healthy when traveling and during holiday breaks.

**Supreme Tip** **ALWAYS** walk around with a Bottle of WATER throughout the day.
You have to ask yourself “are you willing to do whatever it takes to be the best” and if you are, you have to take what you are putting into your body seriously! There is a lot of research that shows what you put into your body will give you an advantage over the rest. You are here at Supreme Athlete because we know you are a gifted athlete, now you have to motivate yourself to train hard and ensure you are getting the proper fuel to maximize your performance.
Camps/Showcase/Tournaments

In the past our staff has taken student-athletes to regional elite camps and showcases to grant them access to resources that could catapult their recruiting experience. Staff will provide an opportunity for the student-athletes who’ve made the most progress to participate in these elite camps and showcases. Student-athlete must be committed to program as evidenced by personal gains and attendance.

Jobs/Employment
Supreme Athlete assists student-athletes obtain summer jobs through our community partnerships.

Media Relations
“Fans judge you as a player according to how you perform on the playing field. They judge you as a person according to how you perform with the media. If fans develop a good impression of you through the media, especially when things are not going well on the field, the benefits to you can be significant.” -- NFL Media Relations Handbook
Interviews

The main way you will deal with the media is through interviews. Most interview topics are about your team and you. Interviews should be looked at as part of the educational experience offered as a student-athlete, helping you develop communication skills that can assist you not only in the classroom but in future professional and business careers. The more interviews you do, the better you will become at handling them and the more fun they will be. We encourage you to make yourself available to the media, and when/if possible mention your affiliation with Supreme Athlete.

If an opportunity arise where you need to utilize the facility to conduct an interview with a media outlet, please contact CEO to discuss nature of interview and scheduling.
When doing interviews:

- Be smart and think before you speak.
- Respect your opponents, teammates, coaches and school.
- Be positive.
- Be humble.
- Don’t make predictions.
- Smile and have fun.
- Look presentable (appearance can say more than words), so take off your hat, spit out your gum.
- It’s easy to talk to the media after good times, but your true character comes out after tough times and adversity (so be accountable and available).
- You don’t have to answer every question or do every interview, but be polite when declining.
- Anticipate tough questions and prepare answers beforehand.
- Have message points you’d like to make.
- Turn a negative question into a positive answer.
- Don’t go “off the record” or say “No comment.”
- Don’t use slang.
- Remember, you can’t control the questions, but you CAN control the answers.

Fundraising Policy

It is expected that all student-athletes participate or volunteer in all fundraising events when possible. This is mandatory. Student-athletes who do not support or volunteer fundraiser events could face dismissal from the Athlete.
Self-Marketing/Branding

You are a brand. As an athlete in competitive sport, you are a brand. Developing the whole person that is you is about building the brand personas that are part of you. If you want to be a professional, you need to be comfortable promoting, or marketing, the brand that is your professional persona. If you want to secure a position on an elite college team, you need to be comfortable promoting, or marketing, the brand that is your athlete persona.

So, how do you do this? The most successful brands are built. So, you must build your own personal brand. To do this, you need a toolbox — a collection of strategies and tactics you can use to show others just how much of a Supreme Athlete you are. But, before you start this process, you must shift your thinking away from you seeing yourself as a person and adopt the mindset that you are a brand. So, in this personal
brand building effort, give yourself a way to refresh how you see yourself. As a brand, you have the ability to look beyond your perceived shortcomings and start building an athlete persona based on your strengths. This is an essential component of establishing and developing your personal brand as an athlete.

Starbucks is a great example of a brand. Everyone knows Starbucks. The company’s ubiquitous logo can be found in the most amazing places: in grocery stores, on the space shuttle, in the Oval Office, in China. Every brand aspires to be like Starbucks — to be known, to be preferred, to be profitable, to be useful, and to be valued. These goals are achievements to which you should aspire when building your personal brand as an athlete. As an athlete, you need to be known and recognized, not just another face in the crowd (“Hey, isn’t that ____ running up the hill? Wow! She/he’s fast!”) As a competitor, your advice needs to be preferred over that of others (“____ said this was the best way to stretch out my hamstrings. He/She definitely knows what their talking.”) As an individual known to be an athlete, you need to be profitable, a good investment for sponsors (“he looks great on our bike and he wears our branded podium shirt at every event!”) As an athlete, you need to be useful, a resource for other aspiring athletes (“We ran together for six miles. He told me I need quicker leg turnover and I need to keep my head up when I run. It was great advice!”) As an athlete, you need to valued, so give back to the people and communities that support you (“____ was here volunteering all day. He spent the whole day serving the homeless. What a wonderful person!”). Lots to keep in mind, but important in setting and maintaining your brand-building direction.
**AN IMPORTANT MESSAGE ABOUT SOCIAL MEDIA**

Social media is a fun and useful tool…but it can also spread information in a negative way that exposes your personal life to the world. Supreme Athlete supports an individual's expression of First Amendment rights of free speech. We do not place restrictions on the use of social media sites by our student-athletes. HOWEVER, please remember that you represent Supreme Athlete, the Athlete, family and your team at all times. Because the Internet can be accessed by anyone, it is recommended that student-athletes do not post information--including photographs and text--and/or join “groups” that do not promote positive behavior. Remember that the general public, coaches, athletic department administrators, media, opponents, CIAC, NCAA, law enforcement agencies and future employers have access to these websites. Inappropriate online language, behavior or postings, as well as postings that violate NCAA rules, could lead to repercussions from Supreme Athlete administrators.

It is HIGHLY recommended that you do not post any personal information, including your address or phone number, to any on-line site. Put your viewing setting on “Private” so only your friends can see your postings. As a student-athlete, you are highly visible and many people are interested in you…sometimes, it’s the “wrong kind” of people who could put your career or even your life in jeopardy. Also, use discretion when posting pictures of yourself, your teammates and friends to your website. Digital cameras and cell phones with picture and video capability allow the public to catch you in private moments and easily share those pictures with the rest of the world. Do not allow yourself to be photographed in a compromising situation. A photo could be “tagged” to you, leaving you with little control over the content or usage of the photograph.
**Bottom line:** YOU are accountable for your social media presence. Understand that inappropriate postings can follow you for life. Do not post anything that would embarrass Supreme Athlete, your team or your family. If you believe something you posted would upset your parents, then know that it is going to upset the university, too.
Social Media Policy and Guidelines for Student-Athletes

Enrolling and training at Supreme Athlete should be seen as an honor and pleasure. Furthermore it is a privilege because your parents did not have to financially commit to this resource for you. Student-Athletes at Supreme Athlete are held in the highest regard and are seen as role models in the community. As leaders you have the responsibility to portray this program, your team and yourselves in a positive manner at all times. Sometimes this means doing things that are an inconvenience to you, but benefit the whole team.

Facebook, Twitter and other social media sites have increased in popularity globally, and are used by the majority of student-athletes here at Supreme Athlete in one form or another.

Student-Athletes should be aware that third parties -- including the media, faculty, future employers, CIAC and NCAA officials -- could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the student-athlete, Supreme Athlete and the team. This can also be detrimental to a student-athletes future employment options, whether in collegiate, professional sports or in other industries.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco e.g., no holding cups, cans, shot glasses etc.

- Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Pictures, videos, comments or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.
- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another institution; taunting comments aimed at a student-athlete, coach or team at another institution and derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).
- Information that is sensitive or personal in nature or is proprietary to the Supreme Being Inc. and its affiliate programs, which is not public information (examples: student-athlete injuries, travel plans/itineraries or information).
ADD US @SupremeAthlete_

If a student-athlete’s profile and its contents are found to be inappropriate, he/she will be subject to the following:

**Penalties:**
1. Written warning
2. A meeting with Program Director, Parents and CEO
3. Penalties as determined by the program director, including but not limited to possible suspension from Supreme Athlete.

For your own safety, please keep the following recommendations in mind as you participate in social media websites:

- Set your security settings so that only your friends can view your profile.
- You should not post your email, home address, local address, telephone number(s), or other personal information as it could lead to unwanted attention, stalking, identity theft, etc.
- Be aware of who you add as a friend to your site – many people are looking to take advantage of student-athletes or to seek connection with student-athletes.
- Consider how the above behaviors can be reflected in all Facebook applications.
- If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as Supreme Athlete’s. Remember, always present a positive image and don’t do anything to embarrass yourself, the team, your family or Supreme.

By signing below you affirm that you understand the Supreme Athlete Social Media Policy and Guidelines for Student-Athletes and the requirements that you must adhere to as a Supreme Athlete. Also, you affirm that failure to adhere to this policy and guidelines may result in consequences that include suspension/dismissal from your Supreme Athlete.

**Student-Athlete**

Printed Name _____________________________

Signature ________________________________

Date________________

**Parent/Guardian**

Printed Name _____________________________

Signature ________________________________

Date________________