

FUNCTIONS OF THE D.R.E.A.M. TEAM

- ☆ Role Models and Mentors
Team members visit elementary and middle schools to do group presentations and to work one-on-one with younger students.
- ☆ Peer Helpers
Team members serve as tutors and mediators to fellow students.
- ☆ School Ambassadors
Team members serve as hosts and hostesses for officials and visitors at athletic events.
- ☆ Others developed by the team.

D.R.E.A.M. TEAM TRAINING INCLUDES:

- ☆ Skills for communicating with younger students.
- ☆ Modeling healthy life style choices.
- ☆ Helping "kids" SAY NO to drugs.
- ☆ "Walking the Talk"



"I've learned how important it is to set a positive example for younger kids, because of how they look up to older kids. I've also learned how to say no to drugs and how to take a stand for what is right."

D.R.E.A.M. Team Member



HOW TO GET STARTED

On-site team training is available through the NCHSAA. Once the training is concluded, the D.R.E.A.M. Team will determine a focus for their activities which should include elementary schools and the community in general.

D.R.E.A.M. TEAM SPONSORED PROJECTS

- ☆ 2nd grade reading program
- ☆ Red Ribbon Week Activities
- ☆ Sponsored Drug-Free Dance
- ☆ Field Day Assistance
- ☆ Prom Campaign
- ☆ Academic Tutoring
- ☆ Fan Appreciation Day

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Daring to Role-model
Excellence as Athletic
Mentors



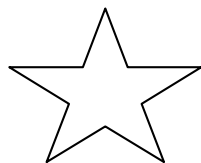
Sponsored by the North Carolina
High School Athletic Association
with the support of the
Department of Health and
Human Services

WHAT IS A D.R.E.A.M. TEAM?

A mentoring initiative of the NCHSAA Student Services Program. Selected high school student athletes working with their school's D.R.E.A.M. Team adviser to develop skills necessary to promote citizenship and healthy lifestyles to elementary and middle school students.

PURPOSE OF D.R.E.A.M. TEAM

To utilize student athletes, striving for academic success, who demonstrate a positive attitude, good sportsmanship, leadership and communication skills as mentors.



MEMBERS OF THE TEAM

The Advisor

Interested coaches, counselors, etc. may elect to become a D.R.E.A.M. Team advisor upon approval from the school administration. There is a minimum time commitment of at least one hour a month to meet with your team.

The Student Athlete

Requirements should include, but are not limited to:

- ☆ An application process for eligible sophomores, juniors and/or seniors.
- ☆ Meet NCHSAA eligibility requirements
- ☆ Participate in at least one school sponsored sport.
- ☆ Sign a pledge or contract agreeing to be a positive, drug free, role model.



RESPONSIBILITIES OF THE D.R.E.A.M. TEAM

Visit elementary and middle schools to talk to students about:

- ☆ Being a good role model
- ☆ Making wise choices
- ☆ Saying no to alcohol, tobacco, and other drugs
- ☆ Striving for excellence while practicing a safe and healthy life-style.

OTHER ACTIVITIES

- ☆ Get involved in tutoring classes.
- ☆ Sponsor half-time activities
- ☆ Set up information booths
- ☆ Create bulletin boards
- ☆ Develop public service announcements.
- ☆ Sponsor after game social activities, such as dances, lock-ins, or other events.

