

#### General:

## What is the Senior Leaders Program

#### **Future Focus**

- Leadership sessions
- Community Service projects
- College Visits
- Tutoring

#### **Emotional Well-being**

- Safe Environment
- Mentoring
- Life Readiness Preparation

## Health and Physical Fitness

- Daily Soccer Sessions
- Weekly Fitness Workouts
- Nutrition and Wellness Education
- Healthy Snacks and Meals

# When is the Senior Leaders Program?

The program begins in November and runs through the end of May. Program is after school from 4:30-6:30.

#### What is the commitment?

Participants are assigned to one of four cohorts. Each cohort has two core program days: Monday and Wednesday or Tuesday and Thursday. Other programming days are optional.\*

# Do I have to be a Senior to join Senior Leaders?

No. Anyone currently enrolled in high school (9th-12th grades) may apply.

### How much does it cost?

There is a one time commitment fee of \$40 to join the Senior Leaders Program. If this is an issue, please talk with one of our staff members and we can work out a plan for you. Starfinder does not want the fee to be a barrier.

### Attendance:

### Can I skip a program day?

Attendance on assigned core days is mandatory. However, this does not mean you cannot miss a program day if you have a conflict. Each Senior Leader has Flex Days to use throughout the year to miss a program day. You must communicate ahead of time if by filling out a Flex Day request form.

# What is a Flex Day?

A Flex Day can be used to miss a core program day. To use a Flex Day, you must fill out a Flex Day request form. This must be completed before the practice you intend to miss. You do not have to use a Flex Day to miss an optional programming day.

# Can I change to different core (practice and focus fuel) days if I have a consistent conflict?

No. Each student-athlete is assigned to a cohort. You may not change your core schedule.

## Can I play a Winter or Spring sport?

Yes, you can play another sport while participating in the Senior Leaders Program <u>as long as there are no conflicts</u> with your core program days. Participation in another sport does not change Starfinder's attendance policy.

## Transportation:

# How do I get to Starfinder?

Most of our student-athletes take SEPTA to the Starfinder facility. Starfinder is located in the Manayunk section of Philadelphia near the Wissahickon Transportation Center bus stop.

## Do you provide transportation assistance?

Yes. If you have a TransPass for school we will provide you with an 8pm sticker to extend the working hours of the pass. If you do not have a TransPass, Starfinder can provide transit cards to those who need it.

## Academic Support/ Tutoring:

## What is Academic Support?

Starfinder offers academic support to all student-athletes in the Senior Leader Program. Academic support takes place Monday through Friday from 4:30-6:30. Starfinder provides tutors for all core subjects. Starfinder also provides access to computers during this time. Tutors can also assist with SAT/ACT prep, college applications, job searches, and resume writing.

## Is Academic Support optional?

Academic Support is optional as long as you are in **good academic standing**, but strongly encouraged if you have below a "B" average in any classes.

## College Prep:

## What are the college visits?

Throughout the year Starfinder coordinates various trips to tour college campuses and speak to admission staff.

# I want to play in college. Can Starfinder help me do this?

Many of Starfinder's Senior Leader Alumni play soccer in college. If this is one of your goals our staff will help you through this process.

#### Additional Programming:

Participation in additional programming is optional. For those opportunities with limited space, preference will be given to those who have shown consistent commitment to the attendance policy and REACH agreement.

#### What is Winter League?

Winter League is a soccer league that takes place at Starfinder during the winter months. This is an opportunity to compete in scheduled games outside of your core program days against outside teams. Senior Leaders can choose to join one of Starfinder's Winter League teams. Games take place at Starfinder on Friday's.

# What is Spring League?

Spring League is an opportunity to play in a travel soccer league during the spring. Participants are selected based on ability, attendance, and commitment to the program throughout the year. Games take place on Sunday's.

## What are the Community Service Opportunities?

Each month Starfinder provides Senior Leader participants with an opportunity to participate in a community service event. Participants can sign up to attend the service event.