



VARSITY LEADERSHIP ACADEMY

PROGRAM OVERVIEW



www.varsityleaders.org

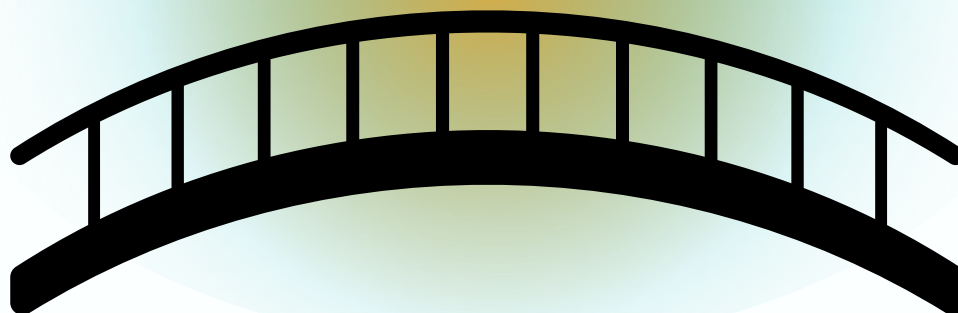
WHAT IS VLA?

Varsity Leadership Academy is a non-profit organization that was designed to empower students to lead with hope through their sphere of influence. The program utilizes a leadership curriculum that focuses on values that challenge students to use their influence to impact and serve others. Students learn to self-evaluate, grow through the context of community, and put a growth action step into practice every week. These meetings are facilitated by community varsity leaders who lend their influence to serve as a model and mentor to the students.

BELONG - BELIEVE - BECOME

WHERE
YOU
ARE.

WHERE YOU
WANT TO
BE.



Everyone is a leader, because everyone has influence. The question is, “What type of leader do you want to become?”

When students learn to use their influence to impact and serve others, that’s what makes them a Varsity Leader. VLA was designed to help students on their journey from where they are to becoming the leader they were destined to be.

WHY VLA?

Varsity Leadership Academy was designed to meet real needs of students and school personnel working with them.

Varsity Leadership Academy equips leaders with the values they need to bridge to where they want to be and how to use influence to impact the world around them.



"I learned that forgiving is really important, and it can release a lot of baggage."

- Waxahachie HS Girls Basketball Player

"I think I've grown the most in my ability to help influence others in a positive way."

- Birdville HS Baseball Player

I loved it. [VLA] really helped me want to be a better person on and off the field and made me understand the steps I had to take to accomplish growth."

- Ennis HS Girls Soccer Player

27 **174**
SCHOOLS/ORGS **TEAMS**
3,500+
STUDENTS



QUICK OVERVIEW

- **1 Value a Week, 5 Weeks (25 to 45 minute sessions)**
- **Facilitator-Guided**
- **Student-Led**
- **Discussion Questions**
- **Self-Evaluation**
- **Key Leadership Identifiers**
- **1 Group Outreach per semester to put the values into practice**

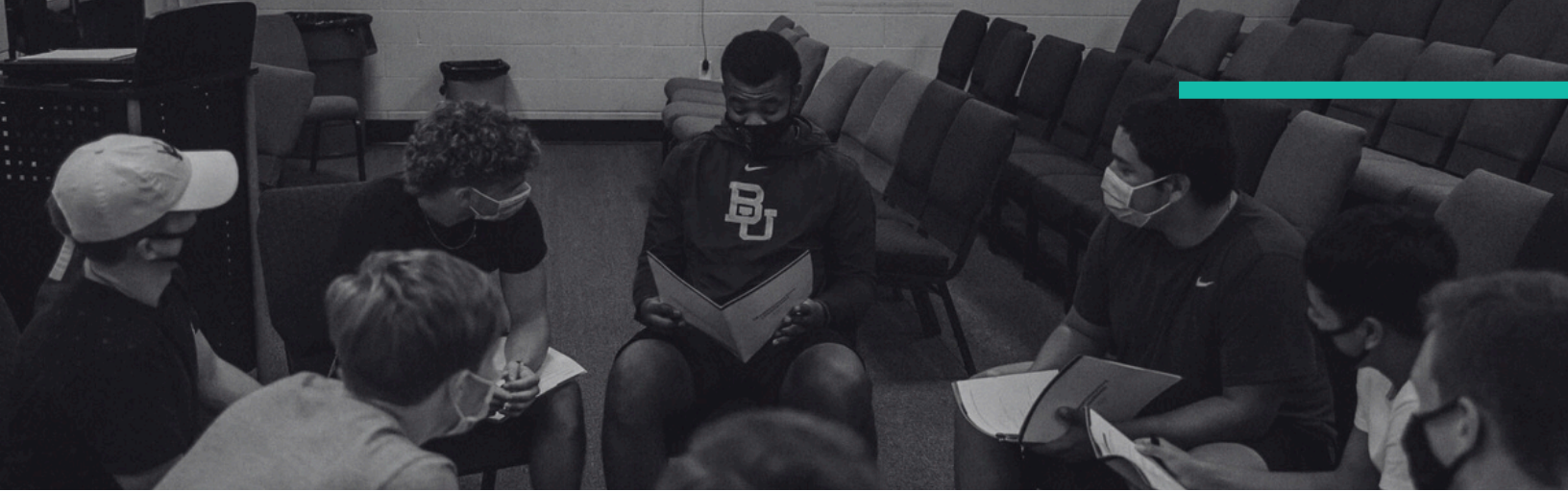
What is a Facilitator?

A Facilitator is the main person that is going to run VLA with a group. They will guide and help stir conversations amongst the rest of the participants. The ideal Facilitator is a leader in the community who can relate to the students and who models the values of Varsity Leadership, using their influence to serve and impact others.

This program is made to be student led; with a coach, staff, or facilitator to guide them through the sessions. It's as simple as having the students read aloud, marking what sticks out to them and then guide them through the questions. Helping them stay on task and to help them discover their true potential.

“The model of VLA is the most effective, transformative program I have ever participated in or led. Facilitating a team of high school students and coaches from a set of individuals to a dynamic collective unit is remarkable and extraordinary. This is what VLA produces; a unified team that has real, proven results on and off the field.”

- Kolby Kissinger, Facilitator



01

Establish Your Group

Gather your group: coworkers, students, or teammates —anyone eager to grow as a leader. No matter the mix of mentors or peers, VLA will help everyone take their leadership to the next level.

02

Finding a Facilitator

If you don't already have a facilitator, we'll help you identify a strong community leader—such as a program alumnus, youth leader, chaplain, business professional, or coach. This person should already be making a positive impact in the community, and model what it means to be a Varsity Leader.

VLA will conduct a background check and provide training to ensure your facilitator upholds the integrity of the program.

03

Training

Before your group begins, VLA will provide a 30-minute virtual training for the facilitator or coach. We'll coordinate scheduling directly with them.

Training covers:

- Running a VLA session
- Reviewing materials
- Facilitation tips
- Selecting an outreach
- Policies & procedures
- Q&A



04

Start

It's time to begin! The facilitator will work with the coach or staff to set a consistent day and time to meet once a week for the 5-week program. Each session lasts 25–45 minutes and is typically held before or after practice, or during a scheduled group time.

05

Outreach

The heart of VLA is to develop leaders who use their influence to serve and impact others. Our program goes beyond teaching leadership — it provides opportunities to put it into action.

Please plan a community outreach project with your group. This could include serving at a food bank, partnering with a local non-profit, or helping seniors or single parents with yard work. Many local organizations welcome volunteers, and we're happy to help connect you!

Curriculum Break Down

Each session includes a brief opening and closing to highlight the week's lesson. Plan for 25–45 minutes per session. Students will read the material in small groups, discuss key questions, and complete a self-evaluation with an action step for personal growth each week.

Suggested Time Per Section

Every organization or team can cater the day and time that they meet to the most opportune schedule for that group. Below is the recommended time format for a VLA session.

Introduction & Definition	2-3 Minutes
Perception & Illustration	2-3 Minutes
Inspiration	2-3 Minutes
Finding the Balance	2-3 Minutes
Transformation & Discussion	2-3 Minutes
Activation	2-3 Minutes



VLA has proved to add value to our program and the lives of the student athletes involved. Their weekly interaction and attendance speaks volumes of the quality of the material. It has been a great value add to our program and the lives of our athletes.

- Coach Doug Wendell

Pre and Post Survey

Each participant will complete a brief pre and post-program survey, taking about five minutes each. The pre-survey helps establish a personal baseline for understanding leadership, while the post-survey allows participants to reflect on their growth and identify the aspects of VLA that impacted them most.

Ready to Start?

Thank you for beginning your journey with VLA. Before starting the lessons, please scan the QR Code to complete the VLA Pre-Survey.



Still Have Questions?

Let's set up a call! Scan this QR Code and we will reach out and set up a meeting.

