

What is the Power of One?

Power of One is an initiative of Training Leaders through Athletics (TLA) that focuses on leadership development through service to others. The goal of the Power of One: School vs. School Competition is to spread the Power of One message to school districts around the area. Athletes will be challenged to begin Power of One Clubs within their schools that will develop student-led projects to positively impact their school and local district. TLA will help to resource the clubs, train their student leaders in each local district, and will organize community-wide service projects and events that will bring all of the area Power of One Clubs together at different points throughout the year.



Power of One: School vs. School Competition

Get ready for an “all-out” school vs. school competition to see which area school district has what it takes to be champions. Schools from around the York-Adams Area will come together to compete in a weekend-long tournament that will combine traditional sports with IAD-TLA Team’s Special Forces Competitions. Come see if you have what it takes to be a **champion!**

Competitions are as follows:

- 3 vs. 3 Basketball
- 5 vs. 5 Volleyball
- Mayan Football
- Tug-of-War
- Tractor Tire Flips & Drags
- Dodgeball
- Swimming
- Speed Relays
- Special Forces Competitions
- Power of One Obstacle Course
- and many more...



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“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be? Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. It's not just in some of us, it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

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Spring Grove



South Western



Delone Catholic



Dover



Hanover

School vs. School Tournament Information

Schedule

Saturday (May 21st)

8am: Team Organization & Schedule / Bracket Distribution
9am: Power of One Opening & Tournament Guidelines
930am: Tournament Begins!
12pm: Lunch
1pm: Afternoon Competitions
6pm: Dinner
7pm: Power of One – Community Impact Presentation
830pm: Evening Competitions
12am: Teams Hang Out & Sleep

Sunday (May 22nd)

9am: Power of One – Message
10am: Breakfast
1030am: Championship Rounds Begin!!!
12pm: Lunch
1pm: Power of One – Ultimate Challenge Obstacle Course
3pm: Power of One – Awards & Closing

- Rosters must be between 10-15 people from the same school (7th-12th grade)
- 10-12 person rosters must have at least 4 girls; 13-15 person rosters must have at least 5 girls
- Cost: \$20 per person
- Every Team Member will receive a Power of One T-Shirt in your school's colors to wear as your team's uniform for the tournament
- School Districts with the most teams will receive bonus points at the start of the tournament
- Teams must be present at check-in by 8am at the N. Hanover YMCA on Sat. May 21st
- Teams are responsible for their lunches both days – Dinner on the 21st & Breakfast on the 22nd will be provided for the teams
- Teams should bring pillows & sleeping bags for the lock-in Saturday night at the YMCA
- Team Captains will be contacted with additional information once your registration form is received
- Teams are welcome to have one of the coaches from their school district coach their team
- Parents are welcome to attend the tournament, and are encouraged to be there for the opening & closing Power of One Presentations.
- Every team member will be required to compete in a minimum number of events

Contact Information:

Mail Registration Forms & Fees to:

Training Leaders through Athletics
323 Fox Knoll Ct
Hanover, PA 17331
(Checks can be made payable to: TLA)

For Questions & Info:

(717) 476-8490
trainingleaders@gmail.com
www.iadtlateam.com

Tournament Location:

N. Hanover YMCA
500 N. George St
Hanover, PA 17331



Littlestown



Gettysburg



West York



Bermudian Springs



New Oxford



The **Institute of Athletic Development (IAD)** and **Training Leaders through Athletics (TLA)** offer a cutting-edge program that combines one of the fastest growing athletic development companies in this region with a premier mental and leadership development program. These two organizations have stood shoulder-to-shoulder in an effort to develop an interscholastic sports landscape that serves as a training ground for life lessons that will leave athletes equipped to be leaders on their athletic teams, in their high school hallways, their future families, professions, and ultimately our country. The results have spoken for themselves as athletes walk away from this program not only being equipped to achieve excellence on the field, but more importantly they are prepared to win championships on the fields of life.

The foundation of both programs can be found in our **5 Pillars of Excellence**:

1. **Physical Development** - This component includes helping each athlete increase their strength, speed, explosiveness, power, acceleration, agility, change of direction, balance, coordination, nutrition level, sports specific conditioning and flexibility. We use a periodization (five phase) model that focuses on continuously maximizing the athlete's physical potential through one-on-one, group, and team training sessions.
2. **Mental Development** - This component focuses on defining each athlete's Definite Major Purpose (DMP) for participating in our program, and the structuring of a personalized step-by-step action plan for them to achieve it. Our in-depth training on self-image, commitment, overcoming fear, and developing a champion's mentality offer the necessary tools to succeed.
3. **Character Development** – This component is rooted in our “Building Strength from the Inside-Out” philosophy that focuses on “leading with your heart” through integrity, empathy, and an others-centered mindset as the keys to “true success.” Our service-based character formation is put into practice through community service initiatives, workshops, and short-term mission trips.
4. **Leadership Development**- The ultimate goal of this program is to use athletic development as a platform to create “Men and Women of Influence” that will accept a “call to greatness” focused upon impacting others with their lives. Our 5-Level Leadership Development program takes the lessons they learn in pursuing championships on the field, and prepares the participants to use them as spouses, parents, and community leaders.
5. **“Shoulder to Shoulder” Mentality**- We view our trainers, leadership coaches, and athletes as standing shoulder-to-shoulder as one team in a huddle pursuing the biggest championship of our lives: “Becoming Men & Women of Influence.” Through this we strive to maintain a “higher standard” in ALL areas of our lives, encourage and challenge one another, and hold each other accountable in an effort to achieve greatness athletically, academically, and socially.

Hundreds of athletes from multiple states, colleges, and school districts have dedicated and applied the principles taught within IAD & TLA's 5 Pillars of Excellence. The results have been numerous academic and athletic scholarships, several interscholastic titles and records, and most importantly the preparation to lead a life of influence. The only question now is...**Why not you???**



Power of One: School vs. School Competition Registration Form

- Rosters must be between 10-15 people from the same school (7th-12th grade)
- 10-12 person rosters must have at least 4 girls; 13-15 person rosters must have at least 5 girls
- Cost: \$20 per person
- School Districts with the most teams will receive bonus points at the start of the tournament
- Teams must be present at check-in by 8am at the N. Hanover YMCA on Sat. May 21st
- Team Captains will be contacted with more info once their team's registration form & payment is received
- Teams are welcome to have one of the coaches from their school district coach their team
- Please make checks payable to: TLA (**Registration Deadline: May 6th**)
- REGISTER EARLY!!! (# of teams allowed to register will be limited)**

<u>Captain #1:</u>	Grade:
Phone #:	Email:
T-Shirt Size:	School District
Address:	City/State/Zip:

<u>Captain #2:</u>	Grade:
Phone #:	Email:
T-Shirt Size:	School District
Address:	City/State/Zip:

Name:	Grade:
Phone #:	Email:
T-Shirt Size:	School District

Name:	Grade:
Phone #:	Email:
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Phone #:	Email:
T-Shirt Size:	School District

<u>Coach (if applicable):</u>	Phone #:
T-Shirt Size:	Email:
Address:	City/State/Zip:
School District:	Sport(s):