



THE TRUE ATHLETE PROJECT

Mentor Position Description

Every member of the TAP team believes sport can be a transformative force for good, both for individuals and for society as a whole. We believe in the power of holistic athlete development for high performance, i.e., that body, mind and spirit are one. TAP mentoring, at its core, guarantees for athletes (mentees) that there is a TAP professional who cares about them, assures them they are not alone in dealing with day-to-day challenges of sport and life, and helps them know that they matter.

TAP mentors can help encourage positive choices, promote high self-esteem, support a path for achievement, introduce new ideas, and many other things. Quality mentoring relationships have powerful positive effects on both the mentee and mentor as they journey together through a variety of opportunities and challenges. Ultimately, TAP mentoring will connect the mentee to personal and athletic growth and development, and social and economic impact opportunity.

Who are TAP Mentors?

TAP mentors are professional and elite level athletes and coaches willing to build supportive relationships with mentees, and offering guidance, support, and encouragement to help cultivate positive and healthy holistic development, which is a foundation for high performance personally and athletically. Mentors are not meant to replace parents, guardians, coaches or teachers, or to play the role of disciplinarians or decision makers. Rather, they are part of a professional, elite team of caring adults for the athlete.

Volunteer Mentor Responsibilities

- Be available and flexible for athlete interactions/sessions on a regular schedule, and as agreed to between the mentor and athlete. Interaction schedules range from weekly to monthly.
- Fully explore appropriate virtual communication avenues to get the most out of the mentor/athlete relationship.
- Be on time for all scheduled sessions or inform the athlete in a timely manner of lack of availability and discuss mutually agreeable alternatives.
- Respond to mentees within a mutually agreeable time-frame to communications to manage expectation (e.g., within 24 hours).
- Continuous development of mentoring skills.
- Make time for TAP (or other) mentor training workshops/seminars, both online and in person (if applicable), at various points before and during the year of mentoring. The duration of the workshops can vary from one hour to several hours.
- Fully commit to self-exploration and self-development throughout the TAP engagement.
- Willingness to engage with the wider TAP community, including other mentors and professional partners, to exchange successful practices and offer support.



THE TRUE ATHLETE PROJECT

- Fully explore and embrace TAP's philosophy of holistic athlete development including the dedicated pursuit of physical, mental and emotional growth for the good of self and others.

Program Administration

Volunteer Mentors must:

- Complete a brief quarterly (every 3 months) mentoring evaluation survey, to be submitted to the TAP Global Mentoring Leadership Team (team).
- Inform the team of any difficulties or areas of concern that arise regarding, but not limited to, the mentoring process, structure or athlete relationships.
- Notify the team of any change in contact details.
- Contact the team if there is a concern about lacking the skills or training to work effectively on any aspect of the mentoring process.
- Uphold and exemplify TAP's core values during all engagement within the TAP environment, including integrity, ethics, compassion, respect and patience.

Qualifications

Volunteer Mentors must:

- Be a current or former elite or Olympic level athlete/coach and at least 21 years of age.
- Submit an application via [this link](#).
- Successfully complete a background check, including two references.
- Interview with TAP Leadership.
- Sign the TAP Mentor Commitment Statement.

Skills/Competencies

- Trustworthy and able to build trust
- Reliable
- Ethical
- Demonstrated written and oral communication skills
- Active listening
- Effectively provide constructive feedback
- Provide continuous encouragement
- Ability to provide instruction (via the TAP Curriculum or other resources) – i.e., be a “learning broker”
- Flexible
- Continuous learner who enables continuous learning
- Commitment to personal mastery