Carnegie Mellon University’s Peer Health and Wellness Advocacy Program for Athletes, The Plaidvocates

The Plaidvocates is a peer to peer volunteer organization of student-athletes committed to enhancing the health and well-being of the CMU Varsity Athletic community through:

- Providing a year round mentor and support system that fosters active, healthy and positive lifestyles in and out of season
- Leading the Varsity Athletic community in adopting health promoting behaviors by sustaining a healthy culture
- Empowering all individuals in the Varsity Athletic community to engage in responsible and informed decision making by utilizing their peers and resources on campus

The Plaidvocates organization is sponsored by the CMU Sports Medicine Department.

If you become a Plaidvocate, you will be rewarded with...

- Making a difference in the health and wellness of CMU student-athletes
- Improved leadership, interpersonal, and communication skills
- Increased knowledge about health and social justice
- Gaining hands-on knowledge and experience
- Developing great new relationships while working to educate and empower your fellow student-athletes
- Resume enhancement
- Recognition for volunteerism and advocacy

What are the expectations of being a Plaidvocate?

Expectations for all Plaidvocates are the following:

- Complete training with Health Services and the CMU Sports Medicine Team
- Attend and actively participate in at least 80% of Plaidvocate meetings (Group meetings will be monthly; and as needed with a supervisor)
- Attend all education sessions
- Complete an assessment of your Plaidvocate experience and meet with a supervisor for their feedback on your performance at the end of each term

How can you become a Plaidvocate?

Becoming a Plaidvocate is a two-step process. The first step is to complete an application to indicate your interest. After review of your application and successfully passing a reference check, you will receive an email regarding your status. Once approved, the next step will be to sign up for education sessions with Health Services and CMU Sports Medicine.
The Plaidvocates Application

Important notice: Please note that you must submit this form via email by May 1st, 2015 to CMU Sports Medicine at cmu.atc@gmail.com or by fax 412-268-4078.

Date: ________________________________
Name: ________________________________
CMU email: ________________________________
Cell Phone: ________________________________
Local Address: ________________________________
Graduation Year: ________________________________
Major: ________________________________

What is it about The Plaidvocates that has interested you in volunteering for the organization?

Please list and describe any personal qualities, courses or experiences that would contribute to your involvement as a Plaidvocate:

What do you expect to gain from the experience of volunteering as a Plaidvocate?
What health-related topics are you interested in?

Are there any topics that you are not comfortable with? If so, why?

Please list two professional references (faculty/staff/professional) and include name, title, phone number and email address: