

Squad Leader March Training Manual



Faculty of Science

Imagine 2012

Welcome to March Training!



This manual will give you all that you need to lead your Squad through March training.

Friday, March 30th 2012 – March MUG Madness

MMM is made up of 11 stations, you will start at the station listed below. At each station, two squads will compete with each other for points. Your job as Squad Leader is to guide your Squad through all of these stations and work together to earn as many points as you can. Squad Managers will be running the stations and directing you where to go when you are finished. The main goal of the day is to build your team, learn about resources and have fun!

Squad #	Squad Leader	Squad Manager	Station #	Squad #	Squad Leader	Squad Manager	Station #
50	Arohumam Kan	Angela Fung	1	62	Kelvin Choi	Borna Ansari	1
51	Audrea Chen	Ricky Mamonluk	2	66	Iyad Salloum - CSP	Muizz Wahid	2
69	Shirley Wang	Josh Decolongon	3	55	Eric Zhao	Rebecca Fu	3
54	Christine Liu	Alex Tang	4	49	Kingsley Shih	Karla Rebullar	4
63	Sandra Wan	Drew Leung	5	57	Henry Ye	Jessica Cho	5
53	Carmen Wong	Maggie Phan	6	52	Brian Lee	Thomas Ren	6
56	Gina Neumann	Mihaela Pirvoaica	7	64	Tracey Hinder	Jenny Poon	7
65	Tyson Miao	Emily Yavorsky	8	60	Jessie Yu	Amrit Jawanda	8
58	Ivan Liu	Dongho Lee	9	61	Justin Fernandes	Michelle Chen	9
67	Carol Huang	Sophia Peng	10	68	Taylor Fleming	Leo Chen	10
59	Ian Miao	Sarah Louie	11	70	Jennifer Vandergaag/Ritika Rakshit	Cecilia Tao	11

For Friday station rotation:

Squads starting on stations 1-11 will rotate **forwards** (from station 1 to 2 to 3 etc)

Squads starting on stations 12-22 will rotate **backwards** (from station 1 to 11 to 10 etc)

Station locations:

Station	Location
1	Woodward Lib
2	Abdul Ladha
3	Irving 156
4	Irving 461
5	Brock Hall
6	Brock Hall Upstairs
7	Buchanan Courtyard
8	Math 103
9	Math 102
10	Science Advising
11	Bio 2000

You will have a total of **10 minutes per station** and then 5 minutes to get to the next station. You will start your first station at 4:50pm, have 10 minutes at this station and then have 5 minutes to get to your next station and get started. **BE SURE THAT YOU STICK TO THIS SCHEDULE**, otherwise you will hold up all the other Squads and no one will finish on time.

Start	Finish	Time	What	Location
4:00pm	4:30pm	30	Check in	Outside Bio 2000
4:30pm	4:45pm	15	MMM rules	Bio 2000
4:45pm	7:30pm	2.5 hrs	March Mug Leader Madness!	UBC Campus

Saturday, March 31st 2012 – March training

Saturday is all about bonding as a Squad and practicing coaching skills.

Schedule:

Start	Finish	Time	What	Location
10:00am	10:30am	30	Check in	Chem B150
10:30am	11:00am	30	Morning Welcome	Chem B150
11:00am	11:10am	10	Travel from B150 to Buchanan	
11:10am	12:10pm	60	Team time: Icebreakers 101	Buchanan D block
12:10pm	12:55pm	45	Lunch	Buchanan
12:55pm	2:25pm	90	Break out workshops: Peer coaching	Buchanan D block
2:25pm	2:40pm	15	Wrap up, questions	Chem B150

Team time: Icebreakers 101

This is a chance for you to spend some quality time with your Squad and teach your MUG leaders how to effectively lead Icebreakers. See the Icebreaker handout for a rundown of how to lead this workshop and a list of Icebreakers to try.

Rooms:

Squad #	Building	Room #	Squad #	Building	Room #
49	BUCH	D217	60	BUCH	D312
50	BUCH	D218	61	BUCH	D313
51	BUCH	D219	62	BUCH	D314
52	BUCH	D221	63	BUCH	D315
53	BUCH	D222	64	BUCH	D316
54	BUCH	D228	65	BUCH	D216
55	BUCH	D229	66	BUCH	D214
56	BUCH	D301	67	BUCH	D213
57	BUCH	D304	68	BUCH	D209
58	BUCH	D306	69	BUCH	D207
59	BUCH	D307	70	BUCH	D205

Breakdown of Peer Coaching Workshop

This workshop will start with a presentation on the practice of peer coaching. After this, Squads will split up into the designated rooms listed below and you will run coaching practice sessions. Read carefully through the Peer Coaching handout for a detailed explanation of how this works.

Part 1 presentation rooms (12:55pm – 1:20pm):

Squads	Building	Room #
49 thru 54	BUCH	D217
55 thru 60	BUCH	D218
61 thru 65	BUCH	D219
66 thru 70	BUCH	D222

Part 2 coaching breakout rooms (1:25pm - 2:10pm)

Squads	Building	Room #
50 and 62	BUCH	D217
51 and 66	BUCH	D218
69 and 55	BUCH	D219
54 and 49	BUCH	D222
63 and 57	BUCH	D221
53 and 52	BUCH	D229
56 and 64	BUCH	D301
65 and 60	BUCH	D307
58 and 61	BUCH	D312
67 and 68	BUCH	D314
59 and 70	BUCH	D316

Coaching workshop schedule:

Start	Finish	time	What
12:55pm	1:20pm	25	Opening Coaching presentation
1:20pm	1:25pm	5	Break into smaller groups (Squad Leader will lead each
1:25pm	2:10pm	45	Individual Squad coaching practice
2:10pm	2:20pm	10	Get back to larger room and discuss what worked, what