

MAKING YOUR SCHOOL COMMUNITY BETTER

POSITIVE
COACHING
ALLIANCE®

A Triple-Impact Competitor® recognizes the power and influence an athlete has and seeks ways to use that to improve their school community. There are a number of ways, large and small, that you can enhance your impact and contribute to your school being an inclusive space.

YOU COULD:

- ✓ Connect with a local program and volunteer: Mentoring, coaching, or running clinics for younger athletes help you create great leadership skills and give young athletes someone to look up to.
- ✓ Look out for those who aren't included. Like former professional football player Joe Ehrmann says, "No one eats alone."
- ✓ Get involved with anti-bullying activities. Model inclusive and kind behavior.
- ✓ Support other classmates' activities by showing up and cheering them on. This works best at events few attend, like junior varsity games.
- ✓ Participate in community service activities as a team or on your own.

TO TAKE ACTION NOW, ATHLETES CAN:

- ✓ List what you, your team, or you and a group of teammates can do this season to make a positive contribution to your school community.
- ✓ Create an Athlete Action Plan - what steps can you take to make your list come to life?
Some examples:
 - Talk to your coach.
 - Bring this topic up at a team meeting.
 - Involve teammates; you'll make a bigger impact with more people involved.
 - Volunteer to look up opportunities and handle the logistics.



SPORTS DONE RIGHT CHANGES LIVES

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