Respect in Sport + Foundational Player Program ***ATHLETES and COACHES & PARENTS welcome to complete as well.***

age 13+ / 30 minutes in duration / completed online <u>prior to camp</u>

SECTION 1: RESPECT

·   **Understanding the Importance of Respect**: Recognizing worth, the importance of the team, and mindfulness

·   **Building a Respectful Team Culture**: Creating an environment where everyone feels valued and empowered

·   **Practical Examples**: Respecting yourself, teammates, opponents, and the game

·   **Team Charter Introduction**: How teams establish values and expectations for interactions

SECTION 2: MALTREATMENT & INTERVENTION

·   **Forms of Maltreatment**: Understanding BAHD behaviors (Bullying, Abuse, Harassment, Discrimination)

·   **Hazing Awareness**: Recognizing hazing behaviors and their harmful impacts

·   **Effects of Maltreatment**: Physical and psychological effects on athletes and team dynamics

·   **Stepping Up**: How to safely and effectively intervene when witnessing maltreatment

SECTION 3: BUILDING POSITIVE TEAM DYNAMICS

·   **Effective Teamwork**: Working together toward common goals while supporting each other

·   **Trust & Accountability**: Building reliable relationships that strengthen team performance

·   **Conflict Resolution**: Communicating respectfully during disagreements and finding solutions together

·   **Leading by Example**: How every player can demonstrate positive behaviors and attitudes

SECTION 4: MENTAL FITNESS & RESILIENCE

·   **Mental Fitness Fundamentals**: Developing a positive and resilient mindset for sports

·   **Stress Management Techniques**: Deep breathing, visualization, and positive self-talk

·   **Dealing with Adversity**: Strategies for bouncing back from setbacks and challenges

·   **Goal Setting & Perseverance**: Breaking down objectives into manageable steps and maintaining effort

Respect in Sport + Team Charter ATHLETES

age 13+ / 1 hour in duration / in-person workshop

PLEASE BRING: a cell phone or laptop to contribute /submit answers to the main screen.

The Team Charter Workshop follows the foundational training and brings teams together in-person to:

o Establish clear guidelines for how team members will communicate and interact

o Collaboratively develop a set of team values and expectations

o Create accountability mechanisms for upholding team standards

o Build stronger team cohesion through shared commitment to agreed-upon principles