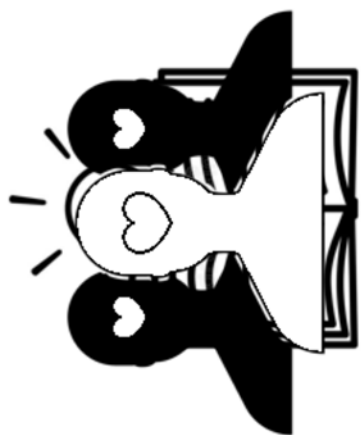
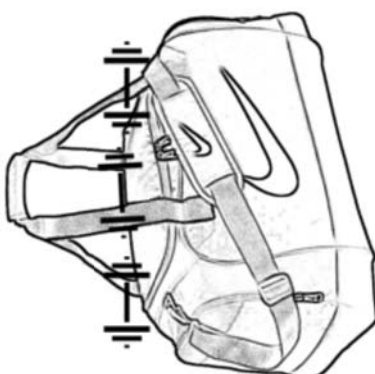
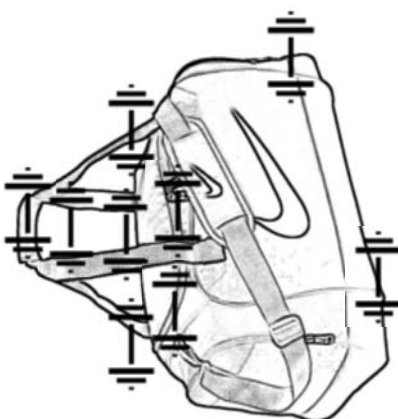
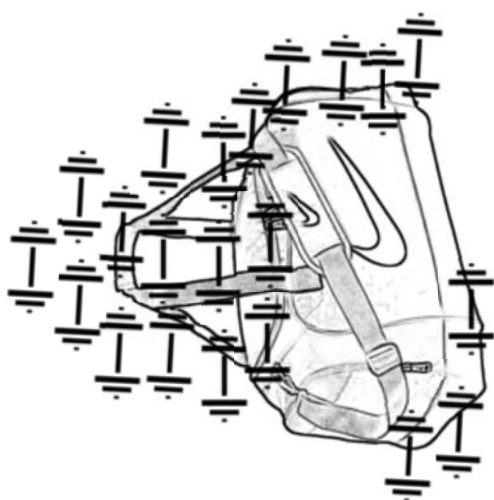
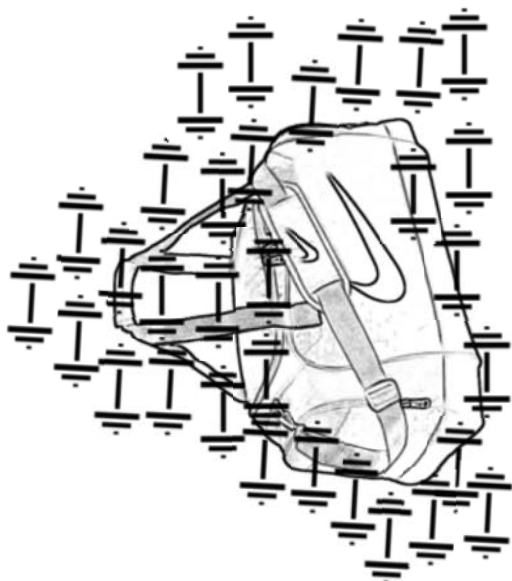


The Power of Sport to Heal







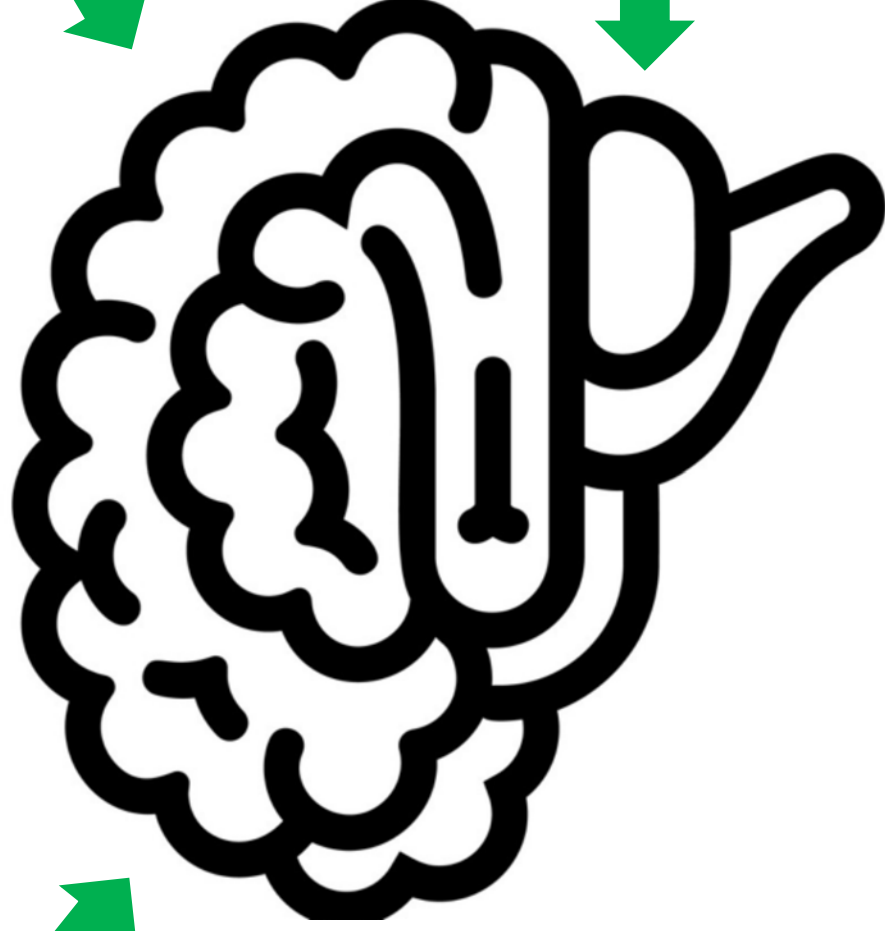




REASON



RELATE



REGULATE





TRUST IS
THE
ANTIDOTE
TO STRESS



PATTERNED
REPETITIVE
RHYTHMIC
ACTIVITY



CONTROLLED
MODERATE
PREDICTABLE
(not severe,
prolonged & chaotic)

Invest in Relationships



TRUST IS
THE ANTIDOTE
TO STRESS

Get Active



PATTERNED
REPETITIVE
RHYTHMIC
ACTIVITY

Build Resilience



CONTROLLED
MODERATE
PREDICTABLE
(not severe, prolonged
& chaotic)

Invite

See

Push

Protect



INVITE

Transitions

Warm-Ups and Cool-Downs



SEE
Ask Questions

PUSH

Rituals and Resets



PROTECT

Change Your Interventions



Transition

SPACE

Be consistent in how you set up space so players know what to do and where to go. Secure valuables, minimize distraction, maximize privacy, and provide comfortable places to sit. Offer options for players to set their own transition pace

FIRST INTERACTIONS

Greet each player using names, offering hi-fives & engaging in light inquiries & check ins. Facilitate connection between players by offering activities that encourage proximity and provide opportunities to talk.

RITUALS

Provide options for players to choose how they become active. Share regular updates about time remaining before the warm-up. Have a consistent opening that sets the tone for the day.

Warm Up

CIRCLE UP

Reflection: how players are doing, feeling and what's happening in their bodies. Plan: A clear road map & expectations for warm-up.

Connection: with each other and you.

ACTIVITIES

Offer 3 elements of a warm-up in any order.
Dynamic- initial synchronized and sequenced movement.
Simulated Play- sport specific play that promotes max activity and connectivity.
Choice- time for players to choose what they need to get ready.

CIRCLE UP

Reflection: how players are doing, feeling and what's happening in their bodies. Plan: A clear road map & expectations for practice.

Connection: with each other and you.

Play

RESETS & RITUALS

Let kids call their own timeouts; Use focus rituals for more than just high pressure or game-specific situations; Have a mistake ritual

CHOICE & CONTROL

Provide options and allow young people to make meaningful choices. ASK QUESTIONS and let players take the lead and contribute in ways that matter

INTENTIONAL PRAISE

Celebrate early and often. What you praise becomes what they care about- choose your praise intentionally, be specific, and focus on things that young people have control over.

SCAFFOLD UP & DOWN

Manageable patterns of stress build resilience- the process of building those skills requires stretching out of the comfort zone. Be proactive in recovering from that stretch by spending a short amount of time back in comfort zone, ideally doing a patterned, repetitive, rhythmic activity.

HETEROGENEOUS INSTRUCTION

Teach all skills the way you would teach sport skills- in small increments, taking the player's perspective, focusing on progress, celebrating small wins. Because every young person is in a different place, use "gears" as a way for them to set their own challenges.

CHANGE YOUR INTERVENTIONS

Make your behavioral interventions skill and resilience-building, like the Zone. Normalize that everyone becomes dysregulated and needs strategies to get regulated (some get dysregulated in a regular practice and some in high stakes game). Engaging in skill-building takes away stigma of reset or "punishment" Other factors for regulating interventions: injury prevention and rehab activities (deeply patterned, repetitive, rhythmic)

CRITICAL MOMENTS

Plan for critical moments in your sport and provide predictability and structure where you can, like "building your bench"

Cool Down

CIRCLE UP

Reflection: how players are doing, feeling and what's happening in their bodies. Plan: A clear road map & expectations for cool down and transition.

Connection: with each other and you.

ACTIVITIES

Develop a routine that regulates and allow time for quieting the body. Allow time for stretching. Choice- provide even more time for players to decide how they calm themselves down.

CIRCLE UP

Reflection: how players are doing, feeling and what's happening in their bodies. What worked for them and what didn't about practice.

Plan: A clear road map for what's next (after practice/ next time you'll see them)

Connection: with each other and you.

Transition

SPACE

Be consistent in how you use space at the end of practice. Offer options for players to set their own transition pace

FIRST INTERACTIONS

Say goodbye to each player, using names, offering hi-fives and previews of the next time you'll see them. Facilitate connection between players by offering activities that encourage proximity and promote opportunities to talk.

RITUALS

Provide options for players to choose how they wind down. Share regular updates about time remaining before the warm-up. Have a consistent closing that sends the team off on a positive note.

Invest in Relationships



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TO STRESS

Get Active



PATTERNED
REPETITIVE
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ACTIVITY

Build Resilience



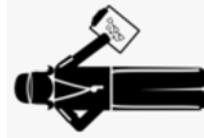
CONTROLLED
MODERATE
PREDICTABLE
(not severe, prolonged
& chaotic)

Invite

See

Push

Protect



**Coach
Work**

- Self-Awareness/ Reflection
- Manage Your Own Stress Response
(with relationships, physical activity
and resilience building)
- Keep Learning

- Health, Mental Health, Education,
Housing, Employment, etc.
- Families
- Community Leaders

**Community
Web of
Support**

