



# TOP 3 TIPS FOR ATHLETES

By R. E. Martin

## Sports... part of a lifetime journey

*Bonds forged in competition and the exhilaration of winning both play a big role in the enjoyment of sports. However, the pursuit of happiness in life also involves the creation of new friendships and pursuing life's challenges outside of sports.*

**Never quit on yourself!**

**#3 It Starts with Good Sportsmanship & You**  
*Keep the laughter in your game and their game too*

**#2 Believe In and Like Who You Really Are**  
*Competition is what we do, it does not define who you are*

**#1 Talk to Those You Trust**  
*If it feels like the deck is stacked against you, adopt new rules*

**Life is comprised of more than past scores on a scoreboard**

**EMERGENCY**

In a crisis, call "911" immediately

**● If considering self-harm, call "988"**

The National Suicide Intervention Lifeline

**SEXUAL MISCONDUCT**

To speak to a counselor,  
Call (800) 656-4673

RAINN

**BULLYING/HAZING**

For helpful resources,  
visit [stopbullying.gov](http://stopbullying.gov)  
or [stompoutbullying.org](http://stompoutbullying.org)

**CHILD ABUSE**

To report suspected child abuse,  
Call (800) 422-4453

Childhelp National Child Abuse Hotline

It is recommended that incident(s) of serious misconduct be reported to law enforcement. Minors should report incidents of misconduct to their parent(s) or guardian(s).