



THE BMS PROJECTSM

Body • Mind • Spirit

NEWSLETTER
2ND QUARTER 2023

Note from the Founder

"2023 COMMUNITY OUTREACH"

You have undoubtedly noticed that our "Guiding Hands" logo portrays hands of two adults reaching toward each other with a child's hand inside of the adult hand on the right. That logo is emblematic of what 2023 portends to become. We are currently shifting gears to proactively reach toward and touch youth sports advocates and players directly with our educational messaging and helpful resources to assist to make youth sports safe and enjoyable.

Over the first twelve months of our existence, we secured start-up financing and have firmly planted our flag through the implementation of the first tier of what will eventually evolve into a three tier, comprehensive Youth Sports Positive Advocates and Mental Health program; along with providing financial assistance to families in need of mental health services through our fundraising events.

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Bob Martin

The very reasons that we should not be doing this are also the exact same reasons that it has to be done. That paradox is worth repeating and dictates that — therefore, it shall be done!

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Our Tier One roll-out involved focusing on three specific areas of activity:

- 1) Assisting youth sports advocates to create positive competitive environments and experiences.
- 2) Promoting mental health awareness and contribute to suicide prevention. In early 2023, we have expanded our Tier One program beyond early secular educational resources; and
- 3) Adding "Spirituality" to our offerings on the theBMSproject.org website's main menu. It should be noted that The BMS Project is not affiliated with any religious or political organizations.

In 2022, we operated largely in a passive fashion as we nurtured partnerships with various youth sports organizations, began to brand ourselves, and notify youth sports communities who we are, what we do and how to find us... declaring that we will be there when needed as expressed in our motto, "Together... here for our youth."

The Community Outreach Program has three levels of participation from which youth sports organizations, teams, and leagues can choose:

Level One: Place our "Guiding Hands" logo in a prominent position on their website's home page and link it to our Positive Advocates Directory found on theBMSproject.org that provides access to tools that assist in creating safe, positive and enjoyable competitive environments.

Level Two: Distribute three of our audience-specific Positive Advocate Tips sheets to their coaches, parents, and players during their preseason team and player meetings. The three Tips sheets to be handed-out are:

- Top 10 Tips for how to be a positive youth sports coach
- Top 10 Tips for how to be a positive youth sports parent
- Top Three Tips for athletes which encourages them to be good teammates, remain positive and to share their feelings when support is needed

Level Three: Distribute a BMS Positive Tip of the Week to league participants during their season.

In conjunction with the introduction of our 2023 Community Outreach initiative, we have created a simple, fully automated system, whereby organizations/teams/leagues can quickly sign-up for inclusion in the program on our website. That sign-up system will also constitute our first efforts to create a contact database.

In addition to the 2023 Positive Advocates Community Outreach Program, we have started posting on our social media platforms to get the word out.... we are here, together... for our youth!

The State of Our Union

For Tips & Tools to create great youth competitive environments & experiences and to find practical, early-step mental services guidance, visit TheBMSProject.org.

TOP 10 TIPS Coaching Youth Baseball

By L. Lauvetz and R. E. Martin

#1 If You Are On-Time, You Are Late

Be early and be prepared. You are the example — your team will play the way you coach. Be aware, in rec ball, working parents — with multiple kids going — pose scheduling and transportation challenges.

#2 Polish All Of The Apples... And They'll All Shine

Do not cater to your best players. Coach all of your kids up and make them believe in themselves. Team get-togethers can contribute to a healthy crop of happy shiny apples and smiling parents too—trusted adult supervision is ALWAYS a must—remain wary of predators.

#3 Moss Grows Under Stones — Dirt & Grass Should Fly From Under Spikes

Come on, Coach... gotta have lots of things happenin'! Standin' and watchin' other kids practicin' ain't accomplishin' diddy squat. Design drills that involve multiple players' skill development in small groups working at the same time — one by one ain't no fun!

#4 Say, What? ...Oh, I Get It Now

Coach your style, but make sure you are clear in your expectations to players and parents. Put your players in a position to succeed—no matter their skill level. Everyone has a job and being the best at their job will help them develop, while contributing to the team's success. Repeat, repeat, then repeat again!

#5 Cooler Heads MUST prevail... Stop the Sparks, or Douse the Flames

Put a lot of effort in laying out mutually agreed upon protocols prior to the season. Preseason preparation is preferable to intervention. A mutually pre-agreed to cool down period is recommended (from 2 to 24 hours). In the event that the passion of the moment overcomes protocol, listening & responding in a calm controlled manner helps. Overreacting in immediate response will often fuel the fire. DE-ESCALATE!

#6 BE REAL! ... Cunning Conning Is An Anathema (really bad) In Youth Sports

Always be able to look your athletes in the eye and expect the same from them. Sincerity—or lack thereof—can build trust or be corrosive at any level of competition. Note: Some children find it very uncomfortable to maintain direct, physical eye contact with adults/authority figures. Their body language cues can often be misleading—they aren't adults, so they don't act like adults.

#7 Holy Crap Competition

You volunteered... and are doing' the best you can. NO ONE LIKES TO LOSE... and you especially don't appreciate seein' yours & ours getting pounded into the ground. Yeah, they're better... A LOT BETTER! Here's the deal, coach, no apologies required. Your job is to nurture your players' self-esteem—stay on task!

#8 A Bubbling, Boiling Tempest In The Teapot - Erh, Stands

Take care of your team parents, grandparents and invited guests - ideally, before they arrive. Request that game officials and/or the opposing coach deal with their attending crowd. Young recreation umpires may not be up to addressing crowd control.

#9 It Takes A Village To Raise A Baseball Player...

...But not necessarily a village of instructors. Involve the parents if you can and they are willing. They can help run less demanding drills — and feel like they are needed. Just be sure to let them know not to instruct and to remain vigilant/safety conscious. Don't neglect moms—the best fielding catch of one season was a mom running full speed—with glove extended—flagging down a fly ball in the left center gap during batting practice!

#10 Batting Practice - Goofin' Ain't Improvin'

Set up a contest where fielders are competing—use only two infielders and two outfielders; then allow them to play deep. If a ground ball gets through the infield, both infielders earn pushups (if they field it cleanly, they earn credits). If a fly ball drops in the outfield, both outfielders earn pushups (also if they fail to call it until it is caught or dropped and/or don't execute proper relay). If they handle fly balls properly, they earn credits. If a fielder performs an "ESPN"—then the coach does a pushup!

SAFETY & DETERRENCE

All of our tools include messaging notifying recipients who we are, what we do and how to reach us; as well as including the national "988" number to call when self-harm is being considered. We've recently added two more critical resource to the sheets — where to call to report child abuse, as well as where to call to report inappropriate sexual related behavior.

We believe that the wide distribution of our educational materials and positive advocates tools (handouts and videos) that include "where to report" messaging will serve to deter predators from acting as they become aware that their potential victims will know how and where to report the occurrence or threat of their inappropriate behavior.

These cautionary messages are in keeping with our pledge to assist youth sports advocates to create safe and positive competitive environments and experiences.

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EMERGENCY
In a crisis, call "911" immediately
If considering self-harm, call "988"
The National Suicide Intervention Lifeline

SEXUAL ASSAULT
To speak to a counselor
Call (800) 656-4673
RAINN

CHILD ABUSE
To report suspected child abuse,
Call or text (800) 422-4453
Childhelp National Child Abuse Hotline

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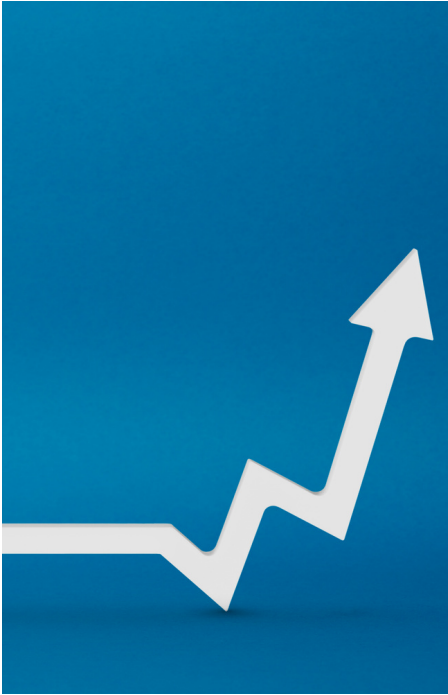
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The State of Our Union - continued



FUNDRAISING COMMITTEE

Bob Martin (Founder), Larry Lauvetz (President), Greg Robinson (Treasurer) and Nancy Hubacher (Executive Board Member) have volunteered to serve on The BMS Project's Fundraising Committee. Greg Robinson has agreed to chair the Committee. Along with Executive Board input, the committee has been charged with creating, planning, and conducting events and other revenue generating sources to fund the activities of theBMSproject.org.

The committee has held two meetings to consider future events. It is anticipated that two annual events might be in the offing — one in the spring and one in the fall. Donation solicitation efforts will also continue, as well as efforts to identify services and products that may be offered in exchange for financial considerations.

The committee will prepare a brief, recommendations report for Executive Board edification.

HUMAN RESOURCE SUPPORT

Through our first year of operation, we created our organization with dedicated volunteer efforts. However, men/women and nonprofits cannot live by good intentions alone — however commendable and appreciated. As we continue to move out of the gate, we are not yet in a position to employ paid staff, but an interim strategy has been implemented.

Now, thanks to donations received, we are able to compensate various independent service providers — through the use of retainer and services rendered fees — to address several of our critical operational areas: Marketing; website design, development and maintenance; social media support; and community outreach initiatives. We will also be conducting a second round of pilot tests in conjunction with our proprietary, Tier Two, “R We Okay 2Day?” wellness survey program.

Dr. Ali Scruggs (outreach support) and Madisen Tyler (fundraising, research and social media support) will be joining Laura Adler (marketing and communications) and Dave Kelsey (website development) as we pursue our mission in 2023 and beyond. They are providing their services at greatly discounted rates... thank you again and again.

TIP: “E” & “A” – THE RIGHT TICKET TO SUCCESS

Energy and Attitude - expressing strongly how the kids have control over these two things. The more they focus on channeling the appropriate energy, the better your team will be.

2022 Advocate Pioneer Award



Pictured:

(Left) Bob Martin presenting the award to Wentric Williams, Co-President of Reliant Health Care Management, LLC

Reliant Care Management, LLC presented with The BMS Project's 2022 "Youth Sports Positive Advocate Pioneer Award"

Reliant Care Management, LLC was recently honored as a recipient of the inaugural theBMSproject.org's 2022 Youth Sports Positive Advocate Pioneer Award in recognition of its valued support and contribution to our mission. Reliant Care Management's Co-President and Marketing Director, Ashley Williams enthusiastically subscribes to theBMSproject.org's motto.

Reliant Care Management joins the KC Royals Urban Youth Academy, Challenger Sports, and Top Gun Events as 2022 recipients of the award which will be presented annually to organizations that support theBMSproject.org's mission.

The award is dedicated to the lasting memories of the late Katie Meyer (former soccer goalie for Stanford University's soccer team) and Lauren Bennett (former catcher for James Madison University's softball team). Both of these young athletes tragically passed away in 2022, the founding year of theBMSproject.org.

News



The BMS Project Introduced 2023 Youth Sports Positive Advocates Community Outreach Program to Blue Springs Baseball League and the Kansas City Softball Coaches Summit

On Saturday, March 4th, theBMSproject.org's Founder, Bob Martin and President, Larry Lauvetz gave a brief pre-meeting presentation to coaches and attendees at the Kansas City Softball Coaches Summit. The presentation included describing The BMS Project's mission, as well as soliciting attendees' cooperation to participate in theBMSproject.org's 2023 Community Outreach Program. (as described earlier in this newsletter).

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Casey Borovac, Kansas City Royals Manager of Sport Development, hosted the meeting and encouraged attendees to support the efforts of theBMSproject.org in pursuit of their mission and endorsed The BMS Project's motto, "Together... here for our youth."



Pictured:

Coaches attending a KC Royals Softball Coaches Summit held at KC Royals' Kauffman Stadium.



Pictured:

theBMSproject.org President Larry Lauvetz (left) chats during a break in the Summit (Urban Youth Academy) with Dr. Alexandria (Ali) Allen-Scruggs (center), EdD, Med, CMPC, Scruggs Mental Fitness and Robb Behymer (right), Owner Top Events and BMS Advisory Board member

On Tuesday, March 7th, theBMSproject.org's Founder, Bob Martin, made a pre-meeting presentation to the Blue Spring Baseball League coaches introducing our organization and seeking participation in the Community Outreach Program. BSB's President Shawna Davis, Vice President Casey McGinnis and Secretary Laura Anderson encouraged attending coaches to support the efforts of theBMSproject.org and endorsed the motto.



Pictured:

Bob Martin addressing the Blue Springs Baseball League coaches.

TIP: INGREDIENTS NOT PART OF THE RECIPE CAN BOTH ENHANCE OR RUIN THE DISH

Grandparents and visitors weren't in your "prevention meeting" so they won't be familiar with agreed to team standards of conduct. Forewarn and solicit parents' cooperation to manage grandparents and invited guests regarding games and practices behavior norms.