



## 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. So, too, the pursuit of happiness in life outside of sports involves the creation of new friendships and pursuing life's challenges.*

**Never quit on yourself!**

### #3 It Starts with Good Sportsmanship & You

*Keep the enjoyment in the game for you, your coaches, parents, fans, opponents and officials*

### #2 Believe In and Like Who You Really Are

*Coaches, parents, fans and officials should also let you know how much they really enjoy watching you play*

### #1 Talk to Those You Trust

*We all need to talk to each other -- the game belongs to you, but everyone has a stake in your safety and well-being!*

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

#### EMERGENCY

In a crisis call "911" immediately

● **If considering self-harm, call "988"**  
24/7/365 Intervention Lifeline

#### SEXUAL MISCONDUCT

To speak to a counselor,

Call (800) 656-4673  
RAINN

#### BULLYING/HAZING, VIOLENCE, ADDICTIONS & SUBSTANCE ABUSE

For helpful resources,  
[theBMSproject.org/safety](https://thebmsproject.org/safety)

#### CHILD ABUSE

To report suspected child abuse,

Call (800) 422-4453  
National Child Abuse Hotline

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



# Mission Statement

**The BMS Project is a 501(c)(3) nonprofit organization whose mission is to assist sports advocates to create and maintain positive, safe competitive environments and experiences for athletes and competitors of all ages and their families; as well as to promote mental health awareness and contribute to suicide prevention.**

**To accomplish our mission, we work with athletes, sports advocates, for profit and nonprofit partners and affiliates to provide for the safety and well-being of athletes. We define “sports advocates” as parents, coaches, mentors, officials, for profit and nonprofit organizations, as well as school counselors.**

**On the front side of this introduction please note that the provided QR code links to resources that assist locating and vetting therapists and counselors. The Top Three Athlete Tips represent the highest priorities of theBMSproject.org. On the bottom of the front page, we also provide important safety and well-being resources for the use of athletes and other parties associated with sports participation.**

**The QR code provided below links to "By-Sport Directories" that further link to resources intended to assist athletes, coaches, parents, mentors, school counselors and officials to create positive, safe competitive experiences.**



**LIABILITY DISCLAIMER:** The suggested resources are not represented to be the best or only options available. However, they are presented as possible early steps for users to consider when addressing their individual situations. Then, a limited number of next steps resources are also suggested. The resolution of personal situations will always be at the discretion of each individual. The BMS Project, Inc. ("TBPI") is a Missouri nonprofit, 501(c)(3) corporation. The early step mental/behavioral health educational and advisory services that TBPI provides are intended to contribute to athletes safety and well-being, to promote mental health awareness and contribute to suicide prevention for athletes and their families. TBPI, our Executive Board, Advisory Board members, staff, promotional partners, associated leagues and affiliates do not assume legal liability in conjunction with the directory/advisory or other services provided therein; and/or services provided by other non-affiliated, independently owned and operated third parties. TBPI is not affiliated with any religious or political organizations. TBPI respects the rights of parents and/or guardians to determine what is best for their minor children. TBPI never passes judgment or assigns labels.