



## TOP 3 TIPS FOR YOUTH SPORTS ADVOCATES

By R. E. Martin

### Sports are part of a lifetime journey Never let your athletes quit on themselves!

Always tell your athlete how much you love watching them play. If anyone detects unusual behavior, they should bring it to the attention of those in authority. Event organizers have introduced penalties for teams that engage in an uncivil manner. Penalties may include ejection of team managers and/or the team without refund of entry fees. Individuals that violate their commitments to behave properly may be asked to leave the team. Prepaid team fees will not be refunded.

**LET'S KEEP IT POSITIVE AND ENJOYABLE FOR ALL PARTICIPANTS!**

### #3 Teach Good Sportsmanship

Keep laughter and respect in their game.

### #2: Help Them to Believe In and Like Who They Are

Competition is what they do, it does not define who they are.

### #1: Encourage Them to Talk to Those They Trust

If they feel like the deck is stacked against them, help them to adopt new rules.

#### 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

**BMS Holdings Group LLC licenses programs to assist youth 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 assist 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.

*Together... here for our youth!*

The QR code provided below links to "By-Sport Directories" that further link to resources designed 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.