



# TOP 3 TIPS FOR ATHLETES

By R. E. Martin

FOR HANDOUT AND/OR GROUP DISCUSSION

## 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).