



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).