



## How to Teach Your Team About CARE



### Have a short meeting with your team.

1. Ask the athletes what it means to CARE at school? Allow them to tell you what that looks like at their schools. Some schools give out CARE coupons or other celebrations
2. Ask them what each letter stands for.
3. Once you get an athlete to tell you, ask them to give a few ideas what it would look like if they were to show cooperation on the team. They will have great ideas. If they miss one that is important to you, ask them if your idea would show cooperation.
4. Repeat the process for Accountability, Respect, & Excellence
5. It is important for YOU to continue to use the CARE words throughout the season when speaking with your team and reminding them to follow expectations.
6. Use CARE language when communicating with parents. They are aware of CARE as well.
7. Refer to the CARE grid to understand that there are CARE expectations not only for Athletes but for Coaches and Spectators as well.
8. Watch the accompanying video as many times as you need to so that you are comfortable talking about CARE.

### Important things we learned when doing this activity:

- While it seems like Accountability is a hard word for young kids, we find that they surprise us with great definitions and understanding.
- When you get to Respect, remember to think about how to respect the team, the opponents, the officials, the dugouts/bench/gym areas & fields
- Please mention being safe, kind & accountable with social media if working with middle and high school students

### **Examples of what a coach might see if athletes are showing they CARE:**

**Cooperation:** Following directions, assisting another athlete with completing a task

**Accountability:** Coming to practice with all equipment, being timely, being responsible for your own behavior

**Respect:** Responding to officials' calls and directions with a positive attitude, removing your hat and facing the flag during the National Anthem, avoiding trash talking, clean up the area before you leave

**Excellence:** Demonstrate good sportsmanship, remember you represent your sport on and off the field/court/mat, practice your skills to improve performance, thank the officials, coaches, and parents.

**Questions?** Call Janine Sanger at 216-0026 or Sue Clark at 670-0800

Thank YOU for sharing this important message with your athletes.