



# SAFE SPORT TEAM TALK



## CBIM & AAL Biweekly Email

Cards available on our [Team Talk page](#)

### CBIM/AAL Lesson 8

Without any formal or additional training, team leaders can make a positive impact in athlete lives! You only need 15 minutes a week to perform these cards, and they can be completed in person or virtually.

Completing the CBIM and AAL cards are as easy as 1, 2, 3!

1. Download the cards on the USA Swimming [Safe Sport Team Talk](#) page
2. Get familiar with this week's topic of **aggression** and **stereotypes**
3. Follow the directions and implement with your athletes



## Coaching Boys Into Men

### Training 8

This week focuses on aggression in and out of the pool. Athletes need to recognize, identify and adjust behaviors when they become too aggressive.

[More info on CBIM](#)



## Athletes as Leaders

### Training 8

This week focuses on stereotypes of men. How do athletes contribute to these harmful messages and how can we prevent that from happening in the future?

[More Info on AAL](#)



## Coaching Boys Into Men

### Overview

- **12** learning sessions
- **Aims to teach** male athletes ages 12 and older respect for themselves and others
- **Helps build** healthy relationships and stops violence before it starts
- **Themes** include personal responsibility, respectful behavior and relationship abuse



## Athletes as Leaders

### Overview

- **10** learning sessions
- **Aims to empower** women athletes ages 12 and older
- **Promote** healthy relationships and end sexual violence
- **Encourage** leadership
- **Challenge** gender stereotypes

## Next Steps

- If you are an LSC Safe Sport Chair/Coordinator:
  - All LSC Safe Sport Chairs/Coordinators - please forward this email to the clubs in your LSC. The clubs Safe Sport Club Chairs/Coordinators would be great contacts.
  - Help guide clubs to complete these lesson plans and answer any questions they might have.
  - Encourage clubs to reap the benefits of these programs, whether they are practicing virtually or in person.
  - Collect feedback from teams on CBIM & AAL and send to your Safe Sport Zone Chair.
  - Collect all pictures, videos, and quotes from teams completing these resources, and send them to [SafeSport@usaswimming.org](mailto:SafeSport@usaswimming.org).
- If you are a Safe Sport Club Chair/Coordinator:
  - Encourage your coaches and leadership to complete these programs. Talk over the benefits of athletes becoming well rounded individuals in and out of the water.
  - Reach out to your LSC Safe Sport Chair/Coordinator with any questions about these programs.
  - Collect feedback from your coaches and leadership to send to your LSC Safe Sport Chair/Coordinator.
  - Collect pictures, videos and quotes from your team completing these resources, and send them directly to your LSC Safe Sport Chair/Coordinator.

## General Information

- [Quick Overview of CBIM](#)
- [Quick Overview of AAL](#)
- [More details on these programs and where to access cards](#)
- [Visit our Safe Sport Team Talk page here](#)

Questions on how to get started or implement? Email [SafeSport@usaswimming.org](mailto:SafeSport@usaswimming.org).