



Read this to your athletes:

New Year's resolutions give us a chance to set new goals or recommit to the things and ideas that we care about—like the culture on this team!

Safe Sport is all about creating a healthy, positive, supportive team culture. Let's brainstorm some ways that we can make 5 Safe Sport resolutions for 2017.

Safe Sport Resolutions:

1. Encourage each other. How?

>Safe Sport says: Keep the chatter during practice positive. If you notice that a teammate is struggling through a tough set, cheer them on. Find out the goal times of your teammates and cheer them on at meets.

2. Look out for each other. How?

>Safe Sport says: This goes all kinds of ways. Stand up for a teammate being picked on or bullied. Loan a teammate a cap if theirs breaks. Make sure they don't miss their race. If they do something that's against the rules, call them out on it.

3. Think before you speak/post/tweet. How?

>Safe Sport says: Respect isn't just actions, respect is words, too. Never say/post/tweet something mean, rude, or demeaning about a teammate. What you do with your words matters to the culture of the team.

4. Build each other up. How?

>Safe Sport says: Expect the best from your teammates and coaches, and then help them be their very best. If we all do this, we will be a faster, closer, and more supportive team.

5. Talk about how you feel. How?

>Safe Sport says: If you're mad about something a teammate or coach did or said, ask them about it. Let them know how you feel and listen to their perspective. Let's be a team that doesn't keep all of that bottled up.

This is also a good time to review the athlete honor code (or code of conduct) if it's been a while since you've done that.

***For Coaches: for more information and resources on team culture, visit www.usaswimming.org/toolkit. To report concerning behavior, contact Safe Sport at (719) 866-4578 or safesport@usaswimming.org.**