Sports Can Battle Racism:

A Workshop For Athletes

In this 75 minute workshop experience, your athletes will have an interactive discussion on how to increase understanding of one's own identity and biases, value diversity, and create safe environments on their teams to help ensure that everyone belongs.

FREQUENTLY ASKED QUESTIONS

Who is this workshop intended for?
Athletes of high school age and above.

What is the focus of this workshop?
PCA defines culture as "the way WE do things here." This workshop helps define the "we" through exploring identity and understanding personal bias, and then provides historical context to how sports has been used to battle racism. The learning objectives of this workshop are curiosity, honesty, education and commitment. This workshop will increase participants' knowledge about racism and the role sports can play in combating racism. Participants will walk away with specific tools for responding to racism, creating safe environments for all to belong, and action steps to do more on their teams to combat racism.

Will there be follow up to the workshop?
Yes, there will be follow up materials for athletic administrators to continue this conversation with their athletes as well as a dedicated PCA Program Manager to work with you on questions that may arise.

What is the maximum number of attendees in the workshop?
75 max which will allow for effective discussions and breakout rooms.

What is the time commitment of the workshop?
75 minutes via Zoom.

How many days in advance can I schedule this workshop?
As always, PCA needs two weeks advance notice to schedule the workshop.

Who is leading the workshop?
There will be one Certified PCA Trainer and one PCA Producer who lead attendees through activities, breakout rooms, videos and powerful conversations.

My athletes have never gone through one of PCA's athlete workshops. Should I do so before going through this workshop?
We highly recommend athletes go through PCA's Triple-Impact Competitor workshop prior to this workshop.