



Making Your School Community Better

A Triple-Impact Competitor® recognizes the power and influence an athlete has and seeks ways to use that to improve the school community. There are a number of ways, large and small, that you can enhance your impact and contribute to your school being an inclusive space. These include:

- Connect with a local program and volunteer: Mentoring, coaching, or running clinics for younger athletes help you create great leadership skills and give young athletes someone to look up to.
- Look out for those who aren't included. Like former professional football player Joe Ehrmann says, "No one eats alone."
- Get involved with anti-bullying activities. Model inclusive and kind behavior.
- Support other classmates' activities by showing up and cheering them on. This works best at events few attend, like junior varsity games.
- Participate in community service activities as a team or on your own.

To take action now, athletes can:

1. List what you, your team, or you and a group of teammates can do this season to make a positive contribution to your school community.
2. Create an Athlete Action Plan - what steps can you take to make your list come to life?

Some examples:

- a. Talk to your coach.
- b. Bring this topic up at a team meeting.
- c. Involve teammates; you'll make a bigger impact with more people involved.
- d. Volunteer to look up opportunities and handle the logistics.

