

SUSTAINABILITY

Tips for Sustaining Life of an Athlete



SUSTAINING STUDENT LEADERSHIP

- Maintain regular weekly student leadership meetings
- Send students to local Life of an Athlete (LoA) trainings
- Send students to statewide trainings
- Encourage positive media messaging from students
- Ensure high school students are mentoring middle school & elementary school students



SUSTAINING EFFECTIVE PRE-SEASON MEETINGS

- Establish a well-done agenda that can be carried over from season to season and from year to year
- Provide parents, athletes, and coaches with LoA resources/materials at these meetings
- Encourage parents and athletes to use the LoA web modules



SUSTAINING ENGAGEMENT OF COACHES

- Incorporate discussion on healthy lifestyle choices into regular meetings with coaches
- Ensure coaches are having discussions on healthy lifestyle choices with their teams
- Encourage coaches to expand their education on sport and lifestyle choices



SUSTAINING EFFECTIVE CODES OF CONDUCT

- Develop an athletic policy committee within your community
- Continually assess and change policies



SUSTAINING STAKEHOLDER UNITY

- Encourage students to reach out to business
- Look for opportunities for students to get involved in the community
- Partner with community prevention programs to assist in implementation of LoA