

Game On: A Season of Choice

SOURCE: <https://www.youtube.com/watch?v=kBVp6Vq0TGE&feature=youtu.be>

PURPOSE: Provide some strategies to help young athletes find positive, process-oriented activities to stay engaged while not participating in team sports. Note: there are additional strategies in the video, but these seemed most appropriate for youth lacrosse programs.

GRATITUDE:

- Ask program leaders to write a thank you letter to athletes and their families for helping to slow the virus.
- Ask athletes to write a letter of recommendation for their coach.
- Ask athletes to write a letter of recommendation for THEMSELVES, describing what they do well and what they are working to improve.

PERSPECTIVE:

- Ask athletes to write a letter about what it's like to not be able to play -- have them keep this for future reference and perspective if/when things get tough.
- Ask athletes to write a thank you letter to hospital and/or health care workers for their role in helping to slow the virus.

CO-CREATION:

- Ask athletes to write up their own practice plan or create a new play or drill for the team.
- Create a team fitness challenge or individual skill challenge (e.g. wall ball, stick tricks, etc.) and ask athletes to post videos of themselves to the team facebook page or similar.
- Create a PSA demonstrating how team members are helping to slow the virus and/or spending their time away.
- Create a virtual fundraiser or start to plan a community service project for a local organization in need.

“It’s not our job to fix, but rather to support.”