



ATHLETE RESOURCE

ELEVATING OURSELVES AND OUR TEAMMATES



You're part of something bigger – a team connected by this sport. YOU have the power to make this experience amazing, not just for yourself, but for everyone around you. This is your chance to step up, support each other, and build a community that truly cares.



When it comes to showing up for yourself and your teammates, keep these three things in mind:

Be a Good Teammate • Respect Each Other • Be a Good Ally

Be a Good Teammate

Lift Each Other Up:

Focus on how you can support your teammates. If someone's missing practice or needs a hand, reach out and ask how you can help. Your support can make all the difference!

Get to Know Each Person:

Their likes and dislikes, what is supportive for them, and what worries them.

Lead with Kindness:

Everyone's dealing with their own stuff. Even if you don't agree with their actions, you can still be supportive and kind.

Be the Leader:

You set the example for how the team treats each other. It's not always easy, but when you lead with positivity and respect, you're helping shape how your team can swim together!



Respect Each Other

Embrace Our Differences:

We're all unique, but being part of this team is something we share. Use this opportunity to find what connects you and learn from each other's differences – they can teach us a lot.

Treat Others How They Want to Be Treated:

Start by treating others how you'd like to be treated, and then take it a step further – ask how they want to be treated. If you make a mistake, apologize, learn from it, and do better next time.

Be a Good Ally

Speak Up When Something Feels Off:

If something feels unkind or uncomfortable, step in. Whether it's words or actions, addressing it can make a big difference. It might be as simple as asking a question, saying it didn't feel right, or checking in with the person affected.

Stand Up for What Matters:

Defend what's important to you, your teammates,