



# **Huddle Up**

## **Meaningful Connection with Athletes**

### **A Healthy Lamoille Valley Program**

**A 6 topic outline supporting skills for life during and after the season**



Focus on team bonding activities on and off the field/court and discuss ways to connect and socialize together, including after wins and losses.



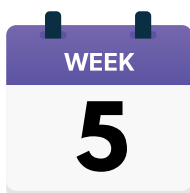
Review and explain the Code of Conduct, and create a team contract emphasizing healthy choices, avoiding substances, and understanding the risks of peer pressure, especially in the locker room, school, when socializing and at parties.



Discuss physical self-care, healthy nutrition, balancing exercise and rest, and the dangers of substances (alcohol, drugs, performance enhancers).



Address mental health, the link between substance use and mental health challenges, and the importance of seeking professional help for treatment.



Focus on connecting athletes to community and school resources, exploring ways they can positively impact the community and initiate or join school-wide or town projects.



Assess whether the team acts as a risk or protective factor for its members and discuss how team dynamics influence individual behavior and choices.

# Huddle Up Program Details

## Week 1: Ask your team

- How can we come together as a team?
- How do we want to socialize outside of practices or games?
- How do we want to connect after wins and losses?

## Week 2: Create or present a Code of Conduct

- How can we use the Code of Conduct to help guide decision-making and healthy choices?
- Topics to address:
  - Refusal skills
  - Decision making (prom, parties, gatherings)
  - Current events
  - Local Youth Risk Behavior Survey data

## Week 3: Discuss factors of a Healthy Lifestyle

- How can we as a team support a healthy culture?
- Nutrition and balanced diets
- Tailored nutrition support for male, female, and non-binary athletes
- Understanding self-care
- Avoiding substances
- Effects of energy drinks
- How substances affect the brain and performance

## **Week 4: Mental Health**

- How do your athletes like to be supported?
- Discuss how substances can impact physical and mental health and how sports do, as well!
- Discuss your role as a trusted adult, and your access to resources.
- Be a role model

## **Week 5: Community**

- Ask: "How do you feel connected to your community outside of sports?"
- How do you see your role in supporting others in your community?
- Identify community projects or organizations that are important to your athletes.
- Explore different volunteer opportunities and ways to get involved.
- Encourage participation in at least one town or community event/project during the season.
- Have athletes discuss potential projects with teachers, athletic directors, and other school administrators.

## **Week 6: Risk and Protective Factors**

- Survey the team on their level of safety (physical and emotional) when at practice or games.
- Discuss social relationships and climate on the team. How can it be improved?
- Ask your athletic director to check in with students on their comfort level with you as a coach.