

## PRE-SEASON SPEECH

This training will help athletes:

1. Understand your expectations and ground rules for the upcoming season, such as arriving on time, respectful behavior, etc.
2. Anticipate upcoming CBIM program trainings focusing on building healthy relationships and respect for women and girls.

### Warm Up

“ Since this is the start of the season, I want to talk about your responsibilities on this team and my expectations of you. This season we’ll not only be focusing on your development as athletes, but also on your development as young men.

This includes how you carry yourself and how you treat others, particularly people you may be dating or hooking up with. Each week, I want to talk to you guys about some of these things. Starting today, we will focus on how we can better show respect for ourselves, our teammates, and others.”



### Ask the Players

1. What does respect mean to you and why is it important?
2. How can you show respect to your teammates?
3. How can you show respect to your friends and family?
4. How do you show respect even to people you don't know, like at a restaurant or at the mall?
5. How can you show respect to someone even if you don't like them?

### Discussion Points & Wrap Up

- I care about how you act on and off the field.
- Respectful behavior means treating others how they want to be treated. I know you're not going to get along with everyone, but that's never an excuse to physically or verbally harass someone.
- Showing true respect involves everything you do – how you speak, how you act, how you think, and the way you present yourself to others.
- As athletes, people will watch you, and many will look up to you – the language you use, how you act, and how you treat other people is very important. Use your visibility and leadership to promote respect.
- If someone is being disrespected, say something or walk away to show that you don't think it's ok.
- If someone is targeting you, tell me or another adult you trust.
- I want you to keep up with your schoolwork, be polite to your teachers, and show respect to all your classmates.

References & Resources: See CBIM Playbook, “Playing Field,” pgs 14-15.