

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 women and girls like your girlfriend or your sister. 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 to ourselves, your teammates, and others. ”



Ask the Players

1. What does respect mean to you?
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?

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.
- 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.
- I want you to keep up with your schoolwork, be polite to your teachers, and respect women and girls.

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