



## **WHAT CAN OUR ATHLETE CAPTAIN DO FOR US?**

All of our athlete captains have different skill sets and interests. We recommend asking them how they would like to be involved. Here are a few ideas to get them started:

- Make a motivational video
- Lead a workout or stretching session
- Virtual or In Person Meet & Greet - hear their story
- Partner Workouts - pair your captain with a team member to keep each other accountable while you train for the Plane Pull
- Invite them to your on site fundraiser
- Ask them to be part of a meeting!

## **WHAT CAN WE DO FOR OUR CAPTAIN?**

As you get to know your captain you might think of other fun ways to engage with them. We hope these ideas are the start of a lifelong friendship!

- Include your captain in virtual or in person practices/meetings
- Organize a Yappy Hour to socialize and get to know each other
- Make a motivational video for your athlete
- Do a healthy activity together on Zoom or in person
- Become an e-buddy and send your athletes emails just to check-in!

