



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
- Healthy recipe swap
- 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 - they are competing too!
- Keep each other accountable, by assigning an accountability buddy
- Do a healthy activity together on Zoom or in person
- Become an e-buddy - send your athletes emails just to check-in!