



HEALING-CENTERED SPORT

A sport environment in which conditions for healing, safety, positive relationships, and agency are present.

Check the list below to see if you are aligned with the healing-centered sport movement.

TYPICAL SPORT

- When an athlete shows up to the sport space, coach is standing off to the side with other adults (arms folded).
- When a coach gives the whole team instruction (or discusses strategy) they stand while forcing athletes to sit / kneel and hover over them.
- Coaches micromanage games—gives instruction while athletes are playing (even when players can't hear them).
- Coach is easily dysregulated—yells from the sideline, gets agitated, fights with the referee.
- When an athlete exhibits challenging behavior, a coach sends them to a time out or kicks them out of practice (isolate and contain).
- Fitness is used as punishment. Athletes are sometimes made to be responsible for their teammates through extra fitness.
- Coaches do not seek feedback from their athletes.
- Coaches do not admit when they are wrong or take responsibility for mistakes.
- Coaches encourage athletes to “push through” whenever they are too far out of their comfort zone.

HEALING-CENTERED SPORT

- When an athlete shows up, the coach enthusiastically greets and invites them into the space.
- When a coach gives the whole team instruction (or discusses strategy) they stand in a circle with the team.
- Coaches encourage the play and use time on the bench or time out to give instruction to an athlete not engaged.
- Coach stays cool to help athletes stay regulated with a consistent, calm demeanor.
- When an athlete exhibits challenging behavior, a coach takes them for a walk, or plays catch with them (connect and move).
- Fitness is never used as punishment. Practices are highly active; “pressure” is put on athletes through game-like scenarios.
- Coaches actively seek feedback from their athletes.
- Coaches admit when they are wrong (and apologize, when necessary) and take responsibility for mistakes.
- Coaches allow athletes to opt in and out of play when they go too far out of their comfort zone.

LEARN MORE ABOUT CHJS AND THE HEALING-CENTERED SPORT MOVEMENT.

