

WHAT IS HEALING-CENTERED SPORT?

TYPICAL SPORT

HEALING-CENTERED SPORT

✗ When an athlete shows up to the field, court, or pool, the coach is standing off to the side with other adults (arms folded).	✓ When an athlete shows up, the coach enthusiastically greets them and invites them into the space.
✗ When an athlete is late to practice, they are required to "do laps" or something else that indicates their fault in arriving late. They don't check in about why they are late, but may provide an ultimatum about being late again.	✓ When an athlete is late to practice, the coach says "I'm glad you made it, get warmed up and I'll catch you up," then circles back later to make sure everything is ok and troubleshoot ways to help athlete come on time (if possible).
✗ An athlete shoots and misses (or strikes out, doesn't win, etc.) and the coach criticizes with words or their body language (looks away, acts disappointed or angry).	✓ An athlete shoots and misses (or strikes out, doesn't win, etc.) and the coach encourages the effort and helps them move forward.
✗ When a coach gives the whole team instruction (or discusses strategy) they stand while forcing athletes to sit / kneel and hover over them.	✓ When a coach gives the whole team instruction (or discusses strategy) they stand in a circle with the team.
✗ When an athlete comes off the field, court, out of the pool, the coach says "you should do this next time" or "why didn't you do this?"	✓ When an athlete comes off the field, court, out of the pool, the coach says "what did you notice out there?"
✗ Coaches micromanage games —give instruction while athletes are playing (even when players can't hear them).	✓ Coaches encourage the play and use time on the bench or time out to give instruction to an athlete not engaged.
✗ When an athlete exhibits challenging behavior, a coach sends them to a time out, or kicks them out of practice (isolate and contain).	✓ When an athlete exhibits challenging behavior, a coach takes them for a walk, or plays catch with them (connect and move).
✗ Coach is easily dysregulated —yells from the sideline, gets agitated, fights with the referee.	✓ Coach stays cool to help athletes stay regulated with a consistent, calm demeanor.
✗ Every activity is the same for every athlete.	✓ Activities are adapted to meet athletes where they are.
✗ Fitness is used as punishment —athletes are sometimes made to be responsible for their teammates through extra fitness.	✓ Fitness is never used as punishment. Practices are highly active; "pressure" is put on athletes through game-like scenarios.
✗ Athletes are expected to do what the coach says with no questioning.	✓ Athletes are invited to do what the coach says and given opportunities to ask questions and express opinions.
✗ Coaches do not seek feedback from their athletes.	✓ Coaches actively seek feedback from their athletes.
✗ Coaches do not admit when they are wrong or take responsibility for mistakes.	✓ Coaches admit when they are wrong (and apologize, when necessary) and take responsibility for mistakes.
✗ Coaches provide positive feedback when an athlete accomplishes something (scores a point, wins a race, etc.).	✓ Coaches provide positive feedback when an athlete progresses in some way (beats personal record, tries something for the first time).
✗ Coaches encourage athletes to "push through" whenever they are too far out of their comfort zone.	✓ Coaches allow athletes to opt in and out of play when they go too far out of their comfort zone.