

Action Strategies for Supporting Student-Athlete Activism

A CHECKLIST FOR COACHES AND ADMINISTRATORS

Acknowledge student-athletes' holistic identities.

- ☐ Talk daily with student-athletes about their various identities (social, academic, professional, etc.).
- ☐ Implement topics focused on their multiple identities into team meetings.
- ☐ Encourage student-athletes' participation in activities outside of athletics.

Recognize the unique challenges of historically underrepresented and marginalized student-athletes.

Educate yourself on the experiences of underrepresented groups by:

- ☐ Reading books, articles and academic journals.
- ☐ Watching media shows and programs, and listening to podcasts.
- ☐ Taking advantage of online training opportunities.

Assess student-athletes' needs when it comes to activism.

- ☐ Conduct regular climate surveys. Add a section on student-athletes' needs when it comes to civic engagement and activism.
- ☐ Join team meetings to find out what you can do to support student-athletes' activism.

Gather and make available resources that can inform student-athletes' activism.

- ☐ Collect resources that student-athletes can access to maximize their activism.
- ☐ Make the information readily available for student-athletes (e.g., as part of the student-athlete handbook).
- ☐ Put together a list of resources focused on activism that are available online.
- ☐ Check out resources available through the [NCAA office of inclusion](#).
- ☐ Include campus resources such as cultural centers, diversity offices, academic departments, faculty and staff.

Provide visibility for student-athletes' activist efforts.

- ☐ Create a series of short videos highlighting student-athletes' activism. Include such efforts in communication materials.
- ☐ Bring up student-athletes' leadership for activist causes in department meetings.

Engage student-athletes on topics related to activism.

- ☐ Incorporate specific language that addresses activism in team documents.
- ☐ Dedicate time during each team meeting to discuss issues relevant to student-athletes' activism.
- ☐ Point out resources for activism on recruiting visits and engage athletics alumni who may have an interest in activism.
- ☐ Work with staff to identify educational programming that may train student-athletes in utilizing their platform for activism.
- ☐ Conduct workshops on activism during team or SAAC meetings.

Create an infrastructure for student-athlete activism.

- ☐ Provide institutional support in the form of staff committed to the cause, funding and other resources that help student-athletes do activist work (e.g., providing meeting time and space).
- ☐ Dedicate a part of your budget to student-athletes' activist efforts and for their development as activists.

Connect student-athletes with mentors in the activist space.

- ☐ Introduce faculty, staff and alumni involved in the activist space to your student-athletes.

Expect resistance and practice radical self-care.

- ☐ Prioritize your mental and physical health when supporting (or participating in) activism.
- ☐ Take frequent mental health days and utilize your school's counseling center or office to identify coping strategies.

For more information on student-athlete activism, visit our [NCAA Student-Athlete Activism](#) webpage.



UCLA Athletics



Montana Athletics



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