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.