



Celebrating National Hispanic Heritage Month

September 15-October 15

During National Hispanic Heritage Month, we celebrate the history, culture and contributions of Hispanic and Latino/Latina/Latinx communities in the United States. The NCAA has a commitment to acknowledging and celebrating all athletes. We honor generations of athletes who trace their roots to Hispanic and Latin American countries.

Use and share our full resource guide to ***CELEBRATE***, ***CENTER*** and ***CHAMPION*** Hispanic heritage.



INCLUSION

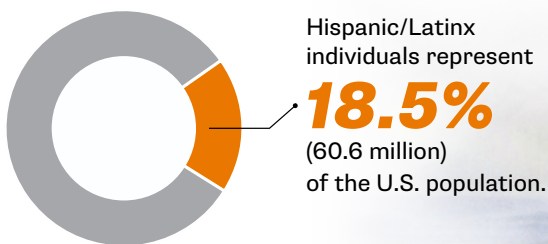
About National Hispanic Heritage Month

Significance

National Hispanic Heritage Month was first introduced in 1968 as National Hispanic Heritage Week. The week was then enacted into public law as a 31-day celebration in 1988 by President Ronald Reagan. National Hispanic Heritage Month honors individuals from Spain, Mexico, Central America, South America and Spanish-speaking nations of the Caribbean.

National Hispanic Heritage Month begins on Sept. 15 to acknowledge the anniversary of independence for five Latin American countries. Three other Latin American countries also celebrate their independence during September. Check out the [National Hispanic Heritage Month site](#) for more robust history on the Hispanic culture.

By the Numbers



Key Terms

Hispanic refers to individuals who are natives of, or descendants from, a Spanish-speaking country.

Although often misused to describe a person, Spanish refers to language and nationality.

Latino/Latina refers to an individual who is a native of, or descendant from, a Latin American country. **Latinx** is a more inclusive and gender-neutral term to refer to a Latino/Latina person.

NOTES: When possible, a best practice is to ask individuals how they would like to be described or referred to.

These recommendations are not strictly for National Hispanic Heritage Month and should be practiced throughout the year.

ANA CRISTINA PEREZ

EMORY UNIVERSITY

Division III • Women's Tennis

Classification: Sophomore

Cultural Background/Country

of Origin: Dominican Republic

Q: How do you feel other Hispanic athletes can be supported by their teammates and coaches? What does that support look like for you?

A: It is amazing when the whole team is educated on the athlete's Hispanic culture and background, supporting national holidays, cultural foods, and celebrations.

My team is incredibly supportive of my culture. They love to hear me talk about my country and our customs. They've even tried learning some merengue and bachata. And not only my culture, Emory's tennis team embraces all cultures, which I believe is an amazing characteristic that every team should hold.





CELEBRATE

Educate Yourself on Hispanic Culture

Discover artists such as Frida Kahlo, Diego Rivera and more. Check out the [Smithsonian Art Tour](#)!

Read literature and books from authors such as Gabriel García Márquez, Sandra Cisneros and Pablo Neruda.

Tune in to Hispanic/Latinx music from artists such as Gloria Estefan, Lin-Manuel Miranda and Selena.

Explore Hispanic/ Latinx History

Learn about the contributions of Hispanic and Latinx communities to American society. Make sure to stop by the [Smithsonian Learning Lab Collection](#) to view its Hispanic history catalog.

Tag Your Teammates

Highlight the voices of individuals on your team(s) and athletics

department(s) who identify as Hispanic or Latinx. Lean on their advice on how best to celebrate their culture.

Support Local Hispanic Organizations

Organizations across the country work diligently all year to protect the rights of Hispanic and Latinx communities. Volunteer at your local community organization(s). You can even make a monetary donation to service organizations such as [United We Dream](#), [Voto Latino](#) or [RAICES](#). Check out [Charity Navigator](#) for a more robust list of organizations to support.

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ISMAEL CONTRERAS

PURDUE UNIVERSITY NORTHWEST

Division II • Men's Soccer

Classification: Senior

**Cultural Background/Country
of Origin:** Mexico

Q: What suggestions would you have for amplifying the voices of our Hispanic athletes?

A: I would encourage Hispanic student-athletes to be brave and seek positions of leadership in which they can get the opportunity to speak and share their experiences in a professional environment.

Whether it be (the Student-Athlete Advisory Committee), student government or a different organization, take the leap and believe in yourself to succeed in these roles so that you have the very same opportunity as others. Take advantage of any opportunity you can to speak and be heard.





CENTER

Establish an Affinity Group

Create a platform for your Hispanic/Latinx athletes and staff to be heard. Foster inclusion by honoring their experiences on campus as racial minorities. Check out this resource on how to [create an affinity group](#).

Invite Hispanic Speakers and Talent to Your Next Event

Embrace diversity by inviting individuals from different ethnic backgrounds. Highlight Hispanic cultural perspectives by centering their voices at your events.

Spotlight Hispanic Athletes

Lift the voices of Hispanic athletes by allowing them to share their stories with teammates and athletics departments.

Partner With Campus Organizations

Amplify the celebration by hosting an event! Partner with your local campus organization(s) that support Hispanic and Latinx students. Invite your team(s) and athletics department(s) to join the festivities.

Community Conversations

Gain a deeper understanding of how athletes experience and perceive their campus community. Partner with your organization's

communications department to spark dialogue that explores Hispanic athletes, coaches and staff experience.

CHAMPION

Host DEI Panels and Trainings

Foster an inclusive community by offering educational training and workshops on various topics in diversity, equity and inclusion. Include the experiences of Hispanic athletes in the conversation to provide cultural insights on ways to better communicate with Hispanic/Latinx athletes and staff effectively.

Create a Sense of Community for Hispanic Athletes Within and Outside Athletics

Support Hispanic athletes in their pursuit of a lucrative and successful career after athletics. Connect them with Hispanic-centered, pre-professional groups on campus, and campus career development services.

Attend a Sporting Event

In the unity of sport, the best way to celebrate and support your Hispanic athletes is by cheering them on at a sporting event. Don't forget to ask your teammates and friends to join you!

FRANCISCO JAVIER JIMENEZ GARCIA

SAMFORD UNIVERSITY

Division I • Football

Classification: Junior

Cultural Background/Country of Origin: Mexico

Q: How do you feel other Hispanic athletes can be supported by their teammates and coaches? What does that support look like for you?

A: Try your best to have someone that speaks the same language as your Hispanic athletes on staff or on the team; that's been very helpful for me.

Let your athletes represent their country on game day! I love having something I wear on the field to distinguish me and represent Mexico.

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