

Assignment: Create a Caring Climate Action Plan

Purpose

Athletes are more likely to learn, develop, enjoy sport, and return next season when they feel cared for, connected, and valued. Creating a caring climate does not happen by accident, it requires intentional planning and consistent actions from coaches and leaders.

Learning Objectives

- Identify coaching and teaching behaviors that promote trust, belonging, and athlete well-being.
- Develop intentional strategies to create positive relationships with athletes.
- Design opportunities for athlete voice, choice, and engagement.
- Reflect on how your intentional actions will influence the athlete experience.

Assignment

Create a Caring Climate Action Plan that you could put into action as a teacher or coach that will help you create a caring environment where athletes feel:

- Valued
- Connected
- Supported
- Safe to make mistakes
- Included
- Motivated to improve

Think beyond practices and games. Consider every interaction athletes have with you and how those experiences contribute to their overall experience and long-term development.

Part 1: Caring Climate Action Plan

Create a written action plan that addresses the following areas:

- **Building Relationships:** How will you get to know your athletes as people, not just performers?
- **Creating Belonging:** How will you help every athlete feel like they belong on your team?
- **Encouraging Athlete Voice:** How will athletes have opportunities to share ideas, opinions, and feedback?
- **Responding to Mistakes:** How will you create an environment where athletes feel safe to make mistakes and learn from them?
- **Supporting Athlete Well-Being:** How will you demonstrate care for athletes beyond performance?
- **Recognizing Improvement:** How will you celebrate progress, effort, and improvement?

Part 2: Caring Climate Tool Kit

Move your plan from ideas to action by creating one tool for each section of your Caring Climate Action Plan. (e.g., athlete check-in, team-building activity, feedback form, recognition system or meeting outline)

Part 3: Reflection & Application

Write a brief reflection on the role your Caring Climate Action Plan will play in shaping the athlete experience. Which elements of your plan are most meaningful to you? How will you bring your plan to life throughout the season, and what is the first step you will take on day one?