

CARING CLIMATE COURSE



The wait is over! This month marks the highly anticipated launch of our brand new [Caring Climate Course \(CCC\)](#). Get ready to transform your coaching.

The Caring Climate Course is your gateway to unlocking the power of a caring sports climate. A caring climate is one that helps girls thrive both on and off the field.

Dive into six dynamic, bite-sized modules packed with real-world strategies to spark cooperation, deepen bonds, and inspire a team culture where every girl feels seen, supported, and empowered. You'll walk away with actionable tools to elevate performance, supercharge confidence and joy, and ignite a lifelong love of sport. Each module overflows with practical tips you can use right away.

Best of all, each module takes just 4-12 minutes. Perfect for busy schedules and designed for immediate impact. Jump in, level up, and see the difference from day one!



Be *HER* Reason to Stay in Sport

HER GAMEPLAN: PICK ONE TO DO



One Action Every Sport Stakeholder Can Take to Create a Caring Climate



GOVERNING BODIES & NATIONAL LEADERS

Lead with the Why.

Share a message from your leadership team explaining why creating caring sport environments is a priority and how it supports athlete development and retention.



DIRECTORS AND LEADERS

Coach for Connection.

During your preseason coaches' meeting, spend 10 minutes discussing one way coaches can intentionally help every athlete feel seen, valued, and connected.



COACHES

Start with Curiosity.

During the first week of practice, intentionally learn something about each athlete beyond her sport - her interests, hobbies, family, or goals.



FOR COACHES

The Secret to Helping Girls Thrive in Sport

Discover how small, intentional actions can create a caring team climate where girls feel valued, supported, and ready to thrive.

LEARN MORE



FOR PARENTS

Car Ride Home Conversations: Helping Your Athlete Create a Caring Team Environment

Turn the car ride home into a meaningful conversation about how your athlete can help every teammate feel welcomed, supported, and valued.

LEARN MORE



FOR

LEADERS

Beyond the Bench: The Leader's Role in Creating Caring Sport Environments for Girls

Learn how sport leaders can shape a caring culture where coaches feel supported and every girl has the opportunity to thrive.

LEARN MORE



AUGUST REFLECTION

**CARING SPORTS ENVIRONMENTS
DON'T JUST HAPPEN.**

**WHAT INTENTIONAL ACTIONS CAN YOU
TAKE TO ENSURE YOU ARE CREATING A
CARING CLIMATE FOR ATHLETES?**

COACHING
HER



Champion of the Month: New York Junior Tennis League

Dive into coach Yesica De Lucas's inspiring story to discover how she encouraged the leadership team to provide simple facility updates, free care kits, and cycle-aware menstrual education, which are transforming NYJTL's Cary Leeds Tennis Center into a period-friendly environment where young athletes can focus on winning, not hiding.

Champion News: USA Ultimate Study

Why did so many women and girls step away from ultimate frisbee after the pandemic? A groundbreaking new study reveals they aren't losing interest—they're leaving because playing environments, particularly mixed-gender leagues, often fail to make them feel valued, safe, and included. Dive into these eye-opening findings and discover the bold new roadmap USA Ultimate is using to empower female athletes and revolutionize the sport's future.



[Read the USA Ultimate Participation Study >](#)

BECOME A CHAMPION



Becoming a Coaching HER® Champion is a **FREE**, high-impact way to strengthen your coaching culture and show your commitment to girls' development, confidence, and belonging in sport.

Champions get immediate access to evidence-based education, ready-to-use tools, and trusted resources—so you can move from intention to action without adding workload.

[Learn more and get started at www.coachingher.com/champions >](http://www.coachingher.com/champions)

IN THE COMMUNITY

I'm Speaking

Join Me

**COACHES
OPEN 2026**

Presented by

USTA COACHING

August 25-27 | New York City

**August 18 &
August 25, 2026**

Dr. Nicole M. LaVoi will be delivering “Coaching HER®: Strategies to Keep Girls & Women in the Game” sessions at the Cincinnati Open (Aug 18) and the flagship Coaches Open 2026 event in NYC (Aug 25), both for USTA Coaching, an early adopter, Coaching HER® Champion.



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