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Assignment: Coaching Implementation Plan — Teaching the “Body Confident Athlete” Sessions

Purpose

Future coaches play an important role in shaping team culture and athlete well-being. This assignment challenges you to design a realistic, thoughtful plan for how you would implement the three *Body Confident Athlete* sessions with your team:

1. Session 1: *Body Talk in Sport*
2. Session 2: *What Our Bodies Experience in Sport*
3. Session 3: *Listening to Our Bodies in Sport*

Assignment

Your goal is to apply a coach’s lens—considering timing, logistics, inclusion, and leadership—so that these modules can be meaningfully woven into your (future) team’s season and culture.

1. Create an Implementation Timeline

- Decide when during the season you would introduce each module (preseason, midseason, postseason, etc.).
- Explain your reasoning. Why would this timing be most effective for learning and team connection?
- Include how much time you would allow between modules (BCC recommends one week) and how you would revisit key messages during the season.

2. Decide Where You Will Facilitate Each Lesson

- Identify the setting(s) where you would lead these modules—such as during team meetings, classroom sessions, practice debriefs, team retreats, etc
- Explain how the environment you choose supports open, comfortable, and safe discussions.
- Consider whether different modules might work better in different settings.

3. Engage the Team and Staff

- Describe how you would introduce the modules to your athletes and set expectations for meaningful participation (keep in mind athlete privacy, vulnerability, and trust)
- Would you complete each lesson all at once or break them into shorter sessions or discussions?
- How could assistant coaches, athletic trainers, or other staff help reinforce learning between sessions?

4. Include Families and Administrators

- Explain how you would communicate the **purpose and benefits** of these modules to families and athletic administrators.
- Would you share updates, invite parents to a session, or include information in a team newsletter?
- How could you gain administrative support for time, space, and resources?

5. Center Diversity and Inclusion

- Describe how you will ensure the content and discussions are inclusive and relevant for all athletes; considering body size, gender identity, race, ability, and sport context.
- Outline strategies to create a safe and affirming learning environment for everyone on your team.

6. Empower Team Leaders

- Reflect on how you could prepare and empower captains or team leaders to help reinforce body confidence messages.
- What specific roles could they play? (Leading check-ins, promoting supportive language, modeling vulnerability and respect)

7. Final Product Options

- Written Action Plan outlining your implementation strategy, rationale, and addressing the guiding questions.
- Visual Map or Digital Timeline showing when, where, and how each module will be introduced, with a brief written explanation for each .
- Presentation walking through your full implementation plan; include rationale and responses to the guiding questions.

Guiding Questions

- When and how often will you integrate the modules to make the greatest impact?
- How will you adapt each lesson for your sport, age group, and team culture?
- How will you ensure continued learning beyond the three modules?
- What barriers might you face (time, comfort, buy-in), and how will you address them?
- What outcomes would you hope to see in athlete confidence and team culture?