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Assignment: Exploring Identities and Intersectionalities with Your Athletes

Purpose

Understanding the identities of your athletes/students and how those identities intersect is a crucial step in creating inclusive, equitable, and supportive sport environments. You will design and facilitate an activity that helps athletes:

1. Reflect on their own identities
2. Explore how intersecting identities shape experiences
3. Learn about and appreciate the diverse identities of their teammates

Instructions:

Step 1: Activity Design

Using the [Social Identity Wheel](#) and [Personal Identity Wheel](#), create an interactive activity for your athletes. Your activity should:

- Encourage participants to reflect on their own identities
- Highlight how identities intersect and influence experiences in sport
- Foster understanding and appreciation among teammates
- Be age-appropriate, engaging, and safe for open sharing
- Allow participants who feel uncomfortable sharing an alternative

Optional Format Ideas:

- Individual reflection and journaling on the wheels
- Small group sharing and discussion
- Paired interviews using the wheels as prompts
- Team gallery walk where participants post their wheels and observe patterns

Step 2: Create an Implementation Plan

Create a plan for implementing your identity and intersectionalities activity. Include the following in your plan:

- Activity objectives and expected outcomes
- Step-by-step instructions for participants
- Materials needed
- Time required
- How you will facilitate discussion and ensure a respectful environment
- Follow-up discussion/reflection questions

Step 3: Create Next Steps

Consider how you will use the insights you gain after facilitating the activity to enhance your coaching or teaching practice. Reflect on and document:

- Coaching Applications** – How will you use what you learn about your athletes' identities to create more inclusive, supportive, and equitable experiences?
- Teambuilding Opportunities** – What activities or exercises could you implement to help athletes learn more about one another and appreciate diverse identities?
- Practice & Program Planning** – How might this information influence the way you plan practices, workouts, team meetings, or classroom activities to ensure all participants feel seen, valued, and included?
- Long-Term Strategies** – Are there ongoing ways you could check in with athletes, gather feedback, or adjust your coaching to support identity awareness and positive team culture?