



Ways to Keep Athletes Engaged and Connected

As we start return to the playing field in some sort of way, either team practices or clinics, we know that unfortunately there will be athletes who will not be able to participate at this time. Here are a few ways to keep those athletes engaged with the team and making them feel included.

- **Keep Them in Your Communication:**
 - If you group text, make sure you include them
 - If you have a phone chain, make sure they are included
 - Consider Facetime options
 - Zoom Meetings: YOU can set up a free account
- **Daily Communication Ideas:** (Can be done via phone call, text, email)
 - Create a daily **GRATITUDE** Challenge: Share something you are grateful for...
 - Share a **Fitness Challenge** each day and ask them to send you a video or picture of them doing it. (10 push-ups, 25 jumping jacks, 15-minute walk, 25 toe touches etc.)
- **Fitness/Wellness Ideas:**
 - Use this time to reach your goals! Create fitness/wellness goals and share them so you can help keep each other accountable
 - Create an exercise challenge (Daily, Weekly or Monthly Goal)
 - Move Challenge (Move XX minutes day/week)
 - Step Challenge (Goal to reach XX steps day/week)
 - Minute Challenge (Goal to exercise XX minutes day/week)
 - Virtual Workouts.... Check out these AWESOME resources:
 - SOI Workout Videos: [School of Strength](#) (Exercises that partner SO athletes with WWE athletes)
 - Fit Five Workout Videos: [Videos and Resources](#) (Fit 5 Guide and Exercises)

- **Healthy Eating Ideas:**
 - Host a Virtual Cooking Class - this could be athlete or coach led!
 - Encourage a Recipe Share:
- **Include ALL athletes – For those that are not able to be at activities or practices include them in the following ways:**
 - Have athletes serve as “virtual coach/manger”
 - Have the virtual coach record messages for teammates and then the teammates record messages for the athlete not able to attend
 - Develop skills training videos that can be done at home
 - Make signs for fellow teammates
 - Give them leadership roles
 - For some athletes that are in group homes or under state guardianship they may not be able to be with a group. Therefore, they may need:
 - 1:1 training with the coach at their home
 - Dinner/picnic from a distance
 - Drive-By’s to see all the athletes. You can even record this via Facebook live, athletes loving watching this.
 - For those that are at high risk, have them either come to practice before or after the group. This allows 1:1 instruction with the coach.
- **Other Fun Ideas:**
 - Share photos of each other being active
 - Send cards/notes to each other
 - Make cards for nursing home or hospital
 - Do yard work, or plant flowers
 - Make Thank YOU notes for first responders
 - Virtual Scavenger Hunt
 - Virtual Talent Show
 - Virtual Dance Party

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