

# Our Promises to Our Athletes



## We promise to

- Help you learn new skills and become a better athlete in a safe, fun, encouraging way.
- Hire and train coaches who take good care of your mind, your heart, and your body.
- Teach you to take good care of your mind, your heart, and your body.
- Prevent all types of abuse: sneaky emotional abuse; and obvious emotional, physical, and sexual abuse.

## If you have questions or concerns about any coach, training method, or team policy, please do one or more of the following:

- Report your concerns anonymously using the form on our website.
- Contact a member of our Athlete Safety Committee (ASC).
- Invite an adult you trust to speak for you to help us understand your concerns.
- Request that an independent, trauma-sensitive health care professional speak for you, to help us understand your concerns.
- Speak to the club director.
- Report your concerns to the league, our sport's national governing body, or [www.safesport.com](http://www.safesport.com).
- Report your concerns to the police.