

# Getting Started

Your CBIM Coaches Kit includes the following materials:

## CBIM PLAYBOOKS

Familiarize yourself with the CBIM Playbook; it's the foundation of the program and an essential tool that includes:

- Facts and information about relationship violence and abuse;
- Teachable moment scenarios;
- Tips and tactics on how to talk to your athletes.

## CBIM CARD SERIES

Use the Card Series to lead weekly discussions with your athletes throughout the season. The set includes:

- Prep Cards to help you get ready for the season.
- Training Cards, each with a topic for you to address with your athletes each week (at least 10–15 minutes per week).
- Halftime and Overtime Cards to use throughout the season to gain greater exposure for your team's commitment.
- The Teachable Moment Card to help you respond to harmful behavior or language.

## REFERENCES & RESOURCES

Some Training Cards cite additional resources that can be found in the CBIM Playbook or Coaches Kit. Refer to these References & Resources for more information to help you lead the program effectively.

Throughout the season, use the Coaches Kit to help you lead brief weekly CBIM Trainings and prepare for Teachable Moments.

## WEEKLY CBIM TRAININGS

Use the Card Series to teach your athletes about respect for themselves, others, and the women and girls in their lives on a weekly basis. Although each training is intended to be brief, it's the consistency of the message and repeated weekly lessons that will make the greatest impact.

- 1) Please read through the Prep Cards to get you ready for the season. These steps will help increase your confidence in addressing the issue of relationship violence and will also give you tips on gaining support from your fellow coaches, administrators, and parents.



- 2) Move on to the Training Cards. Throughout the season, go through the twelve Training Cards, in order, with your team. We recommend that you take at least 10–15 minutes, once-a-week, per Training Card. Some coaches find it best to kick off their Monday practice with a CBIM training of the week. Others like to close the week with the training to ensure their athletes remember to practice respect during the weekend game and while at home. To ensure that your athletes will be receptive, set aside a consistent time that works within your team's schedule.
- 3) Review the **Objectives** at the top of each Training Card to get prepared for the focus of that day's training.
- 4) Gather your athletes and start the training with the **Warm Up**. You can read the sample language as a speech directly from your card or tailor it as you like. The **Warm Up** helps get your athletes focused on the training topic.
- 5) Next, **Ask the Players** the suggested questions keeping in mind the **Discussion Points & Wrap Up** included as a guide to facilitate the conversation. Create a respectful, safe environment where your athletes can share their ideas and ask honest questions. Give them time to answer and most importantly, make sure they know you're listening and care about what they have to say.
- 6) Close each training with the **Discussion Points & Wrap Up**. This closure will help remind the athletes of the important points they learned during that day's training.
- 7) Use the **Halftime and Overtime Cards** throughout the season to provide opportunities for your athletes to share their commitment with the community. Take your team's story to your local sportswriter or involve fans and parents by dedicating a game to respect for women and girls. You can also create a team campaign to share CBIM with the school at large.

## PREPARE FOR TEACHABLE MOMENTS

Along with structured weekly trainings with your athletes, it's important to be ready to respond to situations or behaviors – good and bad – that arise among your players. When you see or hear a serious problem, address it immediately and take the opportunity to reinforce and model positive language and behavior. Turning such incidents into Teachable Moments reinforces the weekly team trainings about positive attitudes, values, and conduct. Be sure to highlight positive acts, too. Commend your players when they are doing a great job.

Use the Teachable Moment Card when you see or hear disrespectful language or behavior; it will help remind you how to respond.

Visit [www.CoachesCorner.org](http://www.CoachesCorner.org) and get additional tips from coaches who have implemented the program.