



CALLS FOR COACHES

Celebrate effort

Celebrating milestones throughout the season with your athletes is a great way to shift a win at all costs culture to one that celebrates effort and mastery. Here are some ideas for milestones and events to celebrate with your team and families. Consider involving your players in the planning process for team-wide celebrations.

Milestones to celebrate

Below are some suggestions of milestones to celebrate throughout the season. Fill in the blank spaces below with other milestones you may want to celebrate with your team.

Milestone	Rationale
Mastering specific skills <i>(e.g. Show and tell)</i>	Demonstrates player progress and improvement throughout the season.
Making mistakes <i>(e.g. Cheer for mistakes)</i>	Builds a supportive environment to encourage growth and personal development.
Demonstrating teamwork <i>(e.g. Race/5K)</i>	Supports collaboration, listening, accountability and collective team development.
Supporting other players <i>(e.g. Reflection meeting)</i>	Builds a safe and secure team environment where players feel supported in making mistakes and successes.
Showing leadership <i>(e.g. Field day)</i>	Encourages opportunities for various forms of leadership, through action, team support, participation and/or planning. Empowers players to play an active and positive role on the team.



In addition to milestone, be sure to celebrate the conclusion of the season and consider some of the culminating celebration ideas below.

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Celebration Ideas



Show and tell

Show and tell can be a great way to celebrate mastery throughout the season. Work with each player to select a skill they have improved on throughout the season and have each child lead the team through an exercise on that skill during the second half of the season. Skills can be duplicated throughout the season. The goal is to have athletes demonstrate mastery and celebrate progress as a team.

Cheer for mistakes

Mistakes are prime opportunities for learning and continuing improvement. Work with your team to create a cheer or handshake to celebrate mistakes throughout the season. Whether it is a shoulder brush-off or a rhyming cheer, these small celebrations will contribute to building a supportive environment for your players' personal development and growth.

Field day

A field day brings kids together and exposes them to different types of sports. Consider working with your athletes to see what sports they might be interested in trying. Work with your team, their families, and potential other coaches to plan a day to have kids rotate through drills from different sports. Consider engaging families and partnering with other local sport organizations to support coaching activities and equipment needs.

Race/5K

A celebratory race is a great way to bring families together. It can also be a symbolic celebration to the completion of a season! Set a date for your end of season race and work with families and kids to plan celebratory elements: setting up a finish line, certificates for participation, snacks and announcements. In a virtual setting, consider setting a couple of days when families can aim to complete 5K walking or running together in their neighborhood and schedule a video conference to celebrate as a team.

Reflection meeting

Hold a meeting at the middle and end of the season to acknowledge team contributions, reflect on accomplishments and any challenges that have been overcome. As a coach, support this time of reflection with your own memories, calling out the improvements and participation of each player.

Potluck

Coming together around a meal can be a fulfilling way to reflect on the season, share memories, get to know each other and celebrate with your players and families. Work with your families to prepare snacks and/or dishes to share their backgrounds and memories.

Season highlight reel

Capture moments during the season, either in photos or videos. Work with families to collect any photos they may have taken and put together an end of season slide show that can be shown during another celebration event or can be sent around virtually to all families as a season wrap-up email. Make sure that all kids are represented in your presentation. This is a fun way to have your kids and their families revisit great memories from the season!



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