

Spread a Little Cheer

1. Give a quick boost of encouragement by tacking up a new quote once a week.
2. Start Traditions. If you're worried about keeping energy levels up during a long, winless season, keep your eyes peeled for the "Most Spirited" teammate and award a special token. Awards can be simple, like a stuffed mascot that is passed along after each game. Each recipient can add a personal touch, such as a signature or sticker.
3. Take time to send out a press release to the school newspaper or local press recognizing accomplishments of your players. You might assign a parent on the team to do this for you.
4. Decorate vehicles before the big game to get your team pumped up.
5. Encourage the athletes to come up with their own unique pre-game cheer.
6. Create unique phrases or quick, simple chants that the players can say during the game when a teammate does something well.
7. Make posters, signs or "noise bottles" for fans.
8. Sell a t-shirt to fans with a design the players create. This could be a fundraiser to put towards a special team-bonding event.
9. Encourage players to create their own "warm-up" music to use pre-game and during practices.
10. Write a point of emphasis on the hand of each player before the game, like "Box out" for basketball or something as simple as "Play Hard!".

Keep It Fun!

The #1 reason why athletes play sport is because it's fun. If games are taken too seriously, they aren't games any longer.



**American Sport
Education Program**
A DIVISION OF HUMAN KINETICS