



## NJCAA FORWARD:

# SUPPORTING STUDENT-ATHLETES DURING COVID-19

The NJCAA National Office developed a list of helpful strategies and/or tips to assist in supporting student-athletes as we move forward as an association.

## STRONG

- Provide student-athletes with tips to stay healthy – personal care, nutrition, mental health, physical fitness, etc.
- Develop a workout program for student-athletes to complete at home.
- Facilitate competitive opportunities for student-athletes.
- Work with college fitness and athletic trainers to provide tips.
- Provide student-athletes with local mental health resources.

## FOCUSED

- Motivate student-athletes to remain focused to complete their courses.
- Encourage student-athletes to establish goals for themselves.
- Establish a daily routine.
- Schedule times for a virtual team study hall or tutoring sessions.
- Connect student-athletes with college academic and career support services.
- Provide student-athletes with list of companies who are providing free internet services within the community.
- Repeatedly ask student-athletes if they have needs that are not being met to help them succeed.

## TOGETHER

- Encourage coaches to schedule virtual team meetings once a week.
- Require student-athletes to check-in several times per week through group messaging.
  - NJCAA Partner TeamSynced is offering their platform at no charge until the end of May.
- Develop a team contact list, providing student-athletes with teammates' phone numbers or email addresses.
- Create small peer groups of students-athletes that can connect with each other daily for support.
- Share a thought-provoking video or article, then facilitate a virtual team discussion.
- Even with no competition on the horizon, remember the "why".