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SPORT CONVERSATIONS FOR CHANGE

INSTITUTE FOR THE STUDY OF SPORT SOCIETY AND SOCIAL CHANGE

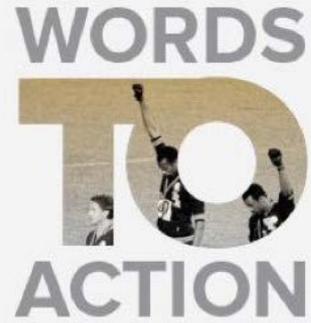
SAN JOSÉ STATE UNIVERSITY

SAN JOSÉ, CALIFORNIA

APRIL 16, 2020



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SAN JOSÉ STATE UNIVERSITY'S INSTITUTE FOR THE STUDY OF SPORT, SOCIETY AND SOCIAL CHANGE



- IN JANUARY 2017, SJSU LAUNCHED THE INSTITUTE FOR THE STUDY OF SPORT, SOCIETY AND SOCIAL CHANGE.
- SAN JOSE STATE OCCUPIES A UNIQUE NICHE IN THE HISTORY OF SPORT AND SOCIAL CHANGE—BECAUSE OF ITS PEOPLE. THE UNIVERSITY IS THE BIRTHPLACE OF THE OLYMPIC PROJECT FOR HUMAN RIGHTS (OPHR), A MOVEMENT LED BY HARRY EDWARDS THAT CULMINATED IN THE ICONIC PROTEST OF OLYMPIC MEDALISTS TOMMIE SMITH AND JOHN CARLOS.
- THE LEGACY OF EQUITY AND SOCIAL JUSTICE IS A PART OF SJSU'S DNA. THE UNIVERSITY WAS FOUNDED ON EDUCATION FOR ALL AND PROVIDING A VOICE FOR THOSE WHO MAY OTHERWISE REMAIN SILENT. THE ISSSSC HONORS THIS LEGACY AND CONTINUES THE DIALOGUE ABOUT ATHLETE ACTIVISM AND THE INFLUENCE OF SPORT IN EFFECTING POSITIVE SOCIAL CHANGE.
- AS OUR NATION CONFRONTS AND EXPLORES DEEPLY COMPLEX SOCIAL ISSUES, IT IS CRITICAL THAT WE CONTINUE TO CHALLENGE THE BOUNDARIES OF SPORT AND ACTIVISM. SPORT OFFERS THE OCCASION TO POSE BIG QUESTIONS, NOT JUST OF ATHLETES, BUT ALSO OF OURSELVES AND PROVIDE ENLIGHTENED PERSPECTIVES.

THE INSTITUTE FOR THE STUDY OF SPORT, SOCIETY AND SOCIAL CHANGE IS DEDICATED TO RESEARCH, ANALYSIS AND EDUCATION AT THE INTERSECTION OF SPORT AND SOCIETY.



LIFT EVERY VOICE: ATHLETES, LIVED EXPERIENCES, AND MENTAL HEALTH & COPING IN THE AGE OF COVID-19

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TOPICS OF INTERESTS



High School, College, Amateur & Professional Athletes

Issues and Challenges
Transition & Retirement



Athlete Support



Mental Health, Well- Being, & Performance

Models of Support & Transition
Culturally Responsive Mental
Health Provider

ATHLETE STORIES

- ALLYSON FELIX, OLYMPIAN

- https://www.espn.com/olympics/story/_/id/29011805/with-2020-olympics-postponed-sprinter-allyson-felix-continues-fight

- NBA INSTAGRAM CONVERSATION WITH DEMAR DEROZAN AND DR. KENSA GUNTER

- <https://www.instagram.com/p/B-VfD4YA76T/>

- WOMEN'S SPORT FOUNDATION #WEKEEPPLAYING

- <https://sports.yahoo.com/billie-jean-king-sabrina-ionescu-wekeepplaying-womens-sports-140031515.html>

Watch now: Billie Jean King, Carli Lloyd, Sabrina Ionescu among icons joining forces for #WeKeepPlaying livestream on Yahoo Sports

#WEKEEPPLAYING

Presented by: yahoo! | NBC Sports Women's Sports Foundation

Yahoo Sports and the Women's Sports Foundation will host a first-of-its-kind live event titled #WeKeepPlaying that will bring together a group of iconic women in professional sports to help inspire young athletes during the COVID-19 crisis.

The group, including international activist Billie Jean King, basketball superstar Sabrina Ionescu and women's soccer great Carli Lloyd, will share their own personal stories of resilience with viewers during the livestream on Saturday, exclusively on the Yahoo Sports app and site.

With 2020 Olympics postponed, sprinter Allyson Felix continues the fight

Allyson Felix, 33, is the 100m sprinter who won the silver medal at the Rio Olympics in 2016. She is currently training for the Tokyo Olympics in 2021.

It's almost always a hot order in Santa Monica than in the rest of Los Angeles. The outdoor sports center is the perfect place to see the world's best athletes in action. It's almost always a hot order in Santa Monica than in the rest of Los Angeles. The outdoor sports center is the perfect place to see the world's best athletes in action. It's almost always a hot order in Santa Monica than in the rest of Los Angeles. The outdoor sports center is the perfect place to see the world's best athletes in action.

Mike Tirico hosts 'Tokyo Olympics: Dreams Live On' special

NBC Olympics premiere host Mike Tirico speaks with U.S. Olympic and Paralympic hopefuls, IOC President Thomas Bach and USOPC CEO Sarah Hahland about the impact of the Tokyo Games moving to 2021 in 'Tokyo Olympics: Dreams Live On', a two-hour special premiering Thursday.

Tirico speaks with those affected, hours after Tuesday's decision to postpone the Olympics, for the first time in modern history, due to the coronavirus pandemic.

The special features the first interview with Bach after the announcement, plus Hahland discussing why the USOPC supported the postponement. NBC Olympics swimming analyst Brenda Gansler offers his perspective as an athlete who missed the 1980 Moscow Games due to the U.S. boycott, then earned gold four years later.

Day	Time (ET)	Network
Thursday	11 a.m.	NBCSN STREAM
Friday	8 p.m.	Olympic Channel STREAM
Friday	11 a.m.	NBCSN STREAM
Friday	4 p.m.	Olympic Channel STREAM
Saturday	10:30 p.m.	Olympic Channel STREAM
Sunday	Noon	NBC STREAM (one hour)

The active U.S. Olympic and Paralympic hopefuls interviewed:

- Matthew Adam (Swimming) – Five-time Olympic gold medalist
- Jordan Burroughs (Wrestling) – 2012 Olympic gold medalist in men's freestyle
- Emma Cohen (Track and Field) – 2016 Olympic bronze medalist
- Kent Walsh Jennings (Beach Volleyball) – Three-time Olympic gold medalist
- Kate Ledecky (Swimming) – Five-time Olympic gold medalist
- Nash Latta (Track and Field) – Rio Olympic world champion in 2016



ATHLETE SUPPORT

ACADEMIC – ATHLETIC – SOCIAL – MENTAL – EMOTIONAL

PANELISTS RESOURCES



BEHIND THE WHISTLE, LLC

AN EDUCATIONAL CONSULTING COMPANY THAT PROVIDES THE TOOLS NECESSARY FOR DEVELOPING THE WHOLE COACH AND ATHLETE BEYOND SCHEMATICS. WE AIM TO ADDRESS ISSUES IN SOCIAL JUSTICE, MENTAL HEALTH AND WELLNESS, SOCIAL WORK IN SPORTS, COACHING ATHLETES IN GENERATION Z, POSITIVE COACHING, CULTURALLY RELEVANT COACHING, AND TRAUMA INFORMED COACHING.

WEEK AT A GLANCE

Motivation Monday

Listen to a podcast, Ted-talk, or video about leadership.

Topnotch Tuesday

Research colleges/universities that you plan to apply to.

Warrior Wednesday

Focus on healthy eating, workouts & overall wellness.

Thankful Thursday

Write a letter of gratitude to someone who has helped you.

Fun Friday

Send funny memes to your friends, create a Tik-Tok challenge, or commit to community service.

Sensational Saturday

Try a new restaurant or a new recipe and share with family/friends.

Self-Love Sunday

Revisit or recreate your weekly schedule. Write about 3 positive events from your week.

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WEEK AT A GLANCE

BTW Resources

BOOKS

- The Table - Dr. Pat Ivey
- Legacy - James Kerr
- The New Plantation - Billy Hawkins
- Critical Race Theory - Hawkins, Carter-Francique, Joseph Cooper
- Full Dissidence - Howard Bryant
- Life Giving Leader - Reagin
- The Last Arrow - Edwin McManus
- Divine Direction - Craig Groeschel
- The Revolt of the Black Athlete - Harry Edwards
- Mindset - Carol Dweck
- The Energy Bus - Jon Gordon
- Chop Wood Carry Water - Joshua Medcalf
- Make Your Bed - Admiral William H. McRaven
- Enrique's Journey - Sonia Nazario
- Fearless - Eric Blehm
- Girl, Stop Apologizing - Rachel Hollis
- I Am Second - Dave Sterrett & Doug Bender
- Just Mercy - Bryan Stevenson
- Dare to Lead - Brene Brown
- Removing the Face - Monique AJ Smith
- Race, Sports, & Education - John N. Singer
- Becoming - Michelle Obama
- Discipline Equals Freedom - Jocko Willink
- Between the World and Me - Ta-Nahisi Coates

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BOOKS

RESOURCES

PODCASTS & TED TALKS

PODCASTS

- Ancestor Architect - Behind the Whistle
- Beyond Sets & Reps - Dr. Pat Ivey
- It's Bigger Than the Ball - Kyle Adams
- Sets for Life - Joi Walker
- Cape & Drew: The Real Tick-Tock - Julian Capel & Drew Johnson
- Seeds of Empowerment - Monique AJ Smith
- Women Leaders in College Sports - Patti Phelps
- Yup She Said It - Marlene Holmes
- Rise - Rachel Hollis
- Postive U - Jon Gordon
- The School of Greatness - Lewis Howes

TED TALKS

- Angela Duckworth: Grit The Power of Passion & Perseverance
- Brene Brown: The Power of Vulnerability
- Chimamanda Ngozi Adichie: The danger of a single story
- Carol Dweck: The Power of Believing That You Can Improve
- Andy Puddicombe: All it takes is 10 mindful minutes
- Brandon Jones: The Magnifying Glass: Black Football Players on College Campuses
- Jen Fry: Radical Social Justice Education Through High Fives
- Simon Sinek: Why Good Leaders Make You Feel Safe
- Bryan Stevenson: We Need to Talk About an Injustice

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PODCASTS & TED
TALKS

Transitioning out of Collegiate Sports

Transitioning out of sport can be an unexpected adjustment for student athletes. During this transition, athletes undergo changes that can have an impact on emotions, relationships, social environment, physical health, and self-perception. Roughly 80% of athletes experience a healthy transition; however, 20% of athletes report having problems during this experience. One of the best ways to prevent a difficult transition is to prepare for this process – athletes who plan report less problems and a healthier experience overall.

How Do I Have a Healthy Transition Out of Sport?

Reflect on Your Sport Career

Transitioning out of sport can be fun to do with your teammates or other athletes that have been through this transition. Consider some of the following questions:

- What have you learned from your sport?
- What will you miss about your sport?
- What opportunities did your sport provide that you may not have had otherwise? How will these opportunities impact your future?
- If you could go back in time, what would tell your freshman-year self?
- What are you proud of from your sport career?
- What are some of your favorite memories from your collegiate career?
- If you had to give your sport a going away, what would it be?

Coping Strategies

- ✓ Remind yourself of the positive aspects of this transition (i.e., more time to explore other hobbies/interests/goals)
- ✓ Engaging in fun, satisfying activities
- ✓ Maintain a regular schedule including sleep, school, work, and exercise.
- ✓ Identify enjoyable aspects of sport and try to replicate these in your chosen exercise. For example, if you enjoy the “team aspects” of your sport, try creating a workout group or join a workout class.

Strengthen Your Social Support

Maintain relationships with sport network

- Stay in contact with coaches, teammates, trainers, advisors, etc.
- Mentor or coach younger athletes
- Participate in alumni games or workouts

Try to develop relationships with people outside of sport (co-workers, training partners, family, Meetups, etc.)

Make Plans for the Future

Identify goals for your future – these don’t necessarily need to be career-based). Goals help to increase and maintain motivation, while providing direction and purpose. You can set goals in a variety of areas:

- Exercise goals (e.g., complete a marathon)
- Relationship goals (e.g., strengthen friendships outside of sport)
- Outside hobbies (e.g., learn how to cook)
- Other lifestyle changes (e.g., decrease alcohol use)

Additional Support

Warning Signs of Transition Difficulties:

- Emotional Concerns (dissatisfaction, depression, hopelessness)
- Social Difficulties (feelings of isolation)
- Negative View of Self (decreased confidence, overwhelming feelings of loss, loss of identity)

Resources:

Moving On! <http://athletesmovingon.org>
Courtesy of Stanford University Sport Psychology

INSTITUTION & ORGANIZATIONAL RESOURCES

University of Michigan:

<https://athletesconnected.umich.edu/an-athletes-guide-to-coping-during-the-covid-19-pandemic/>

That Discomfort You're Feeling is Grief

<https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>

Unfinished Business: 5 Insights When Your Athletic Season is Sidelined by a Pandemic

<https://www.sidelinedusa.org/resources-blog/unfinished-business-5-insights-when-your-athletic-season-is-sidelined-by-a-pandemic>

Mental Imagery as a skill for coping

<https://www.lukepatrickphd.com/post/take-back-control-with-mental-imagery>

National Basketball Association

[Nba cares.com](https://www.nba.com)



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Click Link Below to GIVE NOW

With its historic commitment to social justice and its unique history as the birthplace of the Olympic Project for Human Rights, SJSU continues to contribute to the national dialogue social issues through the lens of sport. SJSU's Institute for the Study of Sport, Society and Social Change is dedicated to research, analysis and education focused on the intersection of sport and society. As we develop compelling programming, meaningful research, and impactful curriculum on sport and social issues, we need your support. Join us in sustaining this work by making a gift to the Institute to sustain and expand our work.

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