



# Frequently Asked Questions

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## *What is Team Up Washington?*

Team Up Washington is a violence prevention initiative that uses sports as a platform to end sexual assault and dating abuse. High school coaches and athletic mentors learn how to implement two research-based programs with their teams. The result? Student athletes are equipped with tools to impact social norms at their school, build healthy relationship skills, and create a culture of safety and respect.

The [Washington State Coalition Against Domestic Violence](#), in partnership with the [Harborview Center for Sexual Assault & Traumatic Stress](#) and [LifeWire](#), trains coaches and athletic mentors using the curricula [Athletes As Leaders](#) and [Coaching Boys Into Men](#). Team Up Washington emphasizes the importance of implementing both programs at local high schools to ensure that athletes of all genders can participate and receive this positive leadership development.

## *How do I bring this to my community?*

Come to one of our free training events and invite high school coaches, athletic directors, and mentors to join you! [Visit our website](#) for training dates and registration information.

## *If I attend a training, will I be able to train others?*

Team Up Washington trainings will equip you to implement these programs with your athletes. You will leave the training with all of the materials and skills you need to facilitate either [Athletes As Leaders](#) or [Coaching Boys Into Men](#). You will not, however, be able to train other coaches to implement these programs.

If you are a coach or team mentor who wants to implement these programs but are unable to attend our in-person trainings, there are free online trainings available.

### **Athletes As Leaders online training**

- [Recorded Webinars](#)
- [Toolkit](#)

### **Coaching Boys Into Men online training**

- [Recorded Webinars](#)
- [Toolkit](#)

If you are a violence prevention advocate who wants to train coaches and team mentors, the program developers have a longer, more in-depth training they require you to complete. At this time, Team Up Washington is not offering an in-person advocate training.

*How do I get trained to do this with my team?*

You can attend one of our Team Up Washington trainings! For training dates and registration information, please visit [TeamUpWa.org/trainings](http://TeamUpWa.org/trainings).

*What curricula do these programs use?*

[Athletes As Leaders](#)

[Coaching Boys Into Men](#)

*How do I get hard copies of the curricula?*

If you attend one of our trainings, you will receive one copy of either Athletes As Leaders or Coaching Boys Into Men free of charge. You can also order the Coaching Boys Into Men kit (laminated cards on a metal ring) from [Futures Without Violence](#). They are currently sold for \$23 per set. They also offer the PDF free of charge that allows you to print and laminate the cards yourself. The Athletes As Leaders kit is a make-your-own binder. We suggest using a ½" binder and printing the following materials (free on the website [here](#) and [here](#)): Facilitation Guide, the 10 session complete program, and the binder cover.

*What are the best practices when thinking about bringing this to my community?*

We know that these programs are most successful when:

- There is buy-in at all levels of the sports environment, particularly the school-administration level. We suggest you start by asking for a meeting with the athletic director and telling them about Athletes As Leaders and Coaching Boys Into Men. Feel free to use the documents below to start the conversation. Then, invite them to attend the next [Team Up Washington training](#).
  - [Athletes As Leaders overview](#)
  - [Coaching Boys Into Men overview](#)
  - [Athletes As Leaders evaluation results](#)
  - [Coaching Boys Into Men evaluation results](#)
- Sports teams of all genders are included in the programming. We offer registration priority at our trainings to schools who commit to implementing the programs with at least one boys and one girls team, or one co-ed/all gender team.
- There is support from local domestic violence and sexual assault programs. You may already be connected with an advocate or violence prevention professional. If so, great! If not, find your local programs at [wscadv.org](http://wscadv.org) and [wcsap.org](http://wcsap.org).

*How can I bring you to my community to train a group on implementing this approach?*

Thanks to our event sponsors (the Seattle Seahawks, 710 ESPN Seattle, and the Seattle Mariners), we are able to offer three trainings per year in the Seattle area. We do not currently have the funding to host additional trainings. If you have coaches who cannot make the scheduled dates, or who do not get spots in the advertised training events, consider the online trainings listed above. If you would prefer a local in-person event and you have a large group of coaches and mentors who you want to get trained, you may consider a training contract with us. Costs of an in-person training include:

- Trainer compensation (trainers for both Coaching Boys Into Men and Athletes As Leaders): \$2500
- Cost of materials and curricula: \$25 per participant (ex: 30 coaches = \$750)
- If training is outside of the greater Seattle area, cost for each trainers' travel (mileage or flight, hotel, per diem) and time for travel will be billed.

As the event host, you must also provide:

- Space for the training (including A/V set up);
- Promotion of the event and registration for participants (we can provide flyer templates);
- Set up and clean up for the training;
- Food for participants (it is recommended to provide a meal if the training takes place during noon or evening hours).

You may optionally provide at your expense (or you may contract with us for additional cost):

- Implementation tracking and evaluation;
- Incentives for participation and completion of the programs.

[Contact us](#) for additional information and availability.

*If I haven't attended one of your trainings, can I still implement Coaching Boys Into Men or Athletes As Leaders with my team?*

Yes! Free online trainings are available.

#### **Athletes As Leaders online training**

- [Recorded Webinars](#)
- [Toolkit](#)

#### **Coaching Boys Into Men online training**

- [Recorded Webinars](#)
- [Toolkit](#)

To learn more, please visit [TeamUpWA.org](http://TeamUpWA.org).

Didn't answer your question here? [Contact us!](#)