



Celebrate Youth.
Confront Barriers.
Build Bridges.

PLAYBOOK



Athletic Development + Critical Life Skills Education

PLAYBOOK is a strategic partnership between Teen HYPE and local sports teams that combines athletic development with critical life skills education. Sports teams can earn financial support based on student completion rates in exchange for implementing Teen HYPE's proven curriculum for youth athletes. This partnership recognizes that physical training alone isn't enough – today's youth athletes need comprehensive development that prepares them for success on and off the field.

PARTICIPATION REQUIREMENTS:

- Sports teams must commit to hosting 8-10 Teen HYPE facilitated sessions over the season
- Sessions will be scheduled around practice times (pre- or post-practice)
- Minimum 80% player attendance required per session
- At least one coach must be present during all sessions
- Team must complete pre- and post-program assessments

FINANCIAL SUPPORT:

- Teams receive \$50 per middle school student who completes the program
- Teams receive \$100 per high school student who completes the program
- Funds may be used for equipment, travel expenses, tournament fees, uniforms, or other team advancement needs
- Payment distributed at program completion with submission of expense plan

BENEFITS

FOR SPORTS TEAMS

- Financial support for team expenses
- Improved team chemistry and communication
- Enhanced player leadership skills
- Reduced behavioral issues and conflicts
- Stronger academic performance among athletes
- Positive community reputation

FOR TEEN HYPE

- Expanded reach to youth through established team structures
- Natural environment for demonstrating curriculum concepts
- Access to youth who might not otherwise participate
- Opportunity to create positive male and female role models



teenhype.org

CURRICULUM

MIDDLE SCHOOL TEAMS

Foundations curriculum focusing on:

- Self-discovery and emotional management
- Building positive team dynamics
- Conflict resolution on and off the field
- Responsible decision-making
- Digital citizenship for young athletes

HIGH SCHOOL TEAMS

Elevations curriculum focusing on:

- Leadership development
- Healthy relationships and communication
- Making intentional decisions about future goals
- Navigating social media as an athlete
- Building resilience through challenges

