



CBIM/AAL Lesson 1

Whether your teams are practicing in person or virtually, the beginning of a new season sets standards for the rest of the competition year. The Coaching Boys Into Men (CBIM) and Athletes as Leaders (AAL) resources are a great way for coaches to highlight the importance of being a well-rounded individual in and out of the water.

Now is your chance to add this into your season plan, as it only takes 15 minutes per lesson to make a positive impact!

Lesson Details

- CBIM – The focus for lesson 1 is around expectations and healthy relationships. Goals of this lesson are centered around respectable behaviors – who athletes hang out with, how they act towards others, standing up for those who are being disrespected, and who to tell if they are being targeted. To access the CBIM cards, please click [here](#).
- AAL – The focus for lesson 1 includes introductions and group agreements. Explain how each week the group will watch a video, discuss the video as a group, and create group expectations/team commitments based on the discussion. To access the AAL cards, please click [here](#).

Next Steps

- If you are an LSC Safe Sport Chair:
 - All LSC Safe Sport Chairs should be forwarding this email to the clubs in their LSC. The clubs Safe Sport Club Coordinators would be great contacts.
 - Help guide clubs to complete these lesson plans and answer any questions they might have.
 - Encourage clubs to reap the benefits of these programs, whether they are practicing virtually or in person.

- Collect feedback from teams on CBIM & AAL and send to your Safe Sport Zone Chair.
- Collect all pictures, videos, and quotes from teams completing these resources, and send them to SafeSport@usaswimming.org.
- If you are a Safe Sport Club Coordinator:
 - Encourage your coaches and leadership to complete these programs. Talk over the benefits of athletes becoming well rounded individuals in and out of the water.
 - Reach out to your LSC Safe Sport Chair with any questions about these programs.
 - Collect feedback from your coaches and leadership to send to your LSC Safe Sport Chair.
 - Collect pictures, videos and quotes from your team completing these resources, and send them directly to your LSC Safe Sport Chair.

General Information

- [Quick Overview of CBIM](#)
- [Quick Overview of AAL](#)
- [More details on these programs and where to access cards](#)

Questions on how to get started or implement? Email SafeSport@usaswimming.org.