

NAVIGATING RELATIONSHIPS IN THE SPORTS WORLD

Understanding Boundaries

Definition

Boundaries define relationships and clarify expectations to ensure athlete safety and well being

Power Dynamics

It is important to address imbalances when providers have authority over athletes, particularly in coach-athlete relationships

Transference & Countertransference

A coach or athlete might respond based on their own unresolved issues, personal biases, past experiences, and relationships

Dual Relationships



Involving two distinct relationships with one provider



Dual relationships are acceptable if the provider uses good judgment and the client is not being taken advantage of



Qualities prized in athletes, such as perfectionism, high achievement, drive, coachability, compliance, self-sacrifice, people-pleasing, and conflict avoidance, can also become targets for exploitation, as providers can leverage these traits for their own benefit



Harmful dual relationships can lead to depression, anxiety, disordered eating, substance abuse, performance decline, and fear based decisions

RESPONDING

How to manage boundaries effectively

- 1 Use the 48 hour rule: sit on it for 48 hours and don't make any big life decisions before you have thoroughly thought it out
- 2 When deciding to speak up, 'I feel' statements can allow the provider space to reflect so you are not directly met with their defense
- 3 The Compliment sandwich can soften the blow of feedback or boundary
Compliment + feedback/boundary + compliment

REMEMBER



YOU DON'T OWE ANYONE AN EXPLANATION FOR WHY YOU ARE SAYING NO



CROSS BOUNDARIES WITH PURPOSE AND CLARITY



ADVOCATE FOR YOURSELF AND HAVE YOUR BEST INTEREST AT HEART



IT'S OKAY TO CHANGE YOUR MIND/STEP BACK FROM A DUAL RELATIONSHIP IF IT ISN'T WORKING