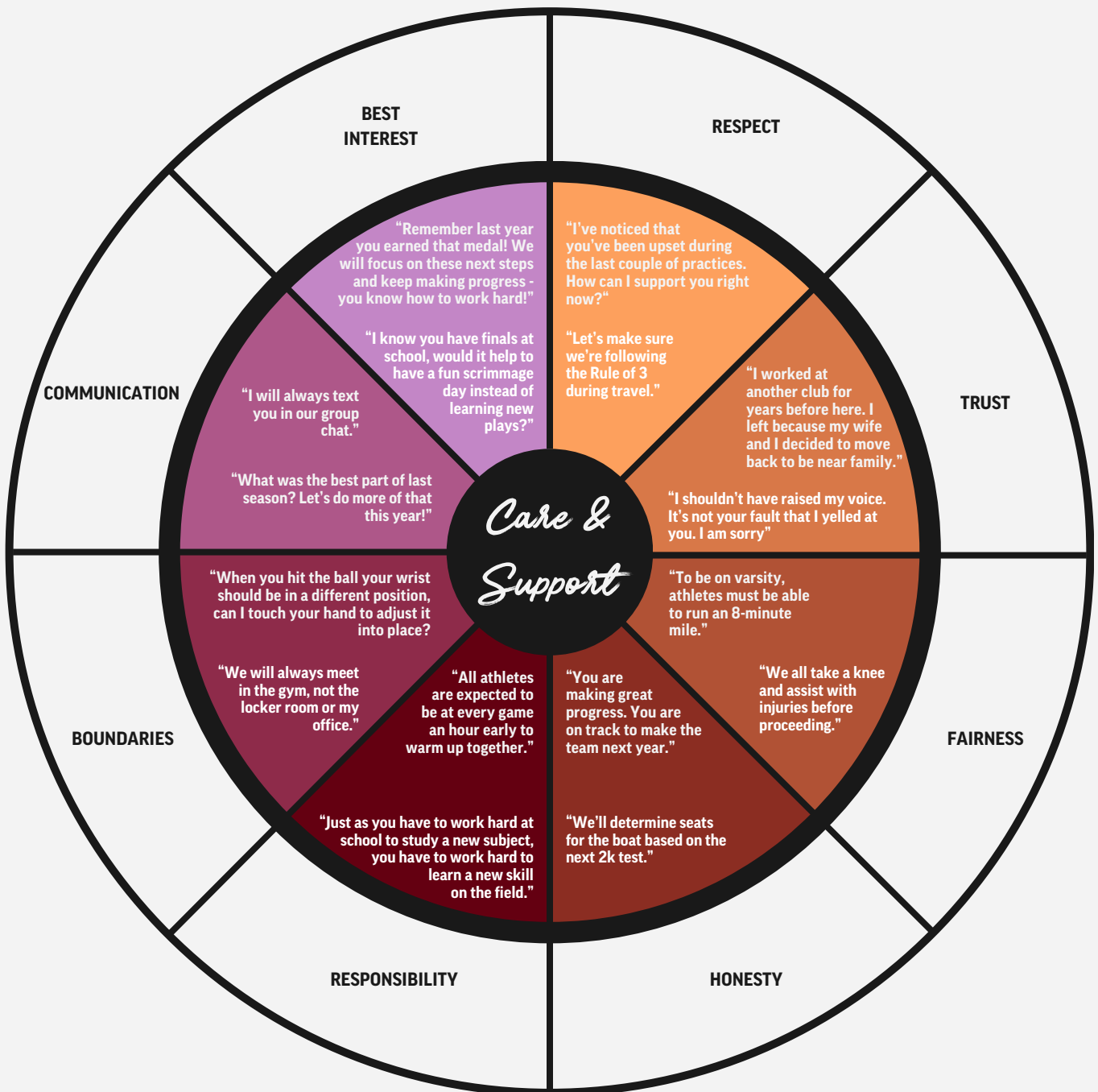


# Healthy Relationship Dynamics Between Coaches & Athletes

When athletes have a healthy relationship with their coach, their performance improves and coaches are empowered to further develop their athletes' success. Care and support from a coach fosters athletes' physical, mental, and emotional development, skillset, and resilience. BUT WHAT DOES THAT SOUND LIKE? The diagram below gives some examples indicative of healthy relationship dynamics between a coach and an athlete. Use the quotes below as a gut check; think about conduct you experience and observe in your sporting community and discern if what is occurring aligns with a caring and supportive coach-athlete relationship.

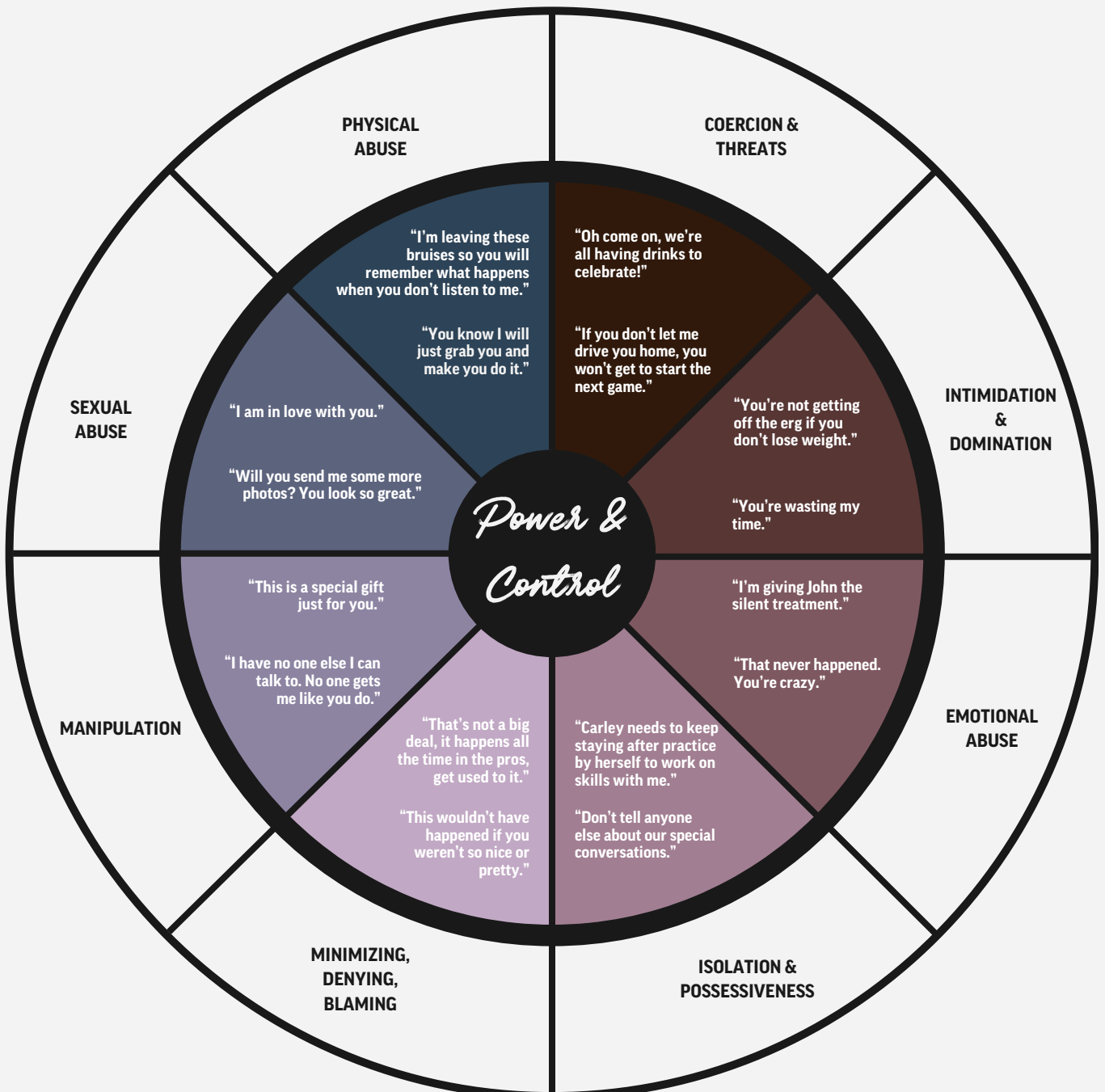


To learn more about identifying patterns of healthy and unhealthy relationship dynamics, visit [WeRideTogether.Today](https://weridetoday.com) and check out our C.A.R.D. Diagrams.



# Unhealthy Relationship Dynamics Between Coaches & Athletes

For athletes who have unhealthy relationship dynamics with their coaches, inappropriate behavior can be subtle and difficult to discern. Unhealthy behavior patterns may be hidden from those around an athlete, hallmark to the system of power and control. BUT WHAT DOES THAT SOUND LIKE? The diagram below gives some examples indicative of unhealthy relationship dynamics and can be used as a gut check; think about conduct you experience and observe in your sporting community. If you are experiencing or observing patterns of power and control, you can find additional information on confidential helplines, sexual assault reporting procedures, and mental health resources at [WeRideTogether.Today](http://WeRideTogether.Today).



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