

# DEDICATION LETTER



## WHO IS INVOLVED

Student-athletes only, explained by coaches

## PURPOSE OF EXERCISE

Create vulnerability, focus, gratitude, and discipline

## MATERIALS NEEDED

Dedication Letter worksheet, pen, and envelopes for each student-athlete

## DESCRIPTION

Provide each student-athlete with a Dedication Letter worksheet, pen and envelope. Instruct student-athletes to think about the person/people to whom they will dedicate their season to. Have student-athletes write a letter to each person they are dedicating their season to, explaining what the person means to them and why they are dedicating their season to that person.

PSYCHOLOGICAL SAFETY  
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Dear \_\_\_\_\_,

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Transforming the Student-Athlete Experience



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