

# The Challenger Baseball Buddy Charter

Above all, a great buddy is a great friend.  
As a buddy, I strive to always be....

## Dependable

As a buddy, my athlete(s) can always count me. They can count on me to always be committed to Challenger Baseball and to show up to every session, practice or game with enthusiasm and energy. They can count on me to always advocate for their best interests, and always try my best – even on the tough days. As a buddy, I'm committed to learning and growing with my athlete(s).

## Relationship-focused

As a buddy, I work hard to get to know my athlete(s) and learn the best way to support them. I am a friend and a supportive partner to my athlete(s). I am the liaison between the athlete, their parents and the coach.

## Innovative

As a buddy, I am always thinking of many different and exciting ways to keep my athlete(s) engaged, always learning, and having fun at Challenger Baseball. I am fearlessly creative and I'm not afraid to try new things. As a buddy, I advocate for the specific needs and strengths of my athlete(s) in each game and/or activity.

## Energetic

As a buddy, I understand that if I am excited to participate, my athlete(s) will also be excited to participate. I give out lots of high-fives and always greet my athlete(s) and their families with enthusiasm and energy. I believe in the power of play and love to get moving and keep my athlete(s) moving by assisting with motivation and fundamental movement techniques.

## Nurturing (friendship, athleticism and independence)

When my athlete(s) grow, I grow as a buddy. I care deeply about my athlete's success and help to foster relationships between my athlete and their teammates. I recognize the importance of challenging my athlete and promoting independence to help them learn and thrive in Challenger Baseball. As a buddy, I assist my athlete(s) in learning big life skills as well as the fundamentals of baseball.

## Fun

As a buddy, I always strive to make every second my athlete spends at Challenger Baseball a wildly fun experience.



# 7 WAYS TO BECOME A SUPERSTAR CHALLENGER BASEBALL BUDDY!

- 1 Be Open-Minded:** Everyone is unique and special in their own way. Before volunteering with Challenger Baseball, take some time to learn about people with any and all abilities. Here is a great place to learn: <http://canadiandisabilitybenefits.ca/types-of-disabilities/>
- 2 Use Your Athlete's Name:** As soon as you are paired with an athlete, introduce yourself. Say "Hello!" and give a high-five. Learning your athlete's name and inquiring about their interests helps to build an instant connection and friendship.
- 3 Involve Your Athlete's Family:** After meeting your new athlete, spend some time introducing yourself to your athlete's parents/guardians. Ensure them that their athlete will have fun and be safe while in your care.
- 4 Get to Know Your Athlete:** Before the session begins, get to know your athlete. Play games and discover some similarities between you two that you can discuss throughout the session. If your athlete is non-verbal, ask their parent/guardian about likes & dislikes.
- 5 Always Communicate Face-to-Face:** During the session, try your best to be at your athlete's level to communicate with them face-to-face. This is a really important way to connect with your athlete – whether they are verbal or non-verbal.
- 6 Foster Independence:** In Challenger Baseball, promoting independence is important. As a buddy, your responsibility is to assist your athlete throughout the session, but to also try and find moments where you can to step back and let your athlete succeed on their own.
- 7 Be Your Athlete's Biggest Fan:** Lastly, a buddy's job is all about enthusiasm and spirit! Ensure that you are coming to Challenger Baseball ready and excited for an enjoyable day of baseball, laughter and fun!

## BE THE BEST CHALLENGER BASEBALL BUDDY YOU CAN BE!

### What is a Challenger Baseball Buddy?

Buddies are volunteers who provide 1-on-1 support to Challenger Baseball athletes to help them reach their individual and unique short-term goals for each session & long-term goals for each season.

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