Use these prompts to start conversations with athletes about creating or continuing positive team bonding rituals and traditions. Coaches or team captains could lead this discussion at the start of a season to set a positive tone and promote bonding.

**QUESTIONS FOR RETURNING ATHLETES**

- What were your favorite experiences during your first year?
- How did you get familiar or comfortable with older athletes when you first joined the team?
- When did you start to feel part of the team?

**QUESTIONS FOR NEW ATHLETES**

- What are you most nervous about?
- What would make you feel closer to returning players?
- What would make you feel more like part of the team?

**QUESTIONS FOR EVERYONE**

- What are our team values?
- What type of experience do we want everyone to have this year?
- What ideas do you have for team bonding activities we can do together this year?

**NOTES:**