



IGYB

I'VE GOT YOUR BACK

“THIS ACTIVITY CAN BE ANOTHER VALUABLE COACHING TOOL IN BONDING YOUR TEAM, GETTING THEM TO WORK HARDER AND HOLDING EACH PLAYER ACCOUNTABLE FOR BEING THERE FOR EACH OTHER.”

- RICK DUNETZ, EXECUTIVE DIRECTOR

FOR QUESTIONS ABOUT IGYB PLEASE VISIT [HERE](#) OR CONTACT:

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I've Got Your Back (IGYB) is designed to help players/student athletes understand the importance of having someone's back and what it means to be there for someone in challenging times. By creating promises, players and coaches use their own voice to show support for one another and their loved ones.

Why Participate

Coaching involves more than just the Xs and Os. It's about developing the whole player. Implementing IGYB into your program teaches valuable life lessons such as:

- Ownership of your weaknesses, togetherness, selflessness, and accountability
- Thinking outside of oneself
- Setting goals and following through on them
- The importance of caregiving and considering how you can help others
- Inspiring a movement of support and encouragement

What Do We Do

STEP 1: MAKE A PROMISE TO YOUR TEAM

Promote team unity and accountability that will bring your team together.

STEP 2: MAKE A PROMISE TO A LOVED ONE

Show appreciation for your loved ones and remind them that you care.

STEP 3: INSPIRE OTHERS

Share your promises with your teammates and loved ones to inspire them to create their own IGYB promise.

Share Your Experience

Your impact extends further than you realize and your story can be told to thousands, if not millions, with the help of social media. We would love to hear about your IGYB experience and share it with our communities as well. Tag us on social media and utilize our hashtag #SideOutIGYB.