

trey SZN 3

Virtual Programming Series

Leadership & Personal Development



College & Career Exposure



Community & Family Engagement



CURRENTLY RECRUITING FOR LIMITED ENROLLMENT:

Trey Athletes SZN 3 is a free virtual leadership development program specially-designed for high school athletes. Nominate a coach today!

Trey partners with high school and club coaches, providing training, support, programming, and materials. We welcome teams from any sport or location.

Teams Will Participate In:

- Virtual Fireside Chats with pro athletes and industry leaders
- Coach-led team debrief discussions
- Job shadows to explore future careers
- Community service activities

Benefits to Athletes:

- Develop leadership skills
- Engage with and learn from pro athletes
- Build confidence in your college decision, recruitment, and transition processes
- Use your platform as an athlete to help your community

Benefits to Coaches:

- Prepare your athletes for life after sport
- Improve team leadership on and off the court
- Establish stronger bonds between players
- Improve your coaching and leadership skills
- Gain recognition as a Trey Athletes Coach

Trey Athletes is a youth sports nonprofit that empowers high school athletes to be leaders, role models, and influential voices for their communities.

SZN 3 Timeline:
March 22 – May 29, 2021



Nominate a Coach:
<https://tinyurl.com/CoachNom>

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Targeted Topics for Fireside Chats:

- Identity Beyond Sports
- Resilience & Overcoming Failure
- Mental Health & Sports
- Applying Sport-Based Leadership
- The Business of Sports
- College Decision/Transition Processes
- Balancing School & Sport
- Race & Sports
- Athletes as Social Influencers
- Mentorship & Community

*** Topics and order subject to change.

Recent Trey Speakers:



Dirk Nowitzki



Jalen Brunson

Trey Athletes - Accolades & Affiliations



2019-20 Fellows
Audience Choice Award Winners:
DFW Social Innovator of the Year



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What teams and sports are eligible for Trey Athletes SZN 3?

We welcome teams from any sport, location, and skill level. The content is best suited for high school athletes.

What is a Fireside Chat?

Fireside Chats are 60-minute virtual events in which Trey SZN 3 Teams have the opportunity to engage directly with powerful speakers regarding topics relevant to high school athletes. Coaches and athletes who cannot attend a Fireside Chat live may watch the recording afterward.

What is a Debrief Session?

Debrief Sessions are 60-minute workshops that follow each Fireside Chat. Debrief Sessions are facilitated by a Trey Athletes Coach and enable athletes to apply key learnings from the Fireside Chats and bond as a team. Coaches have discretion over when and where to conduct the Debrief Sessions for their team, including whether their Debrief Sessions are virtual or in-person.

What are the expectations for Trey Coaches?

To become a Trey Athletes Coach and enroll their team into Trey SZN 3 programming, coaches must agree to complete training, attend Fireside Chats, facilitate Debrief Sessions, lead a team community service project, and provide feedback and data back to Trey throughout the program. Full expectations are outlined in the Coach Expectations Agreement, which each coach must sign to enroll.

What support is provided to Trey Coaches?

Trey Athletes will arrange all Fireside Chat speakers and content and provide Debrief Session curriculum and materials to coaches. Throughout SZN 3, we will also host regular check-ins with coaches to answer questions and provide ongoing training and support.

I am a head coach. Can I delegate Trey SZN 3 responsibilities to an assistant coach?

Yes. During the enrollment process, you will indicate which coach(es) on your team will facilitate Trey Athletes SZN 3 programming. If these roles change during the SZN 3 program, you also agree to let us know.

How can I sign up to participate in Trey SZN 3 programming?

Anyone can nominate one or more coaches at tinyurl.com/CoachNom. Coaches who are interested should nominate themselves. Once nominated, coaches will receive more information about Trey SZN 3, including the SZN 3 Program Overview, Coach Enrollment Form, and Coach Expectations Agreement. Individual athletes who are interested in Trey SZN 3 should nominate their coaches and encourage them to enroll their team.

If I coach more than one team and want to enroll each of them in Trey SZN 3, is that possible?

Yes! If you want to enroll two or more of your teams in Trey SZN 3 programming, please contact us. We will help you create a strategy to execute programming for multiple teams.

How does Trey SZN 3 work with COVID-19?

Trey SZN 3 Fireside Chats are virtual. Trey Athletes Coaches agree to follow COVID-19 guidelines from the CDC, state and local authorities, and their school districts in facilitating SZN 3 programming. This includes the decision by each coach whether to hold their team's Debrief Sessions and community service project in-person or virtually.

What does the "Trey" in Trey Athletes stand for?

A "trey" is a three-point field goal in basketball. At Trey Athletes, we do everything in threes! We have three areas of work: (i) Trey Academy, an intensive leadership development and mentorship program for high school athletes; (ii) Trey SZN 3, a team-level virtual program series for high school teams; and (iii) Trey Toolkit, a suite of resources and information to help athletes succeed. Trey also focuses on three areas of impact: (i) social-emotional learning (SEL); (ii) college & career exploration; and (iii) community and family engagement.