

FILL-IN-THE-BLANK GUIDE FOR ASKING FOR ACCOMMODATIONS

"Hi Coach, I am requesting [specific accommodation] because it will help me [reason]. I appreciate your support in making sure I can perform my best at [practice/games]."

"I've been finding that [challenge] makes it harder for me to [task]. Would it be possible to have [specific accommodation] so that I can [benefit]?"

"I play best when I have [specific accommodation]. Having this support allows me to [benefit] and helps me contribute fully to the [team/sport]."

"I want to support the team as best as I can, and I do that when I have [specific accommodation]. This helps me [benefit] so I can contribute fully to our success."

"Before [practice/game/meet], it helps me to have [specific accommodation]. This makes sure I can [benefit]."



HOW TO ASK FOR ATHLETIC ACCOMMODATIONS

Asking for accommodations can feel scary. You might worry about seeming weak, difficult, or being a burden. But you and your coaches want the same thing: the best conditions for the team to succeed.



STEP 1: IDENTIFY YOUR NEED

Think about what's making participation challenging.

Ask yourself: "What specific support will help me perform my best?"

Example: "I need a 1-minute break after high-intensity drills to manage sensory overload."



STEP 2: BE CLEAR & SPECIFIC

- Use straightforward language.
- Focus on the accommodation, not the disability.
- Example: "It helps me focus if I can step aside briefly during loud drills."



STEP 3: EXPLAIN WHY IT HELPS

Share how it supports performance or safety.

Example: "Taking a short break keeps me alert and reduces errors during practice."

STEP 4: PRACTICE OR SCRIPT IT*

Rehearse with a friend, teammate, or parent.

*See reverse for fill-in-the-blank script options

STEP 5: FOLLOW UP

Check in with your coach after trying the accommodation.

Adjust as needed and express appreciation.

