

INSPIRATION

Famous trans athletes!

Schuyler Bailar

@pinkmantaray on Instagram

Chris Mosier

@thechrismosier on Instagram

Lia Thomas

@liakthomas on Instagram

Layshia Clarendon

@layshiac on Instagram

Quinn

@thequinny5 on Instagram

Laurel Hubbard

Renée Richards



LET TRANS ATHLETES PLAY



RESOURCE FOR TRANS YOUTH

@queeryouthassemble
by queer youth, for queer youth

EMAIL SCRIPTS

For contacting coaches to secure gender-inclusive accommodations.

Good morning/afternoon/evening
[teacher/coach name],

I will be [on your team/in your class] for this school year. I want to inform you that I am transgender, and prefer/go by the name [insert name] and pronouns [insert pronouns]. I would like to know if there are any private or otherwise gender neutral spaces available for changing before and after [class/practice]. If not, would it be possible for me to change in [bathroom/nurses office/other available space]?

Thank you!
[Name]

EMAIL SCRIPTS

Good morning/afternoon/evening
[administrator/athletics head],

I am a [gender identity] student and would like to play [sport]. Is it possible for me to practice and compete on the [men's/women's] team? This would allow me to feel more comfortable playing and competing and engage with my school in a positive way.

Thank you!
[Name & Pronouns]

Feel free to adapt these email scripts to your specific school, needs, or comfortability, and reach out to QYA or queer support groups near you for assistance!

GENDER AFFIRMATION WHILE EXERCISING

For binding, do your best to **avoid wearing standard binders** while exercising, as they restrict your lungs. Try **TomboyX's or GenderBenderLLC;s sports binders/compression tops**, or a compression bra. Targets "All in Motion" line offers sports bras in a range of sizes and degrees of compression, at affordable prices.

For tucking, **Etsy offers a range of tucking underwear and gaffs**, with different fits and styles, including tucking shorts. Check out **LeoLines and GenderBenderLLC**. Running shorts also will often have a built-in underwear, which can be used as support for tucking during athletic activities.

Outplay and TomboyX offer gender neutral swim and activewear for people of all bodies. **Cilium** offers size-inclusive clothing, with loose fits that could be worn as activewear. **FLAVNT Streetwear** also offers trans-inclusive activewear.

MOVEMENT ALTERNATIVES

If playing a sport is not suited to your interests or mobility, **getting outside** in whatever capacity you are able to is a great alternative. Take a **walk**, go for an easy **bike** ride, go out in your wheelchair, **sit in your backyard**.

If you are looking for more dynamic movement, you could **try guided yoga flows, dynamic stretching, or an easy floor workout**.

@queermvmt on Instagram offers trans-inclusive stretches and exercises to relax and destress your body and mind.

@queerzenmeditation offers queer positive meditation guides.

If you need to decompress, doing a **guided breathing exercise or meditation** can assist you in unwinding.