



2022 Student-Athlete Impact Report

Prepared by Doug Blais, Ph.D.
Southern New Hampshire University

Contributors:
Christine Blais, D.B.A., Southern New Hampshire University
Samantha Chapps, Team IMPACT

EXECUTIVE SUMMARY & KEY FINDINGS

Executive Summary

This report is the sixth research project completed over the past seven years. According to the 2022 findings, student-athletes who are part of Team IMPACT demonstrate a heightened understanding of their potential to positively impact others, as well as an improved sense of self-awareness, and an increased awareness of individuals whose lives are different from theirs.

Over three quarters of student-athletes stated their mental wellbeing was improved due to their involvement with Team IMPACT.

Key Findings: Survey

- 581 Student-Athletes surveyed (margin of error +/- 3.6%)
- 77% feel their mental wellbeing has improved
- 91% feel proud about their involvement with Team IMPACT
- 95% are more aware of people whose lives are different than theirs
- 91% have greater self-awareness
- 93% are more aware of their ability to make a difference
- 74 Net Promotor Score

Key Findings: Open-ended Questions

The following are the major benefits of having a Team IMPACT match:

- Greater appreciation of what they have
- Heightened awareness of the needs of others
- A more positive attitude and perspective on life
- Willingness to take action for the welfare of others
- A sense of being involved in something that is greater than themselves and the team.

RESULTS

Table 1: Comparison of Survey Results Over Time

Statement	2016*	2017*	2018**	2019**	2021**	2022**
My mental wellbeing has improved						77%
I feel proud						91%
I feel fulfilled						85%
I have become more resilient					78%	87%
I have become more civic-minded					87%	86%
I am more aware of my ability to make a difference					82%	93%
I have greater self-awareness	73%	85%	87%	89%	91%	91%
I am more aware of people whose lives are different from mine	86%#	92%#	81%	92%	94%	95%
My team experience has been enriched	77%#	89%	88%	89%	90%	90%
My team has a positive team perspective that winning isn't everything	69%	85%	88%	84%	88%	91%
I feel greater awareness of the issues and needs of other people			90%	89%	94%#	
My knowledge of life threatening and chronic illnesses has increased		79%	85%	85%		
My team is more cohesive and functions as a unit	65%	87%	77%	83%		
My team bonding is stronger	73%	89%	78%	82%		
Net Promotor Score			80	72	68	74

*Respondents answering 5-7 on Likert scale of 1-7; **Respondents answering 3 & 4 on Likert scale of 1-4;

#Same theme (wording not exact)

DEMOGRAPHICS

Figure 1: Participants by Gender and Sport

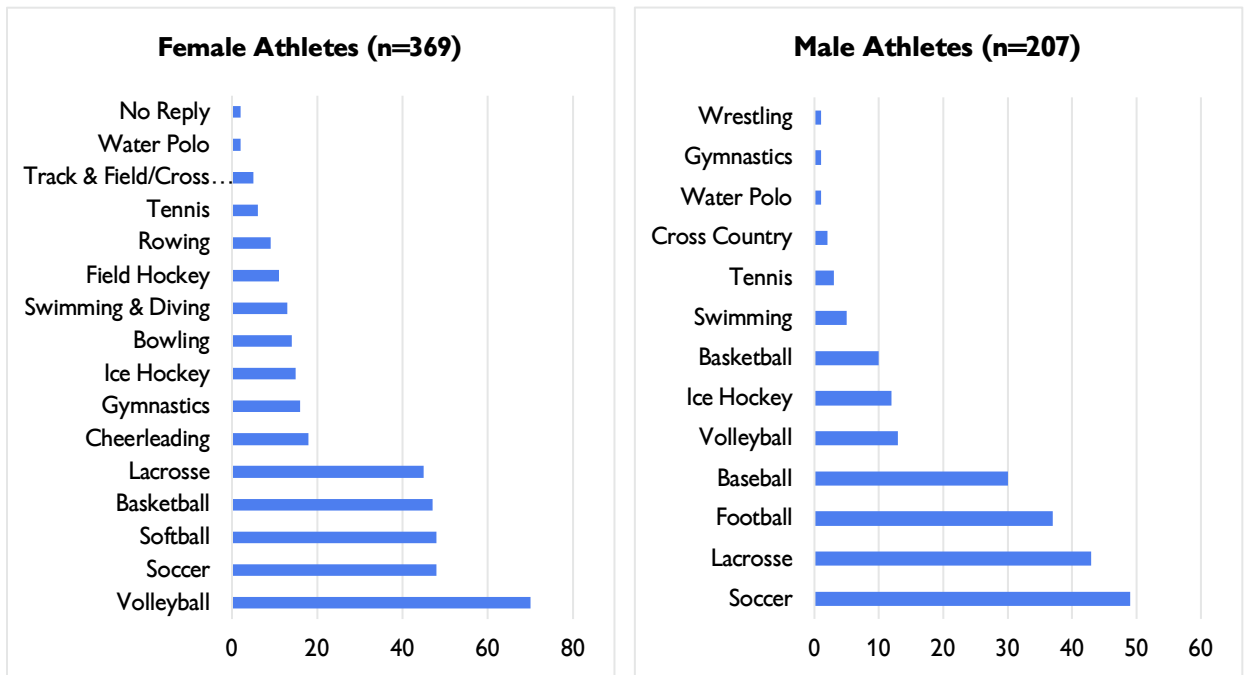


Figure 2: Participants by Athletic Association/Division

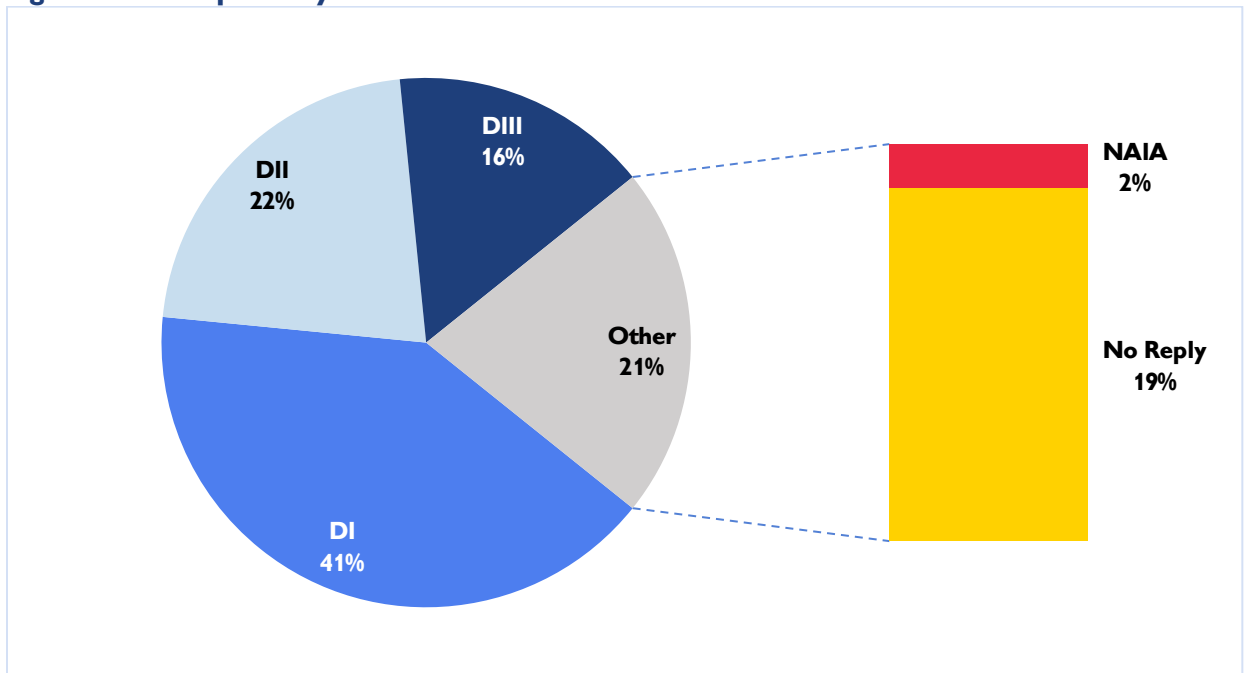
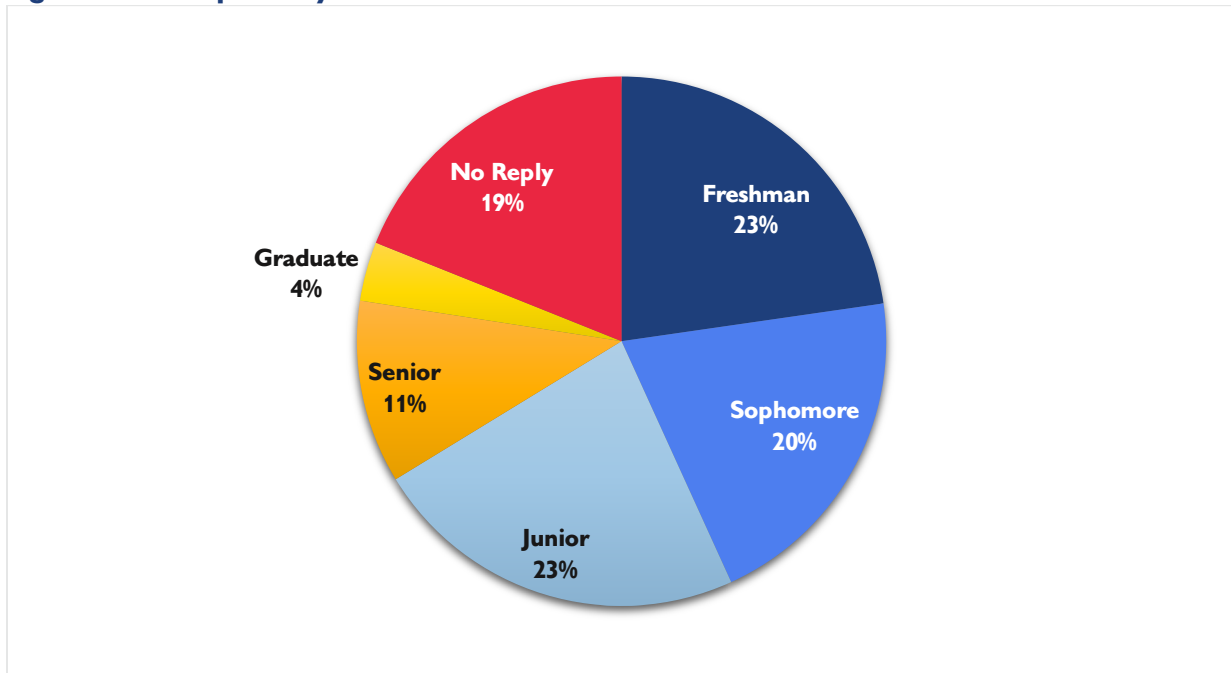


Figure 3: Participants by Graduation Year



NET PROMOTER SCORE

Net Promotor Score (NPS) = 74

Team IMPACT continues to earn an extremely high NPS, ranking them in the top 25% of organizations. Just under 350 student-athletes answered the open-ended question as to why they rated Team IMPACT the way they did.

The vast majority of student-athletes made comments similar to these:

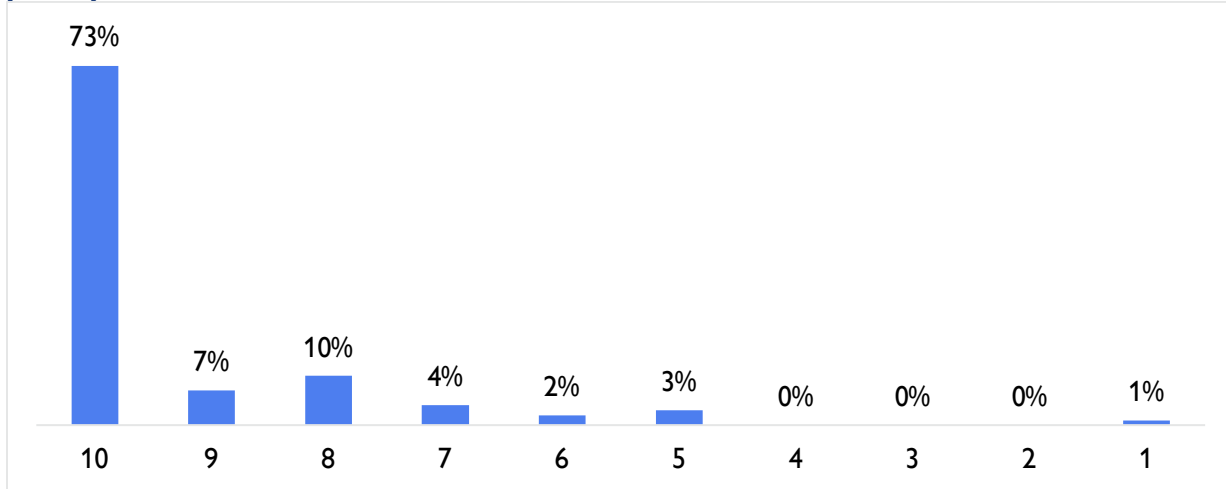
“Team IMPACT is just as impactful to the team as is it to the kid who is struggling. Life changing.” - Volleyball Player

“Rewarding and life-changing is an understatement for this experience.” - Lacrosse Player

“I rated it a 10 because this experience has not only helped me personally grow as a person, but it has also helped our team grow together.” – Baseball Player

“Team IMPACT teaches student athletes qualities and life lessons that are only learned by exposure and experience. Both the team and match benefit from this program.” – Lacrosse Player

Figure 4: On a scale from 1 - 10, how likely are you to recommend another school participate in Team IMPACT?



MENTAL WELLBEING

A theme related to mental wellbeing surfaced during last year’s focus groups and was reinforced in the analysis of the open-ended questions from previous surveys. As a result, a specific question around mental wellbeing was added to the 2022 survey. 77% of SAs strongly agreed/agreed that their mental wellbeing had improved because of their involvement with TI.

In answering the open-ended questions, some of the replies were straightforward.

“Helps with mental health” – Softball Player

Other replies focused on the student-athletes increased self-awareness, growth, positivity, and understanding they are part of something bigger than their sport.

“My relationship with our match made my life significantly better. My year would have been a lot worse if it wasn’t for my match. I was out with an injury, so I always had something to look forward to. – Baseball Player

“My participation in Team IMPACT has made my experience as a student-athlete much better. There are many times when as a student-athlete we get so caught up in the back and forth of schoolwork and competition that it is nice to take a step back and do things that make life important. Team IMPACT has brought the community to us.” – Track & Field Athlete

“It has allowed me to venture outside of my sport and school which has been mentally beneficial for me.” – Baseball Player

“As a student-athlete, Team IMPACT allows us to focus on being a person before the title student-athlete. It also gives us the ability to express and care for each other for the individuals we are and embrace our differences ultimately brings us all together.” – Track & Field Athlete

“It has strengthened the connection between members of our team for sure. It is so transformative to be vulnerable with people you work with for a common goal, and I think our participation with Team IMPACT has let us see sides of each other we would not have seen otherwise.” – Baseball Player

“It has made me a more multidimensional person and breaks down some of the eat, sleep, study, play structure that stereotypically dominates a student-athletes personality and life.” – Lacrosse Player

OPEN-ENDED QUESTIONS

Researchers individually reviewed each open-ended question and assigned attributes based on the responses. These attributes/benefits were then operationalized, and definitions were created.

- **Altruism** - Acting on behalf of the well-being of others
- **Awareness** - Perception to the factors and environment around yourself
- **Bonding** - Building relationships and chemistry with others
- **Comforting** - Instilling a peaceful feeling into others or a situation
- **Empathy** - To understand and sympathize with the feeling or state of others.
- **Fulfilling** - Feeling emotionally satisfied
- **Gratitude** - The act of appreciating what has been given to us
- **Growth** - Going out of one's comfort zone to develop positive character attributes
- **Inspiration** - Becoming motivated to make a difference
- **Passion** - A strong emotion that drives daily decisions and life paths
- **Positivity** - To be optimistic in a persistent manner
- **Pride** - The feeling of accomplishment from one's involvement or association
- **Resilience** - The act of not letting factors of any kind break you down mentally, physically, or emotionally
- **Synergy** - The sense of being a part of something that is bigger than yourself and those around you

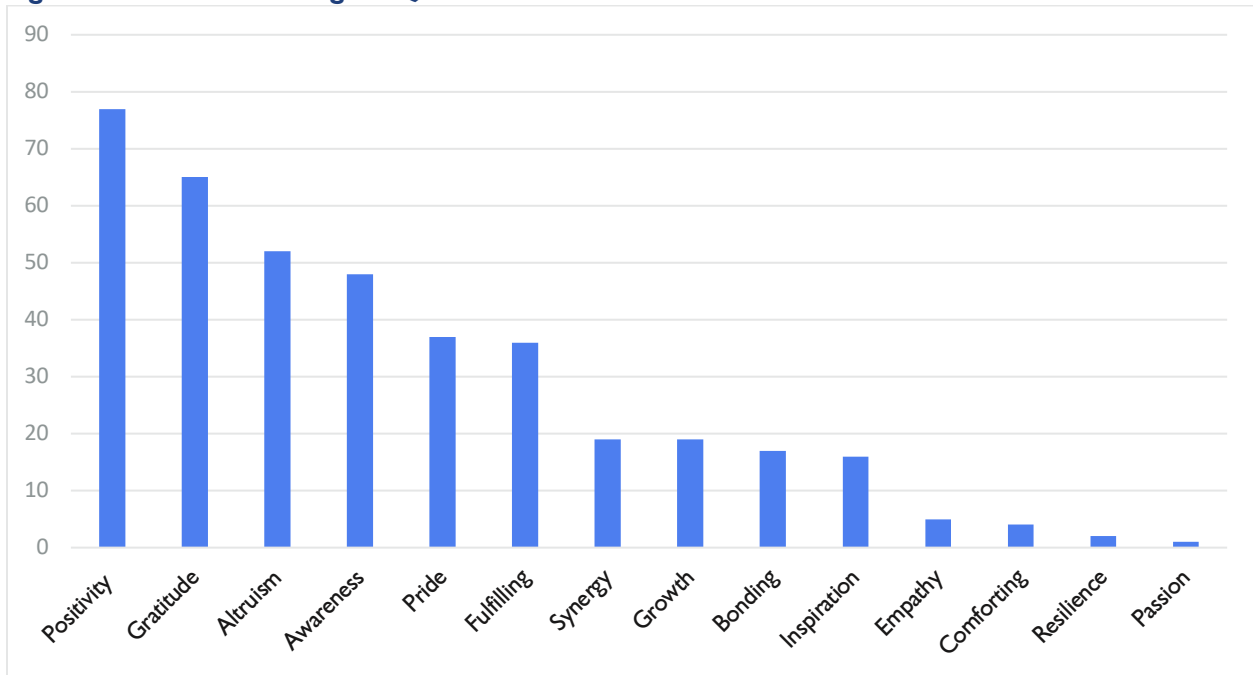
Each researcher reviewed and coded the open-ended questions. The researchers then compared the coding, assigned attributes, and finalized the results.

Q1: How does your relationship with match make you feel about yourself?

375 Student-athletes answered this question.

- 21% Developed a more positive attitude and perspective on life.
- 17% Have a Greater appreciation of what they have.
- 14% Have a willingness to take action for the welfare of others.

Figure 5: Thematic Coding for Q1



A softball player stated, *“my relationship with my match makes me realize that there is more to sports than winning and losing. Through my match, I truly have understood that we are more than just athletes and our small actions make the greatest impact on young children.”*

A male lacrosse player commented, *“my relationship with my match makes me realize that there is more to sports than winning and losing. Through my match, I truly have understood that we are more than just athletes and our small actions make the greatest impact on young children.”*

A baseball player stated, *“my relationship with my match makes me feel like I am making a difference. Knowing that I am able to make their day brighter by making them smile and laugh makes me feel like I have a meaningful impact on those around me. I may have a great impact on my match, but the impact my match has had on me is much greater. I feel like the little things I do make the world of difference and to know and understand that makes me so much more aware of my actions throughout everything I do. I have learned so much more about myself through my match.”*

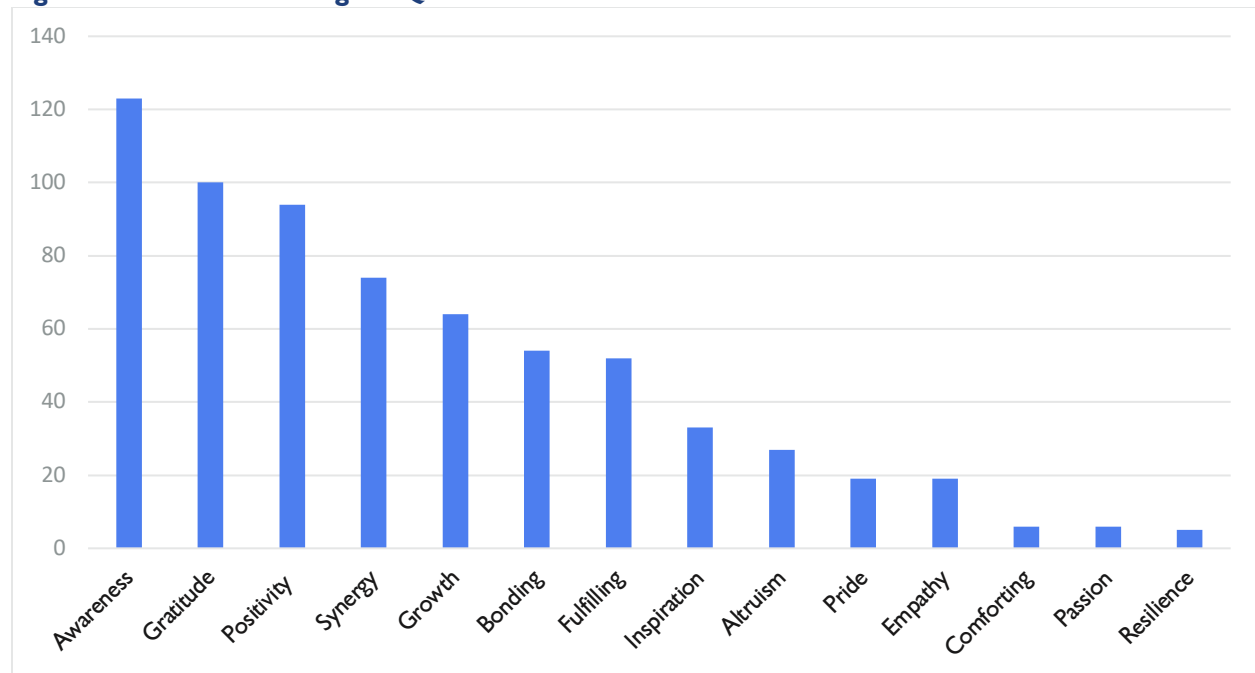
A female basketball player commented, *“It makes my experience as a student-athlete feel less about my sport success and more about the impact sports can make on somebody’s/a family’s lives and their overall happiness. Our experience has helped us develop lifelong relationships, as well as help our athlete along their journey by achieving milestones nobody else could have inspired them to!”*

Q2: How has your participation in team impact influenced your experience as a student-athlete?

374 SA replied to this question.

- 33% Have an increased awareness of the issues and needs of others.
- 27% Are more grateful for what they have.
- 25% Feel more positive about their experience.

Figure 6: Thematic Coding for Q2



A softball player feels, *“It made me realize there is much more to life than school and softball, and I need to take time to step back and enjoy the other things in life. I also realized how lucky I am to be where I am and that I shouldn’t take anything for granted.”*

A female tennis player stated, *“my participation in Team IMPACT has influenced my student-athlete experiencing by enriching it with the opportunity to connect with someone who has different abilities from me but shares the same common love for sport. My awareness and gratitude for my personal physical abilities as well as my ability to be on a collegiate team has exponentially increased since working with our match. It has also allowed me to take a leadership role within our team.”*

A male basketball player believes, *“my participation in Team IMPACT has had such a positive influence on my experience as a student-athlete. I feel like being a part of Team IMPACT has enriched my student-athlete experience and made me enjoy being a student-athlete so much more. It has allowed me to realize that the journey of being a student-athlete isn’t about you, but instead about the people you meet and the impact you have on those people. Being a part of Team IMPACT has helped me to think less about myself and more about others. Especially how I can make people feel included and loved in every situation.”*

REFERENCES

Presenter, Rogovin, R., Blais, D., Blais, C. (2023) National Mentoring Summit, “The Power of Team: How using collegiate athletic teams to mentor youth with serious illness and disability is a win-win for everyone,” Washington, DC (January 2023).

Presenter, Blais, D., Rogovin, R., Van Ryn, A., Higgins, E. (2022) The Alliance of Social Workers and Sports 8th Annual Social Work in Sports Symposium, “Team Impact: Connecting Children Battling Serious Illnesses with University Athletic Teams,” Indianapolis, IN (October 2022).

Presenter, Blais, D. (2018, June). *Examining the Effect of Team Impact Matches on Student-Athletes: A Follow-up Study*. Paper presented at the 9th Annual International Conference on Sport and Society, Miami, FL.

Presenter, Blais, D. (2016, June). *Impacting All: Examining the Effect of Team Impact Matches on Student Athletes*. Paper presented at the 7th Annual International Conference on Sport and Society, Honolulu, HI.

Charmaz, K. (2006). *Constructing grounded theory: A practical guide through qualitative analysis*. Thousand Oaks, CA: Sage.

Strauss, A., & Corbin, J. (1998). *Basics of qualitative research: Techniques and procedures for developing grounded theory* (2nd ed.). Thousand Oaks, CA: Sage.

APPENDIX: SURVEY



Team IMPACT Students

The purpose of this research project is to determine the benefits of Team IMPACT. You are invited to participate in this research project because your team has a Team IMPACT match. Your participation in this research study is voluntary. You may choose not to participate. If you decide to participate in this research survey, you may withdraw at any time. The procedure involves filling an online survey that will take less than 10 minutes. Your responses will be confidential. If you have any questions about the research study, please contact, Amy VanRyn at avanryn@teamimpact.org. Please select your choice below. Clicking on the "agree" button below indicates that: you have read the above information, you voluntarily agree to participate, you are at least 18 years of age. If you do not wish to participate in the research study, please decline participation by clicking on the "disagree" button.

Agree

Disagree

Gender?

Male

Female

Other

Prefer not to answer

What Sport do you play

On a scale of 1-4, where 1=strongly disagree and 4=strongly agree, indicate your level of agreement to the following statements.

As a result of having a Team IMPACT player,

	1	2	3	4
I am more aware of people whose lives are different from mine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have greater self-awareness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have become more resilient	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a better understanding that success does not always equate with winning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have become more civic-minded	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My team experience has been enhanced	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am more aware of my ability to make a difference	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My mental wellbeing has improved	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel fulfilled	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel proud	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How does your relationships with your match make you feel about yourself?

How has participation in Team IMPACT influenced your experience as a student-athlete?

How Likely are you to recommend Team IMPACT to another team or school?

1=Very unlikely & 10= Very likely

	1	2	3	4	5	6	7	8	9	10
How Likely?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please explain why you rated the last question the way you did.

What Division do you play in?

DI
DII
DIII
NAIA

What year are you?

Freshman
Sophomore
Junior
Senior
Graduate

Team IMPACT is developing an alumni network to benefit student-athletes that have participated in the program. You will be provided networking opportunities with our many partner organizations. In addition, you will be provided with updates on our programs and initiatives.

If you are interested in being involved, please provide your name, **personal e-mail**, and cell phone number. This will not be shared or sold.

Name	<input type="text"/>
Personal e-mail	<input type="text"/>
Cell phone number	<input type="text"/>

We thank you for your time spent taking this survey.
Your response has been recorded.