



# PREMIER MINDSET

# MENTAL TRAINING — GUIDE —

REACH PEAK PERFORMANCE IN **SPORT** AND **LIFE**

# A NOTE FROM OUR TEAM

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Congratulations! You've made it through the Premier Mindset Assessment. Yet your journey is just getting started and the best is yet to come.

Mastering the mental side of sport is a lifelong journey and one that translates directly to all endeavors of life. Some days will be better than others and progress may seem hard to come by at times, yet it's important to remember that you are an unfinished product. Simply placing intention on improving the mental side of sport is progress in it's own right and doing so will yield results that will last a lifetime.

The Premier Mindset Mental Training Guide is designed to help you practice the skills and tools needed to elevate your mental game and overall wellness. The guide is broken into five separate clusters and each cluster has its own chapter filled with exercises, training tips, and tools.

As you navigate the training guide, be sure to keep an open mind and remember that significant progress doesn't happen overnight. Make your favorite exercises a part of your daily routine and hold yourself accountable; progress comes through habits and consistency.

Finally, remember that sport is a microcosm of life and that the skills learned through this guide will help you thrive in sport, school, work, relationships, and wherever else the road of life leads you.

The journey is just getting started. We can't wait to see the progress you'll make.

— Premier Sport Psychology Research and Analytics team

## AN IMPORTANT NOTE



It will be important to have a personal notebook with you when completing the training guide (using your phone also works). Exercises with the red notebook symbol shown above indicate that you will need to write down results and progress to best practice the exercise.

# GROWTH MINDSET

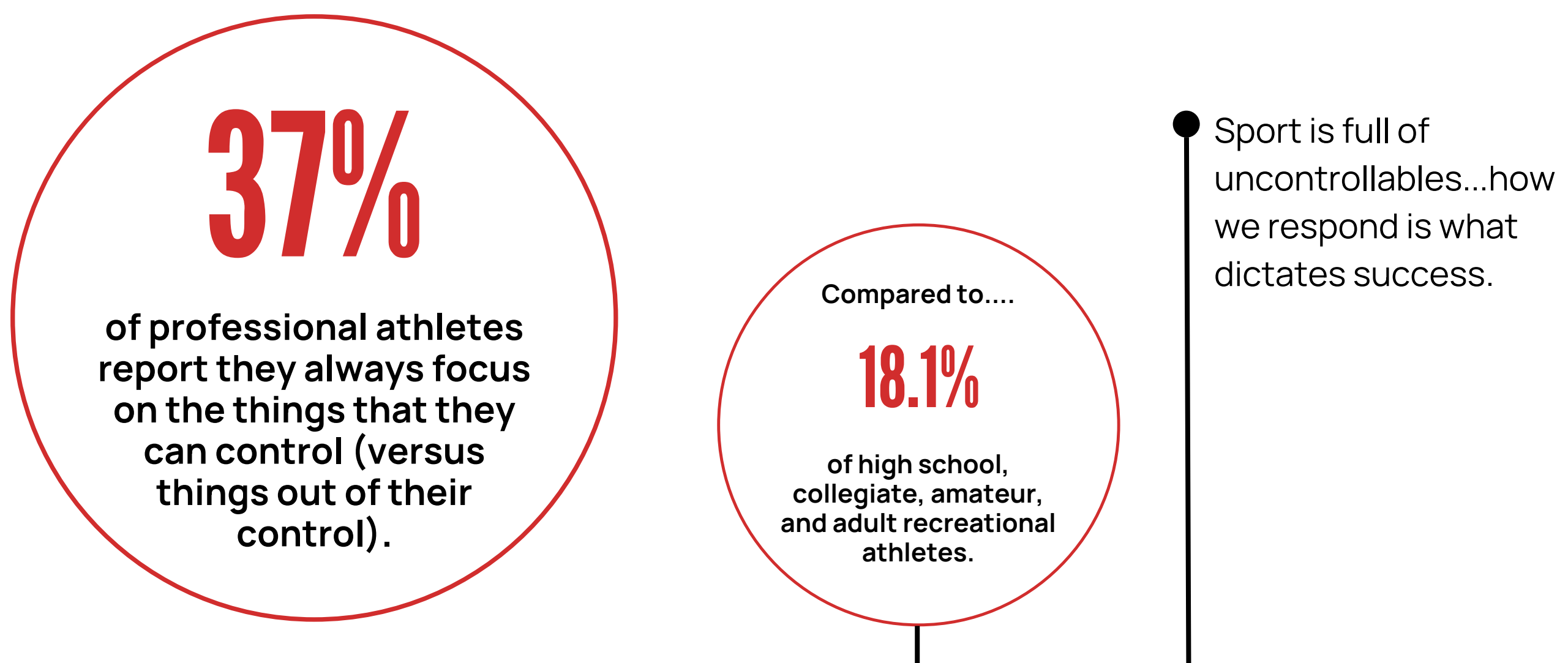
**Success doesn't come overnight...**  
**Progress happens every day.**

Growth mindset is having the mentality that there is always something to learn and that growth is a process.

Growth doesn't just take place from wins; growth takes place each day through our performances, mindset, successes, and failures.

We can't control outcomes, yet we can control how we respond to them.

Athletes with a strong growth mindset view each outcome as an opportunity and realize that perspective is everything.



# GROWTH MINDSET

## TRAINING TECHNIQUES



### WHAT TO EXPECT

- Learning Growth Mindset vs. Fixed Mindset
- Mastering Self-Talk and Letting Go of Mistakes
- Shifting Negative Thinking
- Focusing on the "Yet"
- Controlling the Controllables

## KEYS TO A GROWTH MINDSET

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A growth mindset is the belief that your abilities can grow with effort and the determination to grow! It is an understanding that your abilities are not "fixed." People with a growth mindset have a desire to find growth opportunities as often as possible to maximize their abilities. It may seem simple, but a growth mindset is one of the greatest mental factors in predicting your success in your sport.

Athletes with a growth mindset see their challenges and mistakes as learning opportunities, rather than points of potential failure. The more you accept and learn from the mistakes you make as an athlete, the more you will improve.

### GROWTH VS. FIXED MINDSET



Athletes can approach various situations with either a fixed or growth mindset. Both mindsets impact an athlete's ability to overcome obstacles, improve performance, and reach achievement. A growth mindset is believing you can grow as an athlete in a variety of ways. A fixed mindset is believing you cannot learn new things in order to improve your performance. Circle which of the characteristics below describe you as an athlete.

#### GROWTH MINDSET

- "I think challenges are bad"
- "I tend to give up when things are hard"
- "Working hard at practice is pointless because it won't help me get better"
- "I don't listen to what my coach says"
- "I don't like the best players on my team"

#### FIXED MINDSET

- "I think challenges are good"
- "I tend to work hard even when things are difficult"
- "If I work hard at practice, I will become a better athlete"
- "I really like listening to my coach talk to me"
- "The best player on my team inspires me"

## USING SELF-TALK TO LET GO OF MISTAKES

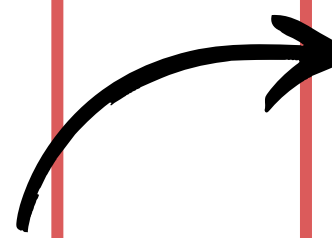
Athletes talk to themselves in good and bad ways. When using bad self-talk, your views of yourself can become too perfectionistic, leading to stress and feeling overwhelmed.

By letting go of negative self-talk, you can let go of mistakes and move on during competitions.

### NEGATIVE SELF-TALK

"My body hurts today which means I won't have a good practice."

"I am really nervous today. I NEVER play well when I feel stressed."



### POSITIVE SELF-TALK

"I am sore but warm ups will help me get ready for the game."

"I have some stress going into my game, but I know I'm ready."

## REFLECTING ON SELF-TALK



Think back to your last game or training session. Write down 2-3 sentences you remember saying to yourself. Evaluate whether it was negative or positive. If it was negative, try and rewrite it to be positive.

Example: "I can't believe I'm losing to this opponent. I should be crushing him."



"My opponent is playing very well, I'm going to focus on things within my control and switch up my strategy."

## NEGATIVE THINKING

Negative thinking happens when we are faced with a conflict. These patterns come to mind during times of stress and can make us feel poorly about ourselves and our abilities.

Is there one that you tend to think?

### All or Nothing

"If I don't make every single shot, I'm a failure!"

### Catastrophizing

"I didn't do well in the mile run, I'll probably get cut."

### Personalization

"My coach probably hates me because I missed the penalty kick."

### Minimizing

"Yes, I made the game-winning shot, but anyone could do that."

### Jumping to Conclusions

"The team is going to lose because of me."

### Negative Self-Labeling

"I missed the penalty shot, I am so stupid!"

## FOCUSING ON THE "YET"

When you are at practice or at a game and you are feeling down, it can be hard to think about yourself successfully taking a penalty shot or being able to PR in your 100m dash.

When you find yourself saying things like "I can't make a lay up", add "YET". The power of "YET" focuses on your ability to accomplish something in the future. Your journey toward achieving the latest jumpshot or routine on the balance beam is an uphill battle. Just because you haven't reached it YET, doesn't mean you never will!



## IDENTIFYING YOUR "YET"



Think about what you currently cannot do, but are working toward in your sport. Using the model below, write down three examples to see where your YET is!

I can't \_\_\_\_\_ **YET** But, if I \_\_\_\_\_ then I will!

Example: I can't bench 200 pounds YET. But, if I spend 20 minutes at the bench press 3 times a week and increase by five pounds each week then I will!

"When you put the work in, your confidence builds up and you start to do things that you didn't know you could do."

**– James Harden**

## CONTROLLING THE CONTROLLABLES

Focusing on the things within your control is one of the most important concepts of sport and life. As athletes, we often cannot control the situations that we are put in. We CAN however control our response, which will oftentimes determine our future successes and failures.

### EFFECTIVE AND INEFFECTIVE HABITS FOR FOCUSING ON WHAT WE CAN CONTROL

#### EFFECTIVE

Make the best out of tough situations and focus on what you can control.

Change your response to the event until you get the outcome you want.

Be willing to change your thinking, communication, and interpretation of the world and your behaviors.

See mistakes as learning opportunities.

#### INEFFECTIVE

Blame the event for the outcome.

Have excuses and find things to blame. This is a very limiting thought process, and can lead to self-defeating behaviors.

Ignore useful feedback and refuse to change your ways.

Refuse to learn new skills.

### CIRCLE OF CONTROL

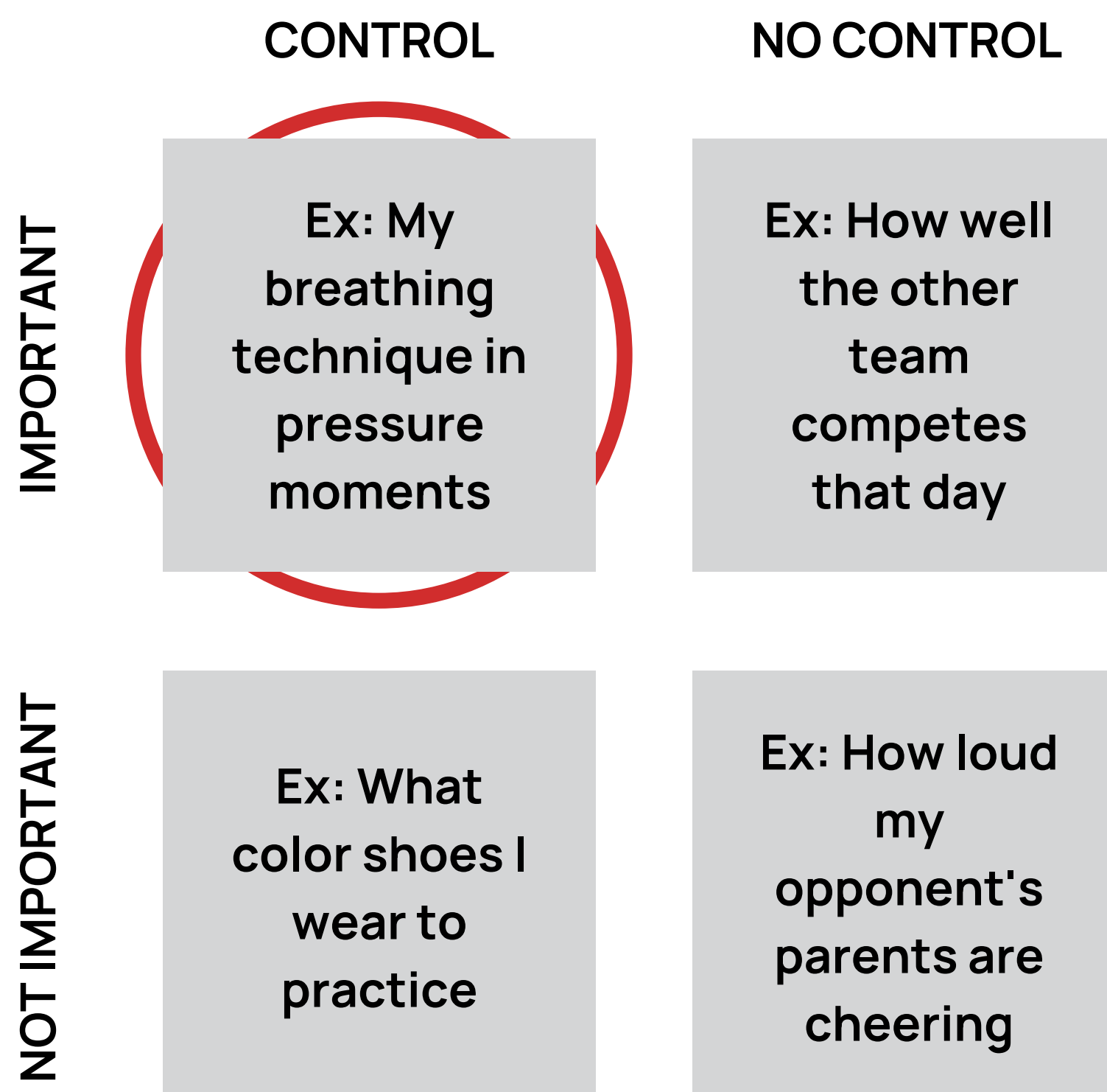
It's important to be constantly cognizant of things within your control and things that are not. The things inside the circle are within your control during practice and competition, the things outside of it are not.



## CONTROLLABLES GRID

We often become frustrated or anxious when we focus on the things we can't control (e.g. a ref's call, who coach put in the lineup, an opponent's skill level, what happened in the past or what might happen in the future), and we often waste energy when we focus on things that aren't important to our present moment performances.

Use the controllables grid below to identify what you do and do not have control over. Then, focus on the controllables that are important for your next training session or competition. Notice whether the shift helps your performance.



"You may not control all the events that happen to you, but you can decide not to be reduced by them."

**– Maya Angelou**



# MENTAL SKILLS



## Execute when it matters most...

Sport is every bit mental as it is physical...and the best athletes know where to place their focus before, during, and after competition.

Mental skills evaluate an athlete's ability to be intentional and proactive when it comes to practice and competition. All sorts of things take place during competition and an athlete's chances of reaching peak performance are highest when they focus and capitalize on things within their control and in the present moment.

**40.5%**

of professional athletes report they always practice being in the present moment when competing and training.

Compared to....

**23.75%**

of high school, collegiate, amateur, and adult recreational athletes

Learn to lock in and be at your best when it matters most.

# MENTAL SKILLS

## TRAINING TECHNIQUES



### WHAT TO EXPECT

- Creating Productive Focal Points
- Using Imagery to Spark Success
- Facing Adversity
- Self-Compassion After Competition

## FOCUS: THE TOP DRIVER OF PERFORMANCE

Where we place our attention is the number one determinant of whether we will find success or not. All mental skills begin with focus and where we place our focus is critical pre, during, and post competition.

Mastering focus starts with identifying productive focal points. Productive focal points are within an athlete's control and pertain to what they are doing in the present moment.

Unproductive focal points are out of an athlete's control and detract from our ability to keep a clear mind during practice and competition.

### FOCAL POINTS

PRODUCTIVE	UNPRODUCTIVE
Breathing techniques	Previous plays or results
Personal routine	Score of the game
Attitude in present moment	Mechanics of shot, throw, or skill
A sensation or object (laces on the ball, back of rim)	Outside factors such as fans, weather, etc.

## STRENGTHENING FOCUS

Mastering your focal points during competition begins with practicing in everyday life. Each day, choose one situation in which you will train your focus. This could be practice, class, work, or anything else.

Pick an activity and select a productive focal point for that activity. If you become distracted, notice it, and without judgement, return your focus to your focal point.

After the activity, rate your ability to return your focus to your productive focal point when distracted throughout the task. Lastly, take any notes that will help you grow and develop your ability to focus in the future.



### USING IMAGERY TO SPARK SUCCESS

We've all had moments in our athletic career where everything seemed to work; perhaps it was a time when you played loose without tension, came up big in a pressure situation, or felt a deep love for the sport you were playing.

#### IMAGERY WITH THE FIVE SENSES

Take a few moments to remember and re-experience a past event in which you performed at a very high level. After the exercise, draft a short description of the event and take notes on the following sensations you recall from that experience.

**Sight:** What do you see? Do any details stand out?

**Sound:** What do you hear? Are they loud, soft, shrill?

**Smell:** What do you smell? Is it energizing you?

**Touch:** What do you feel? Is it helping you stay grounded?

**Emotion:** What emotions are you experiencing? Note any physiological responses to your emotions.

**Taste:** What do you taste? What does it remind you of?

Visualizing past moments of peak performance can serve as a vehicle to instill confidence, the most sought after skill on the mental side of sport. Focus on these moments prior to practice and competition to enhance confidence and readiness.



TASTE



SIGHT



TOUCH



SMELL



EMOTION

### USING IMAGERY TO PREPARE FOR ADVERSITY

The thought of visualizing your mistakes sits uneasy with athletes and is rarely talked about. It's because it's uncomfortable.

Very few athletes prepare for adversity...the great ones envision working through it.

**10.2%**

of athletes report they are always able to shift their mindset when things aren't going well.

## USING IMAGERY TO PREPARE FOR ADVERSITY

Let's face it; you will make mistakes in both sport and life. All athletes and human beings do! One of the best ways to handle adversity is to get out in front of it by using imagery to prepare for moments in which adversity will arise. Doing so will allow you to be ready for when moments of adversity hit.

### Visualize the Situation

Envision yourself making a mistake or in a situation with a negative outcome. This could be a bad pass, an upsetting loss, or receiving a poor grade on a test.

### Think of the Emotions You'd Feel

What emotions have you experienced when previous moments of adversity have come up?

### Envision How You'd Like to Respond

How have you responded to the emotions that come with adversity in the past? How would you like to respond in the future?

### Picture Yourself Moving On

Think about what you'd do in the present moment to stay present and focus on the task at hand.

### W.I.N....WHAT'S IMPORTANT NOW?

When you're imagining yourself moving on, it's important to focus on what's important in the moment. One of the best ways to recenter focus is to ask yourself "what's important now?" following moments of adversity. Whatever that thing is, it must be within your control.

Write down three examples of adversity that you've faced and a corresponding W.I.N. statement for each one.

Example: After I miss a free throw (moment of adversity), "what's important now" is taking deep breaths and engaging in my pre-shot routine so I can focus on my next shot.

**MISSED BASKET**



**W.I.N**

"Deep breaths, let's hustle back on defense."



**UNPRODUCTIVE**

"I can't believe I missed that shot!"

## SELF-COMPASSION IN ADVERISTY

Your worth as an athlete and human being is not determined by mistakes and results on the field, court, or rink.

When we show ourselves self-compassion, we're using our focus to be kind to ourselves, which helps us stay level through all the highs and lows that come with training and competition. For example, using the sequence below will help you practice self-compassion after mistakes or moments of adversity.

### CURIOSITY



Rather than judging or criticizing your experience, be curious about your thoughts and emotions. Explore what they are, where they came from and what impact they're having on you.

### ACKNOWLEDGEMENT



Now that you're aware of your thoughts and emotions, rather than ignoring or minimizing your experience, acknowledge and name the challenges, set backs, and hardships you're facing.

### ACCEPTANCE



Now that you're aware of the challenges you're facing, you can validate how you came to have these feelings.

Practice saying "It's okay to feel this way" or "It makes sense that I would have these thoughts." Strong feelings are a sign that you care!

### ACTION



Now that able to accept your experience you can answer this question: "What would be most helpful for me right now?"

Without steps 1-3 it will be difficult to answer this question. Note that this question is focused on you and your present needs to be successful.

## SELF-COMPASSION AFTER COMPETITION

Each performance provides an opportunity for us to learn and grow for next time, regardless of outcome. Because of that, using reflection provides an excellent opportunity to practice self-compassion following competition.

After each practice and competition, take 5-10 minutes to reflect on and write down what went well and what's worth improving. Make sure that the things you write down are within your control and not outcome-based. We've provided an example below.

**WWW**



- I nailed my pre-game stretching routine
- I did an excellent job finding a focal point on my free throw attempts
- I brought positive energy to my team even though we were losing early on in the game

**WWI**



- I can do a better job managing my nerves in pressure situations by practicing breathing techniques
- I can be more kind to myself after missed shots by remembering that I'm human and that being in the present is key

## SETTING GOALS TO MAXIMIZE SUCCESS

Goal-setting is not exclusive to mental skills, but a skill and practice that can positively impact all aspects of our lives, including sport. How we set goals dictates our approach toward training and competition and can serve as the initial step toward reaching peak performance.

### PROCESS VS. PERFORMANCE VS. OUTCOME GOALS

There are three different types of goals and each type serves a different purpose in getting us where we want to be. It's important to be intentional about each type of goal, how we set them, and the order in which we view them.

#### Outcome Goals

Outcome goals are what get us up in the morning and keep us going. Think of outcome goals as big picture goals; winning the state tournament, making the varsity team, or getting a division one offer to your dream school.

Yet while outcome goals are exciting, they are almost always out of our control. You could play the best tennis match of your life the day of the state championship but there's still a chance that your opponent could play better, or that weather could impact play.

That doesn't mean you shouldn't set outcome goals. Yet it's important to be aware that there are contributing factors outside of your control. To give yourself the best chance of achieving your outcome goals, focus on performance goals and day-to-day process goals.

Tip: Accomplishing outcome goals take the most work and are long-term. To maximize goal attainment, limit yourself to 1-2 outcome goals at a time.

#### Performance Goals

Achieving outcome goals doesn't happen without first achieving performance goals. These goals pertain to things that can be attained through hard work and incremental improvement. For example, if your outcome goal is to make the all-state football team, accomplishing a performance goal such as averaging over two touchdown passes per game on the season can help you get there.

There are things within performance goals that are within our control; a quarterback can control the focus they bring into each game, their pre-game routine, and their daily workout regimen that will naturally put them in a better position to succeed.

Yet there are still things within performance goals that are uncontrollable; a quarterback could be throwing the ball better than ever before in a game but receivers could struggle to get open. The weather could impede on the quarterback's ability to scramble in the pocket and the opponent's defensive line could be having their best game of the year.

Performance goals serve as a vehicle to reach our outcome goals, yet do not take place without first mastering process goals.

# SETTING GOALS TO MAXIMIZE SUCCESS

## Process Goals

To achieve performance goals and outcome goals, an athlete must first achieve process goals. Process goals are day-to-day, frequent goals within our control that will put us in the best position to achieve performance and outcome goals.

Things like drinking enough water each day, working out three times a week, and journaling after each practice and competition are all process goals. Process goals seem small, but lay the foundation for us to reach success and notice growth.

Since they are within our control, process goals allow us to notice progress, even if we fall short in our performance or outcome goals. Let's say a volleyball player's process goals include drinking eight glasses of water a day and utilizing a new breathing technique in pressure situations, a performance goal of making 85% of serves in a week and an outcome goal of being selected as Senior Athlete of the Year. Even if uncontrollable factors prevent the latter two goals from happening, the athlete will still notice growth from the controllable process goals that she has set.

### Did you know?

Research shows that process goals are the most important goals for athletes to make!

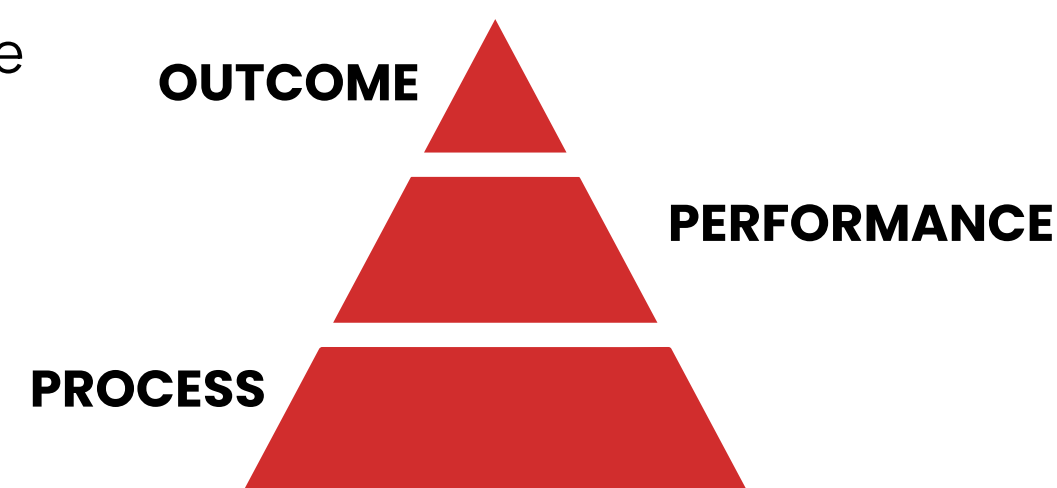
Focusing on things within our control is not only the foundation of success in life, but the base layer of effective goal-setting.

## GOAL PYRAMID

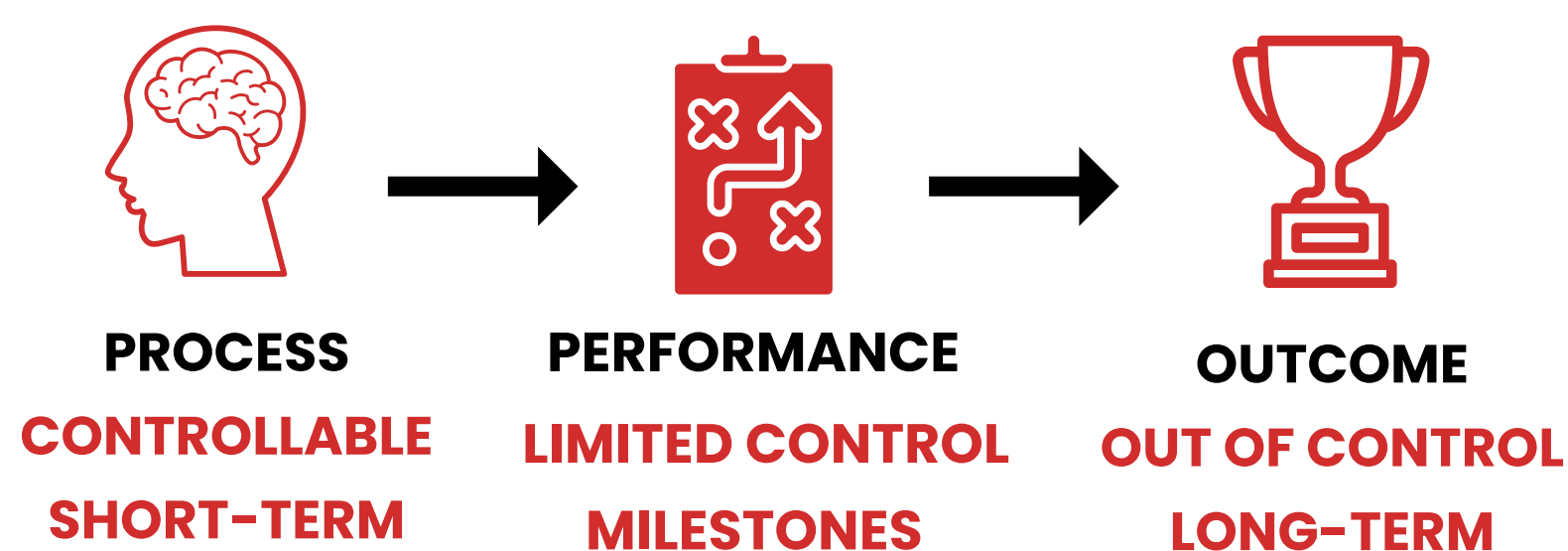


It's important to identify your process, performance, and outcome goals. Create a pyramid and place your outcome goals at the top, performance goals in the middle, and the process goals required to get there at the bottom.

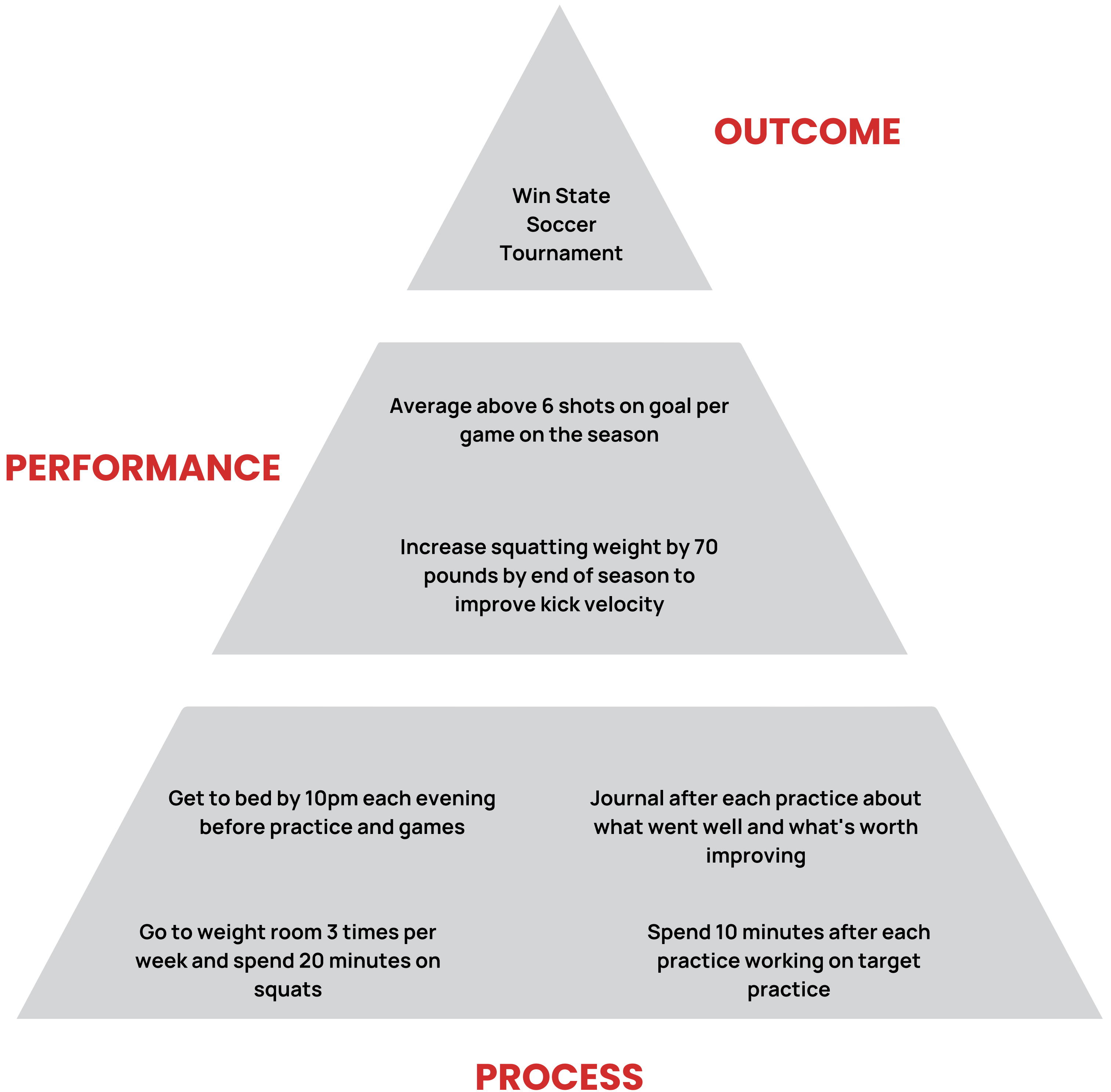
It's important to be intentional when goal-setting and not biting off more than you can chew. Note the shape of the pyramid. As a rule, we should have more process goals than performance goals and more performance goals than outcome goals. As we move up the pyramid our goals become less in our control.



When lacking motivation, remind yourself that small process goals are leading you in the right direction, even if it doesn't feel like it in the moment. Use the pyramid to check in with your goals and adapt when needed.



**EXAMPLE OF GOAL PYRAMIND**





# TEAM SUPPORT



## It takes a village...

It takes more than one person to make sport a fulfilling experience for an athlete. Team support measures an athlete's ability to utilize resources in their athletic environment for physical, emotional, and mental needs, as well as provide needs to other individuals in their environment.

Team support looks different for all athletes. One athlete may rely on a coach to talk about their overall wellbeing while their teammate may rely on the same coach for play calling strategy.

Regardless of who you go to, it's important to have a versatile support system in your athletic environment that you can go to for different needs.

**33.9%**

of professional athletes report they always feel like they have a voice on their team.

Compared to....

**32.3%**

of high school, collegiate, amateur, and adult recreational athletes.

Everyone has a voice on the team. Learn to use yours.

# TEAM SUPPORT

## TRAINING TECHNIQUES



### WHAT TO EXPECT

- Identifying Your Support System
- Strengthening Your Relationship With a Coach
- Developing A Voice Through Team Building
- Becoming a Leader
- Leadership Commitment Form

## IDENTIFYING YOUR SUPPORT SYSTEM

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Team support is grounded in meaningful relationships with those in your athletic environment. It's important to identify individuals that you can go to for different types of support as well as identify how you can support those around you.

Support looks different depending on the individual you may be relying on and there are different types of support. For example, listening support occurs when your coach or teammate listens to you without giving advice or being judgmental. Emotional support is when others comfort you and indicate that they are on your side and care for you. Emotional challenge is support in which someone challenges you to elevate your attitudes, values, and feelings.

On the next page, you'll see all the different types of support that take place in an athletic environment. Reflect about what kinds of support are important to you and who on your team you could lean on in times of need. Lastly, think about what kinds of support you could give your teammates when they are struggling.



**COACHES**



**TRAINERS**



**PARENTS**



**TEAMMATES**

## IDENTIFYING YOUR SUPPORT SYSTEM ACTIVITY

It's important to have support from members of your athletic environment and the following are different types of support that are critical to developing strong team support. Identify individuals in your athletic environment that you can go to for each type of support.

### **LISTENING SUPPORT**

Behaviors that indicate your teammates and coaches listen to you without giving advice or being judgmental.

### **EMOTIONAL SUPPORT**

Behaviors that comfort you and indicate that people are on your side and care for you.

### **EMOTIONAL CHALLENGE**

Behaviors that challenge you to elevate your attitudes, values, and feelings.

### **TASK APPRECIATION**

Behaviors that acknowledge your efforts and express appreciation for the work you do.

### **TASK CHALLENGE**

Behaviors that challenge your way of thinking about your work in order to stretch you, motivate you and lead you to greater creativity, excitement and involvement in your work.

### **REALITY CONFIRMATION**

Behaviors that indicate that people are similar to you which helps you confirm your perceptions and perspectives of the world and helps you keep things in focus.

### **ACCESSIBILITY ASSISTANCE**

Behaviors that provide you providing advice, sharing knowledge, and sharing resources.

### **PERSONAL ASSISTANCE**

Behaviors that indicate giving of time, skills, knowledge, and expertise to help you accomplish tasks.

Based on the descriptions to your left, circle the most important types of support to you.

**LISTENING SUPPORT**

**EMOTIONAL SUPPORT**

**EMOTIONAL CHALLENGE**

**TASK APPRECIATION**

**TASK CHALLENGE**

**REALITY CONFIRMATION**

**ACCESSIBILITY ASSISTANCE**

**PERSONAL ASSISTANCE**

## IDENTIFYING YOUR SUPPORT SYSTEM ACTIVITY

### WHO SUPPORTS YOU?



Choose three types of support that are important to you and identify who on your team can give you those kinds of support. It could be a coach, assistant coach, captain, athletic trainer, parent, or athletic director. Write down an example of how this person gives you this support.

Example: I really value listening support, especially because it's my first year playing on a new team in a new city. Our senior captain provides this to me by listening to my struggles that have come with the transition. She acknowledges my feelings and emotions.

### RECEIVE SUPPORT, SUPPORT OTHERS



Choose three types of support that you feel you could give a teammate. Write down an example of how you could provide these types of support.

Example: We've got a freshman on our team who is talented and has so much potential. As someone who was once in his shoes, I can applaud his successes but provide emotional challenge by pushing him to be his best and help him set goals.

### TIP

Communicate openly with those in your athletic environment about what type of support you appreciate from them. Then, ask them for the best way that you can support them.

**40.3%**

**of athletes report that they always feel like their teammates care about their wellbeing.**

## STRENGTHENING RELATIONSHIPS WITH A COACH

Coaches are a part of every athletic ecosystem and relationships with coaches play a key role in developing strong team support. Every player/coach relationship looks different and improving yours starts with reflecting on your current relationship with your coach.

### YOUR CURRENT PLAYER/COACH RELATIONSHIP

Use the scales below to reflect on the current relationship you have with your coach.

**LOW** **HIGH**

**CLOSENESS:** Feelings of trust and respect between coach and athlete.



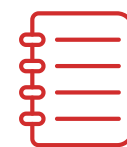
**COMITTMENT:** Athlete and coach's intention to continue the relationship and keep it going strong.



**COMPLEMENTARY:** Athlete and coach acting friendly toward one another.



### IMPROVING YOUR PLAYER/COACH RELATIONSHIP



In your journal, write down three things that you can do to improve your relationship with your coach. While every relationship is a two-way street, make sure the three things you write down are within your control.

Example: Instead of complaining about how I'm not getting enough playing time, I will communicate with my coach and ask about what resources I can utilize to improve my play.

## DEVELOPING A VOICE THROUGH TEAM BUILDING

Athletes are empowered to support others when they feel as if they have a voice on the team, which is grounded in being self-aware and team-aware. In order to do this, it's important to understand you and your team's strengths, areas of growth, and motivators.

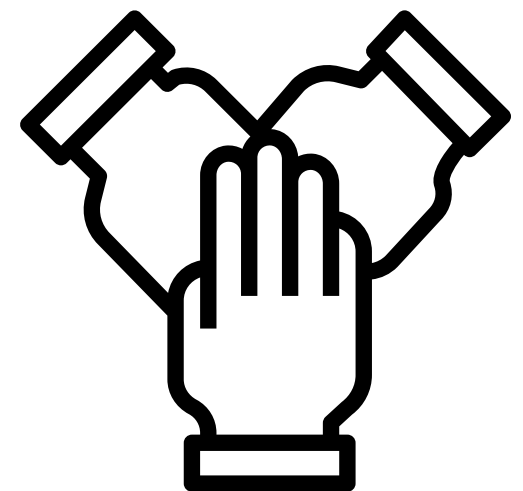
The best teams are filled with individuals who use self-awareness to build stronger relationships, address holes, and build overall better cohesion. Think about the following prompts:

**What are some of the strongest attributes that your team currently has?**

**How does your team handle setbacks?**

**What brings your team together and makes it more cohesive?**

**What can you do right now to improve your team's cohesiveness or strengthen its attributes?**



"I have never scored a goal in my life without getting a pass from someone else."

**– Abby Wambach**

## BECOMING A LEADER

Teams with great cohesion are filled with leaders. Anyone on a sports team can be a leader, not just individuals who are assigned as captains. Leadership can take many different forms and leaders help define team culture while driving accomplishment of goals and missions.

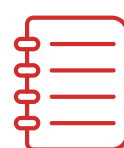
### WHAT MAKES A LEADER?



It's important to identify characteristics of a leader. Use the following exercise to explore and describe effective leaders in your journal.

<b>Leaders are...</b> (list 5 characteristics of leaders)	<b>Leaders can...</b> (list 5 things leaders can do)	<b>Leaders think...</b> (list 5 beliefs of effective leaders)
Example: Strong leaders are willing to admit when they are wrong.	Example: Strong leaders can help new members of the team feel welcomed and that they belong.	Example: Strong leaders believe that success comes from a total team effort, not just individuals.

### REFLECTING ON YOUR LEADERSHIP SKILLS



When we reflect on what effective leaders are, can, and think, we can think about how we measure up to these characteristics. Use the table from the previous exercise to reflect on your abilities as a leader and how you can utilize them on your own team.

**Does each of the characteristics you listed describe you as a leader? Why or why not?**

**Which one of the abilities best describes you and which one least describes you?**

**How would you rate yourself according to your top leadership beliefs that you listed?**

**How could you see yourself as a leader on your team?**

# LEADERSHIP COMMITMENT FORM

It is a privilege and honor to be a leader on a team, whether you're a captain or not. Fill out the sentences below to commit to being a good leader this season!

Print this form out, keep it in a common place, and check in with it regularly to hold yourself accountable.

As a leader, I will \_\_\_\_\_

I will help my teammates by \_\_\_\_\_

My coach can expect \_\_\_\_\_

My teammates can expect \_\_\_\_\_

I plan to \_\_\_\_\_

I am nervous about \_\_\_\_\_

One of my goals as a leader is to \_\_\_\_\_

I plan to have these characteristics: \_\_\_\_\_

Something unique about me is \_\_\_\_\_

My greatest strength as a leader this season will be \_\_\_\_\_

My teammates will say that I am \_\_\_\_\_

"Being a role model is the most powerful form of educating."

— John Wooden



# HEALTH HABITS



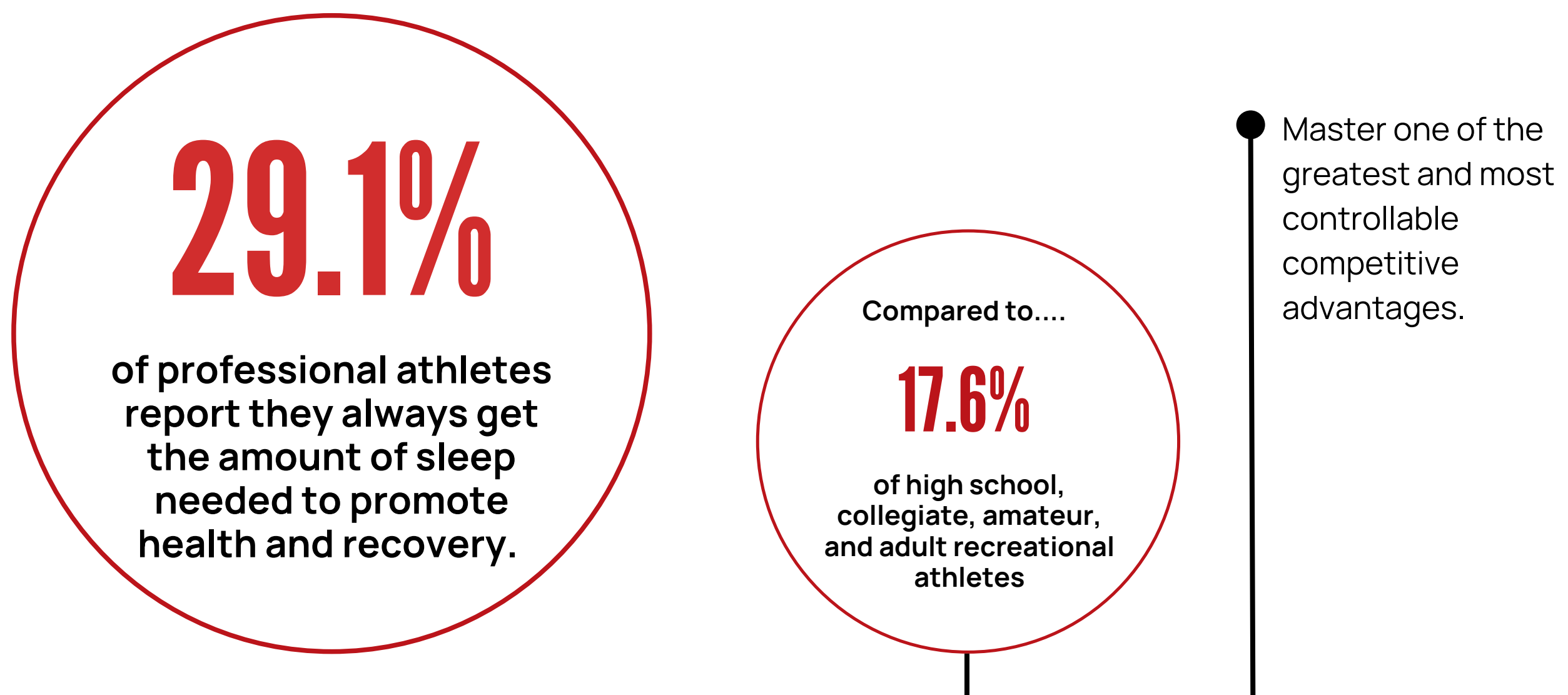
## Don't run on empty...

What do you do when your car is running low on gas? You fill it up so the gauge reads "full" once again.

Just like cars, humans and athletes have a metaphorical tank that allows us to operate and perform at our best...and prevents us from reaching peak performance when running low.

Health habits measure an athlete's ability to keep their tank full and how they refuel it when it's running low. Sleep, rest and recovery, nutrition, and injury prevention/recovery are all key components of health habits.

All athletes strive for peak performance and it's impossible to get there without physically taking care of yourself.



# HEALTH HABITS

## TRAINING TECHNIQUES



### WHAT TO EXPECT

- Improving Sleep and Sleep Routines
- Optimizing Nutrition
- Mastering Rest and Restoration
- Preventing and Recovering From Injury

## IMPROVING SLEEP

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Sleep is arguably the most important aspect of health habits and good sleep has been known to improve physical performance and overall wellness. Sleep recharges us, allows us to think clearly, and refills our tank.

And while it is the most important concept, sleep is often the first to be overlooked given the busy lifestyle that many athletes live.

Do you know how much sleep you get?

**For athletes, eight hours of sleep per night is a good benchmark. Use these tips below to improve your sleep.**

**Give yourself at least 8-8.5 hours each night.**

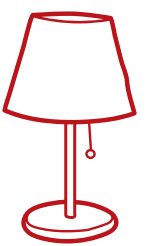
**Go to bed and wake up at the same time every day, even on the weekends.**

**Your body requires a 2-3 degree drop in body temperature to fall and stay asleep. Aim for 65-67 degrees Fahrenheit in your bedroom.**

**Digestion keeps your body awake. Keep meals small or give yourself at least 2-3 hours of digestion time before bed.**

**When people reflect on their day when their head hits the pillow, it reduces the chances of having a restful sleep by activating your mind. Write down why you are anxious, or create a worry journal.**

**If you wake up and can't fall back asleep after 20 minutes, get out of bed and read a book in dim lighting to train your body to associate your bed with sleep. Return to bed when you feel ready.**



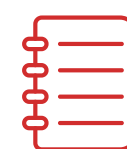
## CREATING A SLEEP ROUTINE

Creating a personalized sleep routine is one of the best ways to get in the habit of consistent and good sleep.

Start by reflecting on what you need to do in order to get ready for bed and feel prepared to fall asleep and stay asleep. Remember to put your phone away at least 30 minutes before bed.

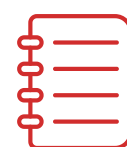
Some actions to consider adding to your sleep routine: showering, eating a snack, brushing teeth, putting phone away, reading for pleasure. Be sure to create a copy of your sleep routine on paper or your phone to hold yourself accountable. We've included a sample below.

### Sample Sleep Routine



Time	Task to Do
8:00pm	Take evening shower
8:15pm	Pick out clothes for next day
8:30 pm	Eat an apple as a light bedtime snack
8:45pm	Brush teeth and put phone away
9:00pm	Lights off and in bed for sleep

### BRAINSTORMING SLEEPING SOLUTIONS



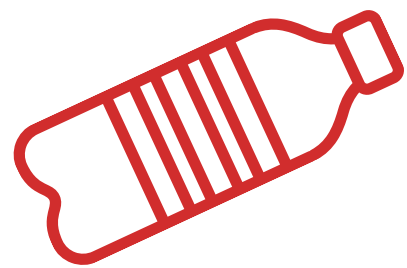
Let's face it; there will always be nights when it's more difficult to fall asleep. It's important to have a strategy for when these nights take place. Brainstorm some ways to help you fall asleep on nights when it is difficult.

Example: I often struggle to fall asleep when my mind is filled with stress and anxiety. To help, I can focus on breathing techniques, breathing deeply in the nose for 5 seconds, holding for 3 seconds, and exhaling.

## OPTIMIZING NUTRITION

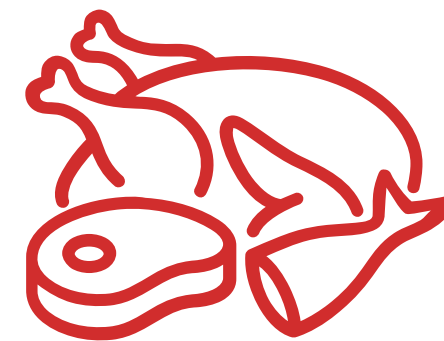
What we put in our body has a tremendous impact on how we feel and how much energy we bring to practice and competition. High-level nutrition and hydration are not just important prior to competition, but during the offseason and in all components of life. To perform at your best, and prevent/recover from injuries, you need to fuel your body with nutritious foods and water.

Rely on the following guidelines for nutrition and hydration.



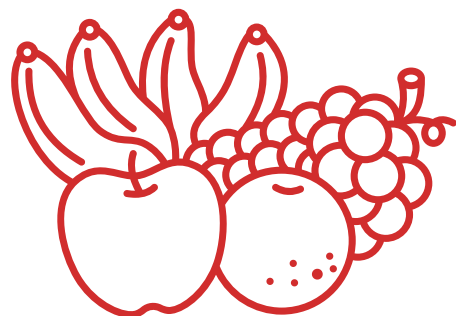
### STAY HYDRATED

A hydrated body is able to train and compete at its peak.



### FUEL UP!

Eat lean proteins, fruits, vegetables, and whole grains to prepare for training.



### BOOST IMMUNITY

Choose to eat foods high in antioxidants like fruits and veggies. The more colorful the fruit, the better.



### TIME IT OUT

Eat meals 3-4 hours before training, snacks 1-2 hours before training, and be sure to eat the morning of training.



### RECOVERY DIET

After training sessions, eat foods rich in carbs and protein to help recover and recharge your body.

## NUTRITION GOALS



How and when we fuel ourselves is within our control, which provides a great opportunity to set goals. Think of how you currently hydrate and eat and write down five nutrition goals that you'd like to accomplish.

Example: I often forget to hydrate during the day and it leaves me feeling exhausted at practice. I'm going to carry a water bottle around at school and take a sip every 30 minutes.

## MASTERING REST AND RESTORATION

Sleep shouldn't be the only time that you're resting. In a world going a million miles per hour, it's important to take time to yourself. Rest can include a variety of things, like dimming the lights and closing your eyes on the couch, or going to therapy! Think about where you've been using a lot of your energy and use the ideas below to help relax.

### SEVEN TYPES OF REST FOR REAL RESTORATION

#### TYPE OF TIRED

##### PHYSICAL

Is my body aching or is it hard to keep my eyes open?

##### SENSORY

Are my senses overwhelmed by screens, noises, lights, discussions?

##### EMOTIONAL

Have I been holding in emotions? Am I feeling exhausted, numb, or am I constantly people pleasing?

##### SPIRITUAL

Am I struggling to feel a sense of community, belonging, or purpose?

##### SOCIAL

Am I feeling drained or exhausted by socializing or the relationships I am engaged in?

##### MENTAL

Does it feel like I can't turn my brain off? Am I experiencing forgetfulness or difficulty concentrating?

##### CREATIVE

Does my work or life require brainstorming and problem solving?

#### WAYS TO RESPOND

Sleep, Yoga, Massage therapy, Progressive muscle relaxation, Ice bath

Eyes closed for one minute, Sit in silence, Take screen breaks, Blue light glasses, Dim lights

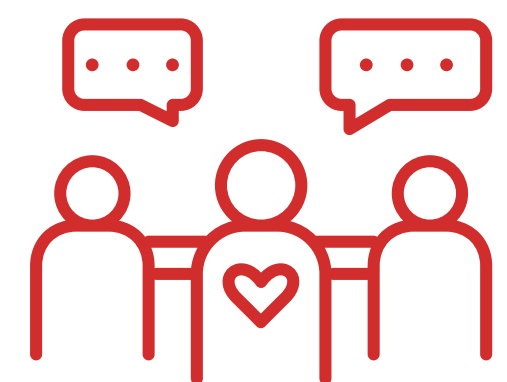
Therapy, Safe space to express emotions, Self-compassion journal, Deep breathing

Attend spiritual service, Join a club, Volunteer, Donate

Set boundaries, Connect with support system, Set family time, Plan a date with yourself, Solo activities (reading)

Meditation, Schedule short breaks, Journal, Take scenic drive, Sensory grounding, Deep breathing

Listen to music, Nature walk, Redecorate work space, Take up a hobby, Read/Podcast (for fun)



Adapted from Dr. Saundra Dalton-Smith TED Talk: The real reason why we are tired and what to do about it

## THE MENTAL SIDE OF INJURY

The unfortunate reality is that most athletes will go through an injury at some point in their career. And while sometimes injuries are out of our control, there are things within our control that can increase or decrease chance of injury.

The following factors can increase your risk of getting injured

### PSYCHOLOGICAL

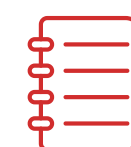
- Anxiety/Worry
- Hypervigilance
- Body Image
- Concerns
- Perfectionism
- Coping & Resources
- Life Event Stress
- Risk-taking behaviors
- Mood State
- Self-Esteem

### SOCIOCULTURAL

- Social resources
- Social pressures
- Organizational stress
- Academic roles
- Athlete roles
- Coaching quality
- Rules of sport
- Culture of sport
- Culture of team



Which of the above bullets are helping YOU avoid injury?



Chose three bullet points within your control that you're acting on as well as one that you are not and would like to begin.

Example: Even if I have a bad day at school, I try to show up to practice in a good mood so I can avoid injury.

**25.5%**

of athletes reported they always practice guidelines to prevent injury.

## RESPONDING TO INJURY

How we react and respond to injuries can influence our ability to recover and return to sport. Injuries can trigger both cognitive and emotional responses and it's important to be aware of them during the recovery process.

Review the types of responses and reflect below.

### COGNITIVE

Cognitive appraisals of injury may affect emotional response, which can then affect behavioral aspects of the treatment such as goal setting, motivation, compliance, and adherence to treatment.

#### NEGATIVE THOUGHTS/COGNITIONS

- I can't play this sport anymore
- I will lose my spot on the team
- I won't do that exercise because it will make things worse
- Who am I if I can't compete?
- I will do twice as much to get better quicker

### EMOTIONAL

Emotional responses often accompany injury and may vary. Problematic emotional responses can occur when symptoms are persistent, worsen over time and/or the severity of the symptoms seems excessive.

#### NEGATIVE EMOTIONAL RESPONSES

- Persistent alterations of appetite, sleep disturbances, irritability, sadness, anger, or fatigue
- Worsening changes in eating, sadness into depression, and lack of motivation turns to apathy.

## REFLECTING ON AN INJURY

What have been some recent things you've said to yourself regarding a current or past injury? Have they been positive or negative? Constructive or destructive? Write down some phrases you've said to yourself as well as the emotions that you've felt.

Example: When I broke my foot I often said, "I can't believe this happened to me, I should be playing right now." I felt frustrated, angry, and hopeless.

## FLIP NEGATIVE TO POSITIVE

Flipping negative cognitive statements to positive ones can have an incredible impact during injury recovery. Instead of "I will never be able to return to my sport," think "By adhering to my treatment plan and keeping open communication with my healthcare team, I can return to my sport when I am ready."

Remember that your feelings and emotions are valid and normal for what you are dealing with. Injury recovery is not easy nor is it linear. It's valid to feel negative emotions regarding injury, the key is how we respond to those emotions. Our response can impact our recovery.

# SELF-REFLECTION



## Everyone has mental health... Take care of yours.

Mental health is one of the most foundational aspects of an athlete's performance and overall development. Research shows that there are many different components to mental health that contribute to an athlete's success. One of the most prominent is the ability to self-reflect .

Self-reflection is the ability for an athlete to reflect on their current mental state, use mental health resources, and be open to speaking about mental and physical health with others.

This category can be more difficult to work through if you haven't engaged in self-reflection before. Give yourself time if you need it, and engage when you feel ready.

**31.1%**

of professional athletes report they always engage in honest self-reflection to continue to discover the best version of themselves.

Compared to....

**17.5 %**

of high school, collegiate, amateur, and adult recreational athletes.

● Build skills to improve your wellbeing in sport...and in life



# SELF-REFLECTION

## TRAINING TECHNIQUES



### WHAT TO EXPECT

- Emotions Checklist & Exploration
- Stress Log
- Stress Relief
- Engaging in Cultural Identities
- Barriers to Sharing

## EMOTIONS CHECKLIST

Understanding our emotions starts with self-awareness. It is important to start becoming self-aware of the emotions we feel while we are competing and training. By doing so, we are able to understand how different situations during competition may trigger us to have a reaction that is unhelpful in reaching our goals.

Take a minute to reflect on your last competition or training. Close your eyes and think back to how you were feeling during it. How did you feel at the start of the game? Did anything happen that shifted your emotions? How did you feel in the car ride home?

Using the list below, choose 3-5 primary emotions you felt during your last competition or training.

### EMOTIONS CHECKLIST

Angry, Powerful, Isolated, Optimistic, Joyful, Trusting  
Anxious, Content, Peaceful, Critical, Confident, Hopeful,  
Overwhelmed, Energetic, Inferior, Frustrated  
Ashamed, Successful, Hostile, Valued, Helpless, Secure,  
Daring, Proud, Relaxed, Annoyed, Nervous

Add your own:

## EMOTIONS EXPLORATION

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Reflection on our past emotions is important, but being self-aware in the moment of how we are feeling is also important for our mental wellness and performance as athletes.

Using the questions below, explore and become aware of how you are feeling right now.

- What would you label the current emotion you are experiencing?
- When you sit and observe this emotion for one minute, what do you notice?
- Describe where and how you are EXPERIENCING this emotion (consider shape, color, and location)
- What memories or thoughts are triggered by this emotion?
- When you take 5 deep breaths into the regions of your body impacted by this emotion, what do you notice?
- What was this experience like for you as you sat with and observed this emotion?

The goal here is to gain awareness of how stressors and situations can naturally trigger emotions, and how those emotions can trigger undesired behaviors and reactions if we don't manage them. No matter what our emotions, it is our behaviors and reactions that will most significantly impact our results. Next time you are competing and notice that you are having a strong emotion, walk yourself through the above questions.

## MANAGING EMOTIONS

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Once we become aware of our emotions and explore how they impact us, we can effectively learn to manage them in times of need. To successfully manage our emotions, we must pause to check-in with ourselves, recognize and label our emotions, implement options/strategies for managing our emotions, and then shift our focus back to the task at hand.

**P** Pause and check-in on what you are feeling.

**R** Recognize your emotions.

**O** Options or strategies for managing your emotions.

**S** Shift your focus back to the task at-hand.

## STRESS LOG

As humans, we will all encounter stress in our life, whether it is on our way to a tournament or during a difficult week at work. Similar to emotions, it is key for us to understand how stress shows up in our lives both on and off the field.

Understanding and becoming aware of how and when stress occurs in our lives, can better help us manage it.

For the next week when you feel stressed, notice what that experience is like for you by identifying your thoughts, emotions, and body sensations in the log below.

THOUGHTS

EMOTIONS

BODY SENSATIONS

## TECHNIQUES TO RELIEVE STRESS

After reviewing your thoughts, emotions, and body sensations in the previous log, use this worksheet to write down a list of different situations that trigger those stress responses.

Primary stressors I experience:

- 1.
- 2.
- 3.
- 4.
- 5.

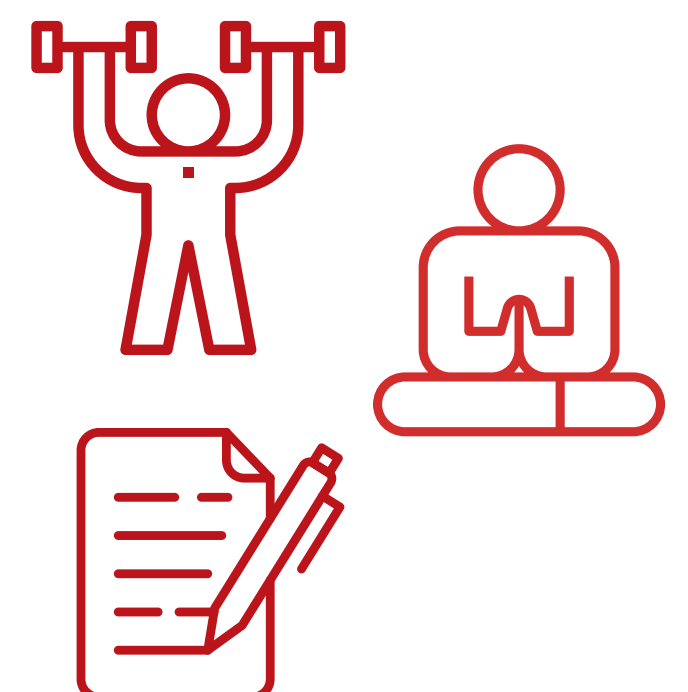
What tends to trigger these stress responses:

- 1.
- 2.
- 3.
- 4.
- 5.

Be creative on how you can help alleviate these stressors. Stress relief can look different for everyone. Think about how you currently cope with with stress. There are effective (e.g., working out, baking, reading, writing) and ineffective (e.g., drinking alcohol, stress eating, using your phone as a distraction) ways to cope with stress.

Ask yourself, are the ways you are currently coping with the stress healthy and effective? If not, reflect on a time in which you were faced with adversity and utilized effective coping strategies.

Consider how you may use those tools now.



## OVERCOMING BARRIERS TO SHARING

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Sometimes it can be difficult to share details about your mental or physical health with parents, coaches, and teammates. However, it is important to communicate with others so they can provide support and personalize your training.

- First, consider what factors affect whether you share your experiences in & outside of sport.
- Second, what decreases the likelihood of you being able to share? (these are your barriers)
- Third, what increases the likelihood of you being able to share?

After reflecting on what you might find as a barrier to sharing, write down what you need to feel like you can overcome these barriers. This could be trust between you and a coach, or it could be you needing to write down your emotions before sharing.

Example: "I need to write down my emotions to help myself internally process before sharing."

## SALIENT CULTURAL IDENTITIES

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Everyone has identities they feel connected to. These identities are important to identify because they make you, you! Your identity also affects how you respond to various situations. By understanding your own identities, you can better understand how you may react or behave in times of discrimination or prejudice in sport.

These identities can be our race, gender, sexual orientation, socioeconomic status, ability, and religion. They may also reflect communities you're from or experiences you've had, such as being an immigrant or an adoptee.

Reflect on your current identities. What makes you, you? How do those identities shape how you respond to adversity during sport?