



CARRIDE CONVERSATIONS

PARENT EDITION

WHAT IS MENTAL PERFORMANCE?

- Mental Performance refers to how your mind affects your body in action to achieve optimal consistency in athletic and performance endeavors.
- Mental Performance Training is not about getting over a problem. It is about getting better, taking performance from good to great, and building self awareness to explore all capabilities.
- The goal of Mental Performance Training is to train your "mental muscle" just like you would your physical body. When you become consistent in training your mental muscle, you build mental toughness.

THE PROCESS



Mental toughness is defined as:

- having discipline over motivation.
- constant effort towards continuous improvement.
- accepting your reality and choosing a response that best serves you.
- being vulnerable.
- having courageous action despite fear of failure regardless of the outcome.
- experiencing adversity and setbacks, seeing them as learning opportunities to improve and adapt.

TOOLS AND TIPS

...for the car ride home

How to support and build a mentally tough student-athlete:

1. Encourage direct communication between coaches, teammates, and yourself as a parent.
2. Post practice or competition, ask questions that speak to the task vs. an outcome, such as, "what did you learn today?" or "What did you get better at today?" or "What did you fail at today?" vs. "Did you win?"
3. Encourage focus on your child's effort, attitude and improvement when faced with a challenge or adversity.

Check out our fall sports schedules here!

Save the date:

18 November
Winter Sports Begin

6 March
Spring Sports Begin

14 August
Fall Sports Begin