



CARRIDE CONVERSATIONS

NO TO NOT YET

Overview: How do you respond to when your athlete is told NO? When they get cut from the team? When they have committed to training, yet someone else got their spot? How do you provide support and encourage a healthy and effective response system? What we are talking about here is developing an **antifragile mindset for** when things don't work out the way you or your athlete wants them to.

Athletes face many challenges throughout their high school career. For example, there are challenges when getting cut from a team, not playing a certain position, confusion in a role, balancing school, a social life and playing a sport, and any other external stressors that high school athletes may face. Yet, in all of these challenges, there are opportunities to grow, develop resilience, find joy, and find confidence by learning new skills and trying new things.

THE PROCESS



While these experiences can be hard to manage, it is within an individual's power to use them as an opportunity to get back to work, identify strengths and say yes to a different opportunity.

Support your athletes to shift their mindset around growth and opportunity, rather than failure and setback

TOOLS AND TIPS

...for the car ride home

Here are 4 ways to help your athlete train their brain and shift your mindset to produce antifragility:

- **Celebrate their courageous action.** Celebrate the fact that your child put in the effort into the process, and not romanticizing the final result. Courageous action leads to increased confidence.
- **Encourage the mindset that failure is feedback.** To encourage this mindset you can ask questions like, "where did you contribute your best effort? What did you learn? Where did you fall short? Where can you take ownership of this outcome?" Take the message out of the emotion.
- **Identify strengths and values** as an individual. Values drive motivation.
- **Acknowledge Emotion. Use it to fuel your fire.** Feeling emotions are healthy and they are meant to be fluid. When you allow your athlete to feel first, they are more adaptable in how to use those emotions for good, to open new doors, to say yes to other opportunities.

Save the date:

1 October
Fall Open House

7 October
Homecoming

17 November
Winter Sports Begin