



# CARRIDE CONVERSATIONS

## CONNECTION

One of the keys to having a strong and supportive mindset in performance is **connection**. Not only being connected in relationships, to teammates, to coaches, even to the community, but also being connected in common values, norms and purpose.

While the Philadelphia Phillies did not go on to compete in a World Series (I know that is still a sore subject for most), they exhibit strong connection through the way they interact in the dugout, when they get on base, through body language and with the community. They connect to the fun of the sport while also sharing standards of performance to be elite. Those ideals and values are not only shared with each other, but the fans and the community supporting their goals.

## THE PROCESS

When an athlete feels connected their environment, their peers, AND to their values and purpose, it increases their ability to perform by:

- maintaining confidence
- staying disciplined in action and support
- communicating effectively with teammates/coaches
- taking risks and managing times of challenge and adversity

When an athlete feels connected to their team and with those supporting their team, the chemical oxytocin is released which promotes health relationships and increases empathy. This leads to enhanced mood and motivation towards goals.

## TOOLS AND TIPS

*...for the car ride home*

*Promoting connection and community through sport during the car ride home*

- **Identify who is in the community of sport around your athlete**, including yourself! Who does it include and what is the role of each (coach, teammate, trainer, etc)
- **Show unconditional support that is not contingent on performance**, but rather based on action that reflects values and norms of both yourself and the team.
- **Be a team player:** model the behavior and support the team's values, coaches and community, even if you may not always agree. Your athlete will learn that no matter what happens, it's the teamwork and camaraderie that is the most important.
- **Encourage self advocacy** to help build resilience.

**Save the date:**

17 November  
Winter Sports Begin

4 March  
Spring Sports Begin

12 August  
Fall 2024 Sports Begin