



Burr and Burton Spring Captins Workshop

Spring '26



Persistence
PSYCH



About Applied Sport Psychology

Ensures every performer has the resources to strengthen their inner edge through the advancement and application of excellence in mental performance and mental health.

Mental Performance

Mental performance refers to the use of psychological, self-regulatory, or life skills by athletes or performers to optimize their performance, involvement, enjoyment, or personal development in their performance domain.

Mental Health


Mental health is a state of psychological, emotional, and social well-being that allows for productive behaviors, fulfilling relationships, and resilience, ranging on a spectrum with thriving and mental wellness on one end and impaired functioning and mental illness on the other end.



How to identify the right provider

The mental health and mental performance services continuum

PERFORMER



Low
functioning + performance

significant disruption in many areas and limited effective coping strategies




Decreased
functioning + performance

moderate/mild disruption in one or more areas and some effective coping strategies




Stable
functioning + performance

little disruption in most areas and several effective coping strategies



Enhanced
functioning + performance

no disruption in most areas and many effective coping strategies



High
functioning + performance

no disruption across areas and various highly effective coping strategies

PROVIDER

Clinically Trained* Certified Mental Performance Consultant®

OR

Licensed Mental Health Provider
(Psychologist, Psychiatrist, LMFT, LPC, LCSW)

Certified Mental Performance Consultant®



It is important to note that an individual's mental health and mental performance functioning may or may not be correlated. An athlete or performer could be struggling in life but doing really well in their sport/area of performance. In this case, they may need a mental health provider. On the other hand, a person could be doing well in their personal life but really struggling in terms of their mental performance - in which case they would be better served by a CMPC.

* Clinically trained = qualified, licensed mental health provider in their field and jurisdiction.

Who CMPCs work with

We support people at every age and level across the performance spectrum.



Sport

From youth to elite athletes, when their well-being thrives they flourish on and off the field. Because achieving peak performance is more than reaching peak fitness.



Exercise

For people of all ages, engaging in regular exercise is a key component of health and overall well-being. Adopting an active lifestyle can help to boost confidence, create opportunities to meet fitness goals, and promote fun and enjoyment through physical activity.



Tactical

Whether serving in the military or as a firefighter or police officer, these individuals live incredibly demanding lives. Building mental resilience strengthens the ability to perform and thrive in highly stressful situations.



Business

For business professionals, the boardroom is their stage. Every important call, meeting, and presentation demands well-trained cognitive skills like confidence, focus, and motivation.



Performing Arts

For performing artists to reach their peak potential, they require more than physical training and rehearsing. They need mental strength to overcome performance plateaus and manage anxiety.

Mental Skills Training: Foundational Mental Skills

- **Goal Setting:** Creating clear, realistic targets for what you want to improve or achieve, and making a plan to get there (daily, weekly, and season goals).
- **Motivation / Commitment:** Your drive to keep showing up, working hard, and sticking with your sport—even when it's difficult, boring, or not going your way.
- **Confidence / Self-Efficacy:** Believing in your ability to succeed and perform well in specific situations (like trusting your shot, your training, or your role on the team).
- **Imagery / Visualization:** Mentally rehearsing skills, plays, or performances in your mind—like seeing yourself make a perfect pass, hit, or race.
- **Self-Talk:** The things you say to yourself in your head. Positive self-talk helps you stay focused and confident; negative self-talk can hurt performance.
- **Concentration / Attentional Focus:** Your ability to stay locked in on what matters (the play, your assignment, your technique) and ignore distractions (crowd, mistakes, pressure).
- **Arousal Regulation (Energy Management):** Controlling your energy level so you're not too nervous or too flat—finding the “just right” zone to perform your best.

Mental Skills Training: Interpersonal & Contextual

- **Communication:** Clearly sharing information with teammates and coaches—talking, listening, and using body language effectively during games and practice.
- **Team Cohesion:** How well a team sticks together, trusts each other, and works toward a common goal. Strong cohesion = better teamwork and chemistry.
- **Leadership:** Positively influencing teammates by setting an example, encouraging others, and stepping up when the team needs direction or energy.

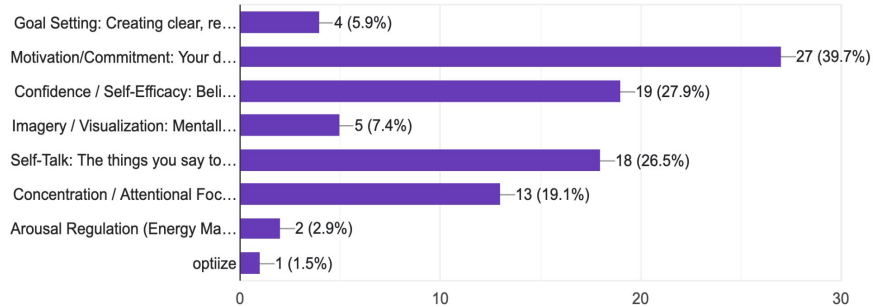
Mental Skills: Mental Toughness & Adaptability

- **Resilience:** The ability to bounce back after setbacks like losses, bad performances, or tough practices.
- **Emotional Regulation:** Managing your emotions (like anger, frustration, or excitement) so they help—not hurt—your performance.
- **Coping with Mistakes:** How you respond after messing up—quickly letting it go, learning from it, and moving on to the next play.
- **Injury Coping & Recovery:** Staying mentally strong and positive while injured, following recovery plans, and staying connected to your team.
- **Athletic Identity:** How much you define yourself as an athlete. A healthy identity means being proud of your sport—but also having a balanced life outside of it.

Needs Assessment Results:

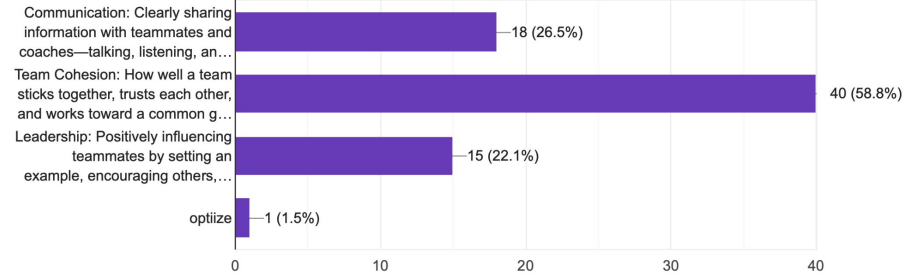
Please select one mental skill that you feel is most important for you and your fellow athletes.

68 responses



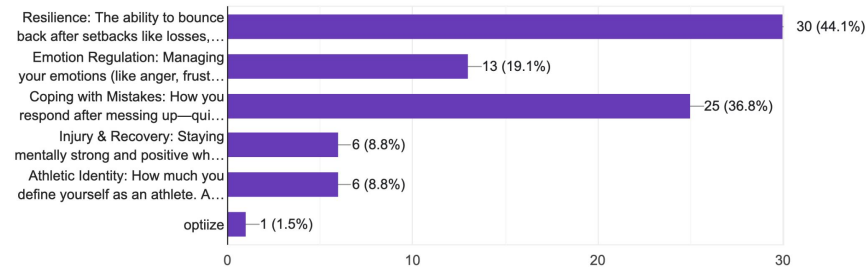
Please select one interpersonal effectiveness skill that you feel is most important for you and your fellow athletes.

68 responses



Please select one Mental Toughness and Adaptability skill that you feel is most important for you and your fellow athletes.

68 responses



**What is the difference
between motivation and
commitment?**

Topic One: Motivation and Commitment

Motivation isn't just hype or energy — it's a psychological system. According to *Self-Determination Theory*, athletes perform best when three needs are met: autonomy, competence, and connection.

- **Autonomy** → “I choose this” “control the controllables”
- **Competence** → “I’m getting better” (confidence, efficacy, growth mindset)
- **Relatedness** → “I belong here” (universality)

As captains, you don't just motivate yourself — you shape the environment that either fuels or kills motivation.

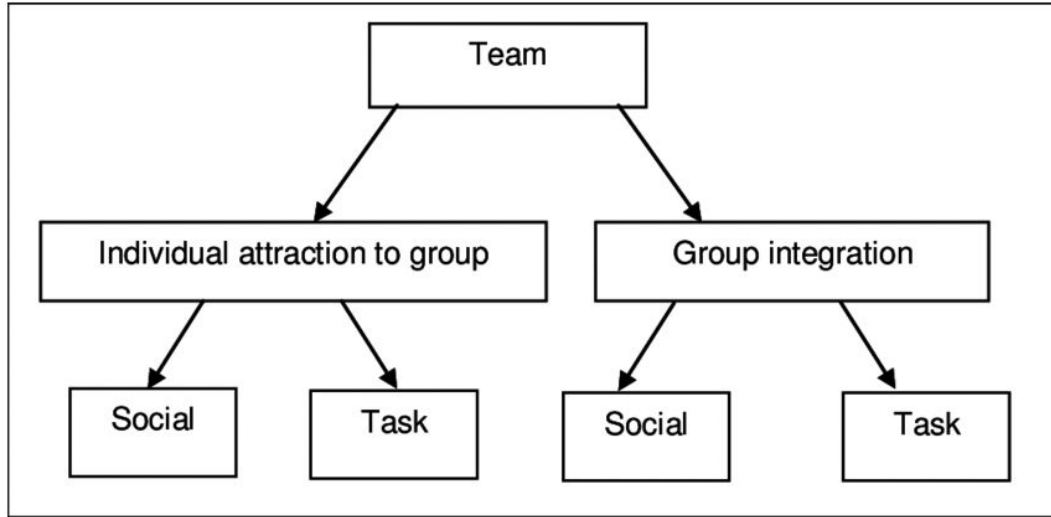
Topic One: Motivation and Commitment

Commitment = Behavior under conditions of low motivation

Motivation Leadership Activity

- My intrinsic (internal) WHY:
- 1 way I increase autonomy:
- 1 way I build competence:
- 1 way I build connection:
- Commitment behavior I will model:

Topic Two: Team Cohesion



- Cohesion strongly correlates with performance
- Task cohesion is the strongest predictor of success
- Social Identity Theory - People perform better when they strongly identify with the group.

Topic Two: Team Cohesion

Best vs Worst Team

For BEST team:

- What did leaders DO?
- How was conflict handled?

For WORST team:

- What behaviors broke trust?
- Where did leadership fail?

- Identity statement:
“We are the team
that...”
- 3 core values

Topic Three: Resilience

Cognitive Appraisal Theory

- Event → Thought → Emotion → Behavior

It's not adversity that defines teams — it's how they interpret it.

Resilience is not toughness — it's adaptability/flexibility.

Topic Three: Resilience

Adversity Forecasting

- Likely adversity/challenge:
- Default team reaction (be honest):
- Optimal response:

Cognitive Reframing (Growth Mindset)

- “We’re falling apart”
 - “This is where we prove who we are”
 - Self-fulfilling prophecy!

Theory to Support These Approaches:

- **Self-Determination Theory (Deci & Ryan):** intrinsic motivation predicts persistence, performance, and well-being
- **Achievement Goal Theory (Nicholls):** task climates enhance effort and resilience
- **Carron's Cohesion Model:** cohesion linked to performance and satisfaction
- **Cognitive Appraisal Theory (Lazarus):** perception of stress drives emotional/behavioral outcomes
- **Growth Mindset (Dweck):** improves response to failure and learning

Spring Captain Workbook: