C&A Athletes Strong for Mental Health

Mindurance

Athletes who play two or more sports

Skill Development

Participating in sports can provide a safe, enjoyable structure where children and youth can learn and develop important life skills including communication and time management. Multi-sport student-athletes will be challenged to take instruction and coaching from several coaches while balancing what is important to their team and what is important to themselves.

Sport time management

In the beginning of a season, all student-athletes should take the time to figure out the best form of communication with their coach- especially multi-sport athletes. This could look like chats before or after practice, scheduled meetings or use of school-approved communication platforms such as the Remind app.

When a student athlete chooses to participate in multiple sports, it is their responsibility to look over their training schedules and sort out their overlapping sessions. They then need to communicate with their coaches about their plans.





Mind, body and soul

As a student-athlete grows in their sport, they also grow to learn their mind, body and soul. Juggling multiple sports in addition to academics can cause stress to all three of these systems.

Though it may seem difficult, student-athletes should take days off when necessary. If an athlete is feeling physically or mentally rundown or experiencing a lack in motivation, this may be a sign of burnout and should be taken seriously.

Communicating about this rest day to a coach is part of the process. Rest days should only be taken when absolutely necessary.

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Managing Coaches

Coaching personalities

Multi-sport athletes will interact with different coaches that have different goals in mind. The differing dynamics of each sport will affect the functionality of their training, requiring the athlete to mentally and physically switch gears.

Coaching Styles

An athlete should keep in mind that not every coaching style they encounter will work for them. Athletes will learn how to make different interactions work best for them, even if they seem unpleasant. This, of course, should stay within reason. If an athlete is experiencing an unhealthy or harmful relationship with a coach, serious action should take place.



1. Plan ahead and make an organized schedule—and stick to it
2. Avoid procrastinating
3. Don't be afraid to ask your teammates for help
4. Make time for office hours
5. Utilize the resources F&M provides
6. Remember—your professors want you to be successful both in their class and in your sport
7. Use practice and games as an academic escape
8. Don't forget about self-care
9. Enjoy your experience!

Decision Making

Deciding to participate in multiple sports is not a decision that should be taken lightly. Conversations should take place with parents and coaches to ensure that everyone is informed and agrees it is a viable option. Playing multi-sport is not for everyone. Athletes should make time for check-ins with their mind and body to ensure it is the right choice for them.

Information provided by Dr. Steve Graef, PhD. , a sports psychologist and performance coach based in Columbus. He is the owner of Mindurance - services to help athletes, performers and professionals. For more information, visit www.mindurance.org