C&A Athletes Strong for Mental Health

MINDURANCE

Preseason conditioning

How to prepare for the upcoming season

As a student athlete, being well-prepared for the upcoming season is just as vital as the skills you'll acquire during conditioning. Here are several steps you can take to get ready for the transition into your athletic season.

Schedule preparations

In the week leading up to practices, you can physically and mentally prepare yourself. Consider the following:

- Sleep: Condition your sleep schedule by going to bed at an appropriate time and setting an alarm in the morning, even if you don't get out of bed.
- Hydration: Stay well-hydrated to ensure your body is ready for the physical demands.
- Nutrition: Consume nutritious meals and snacks to fuel your body for the challenges ahead.
- Communication: Share your thoughts and expectations for the season with your parents or guardians.





Mental preparations

Preparing mentally is equally important. Take intentional time to:

- Set Realistic Goals: Establish achievable goals for the season to provide a sense of purpose and direction.
- Healthy Mindset:** Cultivate a positive and resilient mindset that can help you stay focused during competitions.
- Mantras: Consider adopting positive affirmations or mantras that can boost your confidence and motivation.

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Building skills

GTransitioning into conditioning can be the first challenge of the athletic season, but remember that there will be more challenges ahead.

Importance of routine

Establishing a routine is essential, not only at the beginning of the season but also as the physical and mental demands increase. Your routine can serve as an anchor during challenging times.

Consider incorporating these elements into your daily or weekly routine:

- Power Phrase or Mantra: Repeat a phrase that motivates and empowers you.
- Nutrition: Maintain a balanced diet to support your physical performance.
- Mindfulness:** Practice mindfulness to stay grounded and focused.
- Emotional Awareness:** Take time to connect with your feelings and emotions.

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Other routines

Prepare a plan for scenarios that may challenge you. For instance:

- Develop strategies for coping with discouragement or fatigue.
- Reflect on why your sport is important to you to stay motivated.
- Don't hesitate to take a rest day to recharge physically and mentally when needed.

Remember that there will be tough days—physically, mentally, or both. It's okay to take time to recover. This ensures you can be the best player and teammate you aspire to be.

By following these steps, you'll be well-prepared to tackle the upcoming season and thrive as a student athlete.

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