C&A Athletes Strong for Mental Health

Mindurance

Athlete's senior season

Managing emotions

Senior athletes can expect to experience a range of emotions during their final season, and it's important to recognize that these emotions may differ from those of their teammates. While expressing and processing emotions is crucial, it's equally important to respect the emotions of others, even if they don't align with their own.

Recruitment

For athletes who plan to continue their athletic career after high school, the recruiting process can feel overwhelming. It can be challenging to stay focused and present during games, especially when there are recruiter visits involved. Practicing ground techniques alongside training can be beneficial in high pressure situations. Remember that the only things athletes can control is their own performance on the field.

To prepare for the recruitment process, athletes may find it helpful to familiarize themselves with the intricacies beforehand. They can reach out to alumni, coaches and conduct personal research to gather information and gain a sense of what the recruiting process entails.





Staying Present

The thought of playing in a final home game or saying goodbye to teammates can be overwhelming. For athlete who have has a positive experience with their team or sport, stepping away can be challenging. Others may feel ready to conclude their athletic career. Regardless of the emotions experienced at the end of the season, it's important to acknowledge that all feelings are valid.

Some athletes may find it beneficial to take a few moment, both before and after their final game, to soak in the atmosphere and reflect on the experience. Others may feel a sense of relief that it's all over. Both reactions are ok.

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

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Season finale

As an athlete's career comes to an end, whether they continue in athletics or not, emotions will run high. If an athlete has had a positive experience with their team and sport, saying goodbye to their athletic family will be difficult. There will be several opportunities for athletes to bid farewell and ease into the process of saying goodbye.

Approaching Banquets

Senior banquets serve as a time for gratitude and appreciation towards teammates, coaches, trainers and parents. They provide an opportunity for reflection on personal growth as both an athlete and an individual. Even if an athlete feels they didn't contribute much on the field, the banquet can be their last chance to share wisdom and express their thoughts to the team. These banquets may mark an ending, but they also symbolize the beginning of a new chapter in a student athlete's life, whether it involves sports or not.



Embrace the cliche

Many adults often tell young people that high school or college is the best time of their lives. As a student, it can be easy to get caught up in the whirlwind of academics, friendships and sports. Whether one enjoyed their high school experience or not, it is undeniably a unique time in most people's lives.

Playing sports alongside close peers, some of whom may have been known since early childhood, may not happen again in a lifetime. Senior athletes should cherish their final season for what it is and acknowledge that they are leaving behind a truly exceptional chapter in their lives.



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