

NATIONAL COACHING SYMPOSIUM 2020



Developing a Sports Psychology Relationship with the Athlete

Developing a Sports Psychology Relationship with the Athlete

- Understanding your limitations as the coach
- Know when to call the professional
- You are a facilitator and an advocate
- Listen

“Peoples’ health and wellness cannot be commanded.” Dawn Lucci



Take PRIDE

Purpose

Relationships

Individuality

Diversify

Empathy



- Psychological skills are the foundation of mental wellness.
- As we train the body, tune the boat, and trim the sails we need to train the mind.

Licensed Sports Psychologists

Sport psychology is a proficiency that uses psychological knowledge and skills to address optimal performance and well being of athletes, developmental and social aspects of sport participation, and systemic issues associated with sports settings and organizations. APA recognizes sport psychology as a proficiency acquired after a doctoral degree in one of the primary areas of psychology and licensure as a psychologist. www.APA.org



The Crying Chair

Create a safe place

Trust and respect

Empathy and understanding

Vulnerability



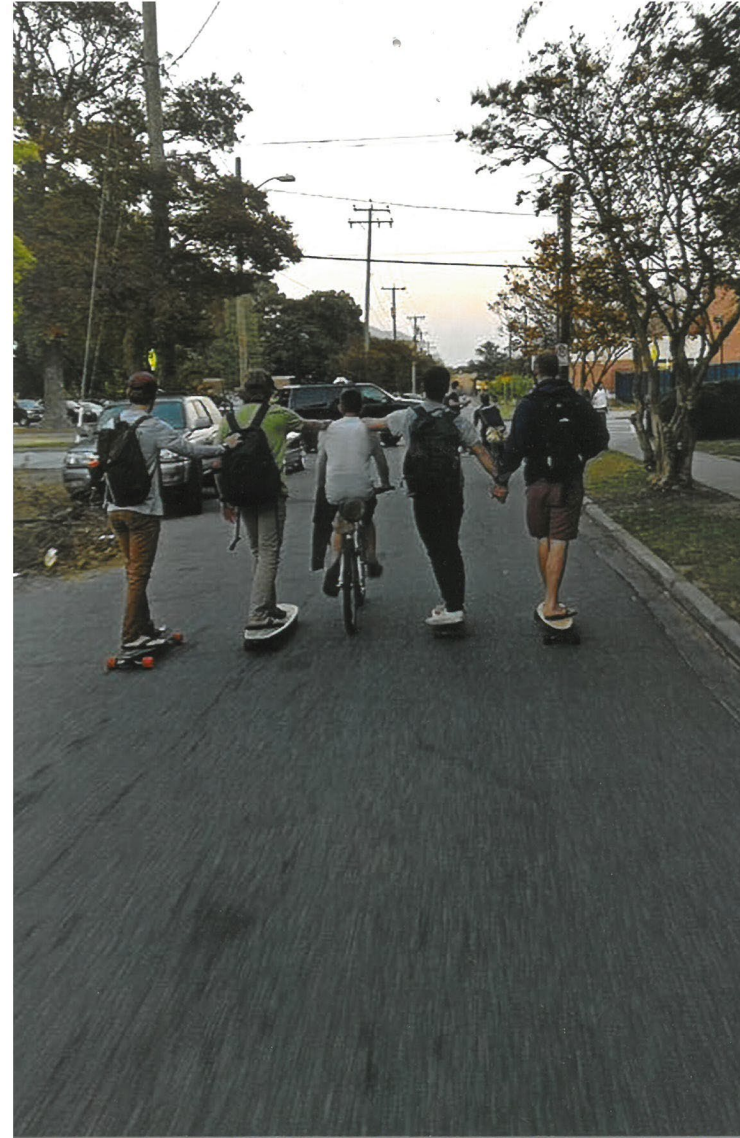
Active Listing

- Invite communication
- Your body language / their body language
- Create dialog
- Ask questions and listen for the answer
- Remove distractions (close the screen)
- Provide feedback
- Defer judgement
- Respond appropriately
- Show empathy
 - “Wow that sounds challenging”



Teach Team Support

Teammates should be “filling each other’s tanks”



The Bulletin Board

86,400 seconds

Time. It is the one thing that most people wish they had more of. Business is driving our wish for more time. Yet, getting more time would likely just breed more busyness. 86,400 seconds per day -- that is what we get. No more. What we need more of is discernment.

Discernment: making careful distinctions in our thinking about life

Fight back against busyness with greater discernment.

Gravitate to what makes you feel alive, energized, and significant.

Family dinners. Date nights. Relax. Exercise. Love. Sleep.

Much of our time is spent on things we don't really value most.

Make a shift today. Discern what matters most.

Spend those precious 86,400 seconds wisely.

Recent blogs
 Every Hero Needs a Villain
 Best 2014 Sports Psych Wisdom
 Do Less in 2015

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MIND OF THE ATHLETE

"CLEARER MIND, BETTER PERFORMANCE"

10 Things Great Athletes Do...

10. Keep sleep patterns consistent all 7 nights of the week
9. Take academics everywhere with them to study when able
8. Minimize social life to just quality time with a few friends
7. Rarely whine or complain in front of teammates
6. Volunteer time to a non-profit organization
5. Talk intelligently about hobbies and interests beyond sports
4. Actively work on development of the mental side of sports
3. Passionately pursue their faith
2. Seek out and are kind to other people less fortunate than them
1. Use "we" statements, not "me" statements

Recent blogs
 Finding Tiredness
 Eyesight vs Mindsight
 Gut Check

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What Defines an Olympic Sailor? Notes from Team Psychologist Dr. Jerry May

by Doty Anderson

Sailors tend to refer to this unique sport as a regular sport plus chess. The mental aspect of the game requires a certain perception and intelligence, and just like any other Olympic-level sport, the mental side also can balance on a sensitive line between just plain pressure and devoted motivation. Dr. Jerry May founded the USOC's sports psychology program in 1977, and has been working with the U.S. Olympic Sailing Team since just after the 1992 Games. He spent thirteen years with US Alpine Ski Team, but he has also worked with non-traditional sports like competitive rock-climbing. After sixteen years with the U.S. Olympic Sailing Team, Dr. May is familiar with the defining characteristics of sailors.

First, he says, sailors are not completely unique. "There are always more similarities than differences between the psychological principles and skills of the various groups of high achievers. Each area is composed of individuals who have set high goals and want to achieve at a very high level. Yet each does have its own uniqueness."

Dr. May says the first way to define sailing is to classify it as an "open sport." Sports like golf, skiing, and sailing are open because their fields of play are constantly changing. The key to an open sport is adaptability, or what Dr. May calls "perceived flexibility." He says, "sailing requires that the athlete can develop goals and set strategies and tactics, but the sailor needs to watch becoming overly organized. Conditions change so frequently and rapidly. Sailing requires that the athlete read the wind, understand the tides of their sail, focus on the waves and currents and be aware of their competitor. Adaptability is a key to a successful sailor's day." He adds that patience goes hand in hand with adaptability because as the race is ways evolving, sailors need to know when to make changes to their plans and when to stick to them.

Water Cooper US SAILING

Additional Resources

The NCAA Sports Science Institute's Guide to Student Athlete Mental Health. <http://www.ncaa.org/sport-science-institute/introduction-mind-body-and-sport>

[The JED Foundation](#); [National Alliance for Mental Illness, NAMI.org](#)

Find a **tele-provider for mental health**: <https://www.talkspace.com>; <https://www.betterhelp.com/about>;
<https://www.pridecounseling.com/>; <https://openpathcollective.org/>;
<https://www.psychologytoday.com/us/psychiatrists/online-counseling/>

National Suicide Prevention Lifeline: Call 1-800-273-TALK (8255)

Crisis Text Line: Free counseling via text messaging! Text "HOME" to 741741 (<https://www.crisistextline.org/>)

National Sexual Assault Hotline: 24-Hour online hotline: <https://ohl.rainn.org/online/> 1-800-656-HOPE (4673)

Bonus

Alexi Pappas, “I Achieved My Wildest Dreams. Then Depression Hit” New York Times Opinion Video, December 7, 2020

Any questions?

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