



**Athletes strong for Mental Health**

**MINDURANCE**

## Coach roles in preseason conditioning

### How to prepare

Preseason is a crucial time for an athletic team, and coaches play a pivotal role in setting the tone for the season ahead. Here are some key considerations for coaches to keep in mind while preparing for the season.

#### Communication

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- Clearly communicate the team's goals, benchmarks, and expectations for the season.
- Ensure that goals are realistic, emphasizing the love of the sport above all else.
- Encourage athletes to take responsibility for their physical and mental well-being to perform at their best and contribute to the team.

Coaches can also foster healthy communication among teammates and with themselves.



#### Intentionality



Being intentional during challenging times is essential for both coaches and athletes. Stressors can come from various sources, such as school, home, or the sport itself. Coaches should:

- Reinforce the importance of athletes prioritizing their mental health.
- Encourage athletes to explore and implement self-care methods that work for them during difficult moments and prolonged periods.
- Promote the development of resiliency and grit as valuable skills, with guidance and support from expert coaches.

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**STIFEL**

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### Building skills

Coaches should help athletes prepare physically and mentally for the season ahead. Here are some ways coaches can achieve this:

- Facilitate the transition into conditioning, recognizing that it can be the first challenge of the season.
- Prime athletes physically and mentally for the demands of the sport.

### Signs to look for

Coaches should be vigilant for signs of mental and physical exhaustion in their athletes. Once familiar with these signs, coaches can prepare a toolkit of strategies to support athletes when exhaustion arises.

Coaches can also educate their athletes on the importance of seeking help and provide information on available resources, fostering a culture where athletes feel comfortable reaching out when needed.



### Taking care of coach

Coaches play a pivotal role in their athletes' lives and should prioritize their well-being too. Here's how coaches can ensure they are at their best:

- Establish a routine before and during the season, which may include personal habits like setting bedtimes.
- Connect with other coaches and the athletic department to share information and resources for the benefit of athletes.

Remember, coaching comes with its ups and downs, but with effective communication, intentionality, and self-care, coaches can contribute to a successful and fulfilling season for themselves and their athletes.