

MENTAL PERFORMANCE TRAINING

Ryan Carr
Barton Health
Performance and Wellness Coordinator
DAD, M.A., CMPC-AASP, SCCC, CSCS, USAW, NASM-CES, ALTIS, FMS, TPI

WELCOME

- Fun, Learn, Apply!



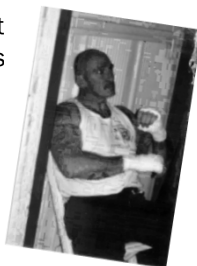
YOUR WHY? WHO IS
HERE?

- Coaches, athletes, parents, exercise enthusiasts
- I'm coming back from an injury and don't feel CONFIDENT
- I have difficulty recovering from MISTAKES
- It is challenging to CONTROL NERVES before competition
- What else?



MY MINDSET

- **Father** - Boxer & martial artist
- **Mother** - Triathlete, PT, Pilates
- **Myself** - Multisport athlete



ACKNOWLEDGEME



NTS
University of Hartford: Soccer player, S&C / Soccer, Youth soccer coach, COACH



Princeton University: 35 Sports, general population. ADAPT.



Iona College: 21 teams. ORGANIZE.



Seton Hall University: Sport Psychology. QUALITY over QUANTITY.



Barton Performance by ALTIS: Variety. HOLISTIC Approach. Chris, Jason, Nick, Staff

2019 Athletic.net SuperClinic – Ryan Carr Mental Performance Training

MASTERS DEGREE SPORT PSYCHOLOGY

- Certified Mental Performance Consultant– Association for Applied Sport Psychology (CMPC)
- Increase performance and enjoyment of sport
- I am NOT a Sport Psychologist



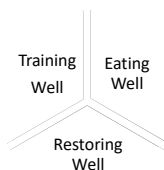
MISSION WITH ATHLETES

- Injury Reduction
- Athletic Development
- Mental Toughness



Barton by **ALTIS**
Performance

- **Eat Well**
 - Energy, Nutrients, Body Composition
- **Train Well**
 - Volume, Intensity, Density
- **Restore Well**
 - Sleep, Active, Passive Modalities



FACILITY South Lake Tahoe, CA

- Orthopedics, Physical Therapy, Performance, Wellness
- WHO?
 - Tahoe Enthusiasts, US Ski and Snowboard, Imagine
- Communication is key
 - Distance
 - Person and Sport Specific



WHAT IS MENTAL PERFORMANCE?

- Use mental skills to:
 - Perform **CONSISTENTLY**
 - Exercise **ADHERENCE**
 - Realize **POTENTIAL**
- Goal setting, concentration, motivation, relaxation, imagery
- Used in athletics and ???



2019 Athletic.net SuperClinic – Ryan Carr Mental Performance Training



WHAT IS MENTAL PERFORMANCE?

- Video
- What did you see?
- Each athlete = different optimal mindset
- Hard Rock vs Jazz



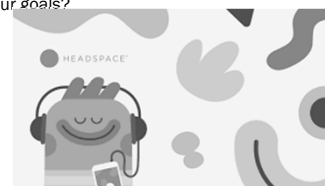
ASK YOURSELF THESE QUESTIONS:

- WHAT TIME IS IT?
- WHERE ARE WE?
- Stay in the present moment!



HEADSPACE

- Clarity
- "IN THE ZONE" or "FLOW STATE"
- How can it help us achieve our goals?



TEAM BONDING

- Spades, Clubs, Diamonds, Hearts
- Numbers
- Color
- Magic Moment past week



USE OF MENTAL TRAINING

- People, Product, Paper - Heather Mason
- TEACH/PRACTICE Mental Toughness, don't expect it
- Start a Mental Toughness Academy



2019 Athletic.net SuperClinic – Ryan Carr
Mental Performance Training

Create Awareness!

FREESTYLE FRIDAY


MENTAL PERFORMANCE COACHING

Develop Resilience
Build Confidence
Improve Your Exercise Regimen
Ease Game-Time Performance Jitters

OPEN TO ALL AGES
June 15, 2018
5:30-6:30PM

At the Barton Center
for Orthopedics & Wellness

Barton
Performance
by ALTIS

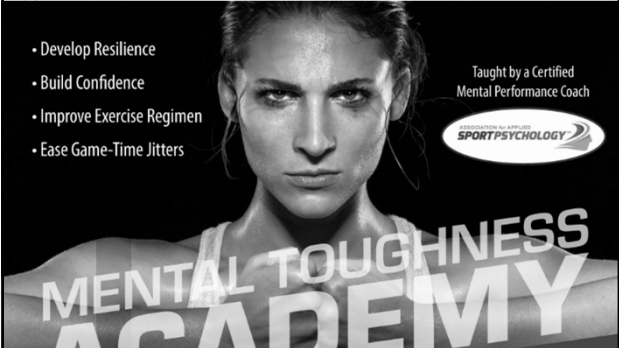


- Develop Resilience
- Build Confidence
- Improve Exercise Regimen
- Ease Game-Time Jitters


Taught by a Certified
Mental Performance Coach

SPORTSPSYCHOLOGY


**MENTAL TOUGHNESS
ACADEMY**



All are
welc



Create connections/Form a tribe



GOAL SETTING

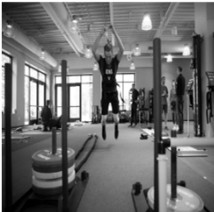
- Map
- Develop your WHY!
- Review and make visible!





GOALS

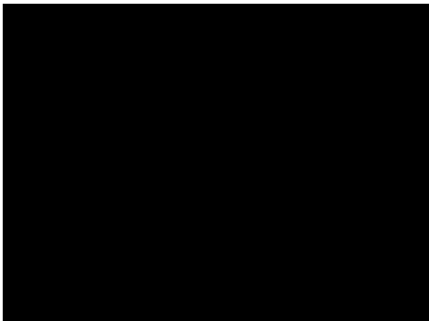
- **Outcome**– Win a Championship.
Multiple factors
- **Performance**– PR in lift, run time.
Achieve own standard
- **Process**– Control breath, set feet.
Focus on actions to perform well



GOALS & SELF

TALK
Watch your thoughts; they become words
Watch your words; they become actions
Watch your actions; they become habits
Watch your habits; they become character
Watch your character; for it becomes your destiny

POWER of I AM
Steph Curry Video



NAME: _____
Class Year: 1st ____ 2nd ____ 3rd ____ 4th ____ 5th ____ 6th ____ 7th ____ 8th ____ 9th ____ 10th ____ 11th ____ 12th ____

Directions for SUBGOALS:
1. Pick out your most important areas for improvement including: Mental, Physical, Technique
2. Make your subgoals:
a. Realistic/Attainable
b. Challenging
c. Powerful
d. Positive
e. Present tense
f. Meaningful to YOU!!!

My DREAMGOAL is to: _____

Starting Center
Midfielder September 1st

Define Your Dream:
What would be worth your very best effort?
What would you do if you thought this was your last chance?
What would you do if you knew it was impossible to fail?

Build Confidence

Improve Concentration

Build Physical Strength

Reading the Game Passing Accuracy

Specific Actions/Positive Affirmations you will execute to attain SUBGOALS:
Write in Full Sentences, EXACTLY as you want to hear them in your mind

I take responsibility to keep my confidence growing.
I realize that it comes from the way I think about myself.
I focus on my good plays, my success, my improvement.
I let go of mistakes, clap of the hands and they're gone.
There's no place else I'd rather be.
I keep myself together no matter what.
I am the most talented player on the field.
I am in my own world and I make things happen.

My strength helps me fly by opponents.
I explode with the ball and up the field.
My reactions are instant, I have total control.
I am in the best shape of my life and I love it.

I get in line first for every drill.
Accuracy, velocity and touch.
I recognize the other teams' formation and style of play.
I trust my instincts and my abilities.

In West Philadelphia.....323 - 6:35



CONFIDENCE

- Thoughts about ourselves - positive and negative
- "I see myself as the best footballer in the world. If you don't believe you are the best, then you will never achieve all that you are capable of."
-Cristiano Ronaldo



CONFIDENCE:
OUTCOME EXPLANATION

- Good outcomes
 - My efforts
 - Talents from working hard
 - Permanent
 - "I earned that victory because I work an extra 10 minutes on getting out of the blocks everyday"
- Tough outcomes
 - External sources
 - Bad day
 - Temporary
 - "Today wasn't my day, but tomorrow will be"



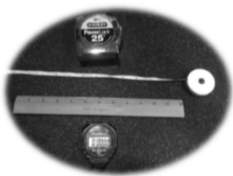
INCREASE
CONFIDENCE

- Clear expectations & job descriptions
- Reward effort
- Consistent honest feedback
- Stats – how many tackles won?
- Create environment of GROWTH
- Use assistance for exercises



NUMBERS

- Testing



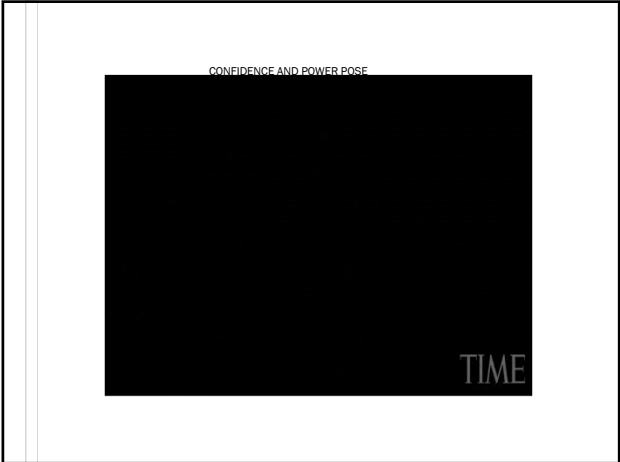
TEST RESULTS MEN'S SOCCER

Name	B.F.S	Reach	WT.Dig	Vert.Jump	Broad.Jump	SL.L.Broad	SL.R.Broad	200.Bench	200.Total.1	200.Total.2	200.Yd.Avg	Beep Test	Beep Mins	Punch Ups	SL.Dig	Stick/Breach
ATHLETE A	8.2	90	111.5	21.5	7' 4.5"	6' 9.5"	6' 11.5"	3	57	66.5	58.75	14.3	1000	57	64	plus 0.5
ATHLETE B	10	97	123.5	26.5	8' 10"	8' 5.5"	7' 11"	11	58	59	58.5	14.5	1000	45	70	plus 3.5
ATHLETE C	10.3	94	116.5	21.5	8' 3.5"	6' 11.5"	7' 5"	3	54	59	56.5	15.5-2	1520	60	54	plus 6
ATHLETE D	10.6	94	115.5	20.5	7' 10.5"	6' 9.5"	7' 1"	11.5-2	57	65	59.5	15.5-2	840	56	50	plus 2.5
ATHLETE E	6.5	89	114.5	25.5	7' 6.5"	7' 4.5"	7' 5"	4	54	58	56	16.5-4	2080	67	50	plus 1
ATHLETE F	15.1	84	108.5	24.5	7' 6"	6' 10.5"	7' 2.5"	1	54	58	56	15.1	1360	54	54	plus 1
ATHLETE G	14.4	84	108	24	7' 10"	7' 6.5"	7' 3.5"	3	55	62	58.5	15.5-2	1520	67	63	plus 3
ATHLETE H	8.6	96	120.5	24.5	8' 2"	7' 2.5"	7' 7"	7	56	59	57.5	16-1	1720	57	59	plus 4.5
ATHLETE I	11.3	92	120.5	28.5	8' 4"	7' 9"	7' 5.5"	7	55	58	56.5	16-3	1800	60	60	minus 1
ATHLETE J	11.6	91	111.5	25.5	7' 3.5"	6' 5.5"	6' 5.5"	3	56	60	58	15-1	1360	56	53	minus 1.5
Above 52			below 25.5	below 7' 6"	8.5, DM 4"	8.1, DM 4"	below 7	above 56	above 59	above 57.5	below 14.25	below 55	below 55	below 55	below 55	below 55

CORRECTIVE EXERCISE OR
OVERTIME TRAINING

- Choose your words carefully
- Relate it to competition
- "Remember all the OVERTIME TRAINING you have done"





CONFIDENCE AND POWER POSE

- TEACH THEM YOUNG!!!
- How can we implement this with our athletes?



Wellness Check-In

Rate 5-1: 5 = GREAT! 1 = TERRIBLE (CIRCLE ONE)

1. A. How did you sleep last night/ how refreshed do you feel?

5 4 3 2 1

1. B. How many hours did you sleep? _____

2. How does your body feel?

5 4 3 2 1

3. What is your current stress level? Include thoughts on school, practice, lifting, conditioning, nutrition, relationships with family, peers, and teachers, etc.

5 4 3 2 1

3. A. If 1 or 2 what are you stressed about? _____

4. How is your time management? Are you completing everything? Include thoughts on sleep, meals, lifts, conditioning, individuals, class, homework, study hall, etc.

5 4 3 2 1

WELLNESS TOOLS

- Mindfulness Class
- Headspace
- Down Dog
- My Fitness Pal



WELLNESS TOOLS BUILD AN ARMY

- How?
 - Staff Training - Seabass
 - Staff Communicate
- Where?
 - Competitions
 - Hallway
 - Traveling
 - Weekly meetings



COMMUNICATION

- Meet often with athletes / coaches
- Open-ended questions
 - You've seemed off this week, what's up?
 - What can I work on coach?
- Listening skills
- Toastmasters
- Staff – book club



PEOPLE/ATHLETES WHO ARE INJURED

Choose words carefully
Loss

- Alienated - Keep involved
- Emphasize:
 - ☐ Goals, Self Talk, Wellness
 - ☐ Celebrate the small victories
 - ☐ Opportunity to get better at...



PEOPLE/ATHLETES WHO ARE INJURED

- Opportunity connect
- Person first player second
- Ups and downs, process, even after they return!
 - ☐ Be honest (will be tough, 6 months)
 - ☐ Stay positive – books, movies, youtube
- Support system
- Active in rehab process not "When are you back!?"



MANAGE ANXIETY / NERVES

- What are you nervous about?
- How do you know? Examples? Awareness.
- Focus on the present (:30)
- Process not outcome mindset
- Routines
- Use breathing/relaxation techniques

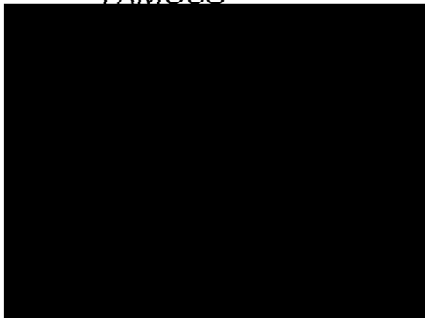


FAILURE = FEEDBACK

- Teachable moments, GROW
- "Every time you fall down, it's an opportunity to question yourself, question your integrity. It's not about the actual failure itself - it's about how you respond to it" Abby Wambach
- Part of sport and life!



FAMOUS



FAILURE / MISTAKES

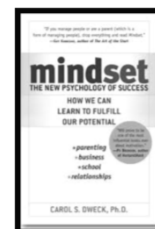
- Mistakes – Part of the game
- Coach/Teammate: SUPPORT
- Ritual
 - Grass technique, brush it off
 - Word or phrase
 - Guide them, but they come up with it



STEP UP



- Growth Mindset
- If you want more find a way
- “I can’t, I’m not good at...”
- Language...finish that sentence with...“YET”



SUCCESS

- Enjoy
- Keep working, use as motivation
- Target on back
- Stay humble and hungry
- Remember hard times before success



BE PLAYFUL!

- Change it up
- Team work
 - After a long bus ride, loss, competition
- Goal - Reps
- What happens as we get goal?
- Figure out personalities



2019 Athletic.net SuperClinic – Ryan Carr Mental Performance Training

TIPS

- Notice self talk – create it
- Power of I AM
- Focus on the Process
- Stay in the present moment
- PRACTICE mental skills



YOUR WHY?

- Did we achieve it?
- What is NEXT?
 - ❑ Mental Toughness Academy
 - ❑ Barton Performance by ALTIS – Come to Tahoe
 - ❑ Visit our Booth!



THANK YOU!

- Questions?
- What time is it?
- Where are we?

