



## Frequently Asked Questions by Parents of Student-Athletes

### *What is mental performance coaching anyway?*

Mental performance coaches help athletes improve their mental fitness. Elite performers practice both their physical and mental skills on a daily basis. I will help you build awareness regarding areas of improvement, teach you mental skills and strategies to optimize your potential, and hold you accountable.

### *Why do I need a mental performance coach to help my child with their transition to college when they have sport coaches and us?*

You could certainly do it on your own or rely on your child's team coaches, but I am a mental performance professional that is trained in the nuances of adolescent motivation. I have years of experience in helping high school athletes to maximize their potential through mental training. As a parent of my own children, I know how difficult it is to get my own child to take my advice!

### *What will you expect of my child?*

I will help your child if they are motivated to get better. Thus, I expect them to show up on time, do any assigned "homework" and engage with their fellow classmates. FF is probably not for your child if they don't really want to be there. One of the fundamental tenets of motivational theory is autonomy. If your child doesn't feel in control of this experience, then they are unlikely to be motivated to invest in the FF coaching process.



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### *What results can I expect for my child?*

First and foremost, I hope that you will notice a marked increase in your child's self-awareness and self-confidence. My experience with high school athletes is that by helping them to identify and make sense of uncertain challenges that they immediately feel a greater sense of control. They will also bring clarity to their freshman year goals while taking tangible, measurable actions to achieve these goals.

### *Can I contact you regarding my child's progress?*

Of course. You may contact me regarding your child's progress at any time. However, the coaching relationship is a confidential one. I am unable to share the details of my coaching sessions with your child unless I perceive your child to be a danger to his or herself, or others.

### *Do you work with only Division I committed athletes?*

Absolutely not. However, I believe Division I commits may benefit most from this program because of the demands that they will be asked to meet. However, any college-committed athlete will benefit from FF.

### *My child is a college-committed athlete, but not yet a senior. Is FF right for my child?*

It's probably too early for you to participate in FF as you might not retain all of the information shared. However, it might make sense to work on individual mental performance coaching to enhance your on-field mental game.