



## Frequently Asked Questions by 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 with the transition to college? I'll be fine on my own...*

You could certainly do it on your own but having a coach that can give you a significant edge on and off the field will likely give you a better chance to achieve your freshman year goals.

### *What will you expect of me?*

I will help you if you are motivated to get better. Thus, I expect you to show up on time, do any assigned "homework" and engage with your fellow "classmates." FF is probably not for you if you are not motivated to do the work to get better. Plus, you won't waste your time and parents' money!

### *What if I am not comfortable sharing with other student-athletes in group classes?*

I would encourage you to challenge yourself to get out of your comfort zone. This will be very valuable as you move to the collegiate level. However, if you are really uncomfortable, then I would be happy to work with you on an individual basis if your parents are open to that option. Otherwise, FF just might not be for you. It's okay!

### *Will what I say within the group be shared with my parents or outside of the group?*



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I will never share any information outside of our group sessions. I am ethically bound to confidentiality unless you indicate you are going to harm yourself or others. Honestly, I cannot guarantee that your fellow classmates will not share outside of our sessions, but I will ask everyone to sign a contract committing to maintain confidentiality before we start our work together.

*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.

*I am a college-committed athlete, but I'm not a senior. Is FF right for me?*

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.