

Youth Sport & CMPC Certification



The Association for Applied Sport Psychology (AASP) shares your mission to improve the health, wellness and performance of young athletes. AASP specifically seeks to ensure every performer has the resources to strengthen their inner edge through the advancement and application of excellence in mental performance and mental health.

Youth Sport Pain Points

Youth sport organizations identify several pain points for mental performance, including:

Lack of Mental Skills Training

Many youth sport organizations focus primarily on physical training and neglect mental skills training. This can lead to athletes who are physically talented but struggle with anxiety, focus, and confidence.

Burnout

Overtraining, over-scheduling, and a lack of balance between sports and other activities can lead to burnout in young athletes. Burnout can lead to physical and mental fatigue, decreased motivation, and decreased performance.

Social Comparison

Youth athletes may compare themselves to their peers, leading to feelings of inadequacy and decreased confidence. This can negatively impact mental performance, as athletes may focus on their perceived shortcomings rather than their strengths.

Pressure to Perform

Youth athletes may feel pressure from parents, coaches, and peers to perform at a high level. This pressure can lead to anxiety and stress, which can negatively impact mental performance.

Negative Coaching

Coaches who use negative feedback, punishment, and criticism can have a detrimental effect on the mental performance of youth athletes. Negative coaching can lead to low self-esteem, anxiety, and a lack of confidence.

Injuries

Injuries can be a significant pain point for youth athletes, as they may feel frustrated and demotivated by the need to take time off from their sport. Injuries can also lead to anxiety and stress, which can negatively impact mental performance.



Given these factors, it is essential for youth sport organizations to recognize the importance of mental performance and prioritize the development of mental skills in their athletes.

How Can a CMPC Alleviate the Challenges That Youth Sport Organizations Face?

If you're involved in a youth sports organization, you know that young athletes face numerous challenges, both on and off the field. These challenges can include performance anxiety, burnout, negative attitudes towards competition, and mental health issues. Fortunately, there's a solution: a Certified Mental Performance Consultant® (CMPC).

By working with a CMPC, young athletes can learn techniques to manage stress and pressure, develop mental toughness, and handle setbacks and failures. This can help them perform better, enjoy their sport more, and develop skills that can translate to other areas of their lives. Additionally, a CMPC can work with coaches and young athletes to develop healthy attitudes towards competition, teamwork, and sportsmanship, which can lead to a more positive team culture. Coaches can be trained in the most effective communication skills to increase motivation, learning, health and performance. In addition, how to best create a practice environment that promotes both health and performance.



The benefits of the CMPC certification don't stop there. By providing access to qualified mental performance consultants, youth sports organizations can help athletes develop coping skills, resilience, and a positive mindset, which can be particularly important for those who may face other stressors in their lives.

Investing in the mental performance of young athletes can improve their overall performance and success.

If you're looking to attract and retain talented young athletes, investing in the mental performance of your team is a smart choice. By providing access to qualified CMPCs, you can help your athletes reach their full potential and give them an edge in their sport. So why not make mental performance a priority today?

Contact a Certified Mental Performance Consultant® (CMPC) to learn more about how they can help your athletes thrive. You can search for a CMPC in your area here <https://appliedsportpsych.org/cmhc-directory/>



Why Choose a CMPC?

Choosing a Certified Mental Performance Consultant® (CMPC) can provide a number of important advantages for your youth sports organization.



Here are some reasons why you might want to consider a CMPC:

- 1 Expertise:** CMPCs have completed rigorous educational and training requirements, as well as a certification exam, to demonstrate their expertise in mental performance consulting. This means they have the knowledge, skills, and competencies needed to provide effective support to young athletes.
- 2 Improved Performance:** By working with a CMPC, young athletes can learn techniques to manage stress and pressure, develop mental toughness, and handle setbacks and failures. This can help them perform better and improve their overall success in their sport.
- 3 Accreditation:** The CMPC certification is the only nationally accredited certification for mental performance professionals in the United States and Canada. This means that the certification is recognized for its high standards and ethical practices, giving you confidence that you are working with a qualified professional.
- 4 Positive Team Culture:** A CMPC can work with coaches and young athletes to develop healthy attitudes towards competition, teamwork, and sportsmanship, which can lead to a more positive team culture and contribute to the overall success of the team.
- 5 Best Practices:** CMPCs engage in continuing education to stay current on best practices and techniques. This means they are equipped to provide the most up-to-date and effective strategies to help young athletes perform at their best.

In short, a CMPC provides a level of expertise and accreditation that can give you confidence in the quality of services you are receiving, while also offering best practices and strategies to help young athletes perform at their best. By choosing a CMPC, you can give your young athletes the edge they need to thrive on and off the field.





Why Is Confidence Important in **Youth Sport?**

Confidence is a game-changer in youth sports, providing the drive for young athletes to excel in their chosen sport. With confidence, they become unafraid to take risks and try new things, even when the odds are stacked against them. This resilience is the mark of a true competitor, and an essential life skill that will serve them well as they grow and mature.

Moreover, confidence has a profound impact on the mental and emotional well-being of young athletes. It helps them build strong relationships, communicate effectively, and work as a team. With confidence, they become more resilient, more focused, and more driven to succeed, both in sports and in life.

Confidence is an essential ingredient for success in youth sports. It inspires young athletes to reach new heights, overcome challenges, and become the best versions of themselves. By instilling confidence in our young athletes, we are helping to prepare them for a lifetime of success, both in sports and in life. So if you want your child to succeed in sports, help them build their confidence, and watch them soar to new heights.

What Are Three Ways to Develop Confidence in Youth Sport?

As coaches and parents, we have the power to inspire and instill confidence in young athletes. By recognizing their effort, setting achievable goals, and encouraging risk-taking, we can help them become the best versions of themselves, both on and off the field.



1 When we praise effort and progress, we show our athletes that their hard work and dedication are valuable, regardless of the outcome. We give them the gift of self-esteem and help them feel proud of themselves, which can be a powerful motivator to keep pushing forward, even when faced with challenges.

2 Setting achievable goals is another powerful way to build confidence. When athletes set goals that are challenging yet realistic, they learn to believe in their abilities and develop a sense of accomplishment. With each achievement, their confidence grows, and they become more motivated to reach new heights.

3 Finally, we must encourage our young athletes to take risks, try new things, and interact with their mistakes as learning opportunities. When they step outside their comfort zone and take on new challenges, they learn valuable lessons about resilience, adaptability, and courage. These experiences help them become more confident and prepared to tackle whatever life throws their way.

As coaches and parents, we have a tremendous responsibility to inspire and develop the confidence of young athletes. By recognizing their efforts, setting achievable goals, and encouraging risk-taking with safety in making mistakes, we can help them become the best versions of themselves and achieve their dreams. Let's empower our young athletes to be confident, resilient, and unstoppable.

How a CMPC Can Help



A Certified Mental Performance Consultant® (CMPC) can play a crucial role in helping youth athletes develop confidence by providing them with mental training techniques and strategies. Here's how a CMPC can help with each of the three ways to develop confidence in youth sport athletes:

Praise effort, not just results

A CMPC can help coaches and parents understand the importance of acknowledging and reinforcing effort and progress. They can also teach athletes how to cultivate a growth mindset, which emphasizes learning from mistakes and setbacks as opportunities for growth and development. This helps athletes build resilience and self-esteem, which can boost their confidence.

A CMPC can work with athletes to help them set goals that are specific, measurable, and relevant to their skill level. They can also teach athletes how to break down big goals into smaller, more achievable ones, which can build confidence and momentum. A CMPC can also help athletes stay motivated and focused on their goals, even when facing obstacles or setbacks.

Set achievable goals

Encourage risk-taking

A CMPC can help athletes develop a positive attitude towards risk-taking by teaching them how to embrace challenges and view failures as opportunities for growth. They can also help athletes learn how to manage their thoughts and emotions, which can help them take calculated risks and stay calm under pressure. A CMPC can also teach athletes visualization and relaxation techniques to help them feel more confident and prepared before competition.

Why Is Focus Important in Youth Sport?



Focus is an essential skill for young athletes in sports. It can be the deciding factor between success and failure, both on and off the field. Cultivating focus can help young athletes develop mental toughness, discipline, and resilience, which are crucial for achieving their goals and overcoming obstacles.

Distractions are a common challenge in sports that can negatively impact an athlete's performance. However, when young athletes learn to focus, they can tune out distractions, stay present, and maintain a clear vision of their goals. This skill also benefits young athletes in other aspects of their lives, such as developing better study habits, time management skills, and prioritization abilities.

Moreover, focus can be a compelling and emotive force in youth sports, providing athletes with a sense of joy, fulfillment, and purpose. This sense of purpose can drive young athletes to work harder, persevere through setbacks, and ultimately achieve their dreams.

In conclusion, focus is a critical component of youth sports as it unlocks an athlete's full potential both on and off the field. Developing focus enables young athletes to acquire mental skills and emotional resilience, essential for succeeding in sports and life.



Three Practical Ways to Develop Focus in Youth Athletes

Set clear goals

When young athletes set specific and achievable goals, they gain clarity about what they want to achieve. This clarity provides a target for focus and can inspire them to work harder. Encourage them to dream big and believe in their abilities, and then help them break down their goals into smaller, more manageable steps. When they see progress towards their goals, they gain a sense of achievement.

Visualization techniques are powerful tools that can help young athletes develop mental toughness and focus. Encourage them to visualize themselves performing well in their sport, overcoming obstacles, and achieving their goals. When they visualize success, they develop a mindset of positivity and resilience that can help them overcome setbacks and stay focused during competition.

Use visualization techniques

Practice mindfulness

Mindfulness is a way to be fully present in the moment and cultivate a sense of calm and focus. Encourage young athletes to practice mindfulness by paying attention to their breathing and being aware of their thoughts and emotions. When they practice mindfulness, they can let go of distractions and focus on the task at hand. This practice helps them build mental resilience and develop the ability to stay focused, even in the face of adversity.

How a CMPC Can Help

A Certified Mental Performance Consultant® (CMPC) can play a significant role in helping youth sport athletes develop focus by implementing the following strategies.



Goal setting

A CMPC can help young athletes set specific and achievable goals. They can work with athletes to break down their goals into smaller steps and help them stay motivated by celebrating small successes along the way. Additionally, a CMPC can help athletes prioritize their goals and develop a plan for achieving them.

Visualization techniques

A CMPC can teach young athletes visualization techniques and guide them through the process. They can help athletes create a detailed mental image of themselves performing well and overcoming challenges. Additionally, a CMPC can work with athletes to create personalized visualizations that suit their needs and develop a practice plan to maximize results.

Mindfulness

A CMPC can teach young athletes mindfulness techniques and help them incorporate mindfulness into their daily routine. They can guide athletes through breathing exercises and teach them how to be present in the moment without judgment. Additionally, a CMPC can help athletes develop a mindful mindset and teach them how to use mindfulness to improve focus and mental toughness.

Overall, a CMPC can provide young athletes with personalized and practical mental skills training that can help them develop focus and achieve their goals in sports and life. By working with a CMPC, young athletes can gain a deeper understanding of their strengths, weaknesses, and mental blocks, and learn how to overcome them to achieve their full potential.