ATHLETIC AUTHORITY

A DIVISION OF GOAL DIGGER GIRL CO.

A NOTE FOR OUR SOFTBALL FAMILIES

Mental Performance Coaching Is Coming to Our Team

Softball is a game of skill, and it is also a game of mindset. This season, **Dr. Kimberly Olson**, a Mental Performance Coach (and one of our own team moms), will be working with the girls on the mental side of the game: how they think, how they talk to themselves, and how they show up for one another. The goal is simple: to help every player feel steadier, stronger, and more confident on the field and off it.

What the Girls Will Work On

01 Mindset
Believing that skills grow with practice, so challenges become chances to learn instead of reasons to quit.

02 Confidence
Trusting her preparation and stepping up ready to compete, no matter what the scoreboard says.

03 Teamwork
Lifting teammates up, communicating on the field, and playing for the girl next to her.

04 Max Effort
Giving everything she has on every pitch, play, and drill, because effort is always in her control.

05 Positive Attitude
Choosing encouraging words and body language, especially when the game gets tough.

06 Resetting After Mistakes
Using a simple routine to let go of an error, take a breath, and be ready for the next pitch.

How Parents Can Help at Home

01 ASK ABOUT EFFORT, NOT STATS
Try "Where did you give your best effort today?" before "How many hits did you get?"

02 PRAISE THE RESET
When she bounces back after an error or a strikeout, tell her you noticed. That takes strength.

03 KEEP CAR-RIDE TALK POSITIVE
Let her lead the conversation after games. "I love watching you play" is often all she needs to hear.

04 MODEL THE MINDSET
Let her see you handle your own mistakes calmly, stay positive, and try again.

FOCUSED ◆ CONFIDENT ◆ RESILIENT ◆ DISCIPLINED

Thank you for supporting our girls. Together, we can help them grow into focused, confident, resilient athletes who love the game and believe in themselves.

TRAIN THE MIND. *Lead the game.*

Dr. Kimberly Olson, Mental Performance Coach | Athletic Authority | AthleticAuthority.org