



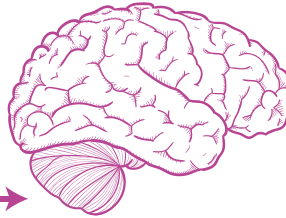
HAWCLine.org

DID YOU KNOW?

A young brain is developmentally different than a mature one.

Neuro Nugget:

The young brain (age 5-20) does not have a fully activated prefrontal cortex, or executive functioning center, so youth often struggle with:



**Pre
Frontal
Cortex**

→ Cause And Effect Analysis

→ Emotional & Impulse Control

→ Prioritizing

→ Organization

→ Rational Decision-making

An underdeveloped prefrontal cortex means...when we ask an athlete why she just made a mistake, she often responds with anxiety, attitude, tears, or an “I don’t know.” We may think she’s being sassy but she’s actually being literal and honest. She often does not know.

TWO SUCCESS STRATEGIES:

To increase executive function and skill success in the young brain, do this:

- Provide a one-two sentence explanation of a concept
- Physically model the concept
- Ask athlete to repeat the explanation and demonstrate the modeled concept with you
- Praise the correct action

or

- Provide short, calm, descriptive feedback and more modeling if an adjustment needs to be made
- Repeat process multiple times (4-20x) over several days so athlete develops competence and confidence with the concept
- Once the concept has been mastered, briefly explain WHY it needs to be done that way

THIS type of instruction is what increases an athlete’s success.

APPLY STRATEGIES:

We can apply this strategy in any learning situation: loading the dishwasher, solving a linear equation, moving on after a strikeout, or having a respectful face-to-face conversation.

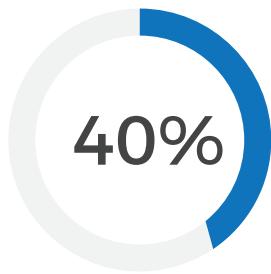
When we provide explicit teaching of a concept in this way, we strengthen the dendritic and synaptic connections and develop a neural pathway in the young brain for a skill to be mastered and to make it stick!

PUT IT INTO PLAY:

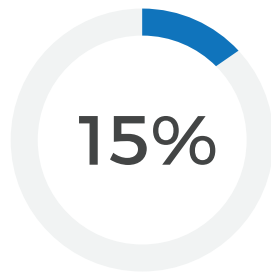
We challenge you to apply this strategy at your next practice when teaching a concept.

You haven’t taught until they have learned. John Wooden

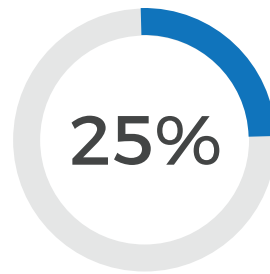
Student-Athlete Mental Health Fact Sheet



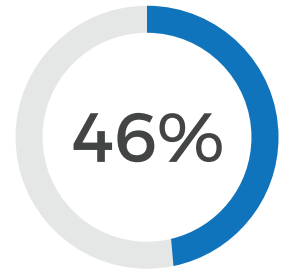
40% of youth identify as perfectionists



15% of student-athletes have mental health symptoms that warrant treatment.



25% of student-athletes show signs of depression.



46% of trainers believe having on site mental health services would improve overall care.

IMPACT



70%

Youth drop out of organized sports by 13 years old from distress of not meeting expectation.

33%

Rise in rate of socially adopted perfectionism in youth from 2016 compared to 1989.

2-4x's

Rate of increased risk to youth when exposed to a peer's death by suicide.

SUICIDE



Suicide is the second leading cause of death in youth ages 15 to 19.

26%

The increase in internet searching for "how to commit suicide" after the premiere of 13 Reasons Why.

NEXT STEPS

- Never agree to keep the secret of suicidal desire, plans or interest.

1. Report your concerns to a coach, teacher, pediatrician or other adult in charge immediately.

2. Take all reports of self harm, depression anxiety and over-achieving distress seriously.

3. Replace "perfect" based language with personal best standards.

- Monitor all social media for posts or "likes" that endorse, support or call for danger to self or others.
- Never assume that success in one life area is a sign of overall happiness.

Perfectionism highlights weakness and overshadows strengths, leaving you chronically unsatisfied.

HAWCline.org

YOU MATTER!

HAWCline.org

CRISIS HELP Line 24/7
1(800)273-8255

Data Compiled by HAWC Member @DrCaseyCooper

#PerfectionismHurts



Health And Wellness Consortium

Developing a Healthy Softball Community

WHO

Softball influencers, medical industry experts, trainers, parents, players and coaches—representing a diverse group of national softball associations.

WHAT

HAWC is an acronym which stands for **Health and Wellness Consortium**. Our consortium comprises of businesses and individuals working to improve our softball community experience.

WHERE

The consortium meets through online communication and conference calls.

WHEN

6 MONTH PLANNING

SPRING 2018

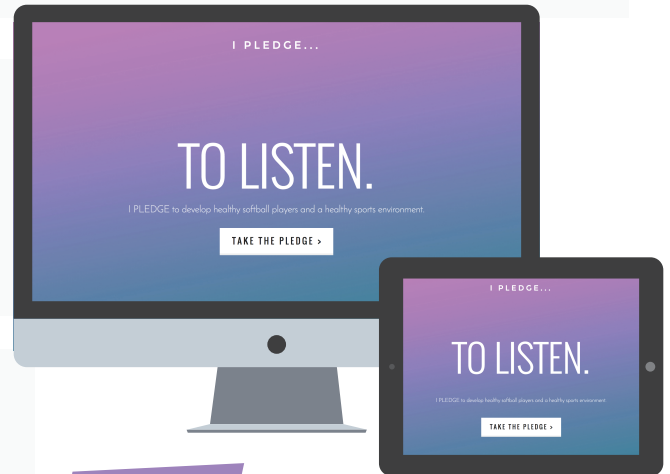
Gather feedback & collect resources

SUMMER 2018

Create Do It Yourself local & national events

WHY

There has been a growing concern around the mounting pressure athletes are feeling regarding perfectionism, anxiety, depression and teen suicide which also impacts the entire community.



HOW

ASK

our community what their wellness challenges are.

SOFTBALL COMMUNITY FEEDBACK QUESTIONNAIRES

PLEDGE

to listen to our softball community

HAWC PLEDGE

CREATE

Do It Yourself events for local teams

**LISTENING EVENTS
TEMPLATE FOR LOCAL
TEAMS**

HAWC IS OPEN TO ALL.

HAWC will work with a cross section of national associations, medical experts, administrators, trainers, players, parents and coaches. The leaders of the HAWC will have a long-term strategy with a four step rollout.

THE HEALTH AND
WELLNESS CONSORTIUM

Pledge →

1

IDENTIFY

resources regarding perfectionism, anxiety, depression and suicide.

2

DEVELOP

content relevant to softball community

3

DELIVER

local and national wellness events
D.I.Y. templates

4

EDUCATE

softball community so all people involved have a healthy & enjoyable experience

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