

Arrowhead Track and Field Parents
The Leader's Mindset: Rewired for Strength

Our Mission: To make a positive impact on the athletes in our program

Our Objective: To prepare our athletes to compete at the highest level possible

To this end, we believe our athletes need to be trained to be both physically and mentally strong. It is much easier for us to coach the physical aspect of the sport because the feedback from the body is so readily available to us. On the other hand, however, the feedback regarding mental strength is much, much harder to obtain. Therefore, the athlete must take a lot more responsibility when it comes to developing this very important aspect of our sport.

Therefore, we feel it is imperative we give our athletes the tools necessary to develop mental strength or what we call The Leader's Mindset. Here is a brief synopsis of our "Rewired for Strength" mental skills program and some of the topics we will cover with your athletes:

Self Regulation

Self Awareness

$E + R = O$ (E)vent + (R)esponse = (O)utcome

The External Scorecard vs. The Internal Scorecard

Self Management

Pressing Pause

Breathing and the Brain

Positive Self Talk

Goals vs. Commitments

Committing to Recovery

sleep, nutrition, hydration, phone usage, laughing

Controlling the Controllables

Leadership

Servant Leadership and the WE > me philosophy

Social Awareness

Trust

Gratitude

