





ROAD MAP

Advice and tips to get you from here  to  there

WELLNESS ESSENTIALS

Wellness Essentials is a collection of short videos ranging from one to five minutes in length. These quick-talk videos introduce important topics like coaching and positive self-talk, working with parents, encouraging a healthy All Star club, motivational techniques, integrating balance and fun into practices, and more.

The series provides videos for club owners, coaches, parents and athletes. It emphasizes All Star's commitment to nurturing the comprehensive physical, emotional and mental well being of athletes. These instructional resources encourage dialogue, build trust and allow for a positive and rewarding environment and culture.



How to get there

1

Establish one staff member to explore and implement the Wellness Essentials series for your club. Utilize the series regularly throughout your season.

2

Refer to the legend for suggestions on when to introduce each video to your club members.

- Videos on the athlete playlist are motivational, affirming and ideal for camps and other team building opportunities. Sometimes a quick video is all that's needed to start the conversation.
- Share videos from the parent playlist at your next parent meeting, or post one in your club-based social media. Help start conversations about balancing sports and school, social media, or a parent's role at a competition.
- Staff meetings are a great time to share videos from the coaches playlist. Watch them together and engage in conversations that will spark new ideas and visions for coaching today's athletes in positive ways.
- The owners playlist provides tips for coping with some of the challenges we all face when working with minors.

3

Access Wellness Essentials through USASF's YouTube channel.



https://www.youtube.com/user/usasf/playlists?view=50&sort=dd&shelf_id=17

4

Need help?

Reach out to **Kinshasa Garrett**, kgarrett@USASF.net.

5

You now know why the Wellness Essentials Series was created, where to find it, who to contact for guidance and when to utilize the resources. You're on your way to a healthier, more positive training environment within your club!



Playlists

Athletes

Motivating Athletes
Optimal Performance
Social Media Guidelines
Advice for Your Next Step Beyond All Star
Relaxation Techniques
Positive Self Talk
You are a Leader in the Making

Parents

Creating a Healthy Parent Partnership
Social Media Guidelines
A Parents Role at Competition
Providing Academic Support for Athletes
The Importance of Developing Leaders for Tomorrow

Coaches

Creating a Culture of Loyalty
Teaching Autonomy
How to Coach Introverted People
Healthy Environments for Coaching
Incorporating Fun into Practices
Coaching the Athletes of Today

Owners

How to Elevate All Star - A Growth Strategy
Motivating Staff
Safe Talk Training
Mental Health First Aid Training
Creating a Healthy Parent Partnership
Social Media & Parents
Sharpen your Ax-Always Learn & Train Others to Learn

PLAYLIST LEGEND

Use the color keys as a guide to when to share specific Wellness Essential videos from the playlists.

-  June-July-August
-  September-October-November
-  December-January-February
-  March-April-May