

## Road Map to

# WELLNESS ESSENTIALS

Wellness Essentials is a series of short, one to five-minute quick-talk videos that introduce important topics like coaching and positive self talk, working with parents, encouraging a healthy program motivational techniques, incorporating balance and fun into your practices and more.

The series offers videos for owners, coaches, parents and athletes and promotes that, within All Star, we strive for the overall physical, emotional and mental well being of the athletes. These teaching tools foster conversation, build trust and allow for an environment and culture that is positive and rewarding.



## HOW TO GET THERE

1


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

2

Refer to the legend for suggestions on when to introduce each video to your program 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 program-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](https://www.youtube.com/user/usasf/playlists?view=50&sort=dd&shelf_id=17)

4

### Need help?

Reach out to Karen Wilson, [kwilson@USASF.net](mailto:kwilson@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 program!



## 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