

Sport Psychology for The Interscholastic Student- Athlete

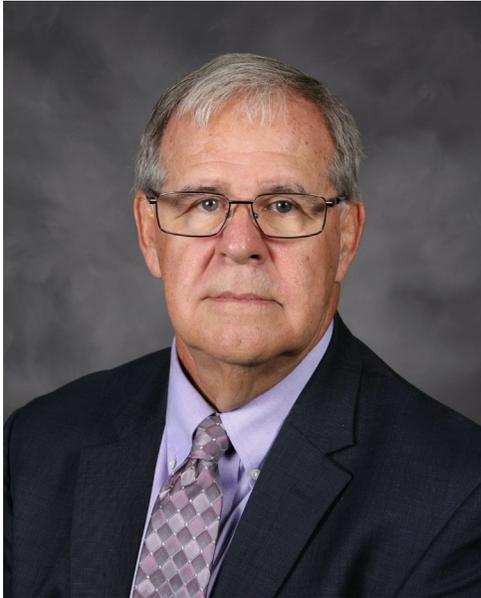
Mike Mossbrucker

Eli Friedman, M.A.

Jesse Steinfeldt, PhD



INTRODUCTIONS



Mike Mossbrucker
Athletic Director, Mooresville
High School
Board Member - Indiana High
School Athletic Association
Foundation & NIAAA



Eli Friedman
PhD - Counseling & Sport
Psychology
Indiana University Athletics
Mental Performance
Consultant – Indiana Men's &
Women's Basketball

HIGH SCHOOL

Mooresville's Mike Mossbrucker set to retire after long tenure as athletic director



Kyle Neddenriep
Indianapolis Star

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During Justin Dixson's time as athletic director at Decatur Central High School, he always knew he could call Mike Mossbrucker. And Mossbrucker would always answer.

"He's never too busy for anybody," said Dixson, who is now the director of operations and district athletic director for the MSD of Decatur Township. "And here's the thing about Mike: Even after he hangs up his whistle, he'll still answer, even if he's in Florida. He's always been my first call when I had a question."

Mossbrucker, 66, will retire in March after 43 years as a teacher, coach and athletic

Advertisement

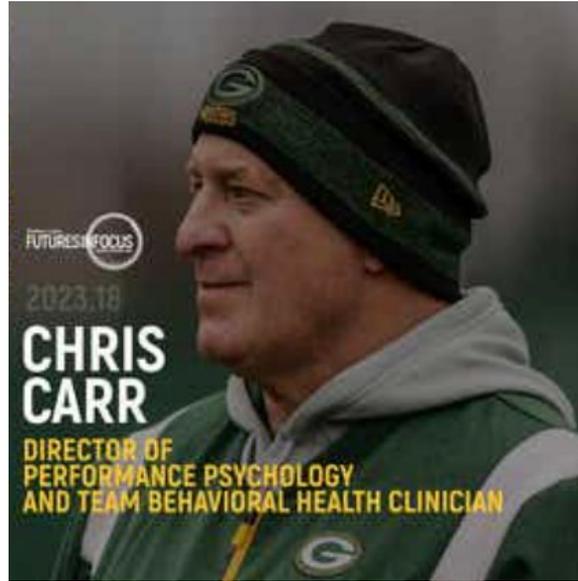
Saks SHOP SAKS.COM

Gerry Water-Repellant Quilted Jacket \$394.99

Stella Quilted Nylon Jacket \$492.50



Dr. Jesse Steinfeldt
Director, Sport Psychology
Doctoral Program



ORIGIN STORY (2012)



Leadership Training
Sports Performance



Team Bonding
Injury Recovery



Now

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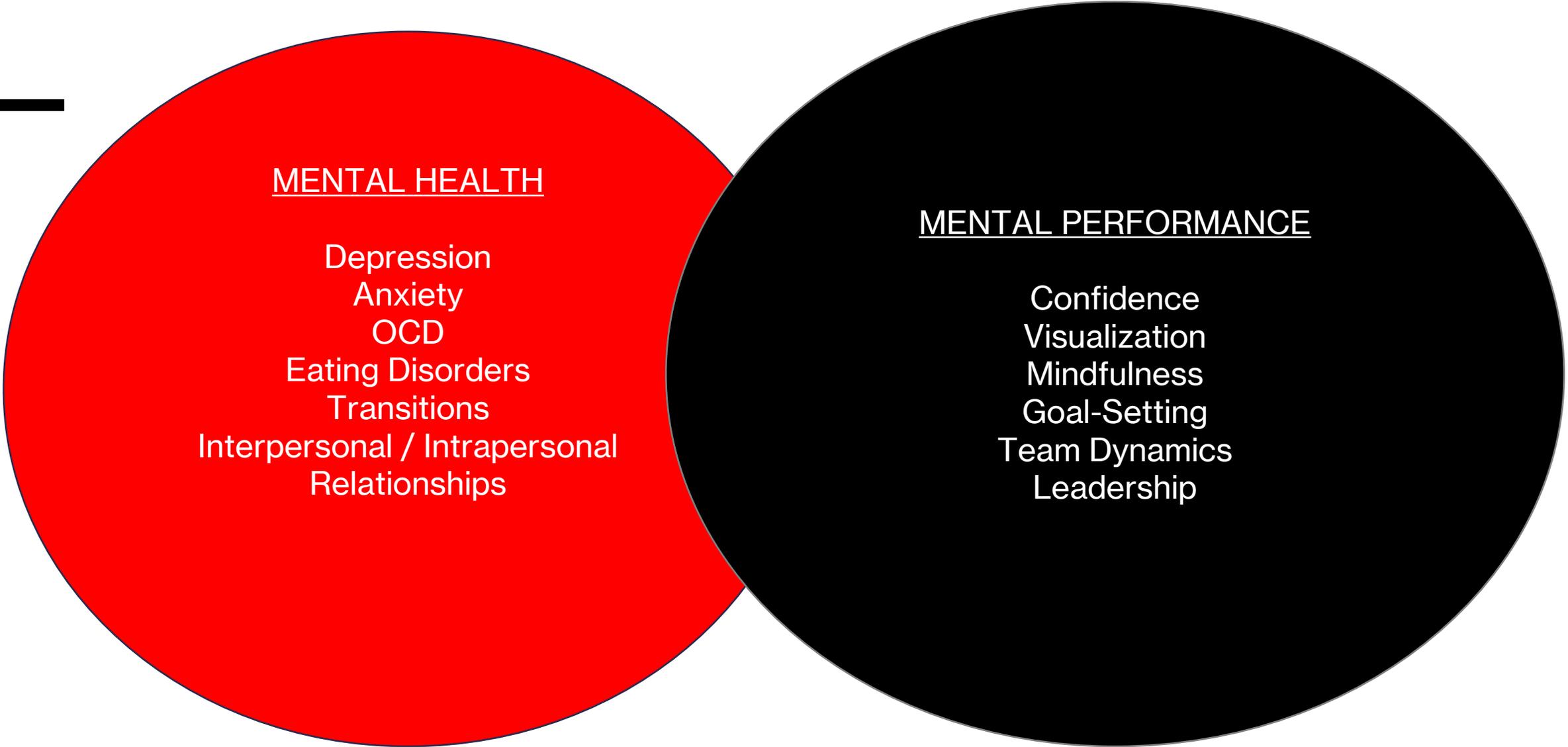
When you think of sport psychology, what comes to mind?

① Start presenting to display the poll results on this slide.

The Continuum of Mental Health and Sport Psychology Services Provided



* Services are confidential for student-athletes meeting individually with our licensed mental health clinicians



MENTAL HEALTH

Depression
Anxiety
OCD
Eating Disorders
Transitions
Interpersonal / Intrapersonal
Relationships

MENTAL PERFORMANCE

Confidence
Visualization
Mindfulness
Goal-Setting
Team Dynamics
Leadership

MENTAL HEALTH

An illustration of a red running track curving through a landscape with green trees and a blue sky with white clouds. A large grey sign is positioned across the track, with the words 'STRESS', 'PRESSURE', and 'EXPECTATIONS' written on it in white. A runner in a purple shirt is shown falling off the sign. Other runners in pink, blue, and green are shown running on the track.

- 50% of all lifetime mental illnesses begin at age 14 (National Alliance of Mental Health)
- 42% of teens experience persistent feelings of sadness or hopelessness (Centers for Disease & Prevention Control)
- 22% of teens have seriously considered attempting suicide (APA, 2024)
- Team sport participation have fewer mental health difficulties whereas **individual sport participation was associated with greater mental health difficulties** (Hoffman et al., 2022)

MENTAL PERFORMANCE

-Leadership

- To Whom Much is Expected, Little is Taught
- Captains Council

-Values Clarification

- SOUL: Selflessness, Ownership, Unity, Leadership

-Team Building Activities

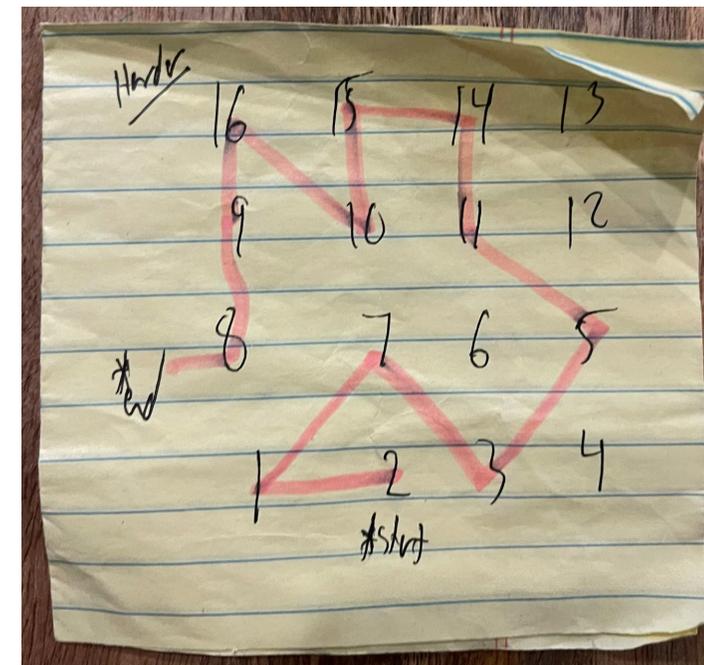
- Communication, Interpersonal Dynamics, etc.

-Mental Skills

- Arousal, Mindfulness, Pre-Performance Routines, Confidence



CONFIDENCE MAZE - APC





The Shift: Performance to Health

It started for me because I wanted to help win games

It has evolved to me wanting to make sure kids are more supported/ mental health is addressed

Now the beauty is that it is both

People over athletes

Own Kids – College Athletes Good and Bad moments/ how to deal with it

— SOFTBALL STORY





HIGH SCHOOL

'I couldn't believe it.' Mooresville's four home runs in one inning eliminate Center Grove



Brian Haenchen

Indianapolis Star

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Ball credited her team's mentality and confidence to the team's sports psychologist, Eli Friedman. He's been preparing the players for these situations, Ball said, giving them "that it factor" they've lacked in the past. "We always knew we were good, but it's like getting to the point where we know we're better than everybody here."

"He gives these girls confidence all the time — stay positive, have fun, enjoy the moment, and I think that's what the girls were doing," Ball continued. "Even when we got down, the girls were like, we're not out of this. We know we can hit the ball, and we proved that tonight. And I think he's really instilled that in the girls. ... It's one big family now and I love every moment of it."

Friedman, who has been with Mooresville this season as part of IU's sport and performance psychology program, has been particularly helpful for junior Zoey Kugelman, Ball said, helping her build the confidence necessary to pitch in big games like Monday's sectional opener.





Mooreville Sport & Performance Psychology Services

Provide	Provide individual and group psychological care to student-athletes
Develop and implement	Develop and implement department wide mental health programming
Meet	Meet with teams weekly to enhance mental performance
Build	Build relationships by attending games, and practices on a weekly basis "No one cares what you know until they know that you care." –Theodore Roosevelt



Diagnostic

Everyday stressors

Optimal Performance

Year	# of Student-Athletes Utilizing Services
2020-2021	25
2021-2022	19
2022-2023	37
2023-2024	56
2024-2025	41 (and counting...)



Presenting Concerns

What are our student-athletes dealing with?

Presenting Concerns

Injury-Related/Physical Issues	4	Sleep Hygiene	3
Anxiety	26	Other Mood-Related Issues	0
Communication/Relationship Issues	18	Adjustment/Transition	7
Sport Performance Issues	7	Attention/Concentration	3
Academic Issues	1	Leadership	1
Depression	11	Eating/Body Image Issues	1
Family Issues	12	Substance Issues	0
Suicide/Homicide	2	Sexual	1



GROUP NUMBERS

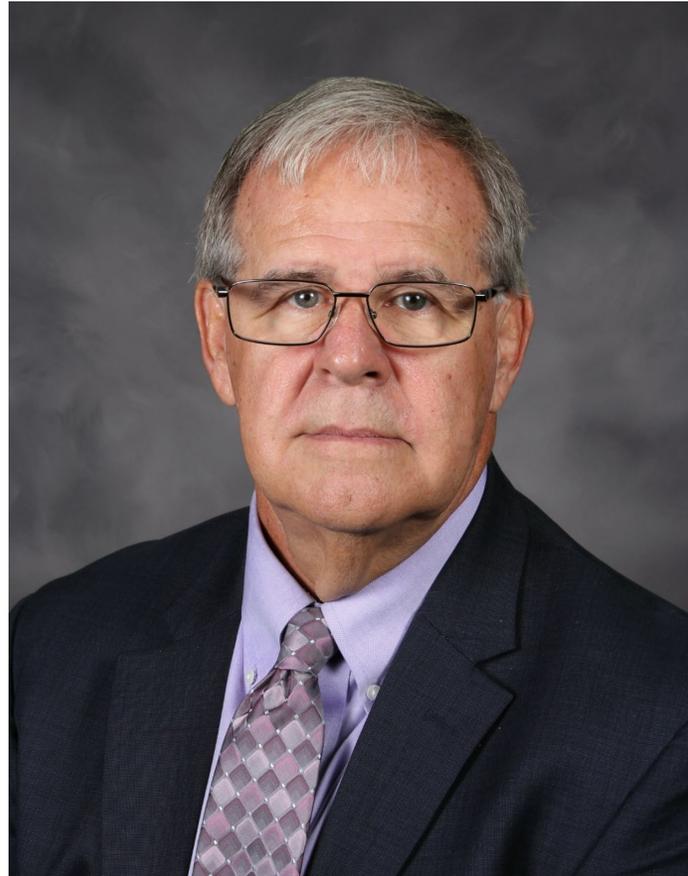
Total Hours in Service

Sport	Total Hours
Football	82
Cross Country	8
Girls Basketball	22.5
Swim	7
Softball	79
Baseball	1
Track	1

BOYS SOCCER

Individual Head Coach Feedback

"Our season would have looked a lot different if Maria (sport psych) hadn't worked with our players."



How do guidance departments interact?

- **Athletic Culture Matters:** Understanding the high standards and unique pressures of athletics is essential for effective support.
 - “Unhealthy” environment vs how we interpret the environment
- **Performance-Specific Training:** We can teach mental skills that general counselors cannot
- Collaboration is **important!** Not a turf war
- Catch point / interface to counseling





**BI-DIRECTIONAL EFFECT:
TRAINING GROUND**



DOES IT MATTER? EFFECT SIZES

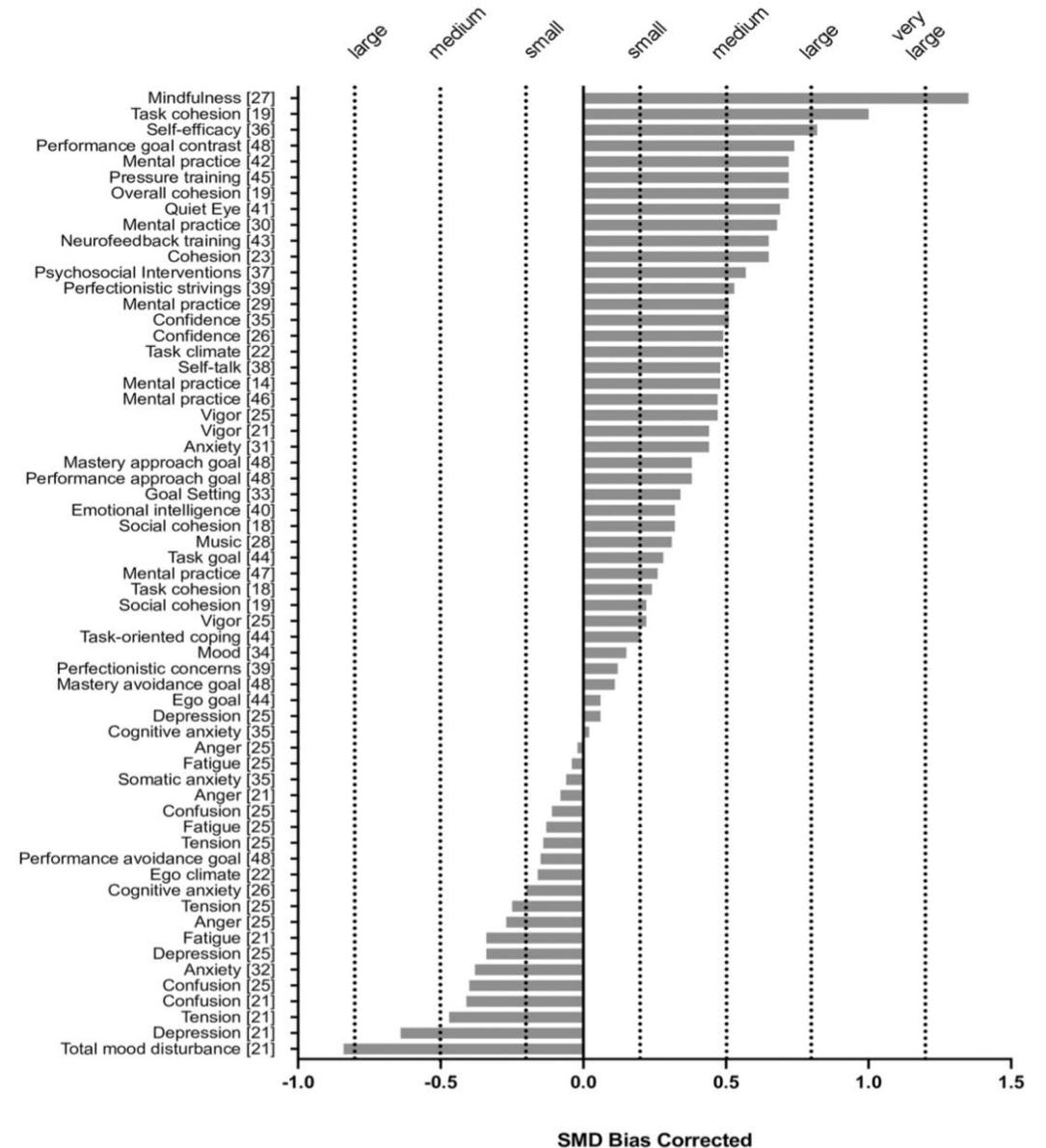
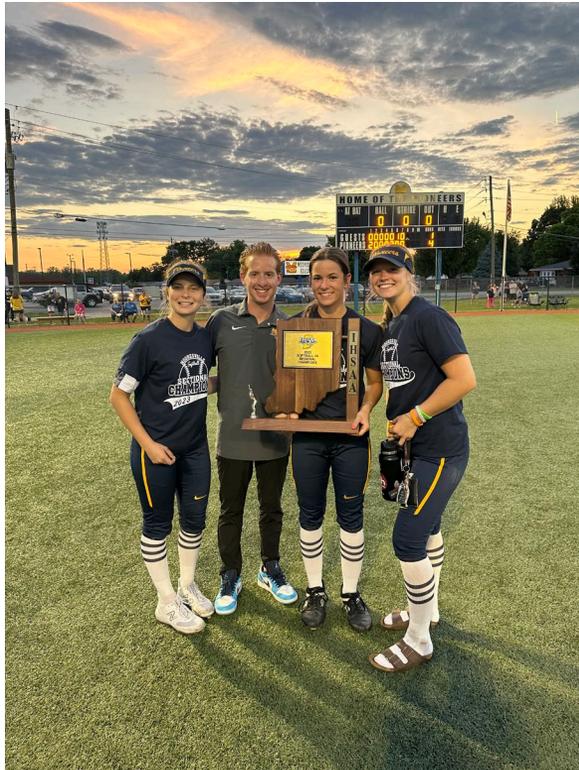


Fig 2. Standardized mean difference (SMD) values by meta-analysis construct with meaningfulness categories.

<https://doi.org/10.1371/journal.pone.0263408.g002>

DOES IT MATTER?

A recent study on high school basketball coaches asked for the factors that influenced their team's performance.

13/15 of those factors were psychological.

Competitiveness	Psychological	10
Work ethic	Psychological	10
Attitude	Psychological	10
Coachability	Psychological	10
Resilience/toughness	Psychological	9
Agility	Physical fitness	9
Confidence	Psychological	9
Motivation	Psychological	9
Basketball intelligence	Game intelligence	9
Reaction time	Physical fitness	9
Character	Psychological	9
Team player	Psychological	9
Decision making	Game intelligence	9
Communication	Psychological	9
Emotional control	Psychological	9

Concluding Thoughts: The AD perspective

We want everyone to have what we have here

We feel like sport psychology is where athletic training was 10 years ago

We can't any longer say "They'll work through it."



CONCLUDING THOUGHTS: INVITING SPORT PSYCHOLOGY TO THE TABLE



ELEVATOR PITCH

- 1) WE CONTROL THREE THINGS AS A PERFORMER
- 2) WE CAN'T EXPECT OUR ATHLETES TO THRIVE IF WE DON'T PROVIDE THEM ADAQUATE RESOURCES TO DO SO
- 3) OUR KIDS ARE DIFFERENT NOW

BUILDING OUT YOUR OWN SPORT PSYCH

- 1) FINDING A COUNSELING/SPORT TRAINING PSYCHOLOGY PROGRAM
- 2) BRINGING IN CLINICANS TO DO CONSULTING WITH ADMIN, COACHES AND STUDENT-ATHLETES

BREAKOUT GROUPS

- What would having sport psychology services provide to your **student-athletes**?
- What would having sport psychology services provide to your **coaches**?
- What **barriers / limitations** do you foresee in implement these services into your system?



MY CHALLENGE TO YOU



START
the
CON VER SATION

A hand-drawn graphic featuring the text "START the CONVERSATION". The word "START" is written in a bold, black, sans-serif font inside a light green speech bubble with a black outline. Below it, the word "the" is written in a black, cursive script. At the bottom, the word "CONVERSATION" is written in a bold, black, sans-serif font, with each letter contained within a separate, colorful speech bubble: "CON" in orange, "VER" in teal, and "SATION" in pink. All speech bubbles have black outlines and a small tail pointing upwards.

Thank You!

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