

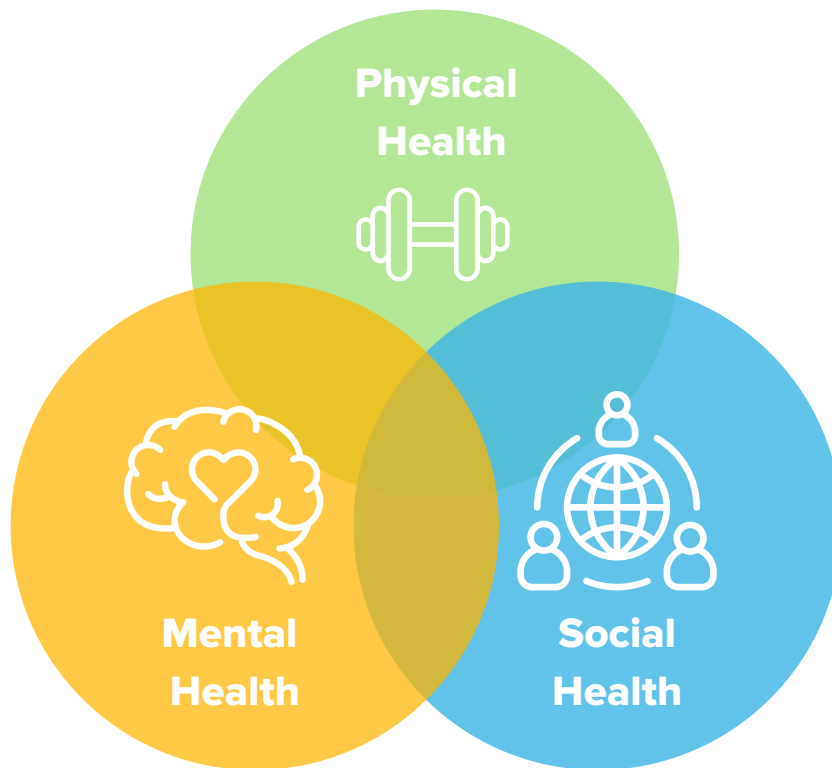


## QUALITIES OF A CHAMPION

While there are many differences between personalities, sport expectations, and experiences, all championship athletes share certain qualities. Championship athletes are all physically fit, mentally healthy, and socially nimble. Coaches can foster these qualities in their athletes to help create champions on and off the field.

### Physical Health

Championship athletes are physically healthy. They prioritize good nutrition, sleep hygiene, hydration, and strength and conditioning.



### Mental Health

Champions are mentally tough. They are self-confident, disciplined, and resilient. Champions set goals and work relentlessly towards them with excitement, motivation, and hope. When things get tough, champions are not afraid to ask for help.

### Social Health

Champions cannot succeed alone! Social support systems include coaches, teammates, trainers, friends, family, and more. Champions are socially nimble and able to display teamwork and sportspersonship.

Interested in learning more? Visit [go.osu.edu/coachbeyond](https://go.osu.edu/coachbeyond) or email [coach\\_beyond@osu.edu](mailto:coach_beyond@osu.edu) for additional trainings and resources!



**LIFE**sports™  
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# STRATEGIES FOR COACHES



## PHYSICAL HEALTH: STRENGTH & CONDITIONING

Implement appropriate endurance programs during the season, and prepare appropriate plans for off-season physical conditioning. Make sure you can accurately assess the physical conditioning of athletes.



## PHYSICAL HEALTH: PROMOTE HEALTHY HABITS

Talk about the impact of sleep hygiene on performance and well-being. Encourage athletes to fuel their bodies for performance and drink water to promote good nutrition and hydration. Connect with a sport nutrition professional, if needed.



## MENTAL HEALTH: CONFIDENCE

Show your athletes that you believe in them to model confidence. Set achievable goals for yourself and your athletes. Celebrate the small wins, and encourage effort and perseverance.



## MENTAL HEALTH: ADDRESS MENTAL HEALTH CONCERNS

Ask athletes open-ended questions about their well-being and listen non-judgementally. Help them regulate their emotions. Connect and refer athletes to mental health professionals when appropriate.



## SOCIAL HEALTH: TEACH SOCIAL & LIFE SKILLS

Instill an attitude of respect for others among athletes, and promote good sportsmanship. Foster character development.



## SOCIAL HEALTH: FOSTER A POSITIVE TEAM ENVIRONMENT

Encourage teamwork and collaboration. Facilitate team bonding opportunities for athletes to get to know each other outside of sport. Encourage social connections across positions.