

GROW SPORT PSYCHOLOGY NEWSLETTER



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NEWS & UPDATES

METEA VALLEY HIGH SCHOOL ATHLETICS

We're partnering with Metea Valley HS Athletics to support students, athletes, and coaches in building strong mental performance skills and promoting overall wellness both on and off the field. It's an honor to be part of a community committed to developing the whole athlete.



NEW PARTNERSHIP WITH ELITE BASEBALL TRAINING

Excited to announce our Exclusive Partnership with Elite Baseball Training and providing sport psychology and performance improvement services to their entire network of athletes and coaches.



May is Mental Health Awareness Month, a reminder that mental health is just as vital as physical health—especially in athletics. It represents an opportunity to normalize conversations around stress, pressure, identity, and emotional well-being, reinforcing that seeking support is a sign of strength. Supporting athletes' mental health means building skills for resilience and creating environments among coaches, teammates, and families where athletes feel seen, heard, and valued beyond their performance.



SOME OF OUR SATISFIED CLIENTS





NEWSLETTER



YOUR PARTNERS IN MENTAL PERFORMANCE

At Grow Sport Psychology, our work is grounded in the belief that mental health and mental performance are inseparable. Supporting athletes means helping them build the psychological skills to perform at their best, while also creating environments that allow them to thrive as individuals. Our experienced team of former and current high-level athletes and sport professionals understands the unique mental demands of sport and continuously refines our programs to meet the evolving needs of athletes and organizations. As the field continues to evolve, this integrated perspective will be essential in meeting the needs of the next generation of athletes.

SPORT TEAM SPOTLIGHTS



Kate Waller

Kate brings a unique blend of clinical expertise and firsthand athletic experience to her work with athletes. As a former Division I rower and a multi-sport athlete turned coach, she understands the mental demands of competition from every angle. Kate specializes in helping athletes build confidence, resilience, and a strong performance mindset while navigating the pressures of sport. [LEARN MORE](#)

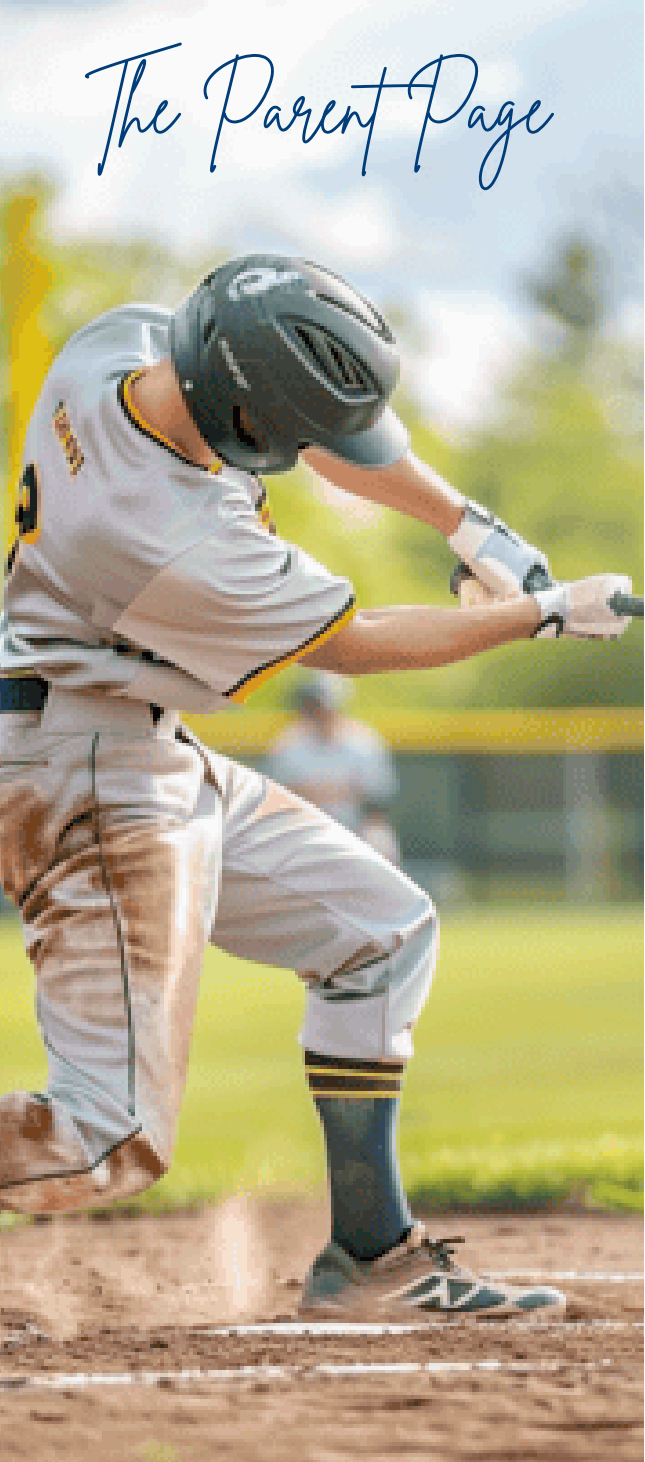


Megan Unsicker

As a lifelong high-level athlete and current volleyball coach, she brings both lived experience and clinical expertise to her work, allowing her to deeply understand the pressures and demands athletes face. She specializes in helping athletes build practical mental skills to manage performance anxiety, overcome setbacks, and stay motivated, while also developing a strong identity beyond sport. [LEARN MORE](#)

Explore **MORE INFORMATION**
ON OUR SERVICES FOR:





The 3 R's of Emotional Regulation

Turning Insight into Action: *Emotional Regulation*, a three-step approach to help athletes manage emotional intensity:

- Step 1: **Recognize** the Spiral
 - Notice when frustration, anxiety, or overwhelm is building. This might look like negative self-talk, tight muscles, rushing plays, or feeling overwhelmed after a mistake. *Awareness is key.*
- Step 2: **Release**
 - Discharge emotional energy in a safe, structured way.
 - Controlled breathing (e.g., in for 4, out for 6) to regulate the nervous system
 - Physical reset (shake out arms/legs, quick jog, or grounding through cleats on the turf)
 - Brief verbal release (“Flush it,” “Let it go”) paired with a physical cue like brushing off hands
- Step 3: **Reset**
 - Refocus attention and intention using mindfulness-based strategies.
 - Mindfulness cues (focus on breath, the feel of the ball, or a single external target)
 - Process-focused self-talk (“Strong first step,” “See the ball”)
 - Pre-performance routines to re-anchor attention and confidence before the next play

When practiced consistently, the 3 R's help athletes move from emotional reactivity to intentional performance, one moment, one play at a time.

REPHRASING OUR OBSERVATIONS

Practice shifting from frustration to connection. Here are examples:

Instead of... “Why didn’t you pay attention?” **Try...** “What was going through your mind?” (*Reflection*)

Instead of... “You should have passed the ball.” **Try...** “Next time, let’s practice...” (*Instruction*)

Instead of... “You always forget this play.” **Try...** “I’ve noticed this pattern...” (*Observation*)

Instead of... “You obviously don’t care.” **Try...** “What support do you need?” (*Effort & Problem Solving*)

Instead of... “Other kids don’t have this problem.” **Try...** “We should work on...” (*Growth*)



RECENT ARTICLES



[Understanding Athlete Resistance to Mental Health Services](#)



[Beyond Performance: Addressing the Mental Health Landscape of Today's Athlete](#)



[Beyond the Sidelines: The Invisible Load of Coaching](#)



[Mind First Podcast: How GSP Is Bringing Mental Health to the Heart of North Central College Athletics](#)



[Huskie Takeover: How Grow Wellness Group Helped Naperville North Students Strengthen Their Mental Health](#)



[Podcast: Elite Baseball Training & Grow Sport Psychology](#)



[Values Under Pressure: How Identity, Faith, and Culture Shape Championship Athletes](#)



[Inside the Mind of a Champ: The Mental Game Behind Carlos Alcaraz](#)



[Reflections from Tokyo: My Journey at the 2025 Deaflympics](#)



COACHES: SCHEDULE YOUR SUMMER CAMP WORKSHOPS NOW

Our workshops are crafted by our experienced sport performance team who understand the unique challenges athletes, teams and coaches face. We focus on building resilience, enhancing mental performance, boosting confidence, and improving communication within teams.

OUT IN THE COMMUNITY

