



Widening The Circle: Middle School Activity

The following activity is a good one to do after a season is winding down, and it's also very helpful for relieving some game-day pressure and reminding athletes that their performance/sport is just one aspect of their total person.

Give each of your athletes a piece of paper, and have them draw 10 circles of the same size on it. In each circle, have them write one or two words that describes something they like to do (such as specific hobbies or activities like sewing, reading, or hanging out with friends) or a role they play (such as a daughter, a brother). They can use one circle for the sport they are currently playing, and other circles for additional sports they play.

More circles can be drawn if need be. If they are unable to fill ten circles with activities and/or roles, they can use words that describe themselves.

Next have your athletes draw a big circle around all the other circles and explain that the big circle is the whole individual. Even though you have been focusing on one sport for an extended period of time, when the season is done, it's time to take a break to focus on some of the things they may have been neglecting because of the demands of the season.

Suggested Follow-Up Questions:

- 1. What are some of the circles that make up your whole?*
- 2. Do you feel like some of your other circles get compromised during your season? Why or why not?*
- 3. Why is it important for your body to take a break after a season?*
- 4. Why is it important for your mind to take a break after a season?*



Documenting Your Afternoons/Evenings: High School Activity

Make copies of the handout on the next page and distribute them to your athletes. Have them record their afternoon/evening activities for 3-7 days, then have them bring their schedules back to the group. Have a discussion using the following questions:

Suggested Questions:

1. *On average, how many hours of sleep are you getting a night?*
2. *What time do you typically stop drinking caffeine? Ideally it should be at least six hours prior to bedtime.*
3. *When do you eat dinner? (Two-to-three hours before bed is best.)*
4. *What time do you turn off electronics and/or stop studying? (At least one hour before bedtime is a good goal.)*
5. *Do you have an established bedtime routine, or do you just hit the pillow as soon as your homework is done?*
6. *Does seeing your evening patterns written down give you a different perspective on your sleep habits?*
7. *Are there slices of time and/or activities you could cut down or eliminate to give you an earlier bedtime?*



Truesport Afternoon/Evening Schedule

Do you have a hard time getting to bed at an acceptable hour most nights? For 3-7 days, write down what you do from 4 p.m. until your bedtime (use the back of this sheet or a piece of notebook paper if you need more room).

Be sure to include your bedtime routine and when you do it. Also, include the time you wake up and how you feel when you do.

DATE: _____

4:00 _____

4:30 _____

5:00 _____

5:30 _____

6:00 _____

6:30 _____

7:00 _____

7:30 _____

8:00 _____

8:30 _____

9:00 _____

9:30 _____

10:00 _____

10:30 _____

11:00 _____

11:30 _____

12:00 _____

Wake-Up Time: _____

Hours of Sleep Last Night: _____

How I Feel: _____