

How to Support Your Loved One During Training Camp & Preseason.

Training camp is here and preseason is right around the corner!! This is a very exciting time for you and your loved one and we acknowledge that as a member of his support system, this has been a journey for you too. Being here is the culmination of the tremendous amount of hard work and sacrifice it's taken to get to this point. This is likely a dream come true for many; however, dreams are not stress-free.

Long days, increased expectations, constant evaluation & limited downtime can result in increased feelings of stress & pressure for your loved one. Managing these demands requires players to be more focused, more intentional about recovery, including taking care of themselves mentally & physically, and even more committed to football. Getting adequate rest is also an essential component of being prepared & achieving daily success.

You've been an integral part of their journey thus far and your support & understanding in critical during this process as well. In addition to the assistance you already provide, below are a few additional tips on how you can support your loved one during this time:

Provide positive support:

Help minimize stress by offering consistent and positive support. This can be done by expressing encouraging words & sending uplifting text messages. Protecting them from stressful situations and conversations is also a good way of showing support. We know that different people need different things so it's also a great idea to ask your loved one to share what types of things would feel supportive to them. Asking this question communicated to your loved one that you really want to do what's 'most beneficial for them.

Focus on the person:

Their daily lives are consumed with football so they may not want to have in depth conversations about this when they talk to you. Allow them to dictate how much of the conversation is focused on football. Instead, try to focus on them as a person by sharing what's going on in your world or by talking about something unrelated to football. Remember, one of the primary goals is to let them know that you're rooting for them and that you're in their corner.

Be understanding:

During training camp, your loved one is essentially trying to secure or maintain their job. Given this fact, they need to be able to truly focus on football. Understand that decreased communication (e.g., not talking/texting during their work day, not talking/texting every day, or not talking for extended periods of time) does not mean that you're not important to them, it's simply a reflection of how intense this period is and how little free time they have available.

Training camp is a limited yet crucial period. Although this time temporary, these strategies are designed to help you and your loved one thrive & be successful. We appreciate you and we thank you.