SUPPLEMENTARY MATERIALS

SPORTS PSYCHOLOGY PROGRAM (2023 ONWARDS)

Noise Cancelling Program

Table S1

The table of the sessions and content

	Session	Rationale	Activities for 12-15 years old	Activities for 16-19 years old
1	Goal setting and shared values	Introduction of the concepts and groups together. Team unity and core team values based around hard work and resilience. WOOP goal setting to enhance decision making in training.	Team Unity Workshop: Have the younger athletes engage in team-building activities such as group challenges, relay races, and cooperative games that require communication and collaboration. Emphasize the importance of working together as a team. Values Discussion: Organize group discussions where they can share their personal values and discuss the importance of values like hard work and resilience in sports. Encourage them to come up with a list of core team values. Wish-Outcome-Obstacle-Plan (WOOP) for Teens: Simplify the WOOP goal-setting technique for younger athletes. Have them set a specific sports-related goal, discuss what achieving that goal would mean to them, identify potential obstacles, and create a plan to overcome them.	
2	The need of communication	Explaining the importance of communication in sports. Discussing different types of communication (e.g., verbal, nonverbal, written). Acceptable behaviour for coaches, support staff and athletes in high performance environments. Developing communication and minimizing role ambiguity. A fun focused session to promote communication, teamwork and reaction time.	• Role-playing exercises to practice active listening and effective communication • Group activities such as team-building exercises or problem-solving challenges that require communication	• Group discussions on the importance of effective communication in sports and in life • Debates or persuasive speaking exercises that require effective communication
3	Mental health awareness (mindfulness, awareness, journalling)	Discussing the importance of mental health for athletes. Identifying common mental health challenges faced by athletes. Common methods of being aware of one's mental state.	• Mindfulness exercises such as body scans or guided meditations to promote relaxation and stress reduction • Group activities such as creating vision boards or affirmations to promote positive self-talk and self-care	• Group discussions on mental health stigma and ways to reduce it • Mindfulness exercises such as mindful breathing or mindful movement to promote emotional regulation and stress reduction

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	Session	Rationale	Activities for 12-15 years old	Activities for 16-19 years old
4	Developing a functional and growth-oriented mindset	Teaching athletes how to develop a growth mindset Identifying limiting beliefs and how to overcome them. What would you change about yourself – developing personalized and team goals. Using mindfulness, imagery and goal focus to enhance effort and focus.	• Goal-setting exercises that focus on process rather than outcomes, such as "improving skills" rather than "winning" • Creative visualization exercises that encourage imaginative thinking and problem-solving skills	• Discussions and exercises that focus on developing a growth mindset, such as reframing negative self-talk and identifying limiting beliefs • Goal-setting exercises that focus on both process and outcome, such as setting measurable and achievable goals
5	Reducing overthinking	Identifying the negative effects of overthinking on performance. Teaching athletes how to recognize and manage overthinking Mindfulness to manage intrusive spontaneous thoughts during competition. Thought control and relaxation techniques during pre-competition. Using micro-breaks to enhance reaction speed.	• Guided imagery exercises that promote relaxation and focus, such as imagining a peaceful place • Mindfulness exercises such as "thought surfing" or "mental noting" to promote present-moment awareness	• Cognitive-behavioral exercises that focus on identifying and challenging negative thinking patterns • Visualization exercises that simulate high-pressure situations and promote mental toughness
6	Performing under stress	Discussing the impact of stress on performance. Teaching athletes how to prepare for and manage stress in competition Slowing down behaviour to choose the right action. Leadership session. Controlling and managing pressure to optimize performance through imagery, meditation, micro-breaks, self-talk, etc.	Bringing awareness in crucial situations • Breathing exercises to manage anxiety and stress • Role-playing exercises that simulate competition and promote preparation and focus	• Visualization exercises that simulate competition and promote mental preparation and focus • Discussions on strategies for managing performance anxiety and stress in high-pressure situations
7	Improving resilience	Discussing the importance of resilience in sports. Identifying common setbacks and how to overcome them.	• Creative open-discussion that focus on learning from setbacks and identifying personal strengths • Group activities such as problem-solving challenges that require resilience and teamwork	• Group discussions on the importance of resilience in sports and in life • Reflection exercises that focus on learning from setbacks and identifying personal strengths and growth opportunities

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	Session	Rationale	Activities for 12-15 years old	Activities for 16-19 years old
8	Discovering and channeling the self-talk	Identifying the impact of self-talk on performance. Encouraging athletes to identify and manage their own self-talk.	• Journaling exercises that focus on identifying and replacing negative self-talk with positive affirmations • Role-playing exercises that simulate positive self-talk in various situations	• Group discussions on the impact of self-talk on performance and mental health • Exercises that focus on identifying and replacing negative self-talk with positive affirmations, such as creating a personal "mantra" or positive self-talk script
9	Utilizing the multi-sensory imagery	Explaining the benefits of multi-sensory imagery for performance. Teaching athletes how to use all seven senses in imagery exercises	• Using simple all-senses imagery exercises • Creating their own imagery practices to do outside	• Using simple all-senses imagery exercises • Creating their own imagery practices to do outside • Role-playing exercises that simulate competition using multi-sensory imagery
10	Pre-start routine	Pre-start routines are essential for athletes to mentally prepare themselves before a competition. This session will focus on the importance of pre-start routines and help athletes develop personalized routines that suit their needs.	Explain what pre-start routines are and why they are important. Discuss examples of pre-start routines from famous athletes. Encourage participants to create their own pre-start routines. This can include a series of actions, affirmations, or rituals that help them get in the right mindset. Have the participants imagine themselves going through their pre-start routines and how it positively impacts their performance.	Discuss more advanced pre-start routines used by elite athletes and how they can be adapted. Have participants role-play situations where they apply their pre-start routines, such as handling nervousness or distractions. Encourage participants to provide feedback to each other on their pre-start routines and suggest improvements.

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	Session	Rationale	Activities for 12-15 years old	Activities for 16-19 years old
11	Concentration improvements	Concentration is a critical mental skill in sports. This session will help athletes understand the significance of concentration and provide techniques to enhance their focus during training and competitions.	Discuss what concentration means in sports and its impact on performance. Introduce simple mindfulness exercises that can improve concentration, such as mindful breathing or focusing on a single point. Play concentration-building games that challenge participants to stay focused despite distractions.	Teach more advanced concentration techniques, such as visualization exercises that enhance focus on specific tasks or scenarios. Discuss how managing stress can positively affect concentration. Create scenarios that mimic competitive environments, allowing participants to practice maintaining concentration under pressure.
12	Tool for beyond this program	Encouraging athletes to continue their mental skills training beyond the program. Identifying resources for ongoing mental skills training and support.	Summary of all the skills and materials for them to take home. Group discussions on resources for ongoing mental skills training and support, such as books, apps, or online courses. Reflection exercises that encourage athletes to identify and commit to ongoing mental skills training and self-care practices.	Creating a personalized mental skills training plan.

EXAMPLE SESSION PLAN

Session 2: The need for communication (45 minutes)

Objective: To understand the importance of communication in sports, discuss different types of communication, and promote effective communication skills among athletes.

Introduction (5 minutes)

- Welcome the participants and briefly recap the previous session on goal setting and shared values.
- Explain the objective of the current session: to explore the crucial role of communication in sports.

Activity 1: Understanding the importance of communication (10 minutes)

- Begin with a brief group discussion: Ask participants to share their thoughts on why communication is important in sports.
- List their responses on the whiteboard or flipchart.
- Highlight key points about how communication can affect team dynamics, coordination, and overall performance.

Activity 2: Exploring different types of communication (10 minutes)

- Present different types of communication (verbal, nonverbal, and written) on the whiteboard or via handouts.

- Engage participants in a discussion about each type, asking for examples of when each type might be used in sports.
- Emphasize that effective communication goes beyond words and includes body language, gestures, and written instructions.

Activity 3: Acceptable behaviour in high-performance environments (10 minutes)

- Discuss the importance of professionalism and acceptable behaviour for athletes, coaches, and support staff in high-performance sports environments.
- Provide examples of scenarios where effective communication is critical, such as giving and receiving feedback, reporting injuries, or coordinating strategies.
- Encourage participants to share their thoughts and experiences related to professionalism in sports.

Activity 4: Reflections and feedback (10 minutes)

- Introduce the idea that communication skills can be developed and improved.
- Encourage students to discuss what they learnt and how it applies to their sports and environment.
- Create take away points together (co-production).

Conclusion and recap (5 minutes)

- Summarize the key takeaways from the session: the importance of communication in sports, different types of communication, and the significance of professionalism.
- Encourage participants to reflect on how they can apply effective communication skills in their sports endeavours.
- Announce the topic of the next session and any homework or readings, if applicable.