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# **Burnout White Paper** **from**



*With information on how to avoid Burnout for all 8 unique Athlete Types*

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# Introduction

Youth sports continue to grow with every passing year. More parents are signing up their children to play sports, and as participation is continuously on the rise, so too, is the competition.

Playing youth sports has clear positives, according to a study published in the British Journal of Sports Medicine in 2014\*, “Youth sport participation offers many benefits including the development of self-esteem, peer socialisation and general fitness,” the article reads. Not only that, but a survey of 75 Fortune 500 companies revealed that 95 percent of executives, ranking as the executive vice president or higher– played sports in high school.

While these positives are widely accepted and mostly indisputable, the growing prevalence of youth sports has also given rise to a larger focus on competition.

*“It is estimated that roughly 70% of children quit organized sports by the time they are 13 years old,”*

## A Rising Current

“Pediatric orthopedic surgeon, Ron J. Tucker, who’s done a plethora of ACL knee surgeries on young athletes, says the paradigm has changed from kids growing up “playing” sports to becoming professionalized athletes,” reads a Huffington Post article by Ken Reed about youth sports injuries.

As the British Journal of Sports Medicine paper puts it, “An emphasis on competitive success, often driven by goals of elite-level travel team selection, collegiate scholarships, Olympic and National team membership and even professional contracts, has seemingly become widespread.”

This competition can have benefits, like young athletes learning how to handle tough and adverse situations, and is obviously important for athletic development and future



success. However, there has been some drawbacks to this increase in intense youth sports competition.

For this series of articles, we will focus on a condition that is known as “burnout”, which was defined by the BJSM paper as “Part of a spectrum of conditions that includes overreaching and overtraining. It has been defined to occur as a result of chronic stress that causes a young athlete to cease participation in a previously enjoyable activity.”

In this introductory article, we will look into how to recognize the symptoms of burnout, and what can be done to help your child if they are starting to feel the pressures of modern-day youth sports.

What good is youth-sports if young people get burnt-out from playing them? “It is estimated that roughly 70% of children quit organized sports by the time they are 13 years old,” Dr. David Geier says in a blog post he wrote about youth sport burnout.

*“...overtraining can lead to burnout, which may have a detrimental effect on the child participating in sports as a lifelong healthy activity...”*

## Identifying the Risk Factors

So, what are some of the risk-factors that drive young athletes to burnout? According to an article from the Children’s Hospital Colorado , there are a couple of common traits that can lead to an athlete burning out.

These characteristics include things like specializing in or focusing on one sport from a young age. While specializing, if that athlete is focusing on one sport, playing for multiple teams in the same season, or the same sport for multiple seasons, these are all common factors you see amongst athletes who burnout.

Specialization is just one of the common threads amongst some burnouts, and is something we will discuss on this blog in the future, but other burnout risk factors include: year round sports participation with no “offseason” to relax and recoup, having a “type-A” personality that will drive ambitious, determined, driven, and intense behavior almost to a breaking point, children with lower self-esteem and high anxiety levels are also at risk, and lastly, and possibly most importantly: parents or coaching pressures to train and compete at high levels.



A clinical report from 2007, written by Joel S. Brenner and the Council of Sports Medicine and Fitness, boils down the burnout process in a much simpler form.

“As more children are becoming involved in organized and recreational athletics, the incidence of overuse injuries is increasing. Many children are participating in sports year-round and sometimes on multiple teams simultaneously,” the report reads. “This overtraining can lead to burnout, which may have a detrimental effect on the child participating in sports as a lifelong healthy activity... One contributing factor to overtraining may be parental pressure to compete and succeed.”

*There are ways to ease the stress of burnout, as well as ways to combat it once it appears it is setting in.*

## Knowing the Signs

With all of that being said, the real question is— how can we identify young athletes who are on the road to burnout? According to Dr. Geier, there are a few categories in which changes caused by burnout will become apparent in young athletes. Changes in sports performance, attitude and emotional make-up, and overall health are the major factors to look out for.

Some sports performance related changes you may notice when observing a child who is potentially on the verge of burning out may be inconsistency, or performances becoming routinely below the normal level of the athlete. There is also the tendency to become combative with coaches and teammates, derived from the stress they are under. This stress can also lead to a noticeable lack of enjoyment or motivation put towards their sport.

As far as emotional and attitudinal changes, you may observe decreased energy and even exhaustion, as well as common traits like depression, anger, irritability, and seclusion. A burnt-out athlete may also display a lack of concentration and out of the ordinary hunger patterns.

Finally, the health changes you may notice, according to Dr. Geier, include frequent complaints of vague and non-specific muscle or joint pain, slow recovery time from injuries that normally heal quickly, and getting sick more often.



All of these changes are warning signs that your child may be on the verge of burnout, and may be ready to call it quits on sports altogether. There are ways to ease the stress of burnout, as well as ways to combat it once it appears it is setting in.

## Managing and Preventing Burnout

In Joel S. Brenner's clinical report he observes that, "Prevention of burnout should be addressed by encouraging the athlete to become well rounded and well versed in a variety of activities rather than one particular sport."

Brenner suggests these guidelines when trying to limit or reduce the feelings of burnout in young athletes:

- Keep workouts interesting, with age-appropriate games and training, to keep practice fun.
- Take time off from organized or structured sports participation one or two days per week to allow the body to rest or participate in other activities.
- Permit longer scheduled breaks from training and competition every two to three months while focusing on other activities and cross-training to prevent loss of skill or level of conditioning.

There are also these tips from the Children's Hospital Colorado on how to avoid and treat burnout:

- **Periodization**: a process of varying the training stimulus to promote long term fitness gains and avoid overtraining. The year as a whole is taken into consideration and divided up into phases. In each phase, the workout emphasizes a specific type of training. Periodization can also be placed in the span of a single week.
- **Cross-training** by varying workouts to focus on conditioning, weight lifting, strength training, flexibility, or core strengthening.
- **Emphasis** on sports as tools for fun, sportsmanship, fitness, skill acquisition, safety, or education.



These are all general facts about athlete burnout, a problem facing more and more young athletes as the competition in youth sports continues to grow as much as the number of children participating in them does.

AthleteTypes future posts about burnout will evaluate how individual athlete types may respond to burnout, and more specific activities and exercises that can help treat or prevent this problem.

“As a society, we need to start focusing more on sports as a vehicle to build teamwork and leadership abilities, improve sports skills, enhance fitness and health, gain experiences that teach lifetime lessons and shape values, develop friendships — some for a lifetime — and have fun (what kids want most from sports participation), and less — much less — on scholarships, pro contracts and gold medals,” says Ken Reed, in his piece for the Huffington Post.

## [More on Burnout](#)

Obviously, every child is different, and each athlete type will display their symptoms of burnout in their own unique ways.

Youth sports participation in the United States has continued to grow year after year. With the increase in demand for youth sports outlets for children of all ages, we have seen the development of countless sports leagues and teams to facilitate all of the young athletes and parents looking for a place to get involved.

With all of the money to be made, it's no wonder that competition has also begun to increase in the ever-expanding world of youth sports.

As we explained in our Introduction to Burnout section, the rise in competition, caused by things like high-level travel teams selection processes and chasing college scholarships, has created strain for young athletes.

One result of this stress on young athletes is burnout. Burnout can be described as a condition that develops from chronic stress, either mental or physical, caused by overtraining or over-exerting themselves. This can lead to injuries, tremendous mental stress, and in some cases, the young athlete walking away from sports altogether.



There are common factors that lead to athletes burning out:

- Early sports specialization – focusing on one sport from a young age
- Playing one sport, but competing on multiple teams during a season
- Overlapping seasons without intervals of rest
- Year-round participation without an “off season”
- Type A” personality including ambitious, determined, driven, intense
- Low self-esteem and high anxiety levels
- Parental or coaching pressure to train and compete at a higher level

However, because there is obvious differences to how certain people will react to stressful situations, we decided to look at each athlete type individually to help lay out a road-map of sorts for parents, coaches, and young athletes to avoid burning out.

The key to reducing the risk or effects of burnout is minimizing the stress felt by the young athlete, so we’ve focused on ways to reduce stress in ways that will benefit specific athletes based on their athlete type characteristics.



# Eagle Tips



## Eagles Care About Their Image

Eagle athletes are very image conscious, and will therefore work hard to please others (that is one of their core-strengths). However, this can backfire for them because they may hide the fact that they are feeling emotionally or physically burnt-out from sports.

This could be because they don't want to let teammates down by stepping away from the team in order to recoup, or because they don't want to disappoint their parents or coaches by telling them they need a break or to slow down.

*For parents and coaches, if an Eagle seems upset or depressed, take time to get to the core-issue of what is bothering them when talking to them.*

Confirm with them that if they are feeling burnt-out it's okay to take a break and slow things down! Tell them no one will be disappointed or mad at them, because it is important to everyone that they are happy and healthy first and foremost.

## The Eagles Relationship with Others

The parent/child and coach/player relationships are very important to Eagles, as they often hold mentors and people in authority in very high regard. Due to this tendency, one thing parents of Eagles should be aware of is to not bad-mouth coaches or other players in front of the Eagle.

This will cause an internal dilemma for the Eagle, because they will feel the need to take sides, which is tough for them since they want to please others. This could cause them



additional sports-based stress they don't really need in their young athletic lives, which is very easily avoidable and in almost all cases, completely unnecessary.

With the growing competition in youth sports and the drive of some parents on their children, this may seem harder to do now more than ever. But, one of the major general risk factors for burnout in youth athletics is pressure from parents and coaches, and this will apply to the Eagle more than almost any other athlete type.

*Sometimes Eagles have a negative tendency to be too focused on others, whether that be teammates or coaches.*

It's important to remind them that they can only control themselves and their own reactions, and they just have to trust others to handle their business as well.

This could be tough for Eagles, and may cause them to become anxious if it appears others aren't working as hard as them, or aren't executing at the level the Eagle wishes they could be. Remind your Eagle that team sports are all about teamwork and trust, and that if they lead, others will follow.

Like we've seen from other athlete types in this burnout series, there are some positive tendencies that can manifest themselves as issues by creating stressful situations. In an Eagle athletes case, this comes from their work-hard attitude.

## Help Eagles Relax

Eagles are known for their hard-working mindsets. Sometimes, this can be pushed too far, and will result in burning themselves out emotionally and physically, since they are always pushing forward.

Even though they know how to work effectively, due to their desires to improve and please others, they may work themselves too hard, which will put strains on themselves both physically and mentally/emotionally as well.

There are some ways to help relieve this kind of stress, including inside and outside their sports-based activities. When playing sports, it may be beneficial to teach an Eagle that it's okay to slow down by including some breathing and relaxation techniques into



their warm-ups or cool-downs before and after athletic activities.

*Other than sport-based relaxation, it is important to help the Eagle find things outside of their sport they can use to unwind and have fun doing.*

This will give them an outlet where they won't have to push themselves as hard, and can be used as a way to recharge mentally and emotionally, and relax themselves physically.

Finally, remember to praise the Eagle when they do something positive! This may seem like something small, but to them hearing about something they did well from others is a positive boost that really helps spark their mindset every once in a while, and can help stimulate them moving forward.

These are all strategies that can be employed in order to reduce the stress that can lead to burnout in Eagle athletes.

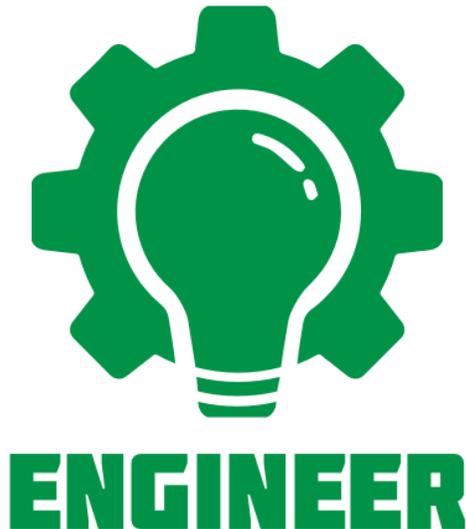
## Conclusion

Here are the 5 key points to take away when trying to reduce the risk of burnout in Eagle athletes:

- 1.) When talking to the Eagle, make sure you get to the core issues that are bothering them.
- 2.) Don't speak ill of coaches or teammates of the Eagle in front of them, they will feel the need to pick sides, creating more stress.
- 3.) Remind the Eagle that they can only control what they can control, what others do is up to them.
- 4.) Make sure the Eagle isn't working themselves too hard. Help them relax.
- 5.) Praise the Eagle when they do something positive!



# Engineer Tips



## Engineers Avoid Mistakes

It may be easier to notice when an Engineer is feeling burnt-out compared to other athlete types. This is because they are quicker to show frustration and anger, which in the case of burnout will be outright irritability towards parents, coaches, and teammates. It's important to recognize these signs, and when you notice them, help the Engineer recover and treat their burnout.

Along these same lines, Engineer athletes prepare for the worst and are typically very cautious to avoid mistakes. This sort of thinking can lead to high anxiety and stress that builds to burnout.

If they make a huge mistake during competition, their recovery from that mistake will be tremendously important for how they can and will move forward.

*It's important for someone, whether that be a teammate, parent, or coach, to be there for the Engineer and help them out of whatever slump they are feeling mentally.*

Since they almost go out of their way to avoid any sort of mistakes during competition, it will take some practice and training to get an Engineer athlete comfortable with the process of making a mistake and then taking that situation and learning from it.

This is why it becomes important to encourage Engineers and let them know that mistakes can and will happen. Let them know it's best to make these mistakes in practice, because this will help them learn heading into competition.



## The Engineer will Love a Challenge

An Engineer will enjoy a challenge, and while they will get plenty of those sorts of situations in sports, it may be beneficial to look for activities outside of sports in which they can really spread their wings in this regard.

For example, Engineers enjoy thinking through things and finding solutions, so it is likely good for them to participate in activities that will help them do just that when not participating in their sport. This could include critical thinking activities like puzzles, strategy board games, role playing video games, and other activities along similar lines.

You could also include this sort of thought-provoking and critical thinking-centered activity in their sports preparation, to keep them interested.

For example, if you have an Engineer who plays quarterback, they would respond well to activities or drills that help them diagnose and recognize defensive coverages, and what plays and route combinations would be successful going against those defenses. Keeping workouts and drills engaging for youth athletes will help decrease their risk for burnout.

## Work on Positive Imagery

One thing this habit of avoiding mistakes shows is that a good amount of young Engineers will more than likely have to work on the way they perceive things.

All Engineers should work on positive imagery, but for young athletes, this could be even more important because it will help them stay positive and optimistic in their sporting-lives, which is vital to avoiding and preventing athlete burnout.

Keeping a positive mindset will go such a long way in helping ease the stress an Engineer may be feeling through their participation in youth sports. Their key tendency is to tell Engineers that, “You have some strong feelings about certain people and/or things. Some of these feelings are negative emotions that can hold you back both in athletics and life, and identifying these feelings is an important first step.”



*It is hugely important for Engineers to try their best to stay positive, and try to avoid those negative emotions.*

If there are issues with certain teammates or coaches, it will affect their enjoyment of the sport, and can cause them to burnout at a much faster rate.

## Routines Matter to an Engineer

Engineers are good at sticking with a routine and like to practice their sports or other skills until they've mastered them. Help them by trying to keep these repeated practices interesting and engaging, that way they are still working towards mastering a certain skill set. This way it won't feel like an overly repetitive chore, and instead a way to get better at a sport or activity they enjoy.

A good example of this would be if you had an Engineer who played basketball who wanted to work on their free throw shooting until they got to a level of mastery they felt comfortable with. Sitting at the free throw line for an hour at a time can get pretty boring, so try to switch things up with the Engineer when they are working on their free throws.

Instead of just shooting, make it a challenge! Have them aim for a certain percentage, and if they hit that percentage, offer up some sort of incentive. Really doing anything to ensure it isn't a simple free-throw drill will help keep the Engineer engaged while also satisfying their desire to master parts of their game through practice repetitions.

These are all strategies that can be employed in order to reduce the stress that can lead to burnout in Engineer athletes.

## Conclusion

Here are the 4 key points to take away when trying to reduce the risk of burnout in Engineer athletes:

- 1.) If an Engineer is exhibiting increased irritability or anger, talk with them and see if they are feeling stressed or burnt out.
- 2.) Tell an Engineer it's okay if they make a mistake, especially in practice.
- 3.) Allow Engineers to participate in non-sports hobbies that allow them to think through



things to find a solution.

**4.)** Teach an Engineer how to focus on positive imagery.



# Ice Tips



## Ice Athletes are Grinders

First and foremost, it is important to be aware that Ice athletes are more likely to burn themselves out. While a lot of the other athlete types face pressures from outside factors, there is a good chance the Ice's competitive "Type A" mentality may cause them to push themselves too hard.

*The Ice athlete will never stop working. This is especially true when it comes to grinding towards goals they have set for themselves.*

It is imperative to physical and mental/emotional well-being that they are monitored to make sure they are not burning themselves out while chasing their goals at all costs.

## Beware the Ice Being Self-Critical

Ice athlete types are also strongly self critical. One dangerous situation to keep an eye on is the combination of this and their desire to improve. They could reach a point where they are pushing themselves hard, are not getting the results they desire, and then being extremely hard on themselves so they decide to push themselves even harder.

This could cause them problems in a number of different ways: they are draining themselves physically by pushing themselves in drills or activities to improve their skills, but could be damaging themselves emotionally and mentally if they aren't starting to make headway towards the goals they have established, by talking down to themselves internally. In a sense, it's taking intrinsic motivation and pressure to a whole different level.



An Ice athlete may not be accelerating at the rate in which they would hope for, or believe they could be, and they will get frustrated. It's best to sit down with them and remind them that the goals they are striving for will be reached if they keep up their effort and determination, and that some skills take longer to develop than others. Try putting their goals and how to handle them into a more manageable perspective for an Ice athlete, so they aren't too hard on themselves.

## Help with Relaxation

It will benefit an Ice athlete if you they learn some relaxation and mindfulness techniques. This will help them sort out the things they have going on in their lives in a healthy and organized manner.

They need help in terms of calibrating “extreme events” in their lives (both in sports and in their everyday lives), so that they can act appropriately, as opposed to digging themselves into deeper emotional or mental holes that are tough to get out of. These events could be things like failing a test or coming up short during an athletic competition, where a mistake the athlete made cost themselves or their team a win.

*Ice athletes will most likely be the kind of people who see the glass as half-empty as opposed to half-full, meaning they are often pessimistic.*

Helping them develop a more positive mindset will go a long way in relieving some of the stress they may be feeling athletically, and will certainly help off of the playing field as well.

Let the Ice athlete know it isn't always about winning. With the increased focus on competition and winning in youth sports, this is harder to do than it was in the past, especially since the desire to win is such a good trait for athletes to have. It may be strange to an Ice if you are trying to temper their winning expectations and competitive spirit.

The problem is, sometimes this desire can be pushed too far, and the fire stoked too bright– this could cause the Ice to meltdown in some extreme circumstances. It is important that they realize that you can't win them all, and the purpose of youth sports is to hone their skills for the future and have fun with their teammates.



*If an Ice athlete makes a mistake during a game, one of the worst things that can be done is having coaches, parents, or teammates harp on that mistake.*

Ice athletes are already typically very hard on themselves as it is, so the added pressure from the outside will only increase any burnout-related feelings they could be feeling already.

Ice athletes are often their own biggest critics, like we mentioned before. Just make sure that they don't get too down after a mistake. Instead of pointing out the mistake from the sideline, it's more effective to shout words of encouragement like: "You'll get 'em next time!" or "Nice hustle on that play!"

These are all strategies that can be employed in order to reduce the stress that can lead to burnout in Ice athletes.

## Conclusion

Here are the 5 key points to take away when trying to reduce the risk of burnout in Ice athletes:

- 1.) Beware of the Ice being overly competitive.
- 2.) Help an Ice ease up on being self critical, especially when they are chasing their goals.
- 3.) Teach an Ice athlete some relaxation techniques and how to handle tough situations.
- 4.) Remind the Ice that it isn't always about winning, even though their competitive desires may push them to think otherwise.
- 5.) Remember that Ice will be their own biggest critics, so it's important not to go too hard on them if they make a mistake.



# Knight Tips



## Trust is Key

One of the biggest things to keep in mind when it comes to Knights and potential burnout situations, is that it's hard to get a Knight to open up when they are upset. They tend to clam up, due to their emotional makeup.

In these instances, you have to ensure that the Knight trusts you. Trust is very important to the Knight and it goes a long way in determining how much they will be willing to open up to you about their feelings in situations like this.

*If you don't have their trust, it is unlikely a Knight will ever truly let you know how they really feel.*

Knights have a tendency to label or judge things as good or bad too quickly. This can affect how they respond to the sport they are playing, how they are being coached, and how they are interacting with their teammates, which all have a role in potentially burning out.

Help them once you've gained their trust by showing and teaching them that some things are ambivalent, and that there are both positive and negative elements to most things. This could help them by relieving some stress they are feeling.

## Pressuring the Knight

Knights often have a problem with something called the avoidance conflict. This is a situation where two things need to be done, but both are unpleasant. In terms of



burnout, a Knight athlete may feel ready to quit, but may also want to have that tough conversation with their parents or coaches as well, however, it will be extremely difficult for them to plan and prioritize these two situations, and will only stress them out further.

***Parent and coach pressure is already one of the biggest causes of youth athlete burnout. So, make sure Knights feel as little of that pressure as possible.***

This will ensure that if they are feeling burnt out for different reasons, they aren't as hesitant or conflicted about being open with you about it. Then, something can be done to manage or alleviate the situation.

Also worth keeping in mind is that rules are very important to the Knight, and it will likely cause them some anxiety if they have teammates who are constantly breaking rules or coaches who try to be friends with their players and run a loose program.

It may be best to find a team that shares some of the Knights ideals, so it will be more comfortable for them, and they'll be able to make friends quicker.

While they don't like coaches who run a loose program, they do like the coach to be genuine and sincere with them, taking a friendly approach while still upholding and maintaining a set of rules for the team.

## **Knights: Parents and Coaches**

It will help a Knight enjoy sports if their coach takes time every once and awhile to recognize them and what they bring to the team. That will make the Knight feel unique and special, and will make them feel as though the coach doesn't see them as another face in the crowd, and rather, an important part of the team's machine.

***A Knight will enjoy team sports more if they have close friends on the team.***

Encourage them to try and make friends with similar interests and values to them, because that will give them someone they can confide in on the team, and who will understand where they are coming from when they have problems.

It's important to never make a Knights success or failures a public spectacle. They embarrass easily, so if you want to praise them or help them in a teaching moment



where they may have failed, it's best to do that in private or on the side. This way, they won't feel embarrassed in front of their teammates and/or coaches.

These are all strategies that can be employed in order to reduce the stress that can lead to burnout in Knight athletes.

## Conclusion

Here are the 5 key points to take away when trying to reduce the risk of burnout in Knight athletes:

- 1.) Get the Knight's trust so they are comfortable confiding in you.
- 2.) Teach the Knight about how to deal with the avoidance conflict and making tough decisions where both choices may yield poor results.
- 3.) Find a team for the Knight that shares their personal values and ideals.
- 4.) The coach of a Knight should make an effort to tell them why they are a key player on the team.
- 5.) Encourage the Knight to make friends on their team.



# Maverick Tips

## Mavericks will Freestyle



When a Maverick is playing youth sports, those involved with them (parents, coaches, and teammates) have to realize they will sometimes go against the grain and end up doing their own thing.

This behavior will obviously have positives and negatives— sometimes a Maverick’s adjustments or improvisations go against the game-plan, but may end up working in the team’s favor. Like the saying goes “sometimes you have to take the bad with the good”, because the bad results that come with this sort of behavior, are sure to have great moments as well.

*Essentially, it’s important to remain supportive of the Maverick’s inventive style.*

Stifling their creativity is something that will make a Maverick feel trapped in a very rigid system, which is not how they enjoy playing sports or really how they enjoy doing anything, and that sort of system will feel completely unnatural to them.

In order to ensure they are as effective and stress-free as they can be it’s important to let them play to their natural instincts, as long as their improvisation isn’t negatively affecting the team. Allowing them to be who they are will help them enjoy their sporting activity more, and will lessen the likelihood that they suffer from athletic burnout.

If their improvisation starts to negatively affect the team or their own performance in sports, sit down with the Maverick and have an honest conversation with them about boundaries that need to be placed so they can reduce the harm they may be causing



their team.

In this situation, it would be helpful for the Maverick if you ask them how they would go about minimizing the mistakes their improvisation may cause. This will allow them to brainstorm and come up with some limits for themselves, which will in turn, make them more comfortable falling a little bit more in line with everyone else.

## Mavericks and Organization

A coach who places too many rules on their team will not be a favorite of the Maverick. However, even if the Maverick doesn't like it as much, they could benefit from having a more military-minded coach. The key for the coach in this situation would be to ensure that the reason or rationalization for their rules are explained to the Maverick, that way they can see that the rule isn't in place to stifle their creative mindset, but rather— help the functionality of the team.

***Organizationally, Mavericks may need help staying on track.***

Mavericks are often sloppy with details, so if they have a lot going on outside of their day-to-day lives (homework, sports, other extra-curricular activities, etc.) it could become hard for them to manage and prioritize all they have going on, which will lead to some stressful situations.

To help alleviate these potential stressful situations, helping the Maverick plan out their week with a schedule or planner may be a smart move. This way they can reduce any stress they are feeling from having a lot on their plate.

Ideally, the Maverick will learn a skill that doesn't come naturally to them (organization and thorough planning) while also making sure they don't forget anything important, and therefore, reducing their stress.

***Mavericks should have outlets where they are allowed to utilize their free-flowing thought process outside of their sport.***

This will give them a creative outlet where they can let their mind do what it does naturally, which will be something they can use to relax and unwind after physical activity or participating in their sport.



These are all strategies that can be employed in order to reduce the stress that can lead to burnout in Maverick athletes.

## Conclusion

Here are the 4 key points to take away when trying to reduce the risk of burnout in Maverick athletes:

- 1.) Realize that a Maverick is going to do things that are unconventional, it's best to let them improvise if it's not harming the team.
- 2.) The Maverick will need help learning how to organize things.
- 3.) Have outlets lined up where the Mavericks can utilize their free-flowing thought process, outside of sports.
- 4.) The style of coaching could have a huge impact on the Maverick, stricter coaching is better, but providing an explanation of the reasoning behind the rules is critical.



# Musketeer Tips



## Open Communication with the Musketeer

Musketeer athletes may be feeling burned out or stressed due to circumstances created from the sports they play, like any other athlete type. While they are very affable, Musketeers may feel a little nervous about bringing these feelings up to their parents or coaches, because they athlete will typically not like to be ones who “rock the boat”.

It may be best to keep an open line of communication with Musketeers, so they won't feel that bringing up how they're feeling will be an instance of them causing others problems, and instead, feel like a more natural and organic conversation.

If you are going to be having a tough conversation with a Musketeer about things that are stressing them out in their sport or day-to-day lives, give them some advance warning of the conversation you want to have with them.

This extra time will help them come into the conversation more comfortable, both ready and able to say exactly what they want to, helping them get whatever it is they need to say off their chests, relieving stress.

## Musketeers and their Team

One thing that will definitely lift the spirits of a Musketeer is if they are given opportunities to help others on their team.



*They enjoy helping others, so activities where they can peer-coach or offer instruction in a constructive and effective way will really be a true morale boost for them.*

An example of this would be if you had a Musketeer who plays baseball or softball. Have them work as a third or first base coach in practice scrimmages, or invite them to offer help or advice to teammates during fielding or hitting drills— these would be some activities that would satisfy their desire to help their teammates, while also keeping them engaged and energized within their sport.

Musketeers are drawn to team sports, so if they are primarily participating in an individual sport, it may be in their best interest to play a team sport during the offseason of their primary sport, in order to allow them to spread their wings socially.

Obviously this is a bit tough to do if their primary sport is demanding and any free time should be placed towards activities with less physical or emotional strain. If playing an extra sport in the offseason would put too much physical or mental/emotional strain on their bodies and mind, finding other activities where they can interact with others around their age would offer some of the same benefits.

The key here is really just ensuring they have enough time where they can interact and connect with others.

If your Musketeer is playing a team sport, they could be at risk for being taken advantage of by their teammates, due to their strong desire to help those around them, and others taking that and using it to their own advantage.

Look out for situations where this may be occurring, because it could cause them some mental and emotional stress trying to jump through hoops to assist teammates who are taking advantage of their kindness and willingness to help.

## Winning isn't Everything

To a Musketeer, they have a tendency to feel their teammates and the experiences they share come before a win. Because of this, some teammates, parents, and coaches may take this a little too seriously and believe they do not care about winning.



Considering the growing competitive atmosphere surrounding youth sports, this can cause stress for the Musketeer and everyone else.

*It's important to keep the Musketeer in good spirits if others start to question their dedication to winning.*

Remember that Musketeer athletes are dedicated to the team, and just may not be as firmly dedicated to winning, especially winning at all costs, as others may be.

A positive trait the Musketeer has that may be an issue in terms of the stress they feel from playing sports is their willingness to admit mistakes. Sometimes, they are too quick to claim a mistake as their own, even if the responsibility for that mistake belongs to someone else on the team.

This kind of behavior puts a lot of pressure or stress on the Musketeer, because they may begin to feel they truly make a large amount of mistakes, which is likely not the case— they just don't see the other contributing factors that caused the mistake to be made.

Stay positive with your Musketeer and remind them that a lot of times, mistakes that are made are due to a confluence of events, and not just the actions of one player. Do this without singling out one of their teammates, because that will frustrate the Musketeer, who likely cares deeply about their teammates, and doesn't want them to be chided for making mistakes.

These are all strategies that can be employed in order to reduce the stress that can lead to burnout in Musketeer athletes.

## Conclusion

Here are the 5 key points to take away when trying to reduce the risk of burnout in Musketeer athletes:

- 1.) Ensure the Musketeer it's okay to say what's on their mind by keeping an open line of communication with them.
- 2.) Give the Musketeer opportunities to help their teammates.
- 3.) Find social activities for a Musketeer to get involved in, whether it be a team sport or



a club.

**4.)** Help a Musketeer manage how they help others, or they may be at risk of being taken advantage of.

**5.)** Remember that the Musketeer may be focused more on the wellbeing of their team than winning.



# Rocket Tips



## Rockets: The Driven Athlete Type

When you talk about Rockets, one of their most dominant traits is their desire for social interaction. Rockets enjoy social situations, so it is important to try and let them socialize.

If they primarily play an individual sport like golf, it will benefit the Rocket greatly if they can mix in some sort of socially-based activity in their free time, whether that be another sport where the Rocket can be part

of a team, or some sort of club or extra-curricular activity in which they can socialize with others who have similar interests.

This outlet for social interaction is really important for Rockets for two reasons: it will give the Rocket an escape from the grind of their sports season, helping get their mind off of sports, and will also let them spread their wings in a situation where they can be social and relax with friends.

## Rockets Push Hard for their Goals

Pushing towards goals is something discussed a lot in terms of inducing stress in young athletes. For Rockets, this is no different. Some athlete types have problems with setting goals that are far too lofty for themselves, with the Rocket, it's a bit different.

Rockets have a generally positive trait where they focus on executing on goals or simply "getting things done". However, there are cases where this positive trait can manifest itself as a stress-inducing negative. If they have lofty goals they have set for themselves, continuously pushing themselves to excel, this could contribute to them



feeling stressed out.

*As such, they may feel they are not improving at the rate they expected, which will very likely cause them to feel anxious about their progress in their sport.*

The biggest point here is avoiding damaging the Rocket's optimistic demeanor. They do a great job remaining positive and having a reassuring outlook on things, but continuous slights could cause a serious hit to their confidence, which is a large part of a Rocket's core identity.

All of these components of their mental mindset are connected, and therefore, need to be considered when talking about a Rocket potentially burning out. Not only can chasing their goals cause them stress, it can damage their positive demeanor. And if they follow another Rocket tendency, rigidly sticking to plans, they can get into even more trouble mentally.

It is important to remind Rocket athletes to be flexible when pushing to achieve their goals, because sometimes things don't happen the way they expect them to, or at the rate they wish they would. Remind them of this, and have some sort of stress relieving activity for them they can resort to when their sport is starting to cause them to question themselves.

For some Rockets, this leisure activity could be hanging out with friends or family, playing video games, or other generally relaxing hobbies like reading or meditation that won't add any additional stress. Adding an hour or so every night, where the Rocket can unwind and decompress.

While the intrinsic drive to push themselves is seen as a good trait that can go bad when talking about Rockets burning out of youth sports, they have a negative trait that can be even worse in this regard.

## **A Rocket's Decision Making**

A lot of Rockets will make decisions too quickly from time to time, usually not taking the proper amount of time to evaluate all of the repercussions their decisions could have moving forward.



Rockets will sometimes rush into decisions before considering the implications those decisions could have on their future. If they are making decisions about sports training or practices, make sure they realize what they are getting themselves into.

***You have to be sure they aren't pushing themselves too hard, because they won't typically consider that possibility when deciding how they want to practice or train.***

They may be more inclined to drop a sport due to burnout than others, because they make such quick, and sometimes rash, decisions. It's important to understand how a Rocket is feeling by having frequent open conversations with them so you can help them if they are facing any tough decisions, or are considering leaving their sport altogether.

To keep a Rocket on their toes mentally, in order to keep things new and exciting for them, let Rockets do activities in their sport that help them stretch their limits in ways they aren't accustomed to. That will keep them interested and motivated.

Try to encourage activities that push a Rocket to think outside of the box. This will keep things interesting for them, and will stimulate their desire to push to improve themselves.

***A lot of the stress caused by burnout can be reduced when it comes to Rocket athletes by doing one simple thing: talking to them.***

Rockets are good at facing reality, so it's good to have an open conversation with them every once and awhile to make sure they are still enjoying playing sports. They will respond to you being open with them by reciprocating that and telling you the truth about how they truly feel.

You can use these conversations to gauge how burnt-out the Rocket may be feeling, and work with them to come up with a plan they can follow in order to get the most out of their sport and what they can do in their downtime to unwind and really enjoy themselves on and off the playing field.



## Conclusion

Here are the 4 key points to take away when trying to reduce the risk of burnout in Rocket athletes:

- 1.) Make sure Rockets have ample time to socialize with others who share similar interests, this will help them make friends and relieve their stress.
- 2.) If they have set goals for themselves, keep an eye on the Rocket to make sure they aren't pushing themselves too hard.
- 3.) Keep the Rockets confidence high so their positive demeanor and outlook doesn't take a hit if they are struggling.
- 4.) Sit down with the Rocket and ensure they aren't making rash decisions without thinking about the repercussions of the bigger choices they make.



# Trailblazer Tips



## TRAILBLAZER

### Trailblazers have a Unique Thought Process

One of the most important things to remember about Trailblazer athletes is that they typically have very unique interests they would like to pursue outside of sports. A typical Trailblazer will be aesthetically driven, with outlets like food, fashion, and art drawing their attention.

*This makes it important to let Trailblazers explore their non-sports interests.*

Because they are aesthetically driven, allow them to select a non-sport activity to participate in during their sporting down-time that will allow them to escape their daily stresses as well as the stresses they feel from competing in their sports.

Focusing too much on their sports will cause them to feel stressed, and won't refine some of their more aesthetically driven tastes.

For a Trailblazer these activities could include things like cooking classes, drawing in their freetime in a sketchbook, listening to or making music when they want to relax, things of that nature.

### Trailblazers are Social

Trailblazer athletes also get energy from interacting with others, it may be a good idea to arrange practices or development drills from their individual sports where they can



interact with other players around their age in a less-competitive, more knowledge and skill-building based atmosphere.

An example of this could be a Trailblazer golfer getting together with other golfers around their age or skill level every once and awhile to play a round just for the fun of it, or work on skills like putting or their drives as a group.

Trailblazers can typically be “pie in the sky dreamers”, and also have a tendency to pour their all into something, energy and effort– only to crash later on. In terms of burnout, it’s a tendency that is worth keeping an eye on.

A Trailblazer may start off their season full of energy, with lots of goals and results in mind, and will attack those goals full-speed ahead when the season begins. If they run out of energy or fail, and begin to lose interest, it’s important to remind them that some things take time to develop, and remind them of the process it takes to get to where they want to be.

It’s hard to reel a Trailblazer’s dreams and goals in, so if they fail, they could become more likely to burnout due to the stress of not being able to do something. This could cause them to have lower self-esteem and anxiety in some cases.

***Help Trailblazers focus on smaller goals that help them work up to the bigger goals they likely have in mind.***

In this vain, it may help a Trailblazer if there is a plan or steps that they help draw up for themselves that will help them reach their big goals.

In some cases, it’s not just about the Trailblazer themselves. They could want to have outlets where they want to bond with their parents, but in a way they know both they and their parent will enjoy.

Trailblazers want to see their parents exhibit some zest for life– it is recommended that a Trailblazer and parent find a hobby they can both participate in together, but make sure it’s something they are both passionate about.

This sort of activity will be beneficial during the offseason of your Trailblazer’s sport, and will give them something to look forward to, no matter how demanding their season is, or how it ends.



## Fundamentals and X's and O's

There is a tendency for Trailblazers to not focus on fundamentals. In fact, for some, fundamentals represent the most tedious and boring part of sports.

*Trailblazers don't typically work on their fundamentals, and doing so may cause them to find less enjoyment in their sport.*

This is especially true if it's a sport where working on fundamentals is a large part of their day-to-day practices and activities it would be beneficial to try and balance this out by making the fundamental drills more engaging, and less technically driven.

For example, if your child is a tennis player working on serves, it may be beneficial for them if you set it up as a game, where they aim for targets on the court as they serve. This keeps the activity engaging, and will make it seem less like fundamentals, and more like a game-like activity.

Finally, it is important to remember that X's and O's do not really interest the Trailblazer, and it may be better for them to hear the philosophies behind them rather than having to see them drawn out.

In order to keep the Trailblazer interested, and also relieve some stress they may feel from having to learn a playbook, it would help them to better understand if the X's and O's were explained the "big picture" or concept behind plays.

These are all strategies that can be employed in order to reduce the stress that can lead to burnout in Trailblazer athletes.

## Conclusion

Here are the 5 key points to take away when trying to reduce the risk of burnout in Trailblazer athletes:

- 1.) Let Trailblazers explore their non-sports interests.
- 2.) Find group activities or workouts for your Trailblazer to participate in to satisfy their need for social interaction.



- 3.) Help a Trailblazer put their goals in perspective.
- 4.) Try to find activities that you and your Trailblazer can do together.
- 5.) Help spice up the way Trailblazers see fundamentals and how they grasp the X's and O's in their sport.

