



BC Amateur Baseball Association

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Mental Health

1) This is a link to a Ted Talk presented by Victoria Garrick titled, **'Athletes and Mental Health: The Hidden Opponent'** Victoria Garrick, a member of the USC's volleyball team. Her presentation focuses on stress and anxiety related to performance and specifically the challenge of balancing the schedule of a student-athlete. While the presentation is aimed at the college level it is transferable to 18U athletes, coaches, and parents, particularly those in the high-performance stream.

<https://www.youtube.com/watch?v=Sdk7pLpblls>

2) This is a link to the Skyland Trail's website and an article titled, **'What Parents Should Know about Youth Athletes and Mental Health'**. The article presents both the mental health benefits and risks in youth sports.

<https://www.skylandtrail.org/what-parents-should-know-about-youth-athletics-and-mental-health/>

3) This is a link to USports', **'2020 Mental Health Manual'**. The manual presents best practice ideas for supporting the mental health of high-performance athletes.

https://usports.ca/uploads/hg/Medical/USports_mentalHealthDoc_2020_EN_digital.pdf

4) This is a link to a Ted Talk presented by Travis Dorsch titled, **'Sport and the Commodification of America's Youth'** Travis Dorsch is a former NFL draft pick who is now an expert in sports psychology at Utah State University. His presentation argues that because of the financial investment parents are now making in their children's athletic pursuits, many parents expect a return on that investment in terms of a college scholarship or professional success. Dorsch presents research suggesting that athletes of parents who have the highest levels of financial investment feel more pressure to succeed, enjoy sports less, and are less likely to continue playing.

<https://www.youtube.com/watch?v=hcxiKP8ONkg>