

**Antonio Capasso**

**Sport Psychology**

**Support Package**



**‘Release your full potential’**



# About Me

Through my own lived experience and applied knowledge I am deeply passionate about helping individuals achieve their full potential, whether in sports or overall well-being. With Undergraduate and Masters degrees in Sport and Exercise Psychology, and having completed the Sport and Exercise Psychologist accreditation course with BASES (The British Association for Sport and Exercise Sciences) I am awaiting full accreditation with the Health Care Professions Council.

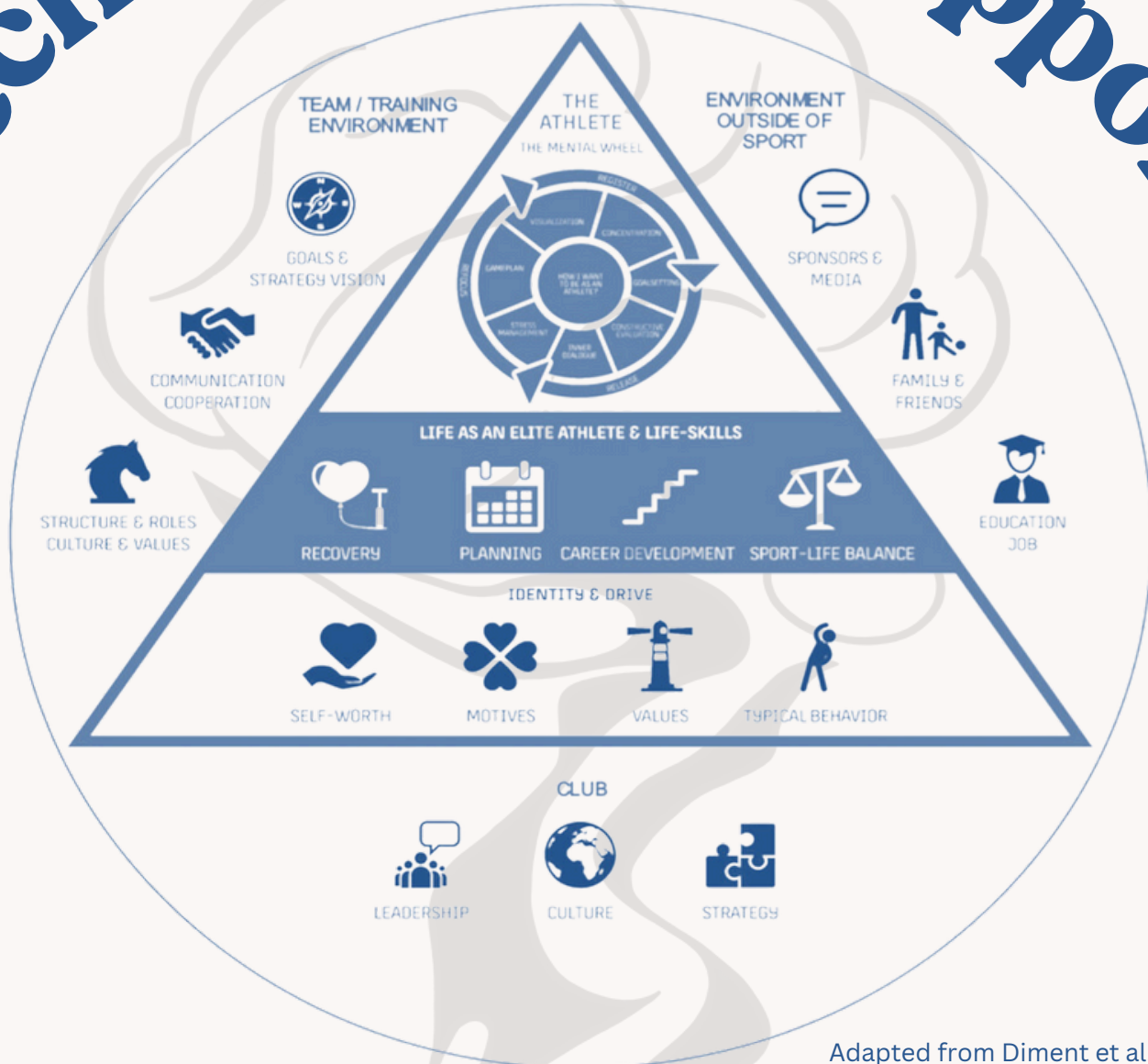
My applied experience spans supporting and developing both adult and youth athletes, including academy footballers, professional athletes, GB para teams, and leading sporting organisations. Moreover, having competed at national and international levels as a youth tennis player, I understand first-hand the support athletes and their parents need in performance sport and appreciate the significant impact that coaches and support staff have on an athlete's journey.



In addition to my applied work and academics, I co-host The Young Player Wellbeing Podcast, which has provided me with exclusive access to leading researchers and experts in Sport and Exercise Psychology and well-being support for young athletes, further enhancing my specialized knowledge.

Through my professional and academic endeavours, I have honed the ability to monitor, evaluate, and develop strategies aimed at improving athletes' welfare and performance. I pride myself on being open, proactive, and flexible, with strong communication skills and a genuine desire to enhance individuals' welfare and performance through my expertise.

# Mechanisms of support



Adapted from Diment et al., 2020

Fundamentally, the needs of the players and the club will determine the types and areas of support required. The support I provide could include individual, team/training environment, environment outside of sport, and club-level support, as depicted in the diagram above.

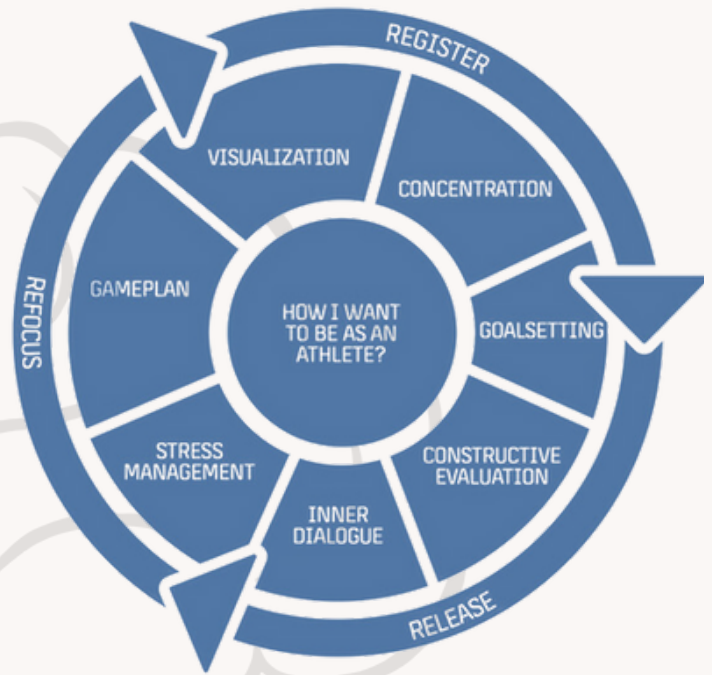
## Individual Support

Outlined by the triangle in the middle of the support programme diagram above, the focus of this work is helping individual players develop their skills and competencies. This includes supporting them with their mental wheel, life as a player & life-skills, and identity & drive.



# Mental Wheel

The top layer of the triangle contains the Mental Wheel which represents the key mental skills that are important to perform optimally in both training and competition. Support can be provided to enhance and develop the mental strength of players within the club and help them deal with doubt and worry, which are natural and unavoidable aspects of elite sport. To assist in the development of mental strength I work from the 3R- Model, where the focus is on helping individuals to:



## Register

Be aware of the thoughts, feelings and bodily reactions that take focus away from the task at hand or the type of person they want to be.

## Release

To accept these 'uncomfortable' elements instead of trying to fight against them.

## Refocus

To direct their attention back to the task or re-establish contact with their values.

In addition, I work to develop seven central psychological capacities, including concentration, goal setting, constructive evaluation, inner dialogue, stress management, game-plan, and visualisation.

# Life as an Elite Athlete & Life-Skills



The middle layer of individual support refers to tackling life as a player and mastering the life skills that are needed to be effective. The focus is on:

1. **Recovery**, helping individuals cope with the many stressors of an elite sports lifestyle, and to develop recovery strategies to find balance both in the short and long-term.
2. **Planning**, referring to time management skills, in particular how individuals' plan and structure their everyday life (training, eating, rest, etc.).
3. **General development**, helping individuals build resources to cope with the challenges they meet during their everyday life as well as helping them prepare for and handle transitions
4. **Sport-life balance**, which reflects individuals' ability to balance the demands and ambitions from their sport, social and family life, and education, where relevant.

# Identity & Drive



The bottom layer of individual support includes helping individuals with their:

1. **Self-worth** - describing the degree individuals value and accept themselves as they are.
2. **Motives** - helping individuals to be aware of the motivating factors in their lives and helping athletes to manage conflicting motives.
3. **Values** - helping individuals become aware of their values so they can act in a manner consistent with these values.
4. **Typical behaviour** - helping individuals become aware of patterns in their behaviour and identify behavioural strengths as well as areas for development.

## Environment Outside of Sport

Outlined on the right-hand side of the support programme diagram above, the aim of this type of support is helping players with their lives outside of sport to ensure that it helps facilitate positive performances and wellbeing. Individuals often have ambitions in other areas of their lives (e.g., education, etc.) and potential conflicts between these areas and their sporting ambitions can create stress. Additionally, experiencing challenges in their personal life (e.g., problems with friends or family) can also be problematic. Supporting players, parents & carers via individual consultations or workshops to cope with and manage these outside stressors can help them to be in a better position to perform more effectively in their roles and maintain positive wellbeing throughout.

## Club Level Support

The wider club plays a vital role in determining the economic support to players, training facilities, effective communication to athletes, team selection, and planning of travel to away games, amongst other factors. From this perspective, club-level support is also a possibility. This can include focusing on - 1. leadership, working with key players, coaches, and support staff as cultural leaders; 2. culture, defining clear values and actions that are consistent with these values; and 3. strategies, developing effective processes and strategies in areas such as team selection, travel to away games, and support/rewards to athletes. This work can be done via individual consultations, facilitated group supervision, and workshops, as well as being present at training and competitions.

# Sport Psychology Packages

While the programme that we decide to implement is subject to change, adaptation and discussion, the standard fees proposed are:

## Individual Support

- An individual 1 on 1 session: £60 for an hour.
- Hat Trick - By committing to 3 sessions you will not only benefit from £10 off each session, but additionally be given the ability to communicate with myself in-between sessions via message, email or phone.
- Six Pack - By committing to 6 sessions you will benefit from 1 free session, alongside being given the ability to communicate with myself in between sessions via message, email or phone. Furthermore, I will attend and observe you in training or competition (travel costs subject to negotiation).
- General observation (e.g., training sessions or competitions) cost £20 per hour not including travel.

## Group Package

- Small group session (45 mins) for up to 5 athletes: £35 per athlete.
- A group session/workshop (45 mins) for 6 -10 athletes: £25 per athlete.
- A group greater than 10 members (45 mins): Interactive presentation and cost £15 per head.
- General observation (e.g., training sessions or competitions) cost £20 per hour not including travel.



Enquire today;

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