

Powering Podiums – Conversations Around Youth Mental Health

Case Scenarios

Scenario 1:

You are working with an athlete who has been committed to team meetings, and attends with a positive attitude. The athlete enjoys contributing to the group, and is keen to hear what her teammates have to say. Team meetings that do not require in person activities have switched to virtual format to comply with COVID practices. It seemed like the athlete was adapting well to this, however, lately you have noticed that the athlete has been joining the meetings late, and is overly quiet and disengaged. She is not contributing, and when attending an in person event, she seems to have isolated herself. This behaviour has become consistent, and is not specific to just one or two events. Further, the coaching staff has noticed she is often looking very tired, and is not presenting herself as she normally would.

Scenario 2:

The team has just returned to training following sport cancellations. Rather than practicing as one large team, the team has to train in cohorts. You notice that one of the athletes is having a challenge in the cohort that he has been assigned to. He looks unhappy, and is generally isolating himself and looking defeated. The athlete asked to switch groups so the he can be in a cohort with one of his closest friends. You are able to accommodate this, hoping it might help the athlete with this new adjustment. However, after about a week in the new cohort, the athlete is still isolating and looking dejected. His demeanour is not as upbeat as it generally is, and he seems disinterested and disengaged.