

FEELING THE PRESSURE

By Julia Stuart and Staff

Your hands begin to shake as your heart rate quickens. You feel as if your heart is about to beat out of your chest, as you run every play and every practice through your mind thinking of how to play the perfect game. Most high school athletes feel this way before a game, experiencing performance anxiety.

Throughout the various sports at Roosevelt many athletes experience sports anxiety.

“Being a sophomore starting on varsity comes with anxiety and pressure. I’m always worried about my performance or am I going to let my teammates down, but I think that anxiety comes with any sport and being able to cope with is something any athlete should be able to do. I always try to remember that I am not just playing for myself but also for my teammates,” said Olivia Seemann, sophomore, varsity



ITS UP! Olivia Seemann, sophomore on varsity digs the ball up and keep the play going. Atlantic goes on to defeat the roughriders 3-1 set match with intense rallies. Photo cred: Maya Lint

volleyball.

Seemann has struggled with performance anxiety with volleyball since she started volleyball at the age of nine. Seemann learned how to cope with her anxiety by watching Victoria Garrick’s YouTube videos to help her build her mental strength.

“Volleyball is a game of mistakes so that is why it takes

a lot of mental toughness. What helps me is to think about my teammates while I am playing the game. I am going to be there for them when they screw up and then they are going to be there for me when I screw up. That is why it is so important to build a great relationship with your teammates not just off the court but also on the court. It also helps me a lot to listen to Victoria Garrick as well

because she was a D1 libero at USC and she struggled with anxiety and depression while Bing a volleyball player,” said Seemann.

“I get anxiety all the time. I mean I’m the only girl on the football team, and I am throwing myself on the field with people who are bigger than me. It’s hard before a game because I start overthinking about how to be the best on the field, but once I get out there all worries fade away and I just play the game I love. I grew with football in my family so I never new anything else and I love it because it not only allows me to challenge myself on the field, but it forces me to do well in school,” said Dominique Harris, freshman, football.

Performance anxiety is perfectly normal and nothing to be ashamed of for athletes struggling to get it under control. Ways you can control your anxiety is acknowledge and normalize feelings of anxiety. Once you acknowledge the anxiety make a game plan. Concentration is one of the first things to go when someone is under pressure. Help your student-athlete develop a game plan and help him or her stick with it during the game. Keep it short no more than three technical items or strategies.



TOUCHDOWN. Dominique Harris huddles up with Roosevelt football before the Blue and White Scrimmage. Varsity with the win against JV in the Blue and White Scrimmage. Photo cred: Roosevelt Yearbook

You can find more tips at Hopkinsallchildren.org.

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