



THE SPORTS LINK LLC SAFETY POLICY

ATHLETE PARENT AND/OR GUARDIANS:

While we know this is not the fun stuff, the health and well-being of your athlete(s) is top priority.

All of the mental performance coaching sessions hosted by The Sports Link, as well any written information or guides, are meant to help athletes identify areas of challenge in their life or performance areas. Additionally, the mental performance coach will assist the athlete in learning about tools and techniques that can be used to work through these areas and achieve success.

Mental performance coaching is not professional mental health care or medical care. In no way should this service be a substitute for psychological counseling, psychotherapy or any other type of therapy that the athlete would need from a professional counselor.

In the event the Mental Performance Coach feels the need for the athlete to receive professional counseling or therapy, the parent and/or guardian will be made aware of the development for the minor and the responsibility to seek licensed care will then become that of the parent and/or guardian.

Additionally, the Mental Performance Coach is to act as expert coach, mentor and motivator, but cannot guarantee results as the athlete is in full control of their mental processes and effort.

Please reach out to info@sportslinktraining.com with any questions or concerns, and cannot wait to work with your athlete(s)!