

HUMAN FIRST ATHLETE ALWAYS



Wellness Programs for Youth Athletes

Created by Lindsey Ervin, MS, LSC, LPCC

Founder & Owner, KSP Mental Performance, LLC / Copyright all rights reserved 2025.



Our Mission: Athlete Wellness

We exist to empower youth athletes with whole-person wellness. By coming alongside like-minded youth sports organizations with interactive, educational programs we empower athletes, coaches and parents through our online platform, virtual and in-person consultation services.

The result is a thriving culture for athletes, coaches and parents. Youth athletes experience increased well-being, longevity in sport, and are able to compete with more joy and confidence.



Our Guiding Principle For Athlete Wellness



**HUMAN
FIRST
ATHLETE
ALWAYS™**



Athlete in Mind, Body and Spirit

Olympic soccer star Mallory (Pugh) Swanson once described herself by saying, "straight up, she just has more energy, more spirit, and more love for the game than she'll ever know what to do with."

*While Mallory has achieved great success, her **love and passion** is most inspiring. When you play and compete with your whole self - your body, mind and spirit, amazing things happen!*



Meet Your Athlete Wellness Team



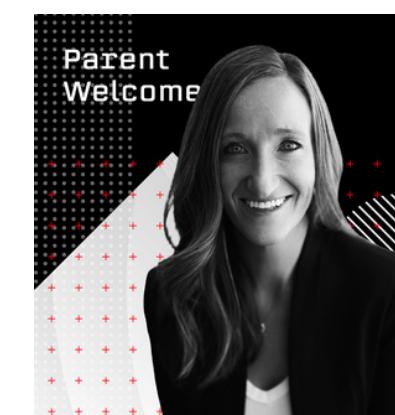
Lindsey Ervin, MS, LSC, LPCC
Founder & Owner



Nikki Lehman, Ed.S.
Education Consultant



Elli VanDeYacht, MS
Mental Performance Consultant



Whitney Herrmann, MA, LPC, NCC
Parent & Culture Consultant

“Empowering the human in the athlete is our superpower. Watching youth athletes compete with purpose, thrive in wellness and gain a competitive edge in sport performance is the inspiration behind our mission.”

-Lindsey Ervin, KSP Mental Performance



Meet Our Creative Team



Kent Ervin, B.S.
Creative Director & Producer
Senior Graphic Designer



Beau Whitman, B.A.
Digital Designer
Athlete Consultant



Andrea Friedberg, B.S.
Graphic Designer

“A thoughtfully designed program doesn’t just deliver content – it creates connection, invites reflection, and builds momentum for real, lasting change for youth athletes and their families in competitive environments.”

- Kent Ervin, KSP Mental Performance



A Growing Problem & The Call to Empower Athlete Wellness



70 % of youth athletes quit youth sports by age 13*



1 in 10 youth athletes burnout and many face injuries*



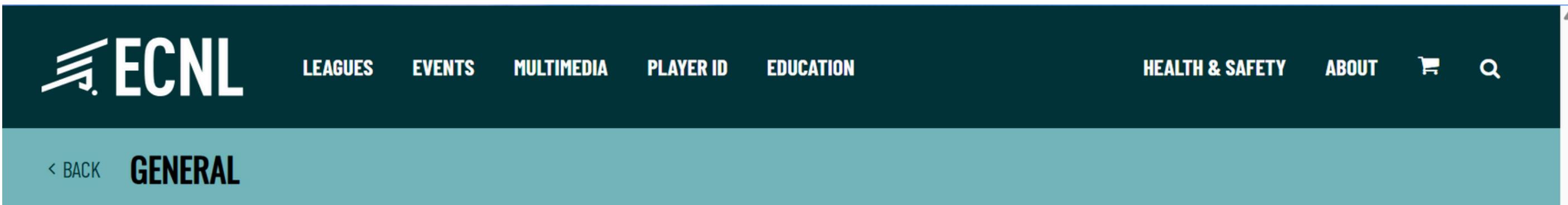
The lack of a whole-person wellness approach in sports, coupled with the increase in stress and pressure to achieve leads to **lack of resilience.**



Athletes continue to report ongoing **mental health concerns** according to the NCAA Student Health and Wellness Survey 2023



Center for Athlete Health & Performance



The header features the ECNL logo (three horizontal lines) on the left, followed by navigation links: LEAGUES, EVENTS, MULTIMEDIA, PLAYER ID, EDUCATION, HEALTH & SAFETY, ABOUT, a shopping cart icon, and a search icon.

< BACK

GENERAL

Youth Sports Science Research and Recommendations

Sleep and Injury

Research has consistently found that sleep is a crucial element of athlete performance, recovery and overall health. Importantly, athletes who sleep more are less likely to experience an injury. Specifically we have found that one hour of increased sleep is associated with a 30-40% reduction in injury risk the following day. In addition, athletes with chronically poor sleep may have an increased injury risk of nearly 60% over time. Unfortunately, athletes have been consistently found to have insufficient sleep and poor sleep quality. Young athletes experience a number of important threats to sleep, but simple steps to improve and increase sleep can have a profound impact on both health and performance.

- **Decreased Sleep Is an Independent Predictor of In-Season Injury in Male Collegiate Basketball Players**
 - This study found that among collegiate basketball players, decreased sleep is associated with a significant risk of injury the following day, even after accounting for training load, and well-being (mood, stress, fatigue).
 - [Manuscript](#)
- **Decreased Sleep and Subjective Well-Being as Independent Predictors of Injury in Female Collegiate Volleyball Players**
 - This study of collegiate female volleyball athletes found that an extra hour of sleep was associated with a 30% reduction in injury risk the following day. While well-being also remained an independent predictor of injury risk, sleep was the most important predictor.
 - [Manuscript](#)
- **Sleep and the Young Athlete**
 - This review highlights the relationships between sleep, injury, mental health and performance in young athletes. It offers specific recommendations, especially



Wellness & Performance Benefits of Mental Performance Training

Athletes who prioritized learning healthy mental performance strategies, with support from coaches and parents, are able to increase their physical sport performance by **10-20%**.

Source: Weinberg & Gould. *Foundations of Sport and Exercise Psychology*.



Our Signature Approach to Athlete Wellness

Positive Psychology - is a field of psychology that focuses on strengths, well-being, and what helps individuals thrive. It emphasizes mindfulness, gratitude, optimism, resilience, and other practices that enhance life satisfaction and mental health.

Sport Psychology - the study of psychological factors that influence athletic performance, including motivation, focus, confidence, and stress management. It applies mental sport performance techniques such as visualization, goal setting, and mindfulness to help athletes optimize their mental game.

Micro-Learning & Micro-Habits - Small, easily repeatable behaviors that compound over time to create lasting change. By being simple and requiring minimal effort, they bypass resistance and help build sustainable habits, such as taking a deep breath before a game or using positive self-talk in practice.



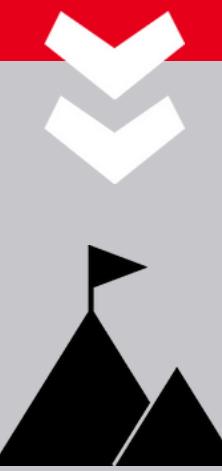
The SPARK Model of Mental Performance©

Key Mental Performance Components & Skills:

1. Self Awareness
2. Practices, Routines & Habits
3. Attention Enhancement
4. Regulation & Energy Management
5. Key Resources of Well-Being & Athlete Identity

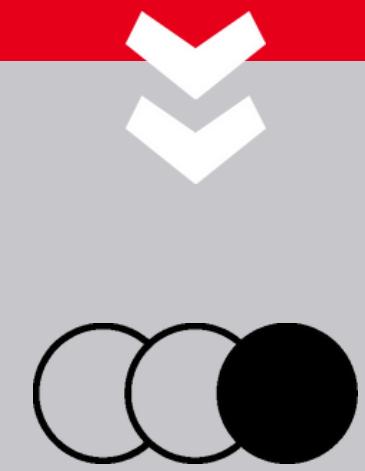
THE RESULTS

What This Program Helps Athletes Achieve



Increase joy and motivation while overcoming challenges in sports and life

RESILIENCE



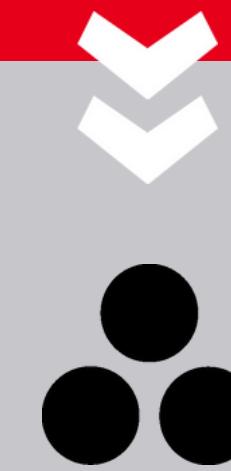
Build measurable progress & mastery with micro habits

CONFIDENCE



Gain mental clarity and focus under pressure with the human-first approach

**STRESS
MANAGEMENT**



Foster shared growth experiences deepening connection

**TEAM
COLLABORATION**



Create a consistent, supportive pathway

**PERSONAL
WELLNESS**



Bring mental performance skills to every athlete

ACCESSIBILITY



Sparking Connection and Conversations With Athletes, Coaches & Parents

-  **Whole-Person Athlete Growth:** Empower a wellness mindset, increase joy and confidence while creating mental resilience with easy-to-implement strategies.
-  **Whole-Person Coaching:** Coaches are empowered in wellness and relationships through the “human first” approach, while gaining practical mental performance strategies.
-  **Team Collaboration:** Engage in discussions to foster deeper connections and shared learning.
-  **Accessible Design:** Optimized for both desktop and mobile to ensure seamless access anywhere.



Dedicated Wrap Around Approach With A Focus on Athlete, Parent and Coach Culture

Powered by Inspire360: Seamless learning anytime, anywhere



The Elite Athlete Reset: Rest & Recovery Enhances Performance & Builds Resilience

-  **PARENTS** are the primary supporters of this resource. KSPMP comes behind the organization to help parents engage and gain their buy-in. Parents are responsible for connecting with KSPMP for any additional support needed in regards to the platform.

-  **ATHLETES** are the primary learners and participants. They take responsibility for engaging the content and making the exercises meaningful to them.

-  **COACHES** are participants and supporters. By viewing the 2-3 minute weekly video and engaging in your team discussion board on the learning platform (mobile version or desktop) your weekly time commitment is approx. 10-15 minutes. KSPMP makes it easy for coaches to be empowered to encourage their players to use mental performance skills in practices and games.



What Makes Our Program Unique?

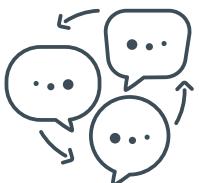
Rooted in Research, Science and Youth Development



Micro learning: Short 2 minute videos. Weekly time commitment is approximately 15 minutes.



Learn concepts and skills from a Mental Performance Consultant.



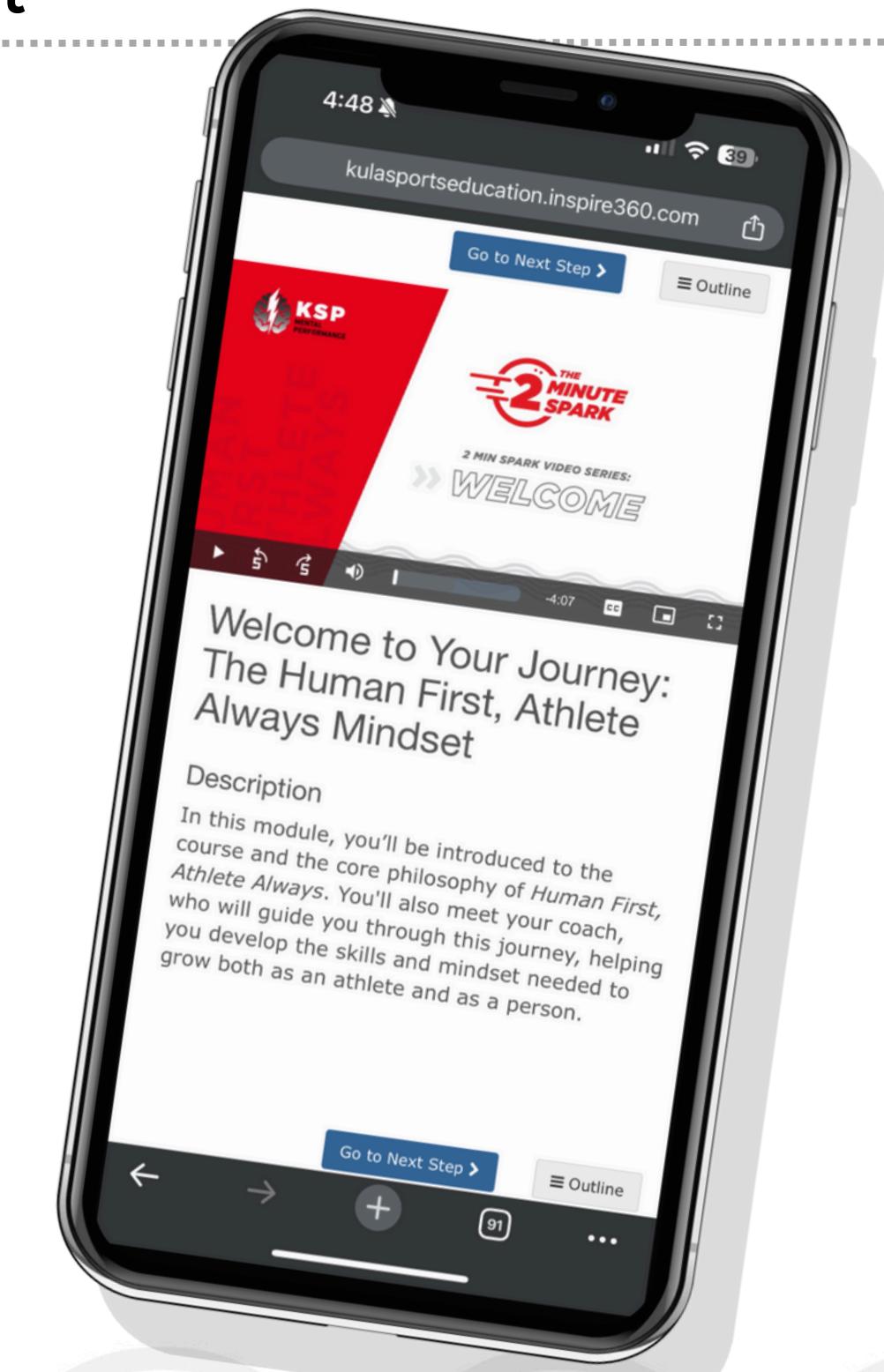
Spark meaningful team discussions to foster shared learning and growth.



Weekly-released modules to ensure micro-habit development, steady progress and focus



Track progress effortlessly with drip-released weekly modules.





MODULE BREAKDOWN

Designed for Meaningful Collaboration



- Weekly video prompts for individual and team-based learning and growth.
- Discussion questions to foster individual athlete reflection.
- Group discussion board with coaches and teammates designed to build trust, communication, and camaraderie.
- Powerful Insight for coaches, empowering the integration of the learning into existing team time (practice, recovery, games).

Step 1. You will receive an invitation to the platform with a link for athletes and one for parents from your coach in an email.

The screenshot shows a website interface for KULA Sports Performance. At the top, there is a navigation bar with the KULA logo, Courses, Resources, My Courses, a Cart icon, and Log In / Create Account. Below the navigation bar, the text "Elite Athlete Series" is displayed. A large banner on the left features the text "HUMAN FIRST ATHLETE ALWAYS" in white with a red outline, overlaid on a black and white photograph of a female athlete running. To the right of the banner is a grid-based graphic with a brain icon and the text "KSP MENTAL PERFORMANCE". On the right side of the page, there are three main sections: "Online Course" (described as including all course content in digital format), "Share This Course" (with social media sharing icons for Facebook, Twitter, and LinkedIn), and "What's Included" (with a note about access via computer, tablet, or smartphone).

Courses Resources My Courses

Cart Log In / Create Account

Elite Athlete Series

HUMAN FIRST ATHLETE ALWAYS

KSP MENTAL PERFORMANCE

Online Course
Includes all course content in digital format

Add to Cart

Share This Course

f t in

What's Included

Access your courses with a computer, tablet or smartphone.

Step 2. Click “Start Checkout”



Courses Resources My Courses



Log In / Create Account

Cart

		Price	Quantity	Subtotal
	Elite Athlete Series SKU: KULASP-ATHLETEMENTALHEALTH	\$0	1	\$0
	Remove Item			
			Subtotal	\$0
			Total	\$0

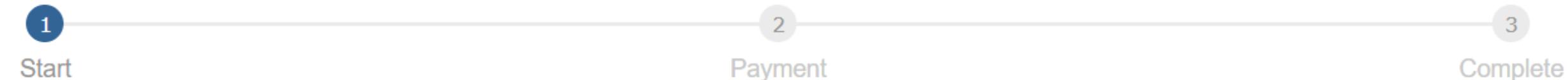
[Continue Shopping](#)

[Start Checkout](#)

Step 3. Enter Your email address and name as New Customer.



Sign In Using Our Secure Server



Log In

Log in to checkout.

[Click Here to Log In](#)

New Customer / Guest

You will have an opportunity to create an account later if you'd like.

E-mail Address *

First Name *

Last Name *



FIRST ATHLETE ALWAYS

Go to Next Step >

1 of 72 required items completed

View Outline

Downloads



Course Agreement

Before continuing with this program, all participants must review and sign the Course Intellectual Property Agreement. This agreement ensures that all course materials — including videos, written content, exercises, and resources — remain the exclusive property of KSP Mental Performance LLC and cannot be copied, shared, modified, or used for any other programs, services, or personal use outside of this course.

By signing this agreement, you acknowledge and agree:

- You are being granted access to the course content for personal educational purposes only.
- You may not replicate, distribute, resell, or teach any part of this material without written permission.
- All intellectual property rights remain solely with [Your Company Name].

Completion Requirement:

You must complete and sign the Course Intellectual Property Agreement before proceeding to the next module. Access to the full program will not be granted without agreement.



Disclosure Agreement

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© REQUIRED

Intellectual Property Agreement

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Course Agreement

[Multiple Choice Test](#)

© REQUIRED



Welcome

Program Introduction



Welcome to The 2 Minute Spark Copy
Module 0-00-00



The Elite Athlete Reset Course Modules



Welcome to
The 2 Minute Spark



The Elite Athlete
Reset Introduction



Pacing Your Climb



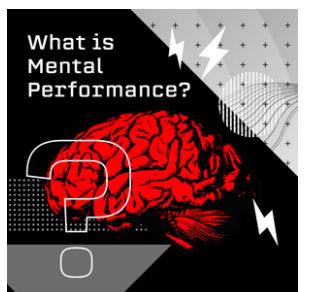
Meet Your Mental
Performance
Consultant



Leading Myself Well



Mapping Your Climb



What is Mental
Performance?



Owning My Role



Oxygen For The
Climb



Meet Your Micro
Habit Coach



Joy For The Climb



Making The Descent



Parent Resource Library with Expert Support for Parents of High Performers



Parent Welcome



Powerful Starts
Begin in The Ride



Finding Your
Parenting “Why”



Fueling Station: Your
Sideline Role

“What is the fastest way to heal a league, team or athlete? Show the leaders and parents they are deserving of life and wellness too.”

-Whitney Herrmann, LPC, Parent Consultant KSP Mental Performance



Comprehensive & Local Support



Year Round Micro-Learning Program Offerings and Parent Courses
taught by expert mental health professionals designed to empower.



Tiered Organizational Support -online courses designed to support athletes at every age and level including the elite.



Individualized Mental Performance Services for those athletes wanting to pursue deeper growth with KSPMP Mental Performance Consultants via virtual or in-person coaching We offer free 20 minute discovery calls to explore your needs.



Confidential Mental Health Referral Network to locally vetted mental health providers and medical professionals for families seeking clinical mental health services for athletes.



We look forward to supporting
The Real Colorado ECNL Girls Teams
and wish you wellness and success!



Let's Connect!
www.kspmp.com

