

THE MENTAL MINUTE

The Mental Minute - Issue #5 | June 2025



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COACH SPOTLIGHT:
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**HOW STRONG LEADERSHIP
ELEVATES YOUR TEAM
WHEN IT MATTERS THE MOST**

**QUICK TIPS
YOU CAN USE**
- PG 2

WELCOME to the June edition of *The Mental Minute*! We're excited to keep bringing you impactful insights into mental performance training—designed to help athletes, coaches, and parents gain the mental edge when it matters most.

This month, we're diving into the vital role of **Leadership**—not just as a title, but as a mindset and set of actions that influence everyone around you. Leadership is a choice you make daily—one that starts with how you show up, not just what you say. True leaders show up with energy, composure, and purpose. Athletes who lead with intention uplift others, remain composed through adversity, and earn trust by their example.

By learning to lead through both words and actions, you'll be better prepared to inspire teammates, handle pressure, and elevate performance in every area of your game and life.

THE MENTAL MINUTE is a monthly newsletter intended to educate athletes, coaches, and parents about essential mental performance skills and keep you informed about upcoming training events and opportunities to book 1-on-1 training sessions with a mental performance coach.

Each newsletter is designed to focus on a specific mental skill (e.g. breathing, mental rehearsal, etc.) and offers practical insights and techniques to enhance your current mental performance skillset. Through this newsletter, we aim to support ongoing athletic growth to sustain engagement, personal development, competitive resilience within all sports disciplines through ongoing mental performance education.



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Topic of The Month: **Leadership**



COACH DANNY, MPM

LEADERSHIP is more than a position, it's a mindset grounded in purpose, influence, and action. The most effective athletes and coaches don't wait to be told what to do; they lead through effort, example, and connection. Every moment is a chance to lead—on the field, in the dugout, or during tough practices.

WHAT IS LEADERSHIP? Leadership means inspiring others through your example, staying connected to your purpose, and building trust through consistent actions. Great leaders know their *why*, and they help others find theirs. They don't lead with ego—they lead with energy, effort, and empathy.

Athletes lead by how they carry themselves, how they respond to pressure, and how they support teammates. Coaches lead by creating a culture of growth and by investing in the success of everyone on the team.

WHY IS LEADERSHIP IMPORTANT? Leadership drives culture. Teams with strong leadership grow closer, compete harder, and recover faster. Great leaders unify people around a shared purpose and elevate those around them.

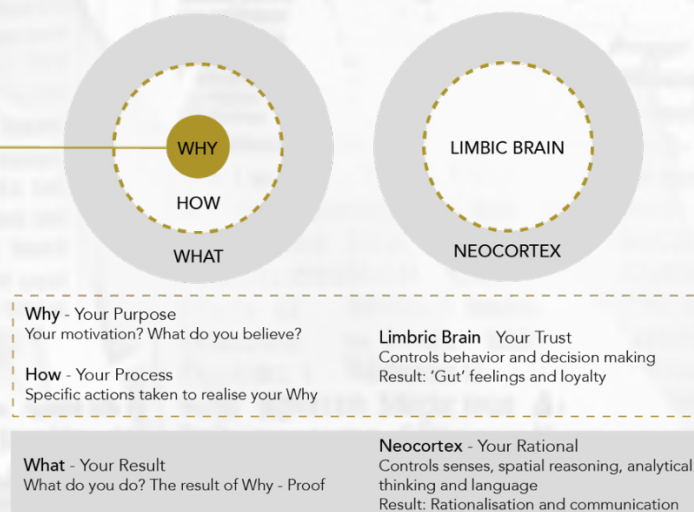
Prime Mental Performance teaches that leadership begins by starting with *why*—knowing your purpose and aligning your actions

with it. Leadership also grows stronger when you serve others, build trust, and lead with empathy.

STARTING WITH WHY helps you lead with purpose and motivation when it matters the most.

LEADERSHIP is not just a trait—it is a skill that can be practiced. Every athlete has the opportunity to lead, regardless of their role or position. Whether you're a captain or a quiet contributor, your body language, effort, and example matter.

The Golden Circle + Human Brain



Top Left: Simon Sinek's Golden Circle shows how great leaders inspire by starting with why—leading with purpose, process, and trust.

Quick Tips You Can Use: Leadership

PARENTS TIP: Help your athlete grow as a leader by encouraging them to lead through example—by showing great body language, staying positive under pressure, and supporting their teammates. Remind them that leadership isn't about being in charge—it's about lifting others up and staying true to their values. Your encouragement can help them develop the confidence and character to lead both on and off the field.

LEADERSHIP is a mindset that can be practiced every day—no title required. True leaders guide others through their energy, example, and commitment to the team's mission. Here are **3 leadership tips** you can start using right now:

LEAD FROM WITHIN Know your “why” and let it guide your behavior. Athletes who lead from within stay grounded in their purpose, take ownership of their effort, and act with integrity—even when no one's watching.

MODEL THE STANDARD Be the example in everything you do—your hustle, your focus, your attitude. Leaders don't wait for perfect conditions; they show up with consistency. What you model sets the tone for your entire team.

LIFT THE TEAM Leadership is about connection. Support teammates with positive energy, honest encouragement, and clear communication. Whether you're a captain or not, every voice matters—and yours can be the one that brings your team together.

Upcoming Training Opportunities

EVENT	DESCRIPTION	DATE	REGISTER
7- Week Confidence Clinic	This clinic teaches mental performance strategies to help athletes enhance confidence, play with purpose, and recover from mistakes.	Tuesdays @ 6PM (starting 7/14)	Register
7-Week Warrior Mindset Clinic	Athletes will differnt skills & tools used by elite performers to build resilience, manage nerves, and perform under pressure.	Wednesdays @ 5PM (starting 7/15)	Register
1-on-1 Training	Personalized one-on-one mental performance coaching sessions tailored to your specific goals and needs.	Weeknight Options	Book a Session

COACH SPOTLIGHT

SCOTT DIGRAZIA
CHICAGO, IL 

MEET THE HEAD COACH: Scott DiGrazia, the new Head Baseball Coach at Prime Athletic Club, brings more than just game knowledge—he brings a warrior's mindset forged through discipline, adversity, and leadership. Raised on the South Side of Chicago, Coach Scott grew up competing with Westside Baseball, where he learned early that winning wasn't everything—character, grit, and growth mattered more.

STORY: His journey as a left-handed catcher—once doubted, but ultimately named starter—reminds athletes that setbacks can be fuel for greatness. **“Don't let one setback ruin all your hard work,”** he says. “Use it. Learn from it. Keep going.”

After high school, Scott enlisted in the United States Marine Corps, where he began formal training in leadership and mental toughness. At just 20 years old, he led 12 Marines through intense combat situations in Afghanistan. One of the defining moments of his life came when he had to call for a medevac for his best friend during a firefight—and continue leading his team under pressure.



Scott DiGrazia Chicago, IL

These life-altering experiences shaped the leader and mentor he is today. “The Warrior Mindset is essential for winning at the game of life,” Scott explains. **“You can't control everything”**—but you can take the next right step, one at a time.

Scott teaches athletes that leadership isn't about being perfect—it's about doing hard things the right way and showing up for others, even when it's tough. From self-talk routines to resetting after mistakes, he helps players sharpen their mental edge by modeling consistency, accountability, and composure. At Prime, leadership starts with mindset—and Coach Scott is showing every athlete how to lead from within.



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Using Leadership to **WIN** - 3 Key Takeaways



1. Lead From Within

Great leaders know their purpose and act in alignment with it. Before each practice or game, ask yourself: *“Why do I play?”* Let that purpose guide your energy, attitude, and behavior—especially when pressure hits.

2. Model The Standard

Leadership is visible. Show your team how to stay focused, work hard, and bounce back. Your body language, effort, and voice set the tone. When others are watching, be the example they want to follow.

3. Lift Up & Support

Leadership is about lifting others. Encourage teammates, give high-fives, and hold the standard for your group. True leaders bring people together by putting the team first—because when the team wins, everyone wins.