

THE MENTAL★MINUTE

The Mental Minute - Issue #10 November 2025



ATHLETE SPOTLIGHT:
ALONZO RAIGOSA
SOUTH SUB BULLDOGS

HOW SELF CONTROL
KEEPS YOU COMPOSED &
IMPROVES PERFORMANCE

QUICK TIPS
YOU CAN USE
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WELCOME to the November 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 focusing on Self-Control & Discipline, the mental skills that help athletes stay composed, consistent, and locked in when it matters most.

Self-control gives athletes the power to reset quickly, stay in the moment, and compete with clarity and purpose. When athletes learn to control their emotions, reactions, and habits, their performance becomes steadier, more intentional, and more confident. Discipline, isn't just about working hard; it's about doing the right thing, even when you don't feel like it. In this issue we dive in to how to use these skills when it matters most.

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 skills (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 cognitive 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: Self Control & Discipline



COACH DANNY, MPM

WHAT IS SELF CONTROL & DISCIPLINE?

Self-control and discipline are the mental skills that help athletes manage their emotions, reactions, and decisions when the game speeds up. Together, they form the foundation of steady, reliable performance. When athletes learn to control their responses and commit to purposeful habits, they become more confident, intentional,

and resilient in every part of their game.

WHY IT MATTERS Self-control and discipline matter because they allow you to stay calm under pressure, recover quickly after mistakes, and maintain strong body language when adversity hits. These skills sharpen your focus and create a sense of confidence rooted in preparation. Instead of reacting emotionally or losing momentum, disciplined athletes stay grounded in the present moment and execute with clarity.

HOW TO TRAIN IT Use a one-breath reset after mistakes, rely on the WIN mindset to refocus on what you can control, and stick to a few daily non-negotiables that support your goals. Each time you see your Prime WIN bracelet, check your body language and redirect your attention. After practices or games, write down one thing you executed well and one disciplined choice you made. Over time, these habits build emotional control, strengthen

mental toughness, and help athletes compete with composure, confidence, and purpose—on and off the field.

As athletes continue to practice self-control and discipline, the benefits extend far beyond performance. These skills shape character, build trust with teammates and coaches, and create the internal confidence that comes from knowing you can handle any situation the game throws at you. Discipline then becomes your anchor, to help you stay steady in high-pressure moments, committed during long seasons, and focused on long-term growth. Always remember, discipline equals freedom!



Above: Coach Danny emphasizes how to control the controllables at Prime Athletic Club.

Quick Tips You Can Use: Self Control & Discipline

PARENTS TIP: Help your athlete build self-control and discipline by focusing on consistent habits and composed responses. Before practices or games, ask them to set one intention for how they want to carry themselves—such as strong body language, effort, or staying calm after mistakes. During games, encourage steady emotions, controlled breathing, and a “next play” mindset. After games, reflect together: “When did you show positive self-control? What disciplined choices are you proud of?”

SELF CONTROL & DISCIPLINE

Self control and discipline are mental skills you can strengthen every day through simple, repeatable habits. Here are 3 simple building tips you can start using right now:

USE SELF CONTROL IN YOUR ROUTINES

Before every practice or game, take one slow breath and set a clear intention—strong body language, focused effort, or staying calm after mistakes. Starting with a controlled mindset creates steadiness and purpose from the first rep.

CONTROL THE CONTROLLABLES

During adversity, pause for one deep breath and shift into your next-play mindset. Instead of reacting emotionally, ask yourself, “What’s Important Now?” This simple reset restores composure, protects your confidence, and helps you stay in control.

REINFORCE DISCIPLINE

After each practice or game, identify two disciplined choices you made and one moment of self-control you’re proud of.

Mental Performance Training Opportunities

TITLE	DESCRIPTION	REGISTER
1-on-1 Lessons	Personalized one-on-one mental performance coaching lessons tailored to your specific goals and needs.	Book a Lesson
Warrior Academy	The Warrior Academy is an online, self-paced video training where athletes learn proven skills and tools used by elite performers to build resilience, manage nerves, and perform under pressure.	Join Now

ATHLETE SPOTLIGHT

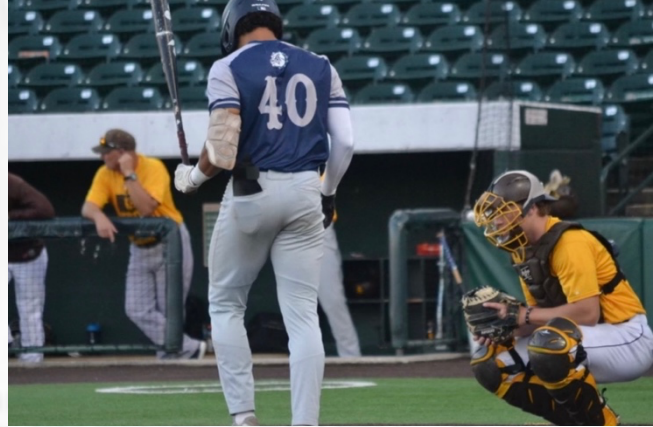
ALONZO RAIGOSA SOUTH SUB BULLDOGS



MEET ALONZO: A Chicago native and former college and pro infielder, Alonzo Raigosa brings discipline, composure, and intention to everything he does. After years competing at a high level, what drives him now is simple—showing up with purpose, focusing on what he can control, and helping young athletes grow. For Alonzo, baseball is about the daily work, the relationships, and the opportunity to get better each time he steps on the field.

STORY: Early in his career, he tied his confidence to results, but shifting to a process-first mindset changed everything. He learned to slow down, breathe, and lock in on controllables rather than outcomes. A moment from junior college stands out: during a slump, a teammate reminded him how lucky they were just to play. That perspective reset helped him bounce back and taught him the value of emotional control. Today, he leans on disciplined routines—like making his bed each morning—to ground his day and build momentum.

GOALS: Right now, Alonzo is focused on strengthening his structure and leading with consistency. He wants to keep improving his



Alonzo Raigosa South Suburban Bulldogs

time management, refine his personal routines, and help athletes develop the habits that support confidence and composure.

ALONZO IN ACTION: Coaches describe Alonzo as steady, positive, and intentional—someone who lifts the group with his presence. He leads through composure, effort, and a clear next-play mindset. His discipline shows in how he practices, how he resets after mistakes, and how he encourages others to stay focused. By bringing energy, structure, and perspective to every session, Alonzo demonstrates that self-control is a competitive advantage, and that disciplined habits create confident, dependable players.



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Using Self Control & Discipline to WIN - 3 Key Takeaways



1. Discipline Builds Consistency

Confidence grows when athletes commit to strong habits instead of chasing outcomes. Discipline reminds players that every rep—good or bad—is shaped by preparation and effort. By focusing on daily actions rather than results, athletes develop belief in their routines and trust in the work that makes them better.

2. Self-Control Improves Performance

When athletes manage their emotions and reactions, it elevates the entire group. Self-control builds trust, reduces negativity, and keeps teammates connected.

3. Discipline Strengthens Resilience

In tough moments, disciplined athletes stay focused on their response, not the setback. Instead of spiraling, they breathe, reset, and move forward with purpose. This controlled mindset helps them bounce back faster, compete with clarity, and turn every challenge into a chance to grow stronger.