

THE MENTAL★MINUTE

The Mental Minute – Issue #11 December 2025



ATHLETE SPOTLIGHT:
VINNIE SERIO
PRIME BASEBALL CLUB

HOW BODY LANGUAGE CAN
BUILD CONFIDENCE &
IMPROVE COMPOSURE

QUICK TIPS
YOU CAN USE
- PG 2

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 body language, one of the most powerful (and controllable) performance skills in sports. Long before words or results show up, body language tells the story of an athlete's confidence, focus, and readiness to compete.

Body language influences how you feel, how others respond to you, and how well you perform under pressure. In this issue, we'll break down how strong body language helps athletes reset faster after mistakes, compete with confidence, and stay focus on the controllables, and connected to the moment 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.



Contact Us:
312-600-7965
www.primementalperformance.com

Topic of The Month: **Body Language**



COACH DANNY, MPM

WHAT IS BODY LANGUAGE? Body language is the physical expression of your mindset and how you carry yourself through posture, eye contact, energy, and presence. It communicates confidence, focus, and readiness before a word is ever spoken. When athletes learn to control their body language, they send a clear message to themselves and others that they are composed,

confident, and prepared to compete.

WHY IT MATTERS Body language matters because it directly impacts how you feel, how teammates and opponents respond to you, and how you perform under pressure. Strong body language helps athletes stay calm in tough moments, reset faster after mistakes, and remain engaged throughout competition. Instead of letting emotion take over, athletes who control their body language stay grounded in the moment and compete with confidence and purpose.

HOW TO TRAIN IT Use body language as part of your daily routine. After mistakes, take one calm breath, reset your posture, and lift your eyes to signal readiness for the next play. Pair strong body language with the WIN mindset by focusing on what you can control—effort, focus, and response. Each time you see your Prime WIN bracelet, check your posture, eye line, and energy. After practices or games, reflect on one moment where you showed

strong body language and one moment you can improve. Over time, these habits build confidence, sharpen focus, and help athletes compete with composure and intent.

As athletes continue to train strong body language, the benefits extend far beyond performance. Positive posture and presence build trust with teammates and coaches, reinforce leadership, and create internal confidence rooted in preparation.

Remember, strong body language isn't just how you look—it's how you lead, compete, and perform.



Above: Juan Soto shows confident body language in the batter's box at the MLB All Star Game.

Quick Tips You Can Use: **Body Language**

PARENTS TIP: Help your athlete build strong body language habits by praising what you can see—posture, effort, hustle, and engagement. Before games, remind them to keep their “head up and shoulders back.” After games, ask: *When did you show strong body language today? When could it have been better?* Reinforcing visible behaviors helps confidence grow naturally.

BODY LANGUAGE

Body language is a performance skill you can train every day through simple, repeatable habits. Here are a few practical tips you can start using right now to build confidence, composure, and focus:

SET YOUR POSTURE BEFORE EVERY PLAY

Before stepping in, taking the field, or backing up a teammate, check your posture. Stand tall, shoulders back, eyes up. Strong posture sends a message of confidence to your brain and shows others you're ready to compete.

RESET YOUR BODY AFTER MISTAKES

Mistakes happen, but how you respond matters. After an error or tough at-bat, take one calm breath, fix your posture, and move with purpose to your next spot. No slumped shoulders, no head down. Reset your body to reset your mind.

USE BODY LANGUAGE TO STAY LOCKED IN

Your body language should match your effort and focus. Hustle on and off the field, stay engaged between plays, and show positive energy in the dugout. Consistent body language keeps you present, confident, and connected to the game.

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

VINNIE SERIO P

PRIME BASEBALL CLUB

MEET VINNIE: Vinnie Serio is a youth athlete known for his energy, confidence, and growing leadership on his team. Whether it's practice or a game, Vinnie shows up ready to compete, with strong body language, a positive mindset, and a willingness to do the work. His coaches consistently point to his effort, attitude, and ability to stay engaged as key reasons he continues to grow as both a player and teammate.

STORY: For Vinnie, mental performance starts with controlling his body and his breath. When the situation gets tough or fatigue sets in, he uses breathing control to reset his energy and stay focused. That calm, intentional approach shows up in his posture, presence, and effort, especially during challenging moments.

Vinnie's positive body language doesn't change when things don't go his way. He keeps his head up, stays encouraging, and continues cheering on teammates. One moment that stands out came during a Fall Ball game when Vinnie started 0-for-3 with a groundout and two strikeouts. Instead of getting frustrated, he stayed confident.



Vinnie Serio Prime Baseball Club

Before his final at-bat, he reset, lifted his posture, and told himself, *"You got this."* That mindset—and body language—led to his first career home run, helping his team win the game.

GOALS: As a young leader on the Prime Baseball 11U team, Vinnie takes pride in leading by example. Vinnie's focus moving forward is staying confident, using his breathing to manage energy, and continuing to lead through positive body language. By staying focused, having fun, and trusting his preparation, Vinnie is learning that strong body language is a powerful tool, that helps him compete with confidence and bring out the best in himself, and his teammates.



Contact Us:
312-600-7965
www.primementalperformance.com

Using Body Language to **WIN** - 3 Key Takeaways



1. Body Language Builds Confidence

How you carry yourself impacts how you feel. Standing tall, keeping your eyes up, and moving with purpose sends a message to your brain that you're ready to compete. Confident body language helps athletes stay calm, focused, and prepared, especially during pressure moments.

2. Strong Body Language Helps You Reset Faster

Mistakes are part of the game. Athletes who use positive body language bounce back quicker by controlling their posture and breath after errors.

3. Body Language Elevates Teammates

Energy is contagious. Hustle, engagement, and positive presence lift teammates and strengthen team culture. Athletes who lead with strong body language build trust, show resilience, and create momentum—helping the entire team compete at a higher level.