

THE MENTAL★MINUTE

The Mental Minute - Issue #3 | April 2025



COACH SPOTLIGHT:

GABE GAGE

PRIME ATHLETIC CLUB

**HOW ROUTINES CAN HELP YOU
STAY LOCKED IN WHEN
IT MATTERS THE MOST**

Coach Gabe Gage
Player Development Coach
Prime Athletic Club

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

WELCOME to the April edition of The Mental Minute! We are excited to continue sharing valuable insights into mental performance training and how small, intentional habits can lead to major breakthroughs in your game.

In this issue, we'll dive into the critical role that routine plays in developing elite-level consistency and mental toughness. Routine isn't just about repetition—it's about creating structure you can trust when the pressure is high, and the game is on the line.

By building strong routines, you'll reduce overthinking, sharpen your focus, and develop the ability to bounce back quickly from setbacks. A great routine anchors you to your process, boosts your confidence, and helps you show up as your best self both on and off the field.

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: Routines

ROUTINES are some of the most powerful and reliable tools an athlete can develop to enhance performance. It's more than just a series of habits—it's a personalized system that creates structure, consistency, and discipline. A strong routine can be the difference between showing up to compete with confidence or feeling scattered when it matters most.

WHAT ARE ROUTINES? Routines are a set of actions and mental cues an athlete practices consistently to prepare for and use during competition.

It could be a pre-game warm-up, a between-pitch reset, or a breathing ritual before stepping into the batter's box.

Well-crafted routines are built on process, repetition, and self-awareness, to give athletes a foundation they can trust, especially when pressure rises.

WHY ARE ROUTINES IMPORTANT?

Routine strengthens the connection between preparation and performance. It creates a sense of control, even in unpredictable game and tournament environments.

When athletes follow a consistent routine, they reduce overthinking, regulate nerves, and build confidence through repetition.

PAUL SKENES is renowned for his meticulous pregame routines, which have captivated fans and analysts alike. His regimen includes dynamic exercises like overhead band stretches to activate his lats and obliques, and drills with a water-filled bag to enhance core stability and sequencing. Skenes also incorporates football throws to promote athleticism and varied arm angles. These unconventional methods, developed during his time at LSU, are designed to optimize performance and prevent injury. Skenes' commitment to routine exemplifies how structured preparation can elevate an athlete's game to elite levels.



Above: Even at the highest level, elite athletes like Paul Skenes rely on consistent routines to stay sharp, focused, and ready to perform when it matters most.

"I'm big on routines." – Paul Skenes

Quick Tips You Can Use: Routines

PARENTS TIP: Help your athlete develop strong routines by encouraging consistent pre-practice and pre-game habits. Simple actions like a structured warm-up, focused breathing, or visualizing success can create a sense of calm and readiness. Routines provide athletes with something steady to rely on during high-pressure moments, helping them stay grounded, confident, and composed.

Routine is a skill that can be developed daily, both in and out of competition. With consistent effort and intentional practice, athletes can build routines that create structure, sharpen focus, and enhance performance in every area of life. Here are 3 tips you can use:

BOOKEND ROUTINE Start and end each practice or game with a consistent routine. A strong pre-practice warm-up and a structured post-practice reflection build a sense of process, discipline, and mental preparation.

"RESET BUTTON" Create a personal "reset" movement to use after mistakes—like tapping your glove, tugging your jersey, or adjusting your hat. This simple, repeatable action signals your brain to reset and refocus for the next play.

VISUAL PRE-PLAY Before each pitch or play, take 3 quick seconds to visualize yourself succeeding. Seeing success in your mind sharpens your focus, boosts confidence, and primes your body to perform.

Upcoming Training Opportunities

EVENT	DESCRIPTION	LOCATION	SIGN-UP
Confidence Clinic	In-person clinic at focused on building and strengthening confidence for peak performance.	Your Location	Book a Clinic
1-on-1 Training	Personalized one-on-one mental performance coaching sessions tailored to your specific goals and needs.	Online	Book a Session
Warrior Academy	Intensive training program designed to equip athletes with essential mental performance skills. Stay tuned for dates and registration details.	Online	Join Now

COACH SPOTLIGHT

GABE GAGE 
PRIME ATHLETIC CLUB

MEET: Gabe Gage, a standout former catcher and the new Player Development Coach at Prime Athletic Club, opening summer 2025 in Forest Park. Gabe's journey from top-tier collegiate athlete to elite-level coach highlights his deep passion for player growth—both mentally and physically.

STORY: Gabe's baseball journey began behind the plate, where he developed the mindset, work ethic, and discipline that defined his collegiate career. As a catcher at the NCAA level, Gabe embraced the physical demands of the game while sharpening the mental side needed to lead a team from behind the dish. His experiences at the college level now directly shape the drills, routines, and preparation he teaches young athletes.

Known for his belief in the power of routine, Gabe designs player development plans that focus on building mental toughness, consistency, and structure. Before adjusting mechanics, he works with athletes to first address their mindset—believing that mental



Coach Gabe Gage

preparation unlocks physical execution. Gabe's coaching style is built on the foundation that strong routines reduce overthinking, build confidence, and empower athletes to perform under pressure.

Beyond physical training, Gabe emphasizes intentional habits like pre-play visualization and in-game reset strategies, helping players find composure even in the toughest moments. His approach has made an immediate impact at Prime Mental Performance and will play a pivotal role in the launch of Prime Athletic Club's programs.

NOW: Coach Gabe is currently coaching for Top Tier Baseball and will lead Player Development at Prime Athletic Club beginning summer 2025. Learn more about the club here: www.primeathleticclub.com.

Using Routines to **WIN**- 2 Key Takeaways



1. Routines reduce overthinking and build confidence through repetition.

Having a consistent pre-practice, pre-game, or in-game routine gives athletes something reliable to focus on. This repetition creates confidence by removing uncertainty and letting preparation take over, especially when pressure is high.

2. Game-day routines help regulate nerves, promote consistency, and trigger a process athletes can trust.

By establishing a structured game-day routine—such as a specific warm-up, mental reset, or visualization drill—athletes create a dependable process they can fall back on. When nerves or adversity strike, their routine keeps them focused, grounded, and ready to perform at their best.