



YOUR GUIDE TO BECOMING THE COMPLETE ATHLETE

Every game is developing something.

Your performance.

Your confidence.

Your resilience.

Your identity.

The question isn't
whether you're growing.

It's who you're becoming.

BUILD BETTER ATHLETES.
DEVELOP BETTER PEOPLE.



THE ATHLETE YOU'RE BECOMING

Every practice develops more than your skills.

Every season shapes more than your performance.

Whether you realize it or not, you're becoming someone.

The question isn't whether you're growing.

It's who you're becoming.

Long after your final game, the person you become will still be with you.

That's why developing the Complete Athlete isn't just about becoming a better competitor.

It's about becoming a stronger person.



Thank you for taking a few minutes to explore this guide.

My hope is that it helps you become not just a stronger athlete, but a stronger person.

Wherever you are in your journey, I'm glad you're here.

–Scott Roussell
After We Play
Founder



EVERY ATHLETE IS PLAYING TWO GAMES

One is the game everyone can see.

The other is the game only you experience.

One is measured by the scoreboard.

The other is measured by who you're becoming.

The first game develops your performance.

The second develops your confidence, resilience, identity, and purpose.

Both matter.



**But only one stays with you long
after the final whistle.
That's why we believe the
strongest athletes develop both.**



WELCOME TO AFTER WE PLAY

The strongest athletes aren't simply the ones who perform at the highest level. They're the ones who continue growing through every practice, every challenge, every setback, and every victory.

Every resource inside **After We Play** was intentionally designed to help you strengthen both games.

Some will help you understand yourself.

Some will help you build healthier habits.

Some will connect you with other athletes.

Some will challenge the way you think.

Together, the nine resources that follow create a roadmap for becoming the Complete Athlete.

**Welcome to the
journey.**





01

THE ASSESSMENT



Your starting point for understanding the athlete you're becoming.

WHAT IT IS

The Assessment helps you discover where you are today, identify your strengths, and uncover opportunities to grow, both on and off the field.

It's quick, easy, and designed for athletes just like you.

INSIDE THIS RESOURCE

- ✓ Personalized Athlete Profile
- ✓ Recommended Next Steps
- ✓ Strengths
- ✓ Progress Tracking
- ✓ Growth Opportunities
- ✓ Actionable Insights

TRY IT NOW



What part of your mental game feels strongest today? What part feels ready to grow?

WHY IT MATTERS

When you understand where you are, you can make better decisions, build with intention, and grow with confidence. Self-awareness is your competitive advantage.



02

THE INVISIBLE GAME



Understanding the challenges
nobody else can see.

WHAT IT IS

The Invisible Game helps you recognize the mental and emotional challenges that can impact your performance and well-being. You'll learn to navigate pressure, build confidence, and strengthen your mindset for every moment that matters.

INSIDE THIS RESOURCE

✓ Guided Reflections

✓ Athlete Stories

✓ Mental Performance Tools

✓ Confidence Builders

✓ Practical Exercises

✓ Mindset Strategies

TRY IT NOW



What challenge are you carrying today that nobody else can see?

WHY IT MATTERS

You can't always control what happens in the game, but you can control how you respond. Mastering your Invisible Game is where strength is built.



03

THE HUDDLE



Find encouragement.
Strengthen connection.

WHAT IT IS

The Huddle is your community.

It's a place to connect with other athletes, share experiences, celebrate wins, ask questions, and remember you're never navigating the journey alone.

INSIDE THIS RESOURCE

- ✓ Team Discussions
- ✓ Athlete Spotlights
- ✓ Shared Conversations
- ✓ Supportive Relationships
- ✓ Encouragement
- ✓ Leadership Opportunities

TRY IT NOW



Who has encouraged you the most in your athletic journey?

WHY IT MATTERS

When you understand where you are, you can make better decisions, build with intention, and grow with confidence. Self-awareness is your competitive advantage.



04

THE INNER CIRCLE

Your people.
Your support.



WHAT IT IS

The After We Play Inner Circle is the only peer-to-peer support network in the world dedicated to athletes.

The relationships you develop there provide encouragement, accountability, perspective, and support.

INSIDE THIS RESOURCE

- ✓ Small group Connections
- ✓ Accountability
- ✓ Trusted Mentors
- ✓ Belonging
- ✓ Peer Support
- ✓ Honest Conversations

TRY IT NOW

Who are the people you trust most when life gets difficult?



WHY IT MATTERS

No one succeeds alone.

The strongest athletes intentionally build relationships and share experiences that help them grow through every season.



05

STILL POINT

Be still.
Find clarity.



WHAT IT IS

Still Point creates space to slow down.

Through reflection, mindfulness, and intentional pauses, you'll learn to quiet the noise and reconnect with what matters most.

INSIDE THIS RESOURCE

✓ Mindfulness Practices

✓ Stress Management

✓ Breathing Exercises

✓ Centering Techniques

✓ Connection to Your Power

✓ Personal Reflection

TRY IT NOW

When was the last time you gave yourself permission to simply be still?



WHY IT MATTERS

Clarity often comes when everything else becomes quiet.

Stillness isn't stopping your growth, it's strengthening it.



06

TRAINING TABLE

Fuel your whole self.



WHAT IT IS

Training Table helps you build habits that strengthen your body, mind, and recovery.

Small daily choices become the foundation for long-term performance.

INSIDE THIS RESOURCE



Nutrition
Guidance



Sleep



Hydration



Healthy Habits



Recovery
Strategies



Performance Fuel

TRY IT NOW

What's one healthy habit you could improve this week?



WHY IT MATTERS

The way you care for yourself today affects the way you'll perform tomorrow.

Healthy habits create consistent results.



07

ATHLETES SPEAK

Real stories.
Real impact.



WHAT IT IS

Athletes Speak gives you the opportunity to learn from others who have experienced many of the same challenges you're facing.

Their stories remind you that you're not alone.

INSIDE THIS RESOURCE

- ✓ Athlete Interviews
- ✓ Different Perspectives
- ✓ Inspiring Stories
- ✓ Growth Mindset
- ✓ Lessons Learned
- ✓ Opportunity to Share Your Story

TRY IT NOW

Whose story has inspired you to keep going?



WHY IT MATTERS

Stories connect us.

Sometimes hearing someone else's journey helps you better understand your own.



08

THE FIRST WHISTLE



Start the day.

Declare your purpose.

WHAT IT IS

The First Whistle helps you begin each day with intention.

Simple daily practices prepare your mind before competition, school, training, or whatever lies ahead.

INSIDE THIS RESOURCE

- ✓ Morning Mindset
- ✓ Peace & Energy
- ✓ Daily Intention
- ✓ Game-Day Habits
- Preparation
- ✓ Rituals
- ✓ Self-Reflection

TRY IT NOW



What mindset do you want to bring into today?

WHY IT MATTERS

The way you begin your day often shapes the way you experience it.

Purpose starts before the first whistle.



09

MINDFLOW



Additional professional support when you need it.

WHAT IT IS

Mindflow is a strategic partner available through After We Play. It is a specialized mental health and sports psychology platform. Athletes who choose to subscribe gain seamless access to professional clinical tools and resources that support emotional well-being, stress management, and personal growth.

INSIDE THIS RESOURCE

- ✓ Guided Self-Help
- ✓ Stress & Anxiety Support
- ✓ Mental Wellness Tools
- ✓ Personal Growth
- ✓ Professional Clinical Resources
- ✓ Emotional Well-Being

TRY IT NOW



What part of your mental well-being deserves more attention right now?

WHY IT MATTERS

Asking for support is a sign of strength.

Mindflow provides another layer of care that complements your journey with After We Play.



MORE TO EXPLORE

Additional tools, insights, and communities within the After We Play platform.

THE DRIVE HOME

The conversations after practice or competition often have the greatest impact.

The Drive Home offers guidance to help parents and athletes connect, reflect, and grow together.

THE PERSPECTIVE BLOG

Fresh articles, stories, and insights from coaches, athletes, parents, and experts exploring the challenges, opportunities, and lessons that shape the Whole Athlete.

THE AFTER WE PLAY PODCAST (COMING SOON)

Real conversations with athletes, coaches, parents, and thought leaders about the invisible side of sport. Hear stories, practical advice, and perspectives designed to inspire growth on and off the field.

THE LOCKER ROOM

A private online community created exclusively for participating teams and clubs.