



# Baseball Canada Long-Term Participant Development



## Stage 6: Train to Win (Ages 23+)

At this stage, athletes are competing at the highest possible level. Support shifts from development to sustaining performance, well-being, and life balance under intense pressure.

### Coaches of Male Professional Players (MLB)

Your players are now performing in a results-driven environment where performance is evaluated daily and public scrutiny is constant. While financial stability may be present, the emotional demands are significant.

- **Celebrate the journey:** Enjoy your athlete's opportunity to make a living playing a game they love at the highest level.
- **Support through ups and downs:** The major leagues come with daily performance pressures and public scrutiny. Offer steady encouragement, understanding their experience is unique and sometimes stressful.
- **Help manage the spotlight:** Be a safe space for your athlete as they handle media attention, fan expectations, and personal challenges.
- **Promote balance:** Remind them of the importance of rest, recovery, healthy habits, and staying connected with family and friends outside baseball.

### Coaches of Female International Players

Your athlete is competing at the highest international level, often with limited financial support and fewer professional opportunities. Family backing is therefore especially important.

- **Embrace her achievement:** Competing internationally is an incredible accomplishment - celebrate her commitment even if there is little financial reward.
- **Provide emotional and logistical support:** Elite female athletes often juggle intense training with limited resources. Your encouragement, practical help (like travel or fundraising), and belief are vital.
- **Recognize unique demands:** Understand that international competition involves high expectations with less external recognition. Be patient during challenging times.
- **Encourage life balance and well-being:** Help her prioritize self-care, education/careers beyond sport, and maintaining connections with community and culture.

Whether in professional leagues or on the world stage, your ongoing positivity helps your athletes stay resilient - and thrive in sport and in life.