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## [MY ENERGY GAME](#)



**Welcome back to YOUR energy game update**

Apologies for the wait but we're back to give you an update on our  
activities over the summer period

This summer has been full of inspiring stories across different sporting  
environments:

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**The hard work and dedication of the athletes for the Olympics**

**The heroes of the Paralympics**

Events like these embody the energy of sport itself, where coming together has never been more important when considering the periods of isolation and time apart from close ones

As pre-season comes to a close, we bring you the latest as My Energy Game kick-off in the new season

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## [Putting mental health first](#)



A story that has resonated greatly with us is US gymnast Simone Biles deciding to safeguard her own mental health

The most decorated gymnast of her generation, Simone decided to withdraw out of the women's gymnastic team final to focus on her mental health and to protect her body as well

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While the focus on mental health is certainly prevalent in sport, many fail to recognise or remember that all athletes are humans first

From Simone's decision, we can reflect and learn that sometimes the best option for us is to take a step back and remove ourselves from any pressures we may be facing

## PODCAST UPDATE



Three new episodes feature in our summer edition of podcasts:

We welcome Andy Etches, co-founder and sporting director of Rezzil to discuss:

### 'Virtual Reality in football'

Head of performance and well-being at West Ham United Women, Jen Coady talks:

### 'Performance through wellbeing'

International scout Daniel Lopetegui provides insight into the mindset of a scout:

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## **OUT NOW!**

A good friend in Daniel Lopetegui joins Edu for a perspective-changing conversation on a scouts mindset

### **'Want to earn a contract? Work on your well-being'**

Daniel and Edu discuss the importance of having balance in your life

Scouts consider your wellbeing and your mindset as more and more clubs are becoming aware of the importance of players health and well-being

Young players should care about working on their mental health as this would lead to improvements on the pitch and in the perspective of the clubs, is a trait that is examined when deciding to offer a player a contract

On some occasions, footballing ability alone has not been enough to secure a contract

Check out our website to see how you can add another level to your game

Tune in to gain more insight from Daniel's experiences as a scout

Click here to [listen on our Website](#)  
OR [here on Spotify](#)

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## **IN CASE YOU MISSED IT!**

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We have a new guest in Jen Coady who joins Edu for an interesting conversation that athletes and coaches can both enjoy and relate to

## 'Performance through well-being'

Jen breaks down the meaning of performance and well-being in sporting environments

In competitive sport, success is often valued at winning  
However what happens when good performances do not result in a win?

Your own journey makes your success

Focusing on your well-being and developing your mind is a trait that will help you push through difficult times

Knowledge is power, go and experience new things, develop your understanding and share these with people who can help you on your journey

Empower and enable yourself to develop your understanding  
You can start that development by listening to the episode now!

Check it out [here on our Website](#)  
OR [here on Spotify](#)

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## [THROWBACK EPISODE](#)

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Back towards the end of July, Edu was joined by Andy Etches for an exciting conversation about the future of football

## 'Virtual Reality in football'

In our previous updates, we have directed you to the work done by Rezzil but we were lucky enough to have a representative in Andy to provide a deeper insight into what can be achieved with virtual reality technology

Edu and Andy discuss key questions such as

- The purpose of VR in football?
- How does VR enhance your cognitive training?
- Can it benefit injured athletes?

Tune in to find out the answers to these questions and more!

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## [Point of Interest](#)

An update from our friends at Rezzil



Our friends over at Rezzil are renowned for the development of elite footballers through their platform

We are delighted that one of our very own, Edu Rubio, has become a part of the team at Rezzil as an index coach

Rezzil's technology is used across the world and aims to build resilience in athletes

**Check out how you can improve your performances with virtual reality like the pros!**

[Click here for more on Rezzil](#)

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All of us from My Energy Game would like to thank you for your continued support

We are very grateful to have had worked with people who share our passion and can not wait to get started in the new season

Our newsletter will return to our monthly schedule so keep an eye out for future updates

Just one last thing from us...  
Raise your energy, Raise your game!

Follow us on our socials to receive regular updates!  
Feel free to ask any questions through @MyEnergyGame1 on Twitter  
and @myenergygame on Instagram

Email us at:

[Info@myenergygame.net](mailto:Info@myenergygame.net)



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