A theatrical production exploring the mental health of young athletes.
A theatre show and workshop.

The Cost of a Player was written and developed by Alex Gwyther in partnership with The Premier League to highlight the importance of mental well being amongst young footballers. It is designed to raise the issue of mental health, whilst promoting discussion and awareness. The show lasts approximately 35 minutes and will be followed by an hour workshop.

WORKSHOP: In the workshops we use familiar concepts related to football to ensure the players are engaged, whilst giving them a stimulus they can grasp on to. The aim of the workshops is to:

- ensure the players are aware of the importance of their mental fitness as athletes
- teach them exercises to maintain good emotional and mental wellbeing on and off the pitch
- make them aware as to who they can talk to and approach if they are suffering
- equip them with the tools and knowledge to make decisions which will ensure they have fulfilling careers

SHOW: We follow Dan and Matt, two young players on the verge of starting their careers. They’ve won the league and the cup final is coming up. It’s the biggest game of their lives as there’s scouts coming - from proper clubs! This is their chance to show them what they can do. Through theatre and spoken word storytelling, we see how will they cope with pressures on and off the pitch?

ALEX GWYTHER - Writer/Actor
Alex Gwyther is a writer, actor and educator. He has performed and toured extensively across the UK, and has toured his work into Europe and America. His work has been featured on XFM, BBC Radio 2 and has been published by Nasty Little Press, Burning Eye and Oberon. He has been specially commissioned to write for a number of organisations, businesses and charities and his client list includes: BBC Radio 1, The Premier League, Transitions Global, MasterCard, the Book People and Transitions Global.
He also works in schools delivering plays and workshops on PSHE issues such as mental health, relationships, change and bullying.

LISA SCHULBERG - Director
Lisa Schulberg and Tip of the Iceberg Theatre Company have been developing and delivering inspiring and informing work for the last 18 years. Our work has spanned education, public sector commissions and corporate campaigns. We believe that whoever takes part in our projects should experience the highest quality performances and workshops that support their mental and physical wellbeing in a nurturing and empowering environment. The work of the theatre company is extremely diverse, yet always strives to take audiences on an exciting journey, encouraging them to look beyond the surface, and to empower them to make positive change in their lives.

With PAUL DAVIDSON - Actor