

ATHLETE BY DESIGN™

Ready to Play™

Sample Report

Platform Taken On : -

Date & Time Taken : 09.12.2013 11:25 PM (Eastern Time)

Assessment Duration : 2 Minutes

Competency	Score
1. SELF CONFIDENCE:	9.4
2. MENTAL TOUGHNESS:	8.8
3. COACHABILITY:	8.4
4. TEAM PLAYER:	8.1
5. COMPETITIVE FIRE:	8.0
6. GAME INTELLIGENCE (judgement capacity):	7.9
7. FOCUS:	7.6
8. SELF MOTIVATION:	7.0
9. SELF-DISCIPLINE:	6.8

1. GAME INTELLIGENCE (judgement capacity):

How well do you understand the demands of the game and the demands of the position you play?



This is a general measure of your ability to identify and judge relative value in your sport. This summary score reflects your clarity and mental ability to understand the three primary dimensions of external sports value:

1. The holistic & interpersonal (teammates & all players in the game context)
2. Practical sports functions (play execution & performance)
3. The purpose of plays, game rules, plans and discipline.

This overall score is about the three-dimensional mental judgment capacity of playing the game and reflects how well you understand and integrate what the game is all about.

High scores indicate a clear and definite understanding of the game, and a stable, realistic and balanced view of game reality. Players with high scores will integrate the sense of the purpose of each play, full engagement in play execution, and have a high level of passion for playing the game. This helps you to maintain a high-level, integrated focus throughout the entire game.

2. TEAM PLAYER:

Do you put the team needs ahead of your own?



This score measures your ability to relate to your teammates and to actually perform player tasks as a team player with good sportsmanship. This score also measures your degree of familiarity and active involvement with the team, game flow, and other players in their functional roles as a well-integrated team unit

High scores indicate you know what to do and when to do it, and that you have the capacity to adjust smoothly to changing organizational, practical, and/or interpersonal situations with emotional stability and mental clarity. You are a player who demonstrates team spirit and feels comfortable with your team mates, totally engaging yourself in the game, putting the needs of the team ahead of your own. You also value fair play and good sportsmanship and tend to be highly competitive, valuing winning and recognition for team achievement, with the tendency to elevate the team vs. yourself. At the same time, you maintain objectivity, and don't come down on your teammates too hard if they make mistakes. You prefer constructive criticism instead of being punitive.

3. MENTAL TOUGHNESS:

Do you have the ability to endure the present in order to reach your clear future objectives?



This score measures the quality of your mental concept of being an athlete, and reflects your degree of tenacity to reach your sports performance goals with an attitude of constant improvement

High scores: indicate you have a clear, strong game-self identity; you work toward your goals with high energy and drive, and you have the discipline, determination and persistence to win and maintain a winning attitude. You are totally committed to your game, with full, active engagement. You are highly resilient, adapt well to changes, see no real obstacles to your success, make very few mistakes, and handle setbacks and failures well with a full-speed ahead mentality.

4. SELF-DISCIPLINE:

How well do you adhere to a practice and training routine and control your behavior and desires in order to achieve your goals



This score measures the ability to control your thoughts, emotions, and behaviors that could potentially distract you from achieving your goals. It includes your ability to remain focused on the task at hand and your degree of freedom from internal and external distractions.

Moderate scores: If you score in the moderate range, you are saying that your practice and training routines and rituals are not strict or consistent enough, and do not properly prepare you for playing at your best at all times. This is an indication that you need to revise your training and practice preparatory habits to better meet your game-readiness needs.

5. COACHABILITY:

How well do you take instruction from others?



This score measures your willingness to allow other individuals to help you improve your game.

High scores indicate a strong internal motivation for self improvement. You have an intense desire to learn and do more to better utilize and further develop your athletic potential. You tend to have a positive, cooperative attitude toward authority figures like coaches and trainers, and are open and willing to take directives and criticism, even asking for (and taking) advice on how to most effectively improve your performance.

6. SELF MOTIVATION:

What is the quality of your present drive & desire to improve?



This score measures your ability to satisfy your own desires and goals without external validation or being influenced by another individual.

High scores indicate that you try to live up to a very high set of self-standards you constantly raise the bar on yourself. You have the inner desire and motivation to improve; you agree you have a lot of undeveloped potential within, and you desire to bring it into reality you continuously work on improving yourself and your game through learning more, setting new and higher performance goals, being super-driven and fully, actively engaged in reaching for higher levels of athletic accomplishment.

7. SELF CONFIDENCE:

Do you have a positive attitude and believe in yourself and your abilities to achieve your goals?



This attitude score measures your belief and reliance in yourself and your abilities to perform your best.

High scores reflect a strong, clear understanding of the self-worth you have as a good player an awareness of your unique and irreplaceable self; you understand your strengths and weaknesses well, and have a high level of faith in yourself and your abilities to deliver outstanding athletic performance on a consistent basis. You feel that training and practice have brought out your best, and you disagree that your performance has problems or deficiencies. You identify with your game role and fully apply yourself to your position. You get a deep sense of personal satisfaction and fulfillment from your game role and love working hard to maintain game-readiness; you believe you are a high performer and you actively engage with your team with the knowledge that you are a good player.

8. FOCUS:

How well do you maintain task-specific concentration throughout the game?



This is a measure of your ability to focus full attention on the task(s) at hand in spite of all distractions, both external and internal.

High scores indicate that you are a player who is not easily distracted you work and play with consistency and intensity, and you dont like to be disturbed or interrupted. You clearly understand and value the cause and effect action aspects of the game and you know what to do and when to do it. You are fully engaged and targeted in the right direction.

9. COMPETITIVE FIRE:

Is your desire to succeed greater than your fear of failure?



This attitude score measures your drive to go all out and to compete against yourself and others.

High scores indicate full mental and emotional engagement with game play you know what is expected of you and what you expect of yourself. You tend to have an overactive game conscience, with strong or even excessive emphasis on meeting or exceeding standards and sticking with the game plan. Your attitude toward personal team success is very positive, while you likely to not dwell on personal team failure, this is a strong indicator that you have a will to play to win versus a will to play to avoid losing attitude. You focus on playing the game well and right, and are willing to take risks to win versus a mistake-avoidance (no-risk) focus.
