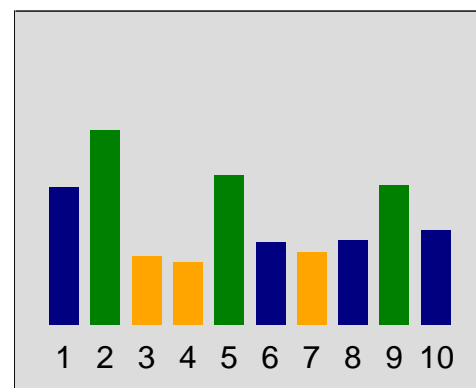


# Athlete By Design



Ready To Play Profile- XXXX XXXXXX

Ready To Play Pattern

## GAME INTELLIGENCE (judgment capacity)

Your Score is: **Moderate**



*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, as well as in the overall world of sports. 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/coaches 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 (close to equal development in all dimensions) will integrate the sense of purpose of each play, poise, and 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, with purpose, poise and passion.

**Moderate** scores indicate a fairly good (average) understanding of the game, though you may focus more clearly on one or two dimensional areas of the game, vs. all of them. If one dimension is less developed than the other two, or two better developed than one - there is an imbalance in judgment and focus. These imbalances often reveal a lower than desirable level of understanding or engagement - a target area for coaching and development.

**Low** scores indicate a degree of uncertainty and confusion about the game, or certain aspects of it. You may be out of touch with key aspects of the game, or have difficulty focusing on certain areas, which can result in varying degrees of anxiety, and restrict you from playing to your full potential.

## TEAM PLAYER

Your Score is: **High**



*Do you put your team's needs ahead of your own?*

This score measures your ability to relate to your teammates and your capacity to understand game plays consisting of individual tasks and how they relate to play function, and to actually perform the directed play routines 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. It also reflects your level of adaptability and selflessness.

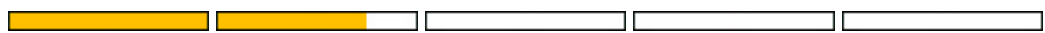
**High scores** indicate you know what to do and when to do it, and that you have the capacity to adjust smoothly to changing organizational, practical and/or interpersonal situations with emotional stability and mental clarity. You are a player who demonstrates team spirit and feels comfortable with your teammates, 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.

**Moderate scores:** If you score in the moderate range, you are demonstrating that even though you show desirable talent and ability, you have a degree of uncertainty about exactly how to execute a given play, where and how to move and respond to changing game circumstances. This need to develop more of your potential and crystallize it is an area to be addressed by your coach and/or trainer. You may flip-flop between putting the needs of the team or your own needs first.

**Low scores** indicate impatience or confusion regarding team and game realities, as well as a lack of team spirit, and resistance to getting fully involved in game play. You may take success aspects for granted and lack good sportsmanship, and you may not care enough about game-readiness, following the game plan and fair competition. You tend to desire recognition for your personal accomplishments vs. those of your team, elevating yourself and your performance more than the team. This could have a negative impact on your capacity to adapt to team changes and on your game consistency because you may be self-centered, or you may be cautious, fearful or skeptical, and blame others for your problems. You may also have the tendency to magnify your teammates' errors, making them worse than they really are.

## MENTAL TOUGHNESS

Your Score is: **Low**



*Do you have the ability to cope with 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 the degree of mental toughness and tenacity to reach 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.

**Moderate scores:** If you score in the moderate range, you are saying that you may not have a super-clear or strong game self-identity. You may not be 100% dedicated to your sport or position. This uncertainty will likely be resolved over time, but lack of full dedication and drive may have a negative impact on your capacity to handle current setbacks and failures, and could disable you from keeping your eye on your future target or goal, because you still lack the clarity, consistent discipline, and resilience necessary. If you are inconsistent in any of these areas, you may magnify past mistakes or errors you have made, which impedes your capacity to adapt and move full-speed ahead. Your mental toughness will increase along with the clarity and intensity of your sports self-identity.

**Low scores** signify passive engagement and the lack of energy, discipline, persistence, and drive due to vague or conflicting goals, or in some cases, incapacity to play as a result of being injured. This can cause confusion about your game self-identity, and negatively impact your versatility. You may feel powerless, and lack the resilience needed to overcome the problems and barriers standing in your way to game success, and do not handle regressions or failures very well.