

Parent REPORT

Sports Psychologist Analysis

Personal Nature Relationships Motivation & Interests Mental Characteristics Practice Habits Performance

Personal Nature

This section describes Ramon's inner makeup, including Ramon's personal outlook, emotional makeup, and other personal tendencies. Some of this may not be obvious to the casual observer. Think of this as an inner view of Ramon.

Custom Personal Nature Advice

Ramon has an average ability to handle pressure. During the most trying of times, some encouragement and positive comments from others can help, especially family members. Usually he is not moody but when times are tough, he shows some emotions.

A positive outlook is indicated by Ramon's results. This outlook is related to handling pressure but a bit different. It is both internal and external. Internally, he feels he has control over things and a positive view of self. Externally, he views the world as a good place and most situations or events are seen in a positive light. This results in a fairly thick skin and inner confidence. This helps him handle some criticism and he should be able to bounce back from a mistake quickly.

Ramon practices some restraint when making personal decisions or taking action. However, he does not see rules as absolute which makes it easier to rationalize why a rule can be bent.

Ramon typically projects a genuine image. This makes it easier for others to find out what he is truly thinking or feeling.

Suggested Activities

- Help him keep things in perspective and manage stress.
- Make sure he is being realistic when dealing with people and situations.
- Stress which rules and boundaries are set in stone, if not then it could quickly turn into "you gave him an inch and he took a mile."
- It best for everyone to be open, sincere and genuine.

Sports Psychologist Analysis for Parent

Dr. Robert Troutwine's parent-facing analysis and advice for improving athlete performance in 6 key topics that are applicable to parents and coaches to guide the athlete.

Trait Analysis

13 traits tied to athlete success (Performance Traits) measured by the TAP are graded as Novice, Competitive, or Elite when compared to their peers, with a link to the athlete's development plan.

<p>ELITE 94</p> <p>MENTAL TOUGHNESS</p> <p>Ability to perform well under adversity</p> <p>GRIT - 78</p> <p>MOTIVATIONAL DRIVE - 95</p> <p>COMPOSURE - 66</p> <p>CONFIDENCE - 77</p> <p>Mental Toughness Leaderboard</p>	<p>NOVICE N</p> <p>COACHABILITY</p> <p>Willingness to readily apply coaching from others</p> <p>GROWTH MINDSET - N</p> <p>ATTENTION TO DETAIL - 76</p> <p>CONVENTIONALITY - N</p> <p>Coachability Leaderboard</p>	<p>ELITE 78</p> <p>MENTAL EXECUTION</p> <p>Ability to mentally execute accurately and timely</p> <p>FOCUS SPEED - 78</p> <p>DECISIVENESS - 56</p> <p>ADAPTABILITY - 36</p> <p>Mental Execution Leaderboard</p>
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WHAT'S NEXT?

Improve your scores and gain a competitive edge by using our "Development Planning" tool.

[DEVELOPMENT PLANNING](#)

NOVICE	DEVELOPMENT NEED - Novice when compared to peers. High likelihood of improved performance if trait is developed.
COMPETITIVE	DEVELOPMENT OPPORTUNITY - Competitive with peers. Likelihood of improved performance if trait is further developed.
ELITE	HONE STRENGTH - Elite when compared to peers. Potential to develop trait into a personal competitive advantage.

Trait Analysis

<p>NOVICE N</p> <p>DEVELOPMENT NEEDS</p> <p>Novice when compared to peers. High likelihood of improved performance if trait is developed.</p> <p>GROWTH MINDSET - Belief that abilities can be improved through effort TRAINING</p> <p>CONVENTIONALITY - Importance one places on adherence to traditions and rules TRAINING</p>	<p>COMPETITIVE C</p> <p>DEVELOPMENT OPPORTUNITIES</p> <p>Competitive with peers. Likelihood of improved performance if trait is further developed.</p> <p>ADAPTABILITY - 36 - Level of openness to try new things TRAINING</p>	<p>ELITE E</p> <p>HONE STRENGTHS</p> <p>Elite when compared to peers. Potential to develop trait into a personal competitive advantage.</p> <p>GRIT - 78 - Courage and resolve to persevere through long, difficult situations TRAINING</p> <p>MOTIVATIONAL DRIVE - 95 - Intrinsic desire to win and/or achieve success TRAINING</p> <p>COMPOSURE - 66 - Emotional maturity/stability & maintaining a positive outlook TRAINING</p> <p>CONFIDENCE - 77 - Self-confidence, assertiveness & belief in one's abilities TRAINING</p> <p>ATTENTION TO DETAIL - 76 - Natural desire to pay attention to details & complete tasks properly TRAINING</p> <p>FOCUS SPEED - 78 - Ability to quickly and accurately focus TRAINING</p> <p>DECISIVENESS - 56 - Natural ability and desire to make quick decisions TRAINING</p>
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Development Planning

Prioritizes traits for development while providing the training link for each trait in the report.

[CHECK IT OUT](#)

Athlete Type Results

8 archetypes ("AthleteTypes") were discovered in the TAP database of elite athletes. The athlete's top-matched AthleteType appears in the report with [more details found here.](#)

Primary Athlete Type

EAGLE

Eagle Struggles - On Your Bad Days

- May not recognize flaws
- May judge others harshly
- May be too focused on others

Eagle Inspirations - These Energize You

- Seen as good and trustworthy
- Planning ahead
- Everyone doing their part
- Team is organized and working hard

Eagle Pro Athletes - Role Models Similar to You

- Patrick Mahomes, football
- Russell Wilson, football
- Josh Allen, football
- Justin Herbert, football
- Cooper Kupp, football
- Mike Trout, baseball
- Kris Bryant, baseball
- Kyle Schwarber, baseball
- Cody Bellinger, baseball
- Shane Bieber, baseball
- Evan Fournier, basketball
- Casey Mize, baseball
- Joel Embiid, basketball
- Marcus Holman, lacrosse
- Cecil Afrika, rugby
- Theunis De Bruyn, cricket
- Colin Braun, motorsports
- Maddie Zimmer, field hockey
- Ali Aguilar, softball
- Amanda Chidester, softball
- Cat Osterman, softball

Eagle Characteristics - Which Best Describes You?

- Tends to be clean cut
- Image conscious
- Likes traditions and rules
- Very aware of how everyone is behaving
- Tries to live up to society's expectations
- Tends to have good work habits
- Reads symbolic themes into things
- Punctual
- Is neat & tidy
- May ignore mistakes unless brought to his or her attention

Eagle Strengths - When Everything is Going Great

- Works to please others
- Optimistic and cooperative
- Plans ahead

[Learn more about Eagles](#)

Athlete Type™ Parent Mentoring Tips

Athlete Tips Parent Tips

Parent Situational Tips

As an Eagle, The Responsible Athlete, this is how Ramon can be more effective.

<p>What Style will most help Eagles</p> <p>Most effective communication style with Ramon is to drive to the core issue.</p>	<p>How Eagles take Praise</p> <p>Your approval is reward enough for Ramon. Generously mention it when you approve or are happy with his behavior.</p>
<p>After Eagles make a Mistake</p> <p>Never make a sports mistake seem like it is morally wrong. Also, do not talk badly about the coach or other teammates to Ramon as he will feel like he needs to take sides.</p>	<p>How Eagles Relate to Others</p> <p>Ramon will respect you. You don't have to 'pull rank'. Whenever possible with Ramon, try to relate as one adult to the other.</p>
<p>When Eagles take Instruction</p> <p>Use the cookbook method. Break it down into steps for Ramon.</p>	<p>What Motivates Eagles</p> <p>Your opinion carries a lot of weight. Ramon strives to please you. Make sure Ramon strives toward his goals instead of your goals.</p>
<p>After Eagles have a big Setback</p> <p>Communicate a plan (with clear steps) on how you will help Ramon get through this. Stay positive and supportive.</p>	<p>How Eagles get the most from Practice</p> <p>Things like Ramon's pre-competition ritual are important. He will want his equipment & uniform clean and ready far in advance of competition.</p>

Athlete Type Parent Mentoring Tips

Based on tendencies shown by the different AthleteTypes, these tips will help parents interact with their athletes more constructively in situations that commonly arise in sports.