



Discussing TAP Assessment Results: Individual Athletes

Athlete Name: _____ Athlete Type: _____ Date: _____

**** Important information ****

Make sure you are going over the ATHLETE Report with your athlete and not the Coach/Parent Report.

(1) How do you generally feel about your TAP Results? Is the information helpful?

(2) What did you think was the most accurate part of your results?

(3) Was anything surprising? ____ What and why?

(4) Do you agree with the Results? ____ Why or why not?

(5) Did any part of your results make you want to change anything? ____ If so, what specifically do you want to work on (e.g., any performance traits?) and why would you want to work on it?

1. What _____ Why _____

2. What _____ Why _____

3. What _____ Why _____

(6) How are you going to work on improving your mental game? What will you commit to doing?

1. What _____ When _____

2. What _____ When _____

3. What _____ When _____