



sportsbehaviour.com

unravel how your mind
and body work in sport

sportsbehavior

Personalised report

Tony Lewis

sportsbehaviour
Personalised report for Tony Lewis
Date Completed: 21 March 2018

Contents

1. Introduction
2. Definitions – assessment categories, how they are applied and what this means for you
3. Your overview
4. Your key strengths
5. Your possible weaknesses & possible blind spots
6. Your value to and impact on the athlete
7. Communications
8. Suggestions for development
9. Creating your ideal environment – training and competition
10. Motivating and engaging

1. Introduction

Your sportsbehaviour profile offers a framework for self-understanding and development. A good understanding of ourselves enables us to develop effective strategies for performance and can help us to better respond to the demands of our athletic career and wider life.

Personality theory can be traced back to the fifth century BC, when Hippocrates identified different people exuded different energies. Understanding personality and has been the subject of study for thousands of researchers but here, it is applied in the round to athletes.

The sportsbehaviour system integrates a combination of mental, physical and functional criteria to the research which has gone before as well as a hefty amount of personal athletic experience.

Generated from a myriad of permutations of responses to statements, your profile is unique. Your report provides statements which your answers indicate may apply to you. If something is unfamiliar to you, it may be a less conscious behaviour and, before discarding the statement, you should check with family, coaching staff, friends or other team members if it really does apply.

sportsbehaviour suggest you use this profile pro-actively by identifying the key areas in which you can develop and take action for improvement. Share the important aspects with relatives, friends and particularly your personal trainer and coaching team. Ask for feedback from them on areas which seem particularly relevant for you and develop an action plan so you can grow, develop and balance your training, performance and life in general.

Where personal trainers and coaches understand you and your profile, they are better able to communicate, engage and motivate, develop effective training plans, work on weaknesses to provide balance and find things that work and can be replicated for you - all the things they set out to do!

Life is filled with passion, your passion is training and competing and you are unique. The world continues to develop and you are a contributor. sportsbehaviour hopes this report provides you with more of an insight into yourself so you can make the most of the opportunities your biggest asset (that's you) has to offer and you shine.

2. Definitions – assessment categories, how they are applied and what this means for you

The sportsbehaviour system uses the categories of genetic application, physical response attributes, physiological types and psychological types as a framework for assessment. The following sections provide definitions to these categories within the context of the sportsbehaviour system.

Genetic application

People are sometimes referred to as 'gifted' and 'talented' and these terms are usually applied to a small percentage of the population. In truth, we all have genetic gifts and you'll have these in varying amounts.

The system identifies, in board terms, how you apply your genetic gifts. In applying your genetics, it is likely that you will fall into one of the categories of being 'natural' i.e. easily able to apply your genetics or 'masterful' i.e. will have to work at it.

It may appear on the face of it that 'natural' athletes are advantaged and will be the ones to achieve. It is important to state that 'masterful' athletes, who have not allowed a deficit in any part of their game plan or application of genetics, will be represented at all levels, including the Olympics. The legendary swim coach Doc Counsilman shows this in his telling of the story of John Kinsella and Mark Spitz. While Spitz was more of a natural athlete and, according to Counsilman, adopted a more "relaxed" attitude to training, Kinsella embraced his drive and ability to outwork Spitz and both of them ended up breaking world records.

Athletes who struggle to identify themselves readily in either of these categories may wish to consider if their application is sufficient or if they are failing to prepare effectively in areas such as diet, injury and illness prevention.

Physical

This section of the system looks at how the body responds to conditions of training and competition. All athletes will respond in a different way and at different rates and this gives you clues as to how you should approach training and competition. The system splits athletes into three categories being fast, medium and slow responders.

Fast responders produce good results from relatively short periods of focussed training. They like to go fast and will sometimes have trouble in holding back. Whilst this is good news in terms of preparation for events; it does come with problems such as high muscle damage, a lack of consistency

and some frustration with that based on the previous ease at which they got results. Fast responders generally form less than 20% of the population.

Medium responders make up the majority of the population and will need solid training programmes to produce good results. They will need to prepare and pay attention to injury and illness prevention. They are more likely to compete effectively over a wider range of events and distances.

Slow responders get results from putting work in. High achievers from this category will develop pride in doing the work and doing it consistently. They have the ability to recover quicker and would often have less muscle damage. It will often be true that slow responders will have lots of energy.

Again, it is important to state that athletes from each of the responder categories are able to compete successfully at any level.

Physiological type

This category is concerned with how the body carries out physical functions. Systems in the body play major roles in the reception and transmission of signals that provide your functionality. This is not a preference expressed by the mind; it's the way you are made. It does manifest itself in how you do like to function - because you are more adept at doing it.

The sportsbehaviour system uses the categories of finesse, speed, strength and power (finesse is on one end of the spectrum with power being on the other in the order shown).

- A 'finesse' athlete could be described as one who likes complexity of coordination, endurance and rhythm.
- A 'speed' athlete likes agility, reaction speeds and velocity.
- A 'strength' athlete likes the intensity, the build to maximum and likes stamina pursuits.
- A 'power' athlete likes fast tempos, explosiveness and acceleration.

Psychosocial

This relates to development and interaction with the social environment. As you interact, you have your conscious state and your less conscious state of mind. Analysis in this section points toward solutions for individual challenges in interacting with the social environment. You may be introvert or extrovert, prefer spur of the moment situations or controlled ones, you may have high will power or may need assurance, be able to focus or be easily distracted.

There is no best way of interacting; but understanding how you do will help you achieve. The system uses the categories of 'direct action' athlete, 'conscientious dependable' athlete, 'happy radiant' athlete and 'clear analytical' athlete.

- Direct action athletes are generally extrovert with high levels of energy. They are direct and always on the go.
 - Conscientious dependable athletes are inclusive and democratic. They focus on values and are personal in style as well as showing their desire for understanding.
 - Happy radiant athletes are strongly extroverted, positive and friendly. They are interested in social interaction, often persuasive and inclusive.
 - Clear analytical athletes are introverted and want to know more about what's going on around them. They like precision and need time to complete their desired analysis.
-

Use of your report

Where you fit into these categories provides an insight and clues as to how you can maximise your abilities and preferences, what to work on and what to be careful of.

As you go through your profile you will see what type of athlete you are based on your responses to the questions. From the categories above, you will be able to see where you fit in within the spectrum and what other types of athletes are out there. Most of the assessment statements are compared to other types.

As we said in our opening statement, your sportsbehaviour profile offers a framework for self-understanding and development. A good understanding of ourselves enables us to develop effective strategies for performance, enjoy our workouts more and can help us to better respond to the demands of our athletic career and wider life.

Overview

This section provides you with an overview of your characteristics. These are developed in the rest of the report.

Your responses suggest you apply your genetic gifts in a masterful way. You benefit from ensuring that your game plan for training and competition is well rounded. Applying yourself well will mean that you have the potential to achieve success.

You are a medium responder and if you apply yourself to training and preparation you will be successful over a range of disciplines and lengths/distances.

You are a finesse athlete and like the complexity of coordination, endurance and rhythm. Your ability to maintain control and posture is envied by others and once you have found your 'sweet spot' you will be hard to beat.

You are a happy radiant athlete. You are lively and strongly extroverted. Your positivity and friendliness is liked by practically everyone and you are a great person to be around or have on the team. You are interested in social interaction, often persuasive and inclusive. You will be open to new ideas, training and competition strategies and prepared to give things a go which will be to your advantage.

Key Strengths

This section identifies the key strengths which have emerged from your response to the questions. Your abilities, skills and attributes in other areas are detailed throughout the report but the headlines below are likely to be the gifts you have.

You are more able than most to apply your genetic gifts in a well thought through way.

You are likely to pay more attention to the complete approach (diet, rest, recovery, strength, speed, power and finesse) and this is an advantage.

You are more likely to plan and strategise for development and competition and this will give you an edge over rivals who do not.

You are able to produce balanced performances over a wider range of disciplines if you train effectively.

You respond well to balanced training.

You have the ability to succeed if you apply yourself.

You adore the complexity of co-ordination and this is a strength when it comes to technique and balance within your discipline.

You like rhythmic endurance so will naturally be able to settle into sets and complete training work to a high standard. Co-ordination and rhythm is a deadly combination when applied in competition conditions.

The ease of your technique saves you energy and when you find your 'sweet spot' you are able to sail past other types of athletes, particularly over longer periods.

You are able to understand the finer aspects of technique and the agility required.

You are more likely than others to develop a competition strategy and this will help you out perform rivals.

Your psychosocial strengths are abundant.

You are good fun to be around. Being social, extrovert, lively and friendly means you settle well and often find your training and competition environments comfortable.

Your 'cup is always half full' mindset will help you overcome obstacles, setbacks and hard training cycles.

You are able to see the bigger picture and the longer term goals which helps in getting through the hard work of here and now.

Your creativity and spontaneity allows you to adapt easily to change and take advantage of any opportunities presented by new or different training techniques.

Possible Weaknesses and less conscious behaviour

There are always two sides to everything. Where there are strengths, there are weaknesses – where there is the conscious, there is the less conscious. The sportsbehaviour system views weaknesses as a combination of overused strengths or the less conscious behaviours known generally as ‘blind spots’. Irrespective of being an overused strength or a less conscious behaviour - it as an opportunity to balance any deficit in the game plan.

Note here that your perception of yourself may be different to the perceptions others have of you. You project who you are onto the outside world through your “persona” and are not always aware of the effect your less conscious behaviours on others. If you don’t recognise any statements, check with others first before ignoring them.

The areas which you could control better or could bring into your more conscious behaviours are detailed below.

As it can be necessary for you to work for your success, you should plan meticulously on every aspect of performance.

Your diet should be excellent, recovery and rest programmes thought through and you attention to finesse, speed, strength and power all in place and appropriately balanced.

You probably get frustrated at some athletes for who success appears to come naturally for. You should keep in mind the old adage that ‘when talent doesn’t work, work beats talent’.

You may become frustrated at the length of time and the effort it takes to succeed, especially when compared to fast responders.

You may not concentrate sufficiently on, or pay enough attention to the speed work which is necessary to sharpen you up for competitions.

You may not recognise the positive impact your application and dedication has on the team.

You may find it hard to build muscle quickly. For you, strength and power doesn’t come quickly and needs work. These are areas for improvement and you may tend to ignore them as you get slow returns for your work.

Faster type activities may not be so much fun for you as rapid movement of arms and thrashing about with the legs leads to a loss of co-ordination and agility.

You are unlikely to be explosive or able to react and accelerate as quickly as others. This deficit requires planning to mitigate the risks to you during competition.

You can easily be distracted by others or other things going on around you. You also have a tendency to amuse yourself in a non-productive way. These things can lead you to failing to apply yourself in the best way that you are capable of - and you may even lose your place in training!

You are likely to take advice and information at face value and accept it, even though probing further and understanding more would be of benefit to you.

You will tend to take criticism or justified feedback as personal criticism, possibly smarting over it for days.

Your lively persona will sometimes appear as disruptive or even overpowering to some.

You will have a tendency to put other's first, worry unnecessarily and overlook your own needs, often to help or please others.

Value to or impact on the team

Each person brings a unique set of gifts, attributes and expectations to the team and sporting environment. You have the ability to positively influence the team and there are likely to be times where you have a negative impact. The following points are for you to be aware of:

You will often be viewed as the grafter of the team. This, coupled with your well thought through approach means you are viewed by others as solid and the complete package. Your work ethic will be admired by the team and the coaching team.

You can demonstrate that you can apply yourself consistently to get results and this will be a positive influence on other team members – particularly the more junior ones.

Your good technique will be a good example to the rest of the team and younger team members. You've probably already been complemented, pointed out or demonstrating to the rest of the team!

You are a great person to have on the team. You are social, participative and involved. You inspire with motivation, energy and direction.

Not only are you infectious with your friendliness and enthusiasm, you are inclusive, democratic and an advocate - and others like you for that.

You will tend to be the one organising the social calendar – you just can't help it!

You may not naturally respond to people who aren't like you – you will tend to overlook them or may even have a short fuse with them.

Communication

Communication is only effective if it is received and understood by the recipient. For each person certain communication strategies are more effective than others.

Coaches use terminology often associated with their own athlete profile and this would more commonly be understood by athletes of a similar profile. Athletes are able influence coaching communication styles and this section identifies some of your key communication needs.

The communication needs of other people under the psychosocial categories are included to help you communicate with the different types. It will also show you what a tough job the coaching team have when trying to get their messages across and that they are not likely to meet everyone's needs in the time they have.

Your communications needs:

Communications should be delivered in a positive, open and enthusiastic way. You are happy with a more casual and informal style. You respond better when references are made to your past successes and when you receive praise. You will benefit from lots of short contact or touching base between sets and reps. You will need to know what the expected outcomes are.

There are broadly three other psychosocial types you will encounter and just so you know what they need and how to get what you need from them:

Direct action athlete

Communications should be direct, well structured and to the point. Information should be quickly and clearly delivered but in sufficient detail not to allow them to jump to or come to wrong conclusions. They like facts so these should be included and they'll turn off if you deliver the messages slowly or ramble.

Conscientious dependable athlete

Communications should be clear and logical. They should be delivered with supporting facts and devoid of too much dressing, flowering and unnecessary detail. They will deliver on communications so don't necessarily need you to check it with them too many times.

Clear analytical athlete

Communications should be delivered sincerely and in a more serious than casual manner. There should be no confrontation and they benefit in receiving the message if they are at ease. They will need the detail, particularly if you are suggesting any changes or a new way of doing something. They will need time to consider what you are saying and to ask questions. You will need to clearly state what you mean.

Suggestions for Development

Based on your profile, there are a number of things that you may wish to consider to help you develop and improve.

Whether you have the predisposition to apply your gifts in a masterful or natural way, you should review your approach to ensure that all aspects of your game plan are well developed and balanced. You should check that your diet is nutritious and well balanced with proteins to assist you with strength and recovery and carbohydrates to assist training. Fluid intake should be appropriate both before and during sessions. You should take preventative care to minimise injury and illness. You should ensure you do sufficient stretching and blood flow exercises before training and competition.

You should try and balance finesse, speed, strength and power so you have these available to you.

Your training plan should be developed well in advance. You should know what training cycle you are in, what's next and what your target meets are so that you know what is important and where you are going. Competition events should be well thought through.

As a statement of approach, training should largely be built around your physical and physiological type as this is how you will ultimately be competing e.g. if you are a finesse athlete then the sets should be rhythmic; if you are power athlete then high tempo sets which concentrate on acceleration. To ensure you are a balanced athlete though, you will need a certain amount of work in the other styles. You should ensure that your training cycles reflect this. You should accept (if you want to succeed) that work on the type areas which are not your predominant style will not come as naturally to you and your returns will be slow.

Specifically:

You tend to recover well and are usually ready for the next training session or competition. You do however need to be mindful of, and prepare for illness and injury prevention as you apply yourself hard in training. You will therefore need to eat nutritious and healthy food, warm up properly and take the appropriate rest between training sessions.

You will benefit from carefully planned training cycles which will bring you to your best at target competitions.

You will need to incorporate and apply yourself to speed work into your training regimes.

You will need to find ways to build (the right sort of) muscle whether this is through gym work, light weights or general fitness activities.

Strength and power doesn't come quickly and requires work, so when you come across these types of set in training, embrace them.

You are unlikely to be explosive or able to react and accelerate as quickly as others. This deficit requires planning to mitigate the risks to you during competition.

You should ensure that you plan ahead effectively as often your self-selected activities keep you very busy and away from the important tasks which need to be considered.

You should concentrate on the task in hand and try to finish it appropriately, not becoming distracted.

You should not reject negative feedback out of hand as it may give you valuable insights and you should try not to take criticism personally.

You may benefit from aspiring to perfection in fewer things than trying to achieve a good level in all things.

You should ask for the reasoning behind the instructions given by the coaching athlete - so that don't just take them at face value, you understand what's trying to be achieved.

You should try and put yourself first on more occasions and worry less about looking after and trying to please others.

Creating the Ideal Environment

You are generally most effective when provided with an environment which suits your preferences and style. It can be uncomfortable when your environment doesn't match this. You can use this section to ensure a close match between your ideal environment and your current one and to identify any possible frustrations. The definition of 'ideal' in this system means 'to suit your physiological needs as well as being the most beneficial to you in development terms'.

Although it can often be difficult to change your environment, this section will allow you to think through how you can avoid or influence areas of possible frustrations or where things are a long way from your ideal. This is an important section to share with the coaching team.

For your happiness, training should largely be built around your physical and physiological type as this will be the most comfortable for you and give you a sense of achievement. The ideal (in the sense of most beneficial) environment will however be one where the workload is split across the types so that it is both interesting and you are developing the full range of attributes.

You prefer the environment where you are able to work on all aspects of your game plan in a considered and constructive way.

As a medium responder you will benefit from longer training builds and key sets which are repeated throughout the cycle in which to compare your performance.

You will like a range of activity for training in which to apply yourself as you can clearly see the benefits of a balanced approach.

You will like opportunities to complete longer sets and longer distances where you can develop rhythm and find your 'sweet spot'.

You like training and competition environments where you are allowed to express your emotions – how you feel is important to you.

You like lots of opportunities for interaction and social contact and being with like minded people.

You like environments that have variety and where flexibility and change happen.

You would benefit from an environment which has structure to contain your disposition to become distracted but allows you time and space to be creative.

You like opportunities where you can constantly develop and extend your skills.

Engaging and Motivating

It is said that it is not possible to motivate everyone - only to provide the environment in which they will motivate themselves. Here are some suggestions which can help to provide you with motivation and ensure you are engaged. Try and create the environment which best suits you and share this with your coaching team.

For you to be motivated and engaged there should be something in training which is in direct response to your physical and physiological type. This will allow you to practice your competition craft and just be magnificent at what you do best.

Your current environment should be as closely aligned to your ideal environment as possible. Making small changes in this area will help you to be motivated and engaged. Part of this will be effective communications, in the style which suits you best.

Competition events should also reflect your physical and physiological type. On the spectrum this would mean generally that finesse and speed athletes would benefit from a wider range and possibly longer events to develop their efficiency and rhythm as well as engage in longer battles with competitors; whilst power and strength athletes generally prefer shorter distance tussles and blasts.

You will be motivated when proactive feedback is given on the effort you put in.

You will be motivated when you have a range of events in which to compete.

You will be motivated and engaged by longer training sets where you can develop rhythm and find your 'sweet spot'.

You are motivated by being noticed and congratulated for your efforts and achievements. Where things go well, they should be recalled, recognised and praised - publically if possible.

You will be motivated by lively people of a similar type to you.

You will respond to reward for performance, the better and more diverse the reward is, the higher the motivation – even if it is praise alone.

You will be motivated by a nurturing environment and one where you are able to be creative.

Colour, image and sound will be your motivating mediums.

[clear analytical athlete](#)

You are motivated by the detail, being in possession of the facts and the bigger picture and by being given longer term security.

You are engaged through being asked how you feel, when your opinion is sought and respect given for the considered way you apply your attributes.

You will be engaged when you feel the environment is safe and where there is sufficient activity for you to learn, improve and grow.

You will be motivated by achieving your own goals rather than competing with others.

Contact details:
hello@sportsbehaviour.com
www.sportsbehaviour.com